



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

This year we have been tested to our individual limits. We also have learned we can endure a lot and are all very tolerant with whatever is thrown our way. We have coped with COVID-19 for nine months so far and have more months to go before we are protected from it.



There are many who feel down and worn out by all we are to deal with every day. There are our individuals who feel depressed and burned out by the negative aura that besieges all our senses. We witnessed social changes which affected how we think and act. Because of COVID some individuals have isolated themselves, some are worried about financial issues, some have increased medical concerns and some wonder when we can return to normal and attend Mass instead of watching it on our TV's. If at any time in our lives, now is the time to stay positive and rely on our faith and history to show us a better future. History shows us whenever mankind experienced disasters, pandemics, or recessions the catastrophe ended the world became better than it was before and during the calamity. Our faith always leads us to a better life if we continue to believe in our Lord and Savior Jesus Christ. All of us must stay strong and cannot feel we are alone or cannot cope anymore. Stay positive, reach out to family and friends to avoid becoming trapped or becoming fatigued by COVID-19 and continue to pray for a better future.

It is November, the clocks have been rolled back to regain the hour

we lost back in March. The extra hour of sleep is appreciated by everyone for sure, but that is just one night. Now that we are back to standard time, what type of standard time person are you? Do you enjoy the morning sun and the early dark evening, or do you prefer the dark mornings and the longer daylight in the evening? Whichever person you are these seasonal adjustments make our lives interesting and give us the change of pace to appreciate the variety of life. I am the longer daylight in the evening fan.

This Thanksgiving might be different than any other we have celebrated with our family and friends. Celebrate this Thanksgiving with as much happiness and appreciation as possible; knowing we must do what is right to keep all of us healthy and safe. How you decide to celebrate Thanksgiving make it fun. I want to wish all of our Sokol members and their families and friends a "Happy Thanksgiving".

Could your future be better financially? Have you have planned for a better future for you and your family? To plan for a better future, you must have in place the proper amount of life insurance to protect you and your family. Take time to analyze your future and if you see your future the same as it is today and not better, you might need additional life insurance. To learn what is the best type of life insurance you need call our Supreme Secretary, Scott T. Pogorelec, F.I.C. or our Director of Sales, Albert J. Seuss, Jr. F.I.C. for their insight and help.

Stay safe and healthy, With God's Blessing to All!

Zdar Boh!

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From the desk of the Supreme Secretary

GIVE THANKS

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



Honor to the soldier and sailor everywhere, who bravely bears his country's cause. Honor, also, to the citizen who cares for his brother in the field and serves, as he best can, the same cause.

-Abraham Lincoln

Greetings from the Home Office! November is upon us and the season of giving thanks is here. I know this year



has been difficult and a trying time for many of our members. The Covid-19 pandemic has interrupted our daily lives in a way that many of us did not see coming. But when an obstacle like this shows itself, it should make us

all feel thankful for what we DO have in our lives: God, family, friends, and our unyielding spirit. During this time, we should also be thankful for those individuals who serve our country to protect us.

On Wednesday, November 11th, we will have the opportunity to reflect on those who have served and who are currently serving to defend and protect our American way of life. In 1918, on the 11th hour of the 11th day of the 11th month, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in World War I, then known as "the Great War." Commemorated in many countries as Armistice Day the following year, November 11th became a federal holiday in the United States in 1938. In 1954, the name was changed to "Veteran's Day" in honor of all soldiers who served. These fine men and women make considerable sacrifices during their service and display great courage and valor. As a

Fraternal with strong values, it is important for us to recognize these individuals who make considerable sacrifices. We should take this time to acknowledge these brave men and women who put their lives on the line to protect our freedom.

I always like to put a small list out for our members of some things you could do to honor our soldiers and veterans during this season.

1. Express thanks: If you see someone in uniform or someone you know has served, simply say "thank you."
2. Send a care package: Send a package of gratitude to a soldier. There are many organizations to assist with this, such as Operation Gratitude.
3. Teach: It starts with our children. Let your children know how thankful they should be for our brave men and women in our military. Instilling strong values in our children to show respect is vital in everything we do.
4. Volunteer: Something near and dear to our hearts as a Fraternal. Volunteer at a local VFW or Veteran's Hospital.
5. Donate: Donate financially to the USO or another organization that helps our Veterans.

These are just a few ways you can show your support and gratitude to our wonderful men and women who serve this great country!

Finally, on behalf of my beautiful wife, Maggie, my sons, Reid and Cole, and my entire Family, I wish all our members a wonderful Thanksgiving Holiday. I urge you to value the special time you have with your families and do not take it for granted.

Until next time, stay safe, stay strong, and STAY POSITIVE!

Zdar Boh!

ATTENTION

ASSEMBLY 255 will hold their annual meeting on Sunday, November 8, 2020. Meeting will convene at 1:00 p.m. at Holy Trinity Roman Catholic Church, in the basement. Location is 4456 Main St., Egypt. For everyone's safety and in keeping with COVID-19 recommendations, everyone who attends the meeting will be required to wear a face mask. Hand sanitizer will be available. Social distancing will be required when sitting at the tables. We will NOT be serving any food or beverages, as we normally would do at this meeting. We would enjoy seeing some new faces at our meetings.

Assembly 255 wishes everyone a safe Thanksgiving and a wonderful Christmas Season. May God bless us all and keep us safe. Zdar Boh! – **Bernard Kuchera, President**

ASSEMBLY 163, DONORA, PA – The semi-annual meeting of our lodge will be held on Sunday, November 29 beginning at 1 p.m.. The meeting will be held virtually due to the pandemic. It was decided to forgo an in-person Children's Christmas party this year, however we will provide something for the children. If anyone plans to attend the virtual meeting, please contact either Dorothy Rudinec at tel. 724 379-5827 or Terri Gardner at 724 929-8675. Zdar Boh!

GROUP 1 – At the Group 1 officers meeting held on October 17, it was decided that the Group's annual meeting originally scheduled for November 15 be postponed. The date of the annual meeting will be decided at the officers meeting scheduled for February 2021 to a date in 2021.

Thanking our Group 1 lodges for their cooperation in this matter. Zdar Boh! – **John D. Pogorelec, Jr., Esq., Group 1 president**

GROUP 10 – Due to the ongoing Corona virus with no end in sight, the officers of Group 10 have decided to cancel our annual meeting. We are doing this in consideration of our members. Should there be any issues that need to be addressed please contact President Stephen Roman at 610-262-8301. Zdar Boh! – **Susan Knoblauch, Secretary**



Find us on Facebook:

Slovak Catholic Sokol Public Group

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

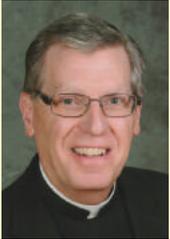
**SLOVAK CATHOLIC FALCON
PUBLICATION DATES**

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

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

NOVEMBER 1ST A DAY TO REMEMBER IN SLOVAKIA

As far as I understand, there are only two holidays in the Slovak calendar that make people to willingly drive tens, even hundreds of miles across the country to be with their family: Christmas and All Saints' Day. The only difference being that the former is to be with the living, while the latter is to be with the dead.



On the 1st of November, armed with chrysanthms, candles and spades, the Slovak nation literally travels from each corner of the country, to each corner of the country, to visit the graves of their loved ones, maintain them and replace last year's candles with new ones. There is no cemetery in the country left untouched. Crowded with people, full of flowers (both real and fake) and radiant with candles, the cemeteries on November 1 make for an impressive sight.

There is even a sort of magic to it. This, however, only shows itself when day turns into night. Driving home through the darkness, you will pass a multitude of villages and smaller cities on our way. Wherever you look, the night sky is brightened up with a myriad of candles, shining their lights on the graves of one's ancestors, adding a faint red glow to the cemeteries from the traditionally red glass candle holders. During the day, the cemeteries show off a flora every gardening store would be jealous of. During the night, however, the cemeteries turn into sacred fields of burning memories.

For that is what this day is all about – remembering the dead.

Slovakia is a country that remembers a lot. Most of its national holidays memorialize important events in the history of the country. From the coming of Christianity in the 9th century (5 July) to the day the Slovaks rose up against Nazi Germany on 29 August 1944 and to the establishment of the Slovak Re-

public on 1 January 1993, the Slovak nation memorializes moments in history that define their identity. However, on no day in the year is the act of remembrance played out on such a large scale as on the 1st of November – All Saints' Day. The reason(s) why any country would still celebrate a particular feast day after many, many centuries of its implementation, is sometimes difficult to grasp. Slovakia is for a large part defined by its strong Catholicism – so, celebrating a Christian church feast like All Saints' Day should come as no surprise. Besides that, Slovakia is a very traditional country – so, why give up on a feast day that has been a tradition for such a long time? One would believe there is another reason why All Saints' Day, together with Christmas, is considered as one of the most important and widely celebrated feast days in Slovakia: Family.

On 1 November, this appears to be no different. The family visited is no longer among the living. That is not to say that the family is no longer within memory. For an exceptionally long time after their death, family members are being honored and remembered on this day, because they are still important to the descendants. They are important because they define your heritage and therefore deserve the respect to be honored. And not only your own heritage, but also that of your country. A country is not built on wood and stone. A country is built on the people that came before you. Slovakia is built on family. With family as one of the cornerstones of the Slovak society, it is absolutely no surprise that All Saints' Day hold such place in the hearts of the people. Yes, it is a Christian feast day; yes, it is part of a long-lasting tradition; but it is just as much a day to remember where you come from.

That is what makes All Saints' Day such a beautiful and, at the same time, powerful day in the Slovak nation's life.

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.

Happy Thanksgiving



Count blessings. Give thanks.
Share love.
Wishing you joy in abundance
this Thanksgiving!



Sokol Events 2020-2021

NOVEMBER 6 5:00 HAPPY HOUR VIA ZOOM

NOV 27 HUNTING SEASON---SHOW US YOUR TROPHY

DECEMBER CHRISTMAS PARTY FUN

DECEMBER 12 SOKOL UGLY CHRISTMAS SWEATER CONTEST

JANUARY 8 5:00 HAPPY HOUR VIA ZOOM

JANUARY 29 MUSICAL CONCERT

JANUARY 15-18 SPFB MEETING

FEB 5 5:00 HAPPY HOUR VIA ZOOM

FEB 17 SHOW ME YOUR ASH...FIRST DAY OF LENT

FEB/MARCH/APRIL WALK WITH CHRIST

MARCH SOKOLS HAS TALENT

MARCH 5 5:00 HAPPY HOUR VIA ZOOM

APRIL 9 5:00 HAPPY HOUR VIA ZOOM

The Supreme Physical Fitness Board is working hard and planning different virtual events. We hope everyone will participate! If you have an idea or would like to 'host' an event, please contact me on Facebook!! – **Katie Swift**, *Supreme Assistant Physical Directress*

DAVID G. BLAZEK RETIRES AS NSS NATIONAL PRESIDENT

Well-known Slovak fraternalist, David G. Blazek, F.I.C. of Pittsburgh, president of the National Slovak Society, retired this month after serving at the helm of our oldest Slovak fraternal for the past 27 years. His exemplary leadership and dedication has been an inspiration to one and all. Brother



Dave is also a member of the Slovak Catholic Sokol. We offer our fraternal best wishes for a long and enjoyable retirement. Zdar Boh!



Dear Mr. Moeller and Mr. Pogorelec,

I hope you are staying safe and healthy during these uncertain times. I am writing to thank you for the generous \$1,000 Slovak Catholic Sokol Memorial Scholarship you have awarded me.

The Slovak Catholic Sokol has and always will hold a special place in my heart, so receiving this scholarship means a great deal to me. I cannot express how grateful I am to the SCS for providing me with this opportunity and supporting me in my education at McMaster University. This scholarship has lightened my financial burden and rest assured it will be put to great use. Your generosity is inspiring and your support is thoroughly valued by all students pursuing post secondary education.

Sincerely, Jessica Glugosh

EXHIBIT AT NATIONAL CZECH AND SLOVAK MUSEUM IN IOWA

“Treasures of Slovakia: 1,000 Years of Slovak History and Culture is an exhibition slated to open at the National Czech and Slovak Museum & Library, located at 1400 Inspiration Place, S.W. in Cedar Rapids, Iowa 52404, tel 319 361-8500, www.NCS-MI.org. opened in October. The exhibit will continue for the coming six months and is open to the public.

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 slovakcatholicsokol.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/>

Every little smile can touch somebody's heart.
 Nobody is born happy, but all of us are born with the ability to create **Happiness.**



Kelly's Treehouse

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:

Life Insurance

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

MINUTES OF THE 2020 SLOVAK CATHOLIC SOKOL MUSEUM BOARD OF DIRECTORS

On September 17, 2020 at 5:00 p.m., S.C.S. Museum President, Edward D. Moeller called the meeting to order and welcomed everyone. It should be noted that a decision was made to delay the usual March annual meeting of the Slovak Catholic Sokol Museum Board of Directors until we could meet in person. By August we realized with COVID-19 looming over us that was not possible. So, it was decided to move ahead with the meeting as a Zoom conference.

Brother Moeller called upon Supreme Chaplain, Rev. Andrew Hvozdic to open the meeting with a prayer. He then called upon Supreme Physical Directress, Katie Swift to lead the Board in reciting the Pledge of Allegiance.

Brother Moeller proceeded to ask Museum Secretary/Treasurer, James Knis, to conduct the roll call of the Museum Board of Directors. The roll call was conducted, and all ten Directors were present.

The minutes of the 2019 Annual Meeting of the Slovak Catholic Sokol Museum Board held on March 22, 2019 were approved on a motion made by Supreme Physical Director, John Underation and seconded by Supreme President, Michael Horvath. Motion was approved by a voice vote.

Brother Moeller stated that thanks to the generous donations from members and corporate donors, the Slovak Catholic Sokol Memorial Scholarship Fund continued to accumulate enough funds to allow us to offer three \$1,000 scholarships. He acknowledged a generous donation from the PNC Bank was received through the efforts of Mr. Thomas Calimano, Vice-President/Market Director and S.C.S. Portfolio Manager.

Brother Moeller asked Museum Treasurer, James F. Knis for

his report. Brother Knis reported the January 1, 2019 balance was \$16,207.42 and the December 31, 2019 balance was \$16,726.05, for a net increase of \$518.63. The museum funds are deposited into two accounts, \$5,599.53 with PNC Bank and \$11,126.52 with the Sokol Secure Fund. The 2019 total income was \$3,567.75, with \$3,265 coming from donations and the remainder from interest. The Treasurer reported total expenses for 2019 of \$3,049.12, which represents three \$1,000 scholarships and \$49.12 for other expenses. The Treasurer advised the Board the names of the donors were published in the Falcon.

Supreme Secretary, Scott Pogorelec noted we had 13 visitors to the Museum last year.

Under new business Brother Moeller recommended we award three \$1,000 scholarships again this year. A motion was made by Supreme Chaplain, Rev. Andrew Hvozdic, seconded by General Counsel, John Pogorelec, Jr. and approved by a voice vote.

Supreme Physical Director, John Underation noted we are working on making a video of the Museum in order to share the history of the Sokols with others.

Chairman Moeller asked for a motion to adjourn. The meeting was adjourned on a motion from Supreme Chaplain, Rev. Andrew Hvozdic and seconded by Supreme Director of Sports and Athletics, James Matlon. Motion was approved by a voice vote.

Supreme Chaplain, Rev. Andrew S. Hvozdic closed the 2020 Annual Meeting of the Slovak Catholic Sokol Museum Board with a prayer.

Respectfully submitted,

James F. Knis

Museum Board Secretary/ Treasurer

MINUTES OF THE SUPREME BOARD OF DIRECTORS QUARTERLY MEETING HELD VIA ZOOM

Thursday, September 17, 2020 – 5:00 p.m.

Supreme President, Michael J. Horvath, **Called to Order** the Quarterly Meeting of the Supreme Board of Directors at 5:00 p.m. on Thursday, September 17, 2020 and greeted all the members of the Board.

Supreme Chaplain, Rev. Andrew S. Hvozdic, V.F. offered the **Opening Prayer** leading the Directors in the reading of the Prayer to Practice the Golden Rule.

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

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

The record will show that all ten members of the Board of Directors are present. Acknowledged

President Horvath informed the Board that they all have received the **Minutes** from our last Board meeting held on June 24, 2020 via Zoom and published in the August 1, 2020 issue of the

Slovak Catholic Falcon. Brother President entertained a motion for their acceptance, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Supreme Treasurer, James F. Knis.

Approved

President Horvath then called upon Mr. Thomas Calimano and Ms. Cynthia Cole, PNC Institutional Asset Management, for the **Investment Report**.

Mr. Calimano and Ms. Cole discussed the portfolio's current asset allocation, reviewed the historic and the year to date cash flows, the long-term growth of the portfolio, the effects of the equity and fixed income market's performance, and provided an overall relationship review.

Mr. Calimano reviewed PNC's outlook for the financial markets and the economy with the Board. Additionally, he reviewed the investment strategies recently implemented in both the equity and fixed income portfolios.

Brother Calimano and Sister Cole addressed various questions from the Board and President Horvath entertained a motion to accept the report, so moved by Chairperson of the Supreme Auditors, James G. Jerek, seconded by Supreme Treasurer, James F. Knis.

Approved

President Horvath then asked our Director of Sales, Albert J. Suess, Jr., F.I.C. to give a brief overview of the **Membership/Sales and Marketing Report**.

Brother Suess gave the Board a brief overview of our life and

annuity business to date, the maximum valuation rate update, and the current agent sales campaigns. He also informed the Board of the various advertising efforts that have currently been in place and will be expanded upon in the new year, including an enhancement of our current website.

Several questions were presented and addressed to the satisfaction of the Board and President Horvath thanked Brother Albert for presenting the report. President Horvath then asked for a motion to accept the report, so moved by Supreme Vice President, Edward D. Moeller and seconded by Supreme Director of Sports and Athletics, James C. Matlon. Approved

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

Brother Matlon reported that Supreme Physical Directress, Katie Swift, Supreme Physical Director, John Underation, and all of the members of the Supreme Physical Fitness Board helped to organize our first Virtual Clinic that was held on Saturday, July 18th. A total of eleven Groups participated in the Virtual Clinic to learn the drills for our 50th International Slet in 2021. The Fitness Board has also scheduled two virtual events each month from October 2020 through April 2021 to help stay in contact with our younger members.

The 65th International Golf Tournament was cancelled due to the COVID19 Pandemic. In place of the traditional golf tournament, the Physical Fitness Board promoted International Golf Week and close to 100 members from nine Groups joined in the fraternal activity. The pictures were posted on Facebook and many were published in the September edition of the Falcon.

If the current COVID19 restrictions are updated to allow safe

airline travel by early next year, the Physical Fitness Board will plan on a Mini-Clinic to coincide with our annual meeting in the first quarter of 2021.

The Supreme President thanked Brother James and questioned the Board members regarding the **Annuity Interest Rate** to be offered for the fourth quarter of 2020 and the Board mutually agreed to keep the long term annuity rates at their current position, with a slight adjustment to our short term annuities. The current annuity rates are available on our website. Acknowledged

President Horvath questioned if there was any **Unfinished Business to address**.

The Board members were informed by Brother Secretary that our Fraternalist of the Year nomination deadline is October 1st, 2020. After all nominations are in, the Board will receive all the nominees' qualifications and be asked to vote. Acknowledged

Having completed all the business on the agenda, Supreme President, Michael J. Horvath, entertained a **motion to adjourn**, so moved by Supreme Vice-President, Edward D. Moeller, seconded by General Counsel, John D. Pogorelec, Jr., Esq. Approved

Supreme Chaplain, Rev. Andrew S. Hvozdovic, V.F., offered the **Closing Prayer** for all those in need as well as for all the ill and deceased members of the Organization, especially those families affected by Covid-19.

The meeting was adjourned at 7:30 p.m. Zdar Boh!

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

MINUTES OF THE ANNUAL MEETING OF GROUP 16, "REV. FERDIS JURIGA"

President Andrea Papcun called the meeting to order at 4:15 p.m. on October 1 at the home of Athletic Director, Stephen Papcun.

President Papcun offered up an opening prayer and a moment of silence was observed in memory of Group members who have passed away during the past year. In particular, it was with a heavy heart that she noted the passing of Marcella Kovalcik and Madeline Stanek, both former Group 16 officers and fraternal activists.

In attendance at the meeting along with Sister Andrea Papcun were: John Papcun, vice president; Laverne Eland, treasurer; Stephen Papcun, sports director; Donald Papcun, member at large and Sharon Papcun and Paula Papcun, auditors.

Secretary Mark Papcun presented the minutes of the 2019 meeting and confirmed that the minutes from the prior year were sent to SCS headquarters. On a motion by Laverne Eland, seconded by Donald Papcun, the minutes were accepted. Each of the officers then presented their respective reports. On a motion by Sharon Papcun, seconded by Paula Papcun, the reports were accepted. The secretary suggested that members view individual reports to avoid duplication into the minutes.

Laverne Eland, acting treasurer, then presented the financial report. Auditors Paula Papcun and Sharon Papcun verified the report's details. It was recommended that excess funds being kept in the checking account be invested in the SCS Home Office CD. A take away item was to task both Assembly 214 and Assembly 36 to likewise consider investing funds in the SCS Home Office CD.

Due to the pandemic, all Group efforts were suspended as all members were occupied with safety concerns and a dramatic new way of life.

Discussion related to the generous home office donation of \$150 to each Group chaplain's parish then followed. In the absence of our Group 16 chaplain who was unable to attend this meeting,

the \$150 was sent to the Rev. Libor Marek at SS. Cyril and Methodius Church in Sterling Heights, Mich.

The next item discussed was the reimbursement of fees and expenses incurred by members who participate in the SCS International Bowling Tournament. Budget limitations were reviewed and established.

Member, Sharon Papcun next presented a special tribute to the recently deceased member, Marcella Kovalcik. She recited prayers from a special prayer book presented to her by Marcella prior to her passing. Sharon also shared a music box rendition of Ave Maria which was a dear possession of Marcella's.

Duly noted next at the meeting was the inactivity relative to scholarship efforts.

Regarding the upcoming 50th International Slet scheduled for the summer of 2021, special efforts would be made within our Group to encourage participation, particularly in lieu of the \$1,500 incentive from headquarters to encourage participation.

Discussion next turned to Group 16's efforts to fully represent our commitment as a charitable institution. Two new donations were recommended and unanimously approved. These include a donation of \$150 to Big Families of Michign and a donation of \$100 to the 42nd annual SS.Cyril and Methodius Appeal of the Slovak Catholic Federation.

Consideration was discussed regarding any type of special celebration to mark the 95th anniversary of founding of Group 16. A decision was reached to postpone any special events to celebrate until the Centennial celebration in five years.

With no further business, on a motion by Laverne Eland, seconded by Andrea Papcun, the annual meeting was adjourned. A closing prayer followed. Zdar Boh!

Respectfully submitted,
Mark Papcun
Group 16 secretary

FACTS ABOUT THANKSGIVING TO SHARE AROUND THE DINNER TABLE

- ◆ Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote “Mary Had A Little Lamb,” convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.
- ◆ Originally, Thanksgiving may not have been celebrated in November at all, but rather mid-October. There isn’t clear historical information on the actual date of the first Thanksgiving. President Lincoln assigned the holiday to fall on the last Thursday in November, possibly to coincide with the date the Pilgrims first landed the Mayflower in New England.
- ◆ In 1939, president Franklin D. Roosevelt changed the date of Thanksgiving to one week earlier. He hoped that a lengthened holiday shopping season would increase spending and alleviate the crippling Depression. This resulted in two consecutive years of conflicting Thanksgiving Day celebrations, as some states refused to recognize the change. By 1941 president Roosevelt signed a bill making the fourth Thursday in November the official date for Thanksgiving.
- ◆ The first Macy’s Thanksgiving Day Parade in 1924 featured live animals from the Central Park Zoo. Though the parade stretched just two blocks, New York City went all out for what newspapers were calling “a marathon of mirth.” In addition to four bands, a large Santa float, and costumed Macy’s employees, also participating in the parade were live animals including bears, elephants, camels, and monkeys from the zoo.
- ◆ In 1953, the food corporation Swanson overestimated how much turkey would be consumed on Thanksgiving and had to get creative with the 260 tons of leftover meat. Using 5,000 aluminum trays the corporation created a meal with turkey, cornbread dressing and gravy, peas, and sweet potatoes, selling it for 98 cents. In the first full year of production, they sold ten million of them.
- ◆ The menu for the first Thanksgiving dinner in Plymouth in 1621 likely included lobster, seal, and swans. The friendly feast between Pilgrims and the Wampanoag Native Americans lasted for three days, during which both parties contributed to the meal. Though there are few records of the actual menu, it is known that the Pilgrims hunted for local fowl (swans very much included) and the Wampanoag brought five deer.
- ◆ Thanksgiving Day football began long before the country could watch the sport on TV. Football wasn’t even a professional



The first Thanksgiving 1621 by Jean Leon Gerome Ferris

sport when the Thanksgiving game tradition took hold. In 1876, Yale played Princeton in the first ever Thanksgiving Day football match. At that point, the sport was still evolving from a rugby hybrid into the game we know today. Games stayed on the college and high school level for nearly fifty years. Eventually, when the National Football League was founded in 1920, it began hosting as many as six Thanksgiving matches every year.

- ◆ The first NFL games were played on Thanksgiving in 1920.
- ◆ The history of U.S. presidents pardoning turkeys is patchy. Harry Truman is often credited with being the first president to pardon a turkey, but that’s not quite true. He was the first to receive a ceremonial turkey from the National Turkey Federation – and he had it for dinner. John F. Kennedy was the first to let a Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo. George H.W. Bush is the president who formalized the turkey pardoning tradition in 1989. In 2005 and 2009, the turkeys went to Disneyland and Walt Disney World parks to serve as grand marshal in their annual Thanksgiving parades.
- ◆ Americans prepare 46 million turkeys for Thanksgiving each year. Minnesota produces more turkey than any other state in America. North Carolina, Arkansas, Indiana, and Missouri are also top producers.
- ◆ President Benjamin Franklin thought the turkey should be the United States’ official bird, rather than the bald eagle. “I wish the bald eagle had not been chosen as the representative of our country; his is a bird of bad moral character,” he once wrote. Apparently, Franklin also noted that the turkey was a “much more respectable bird.”
- ◆ There are four towns in the United States named “Turkey.” They can be found in Arizona, Texas, Louisiana, and North Carolina. There are also two townships in Pennsylvania called Upper Turkeyfoot and Lower Turkeyfoot.



TURKEY SAFETY

- Avoid fresh, stuffed turkeys; buy your turkey at least 1-2 days before you cook it, and keep it in the fridge; keep it in the freezer if you’ve bought it earlier.
- Thaw in the refrigerator (every 4-5 lbs. needs one day to thaw). Submerge the turkey (wrapped in leak-proof packaging) in cold water (every 1 lb. needs 30 minutes to thaw) that should be changed every half hour.
- Cook immediately after thawing.
- Opt to cook the stuffing separately.
- Use a thermometer on the innermost part of the thigh and wing, as well as the thickest portion of the breast, to ensure that the turkey is well cooked.
- Don’t carve at once; give the juices time (20 min.) to settle.
- Wash your hands with soap and water before and after handling food.
- Keep all surfaces and utensils clean.
- Never handle cooked and raw food together, in order to avoid cross-contamination.
- Keep raw meat away from vegetables or other uncooked food.

THE CDC HAS ISSUED GUIDELINES FOR THANKSGIVING

Celebrating virtually or with members of your own household pose low risk for spread. In-person gatherings pose varying levels of risk. Event organizers and attendees should consider the risk of virus spread based on event size and use of mitigation strategies, as outlined in the Considerations for Events and Gatherings. There are several factors that contribute to the risk of getting infected or infecting others with the virus that causes COVID-19 at a holiday celebration. In combination, these factors will create various amounts of risk, so it is important to consider them individually and together:

Higher levels of COVID-19 cases and community spread in the gathering location, as well as where attendees are coming from, increase the risk of infection and spread among attendees. Family and friends should consider the number and rate of COVID-19 cases in their community and in the community where they plan to celebrate when considering whether to host or attend a holiday celebration. Information on the number of cases in an area can be found on the area's health department website.

Indoor gatherings generally pose more risk than outdoor gatherings. Indoor gatherings with poor ventilation pose more risk than those with good ventilation, such as those with open windows or doors.

Gatherings that last longer pose more risk than shorter gatherings.

Gatherings with more people pose more risk than gatherings with fewer people. CDC does not have a limit or recommend a specific number of attendees for gatherings. The size of a holiday gathering should be determined based on the ability to reduce or limit contact between attendees, the risk of spread between attendees, and state, local, territorial, or tribal health and safety laws, rules, and regulations.

Gatherings with attendees who are traveling from different places pose a higher risk than gatherings with attendees who live in the same area. Higher levels of COVID-19 cases and community spread in the gathering location, or where attendees are coming from, increase the risk of infection and spread among attendees.

The behaviors of attendees prior to the gathering – Gatherings with attendees who are not adhering to social distancing (staying at least 6 feet apart), mask wearing, hand washing, and other prevention behaviors pose more risk than gatherings with attendees who are engaging in these preventative behaviors.

Gatherings with more preventive measures, such as mask wearing, social distancing, and hand washing, in place pose less risk than gatherings where fewer or no preventive measures are being implemented.

PEOPLE WHO SHOULD NOT ATTEND IN-PERSON HOLIDAY CELEBRATIONS

- People with or exposed to COVID-19
- Do not host or participate in any in-person festivities, if you or anyone in your household has been diagnosed with COVID-19 and has not met the criteria for when it is safe to be around others
- Has symptoms of COVID-19
- Is waiting for COVID-19 viral test results
- May have been exposed to someone with COVID-19 in the last 14 days
- Is at increased risk of severe illness from COVID-19
- People at increased risk for severe illness
- If you are at increased risk of severe illness from COVID-19, or live or work with someone at increased risk of severe illness, you should avoid in-person gatherings with people who do not live in your household.

Avoid larger gatherings and consider attending activities that

pose lower risk (as described throughout this page) if you decide to attend an in-person gathering with people who do not live in your household.

HOSTING A HOLIDAY GATHERING

If you will be hosting a celebration, follow CDC tips for hosting gatherings. Below are some additional considerations for hosting a holiday celebration:

Host outdoor activities rather than indoor activities as much as possible. If hosting an outdoor event is not possible, and you choose to host an indoor event, avoid crowded, poorly ventilated, or fully enclosed indoor spaces.

Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather.

Host activities with only people from your local area as much as possible.

Limit numbers of attendees as much as possible.

Provide updated information to your guests about any COVID-19 safety guidelines and steps in place to prevent the spread of the virus.

Provide or encourage attendees to bring supplies to help you and others stay healthy. For example, extra masks (do not share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues.

If you are planning in-person holiday gatherings with people outside of your household, consider asking all guests to strictly avoid contact with people outside of their households for 14 days before the gathering.

ATTENDING A HOLIDAY GATHERING

If you will be attending a celebration that someone else is hosting, follow CDC Considerations for attending an event or gathering. Below are some additional considerations for attending an in-person holiday gathering:

Outdoor activities are safer than indoor activities. If participating in an outdoor event is not possible, and you choose to attend an indoor event, avoid crowded, poorly ventilated, and fully enclosed indoor spaces. Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather.

Check with the event host, organizer, or event venue for updated information about any COVID-19 safety guidelines and if they have steps in place to prevent the spread of the virus.

Bring supplies to help you and others stay healthy. For example, bring extra masks (do not share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues.

If you are planning to attend in-person holiday gatherings with people outside of your household, consider strictly avoiding contact with people outside of your household for 14 days before the gathering.

DURING THE CELEBRATION

Follow these tips to reduce your risk of being exposed to, getting, or spreading COVID-19 during the celebration:

Social distance and limit close contact

Maintain a distance of at least 6 feet or more from people you don't live with. Be particularly mindful in areas where it may be harder to keep this distance, such as restrooms and eating areas.

Avoid using restroom facilities at high traffic times, such as at the end of a public event.

Avoid busy eating areas, such as restaurants during high volume mealtimes, if you plan to eat out at a restaurant.

Minimize gestures that promote close contact. For example, do not shake hands, elbow bump, or give hugs. Instead wave and

(Continued on page 19)

MINUTES OF THE ANNUAL MEETING OF GROUP 19 AND ASSEMBLY 227, TORONTO, CN

The Slovak Catholic Sokol Group 19 and Assembly 227 annual meeting was held on Saturday July 25, 2020 by conference call but a few officers gathered to conduct the meeting. These members were sure to follow all social distancing guidelines outlined by Health Canada. Number of attendances was 17.

Brother Stan Hugel opened the meeting with a prayer. He asked all the members to remember all those who have passed away and especially our group officer and great friend Joe Takerer who passed away last November 27th at the young age of 67.

Group President Chet Dziuba gave opening remarks and asked everyone to review the 2019 Annual Meeting Minutes provided by Diane Cincar via email and provide any comments or corrections. After some discussion and couple of corrections, the minutes were approved by Dusan Dorich and 2nd by Stephen Glugosh.

Next Brother Chet asked everyone to review the 2020 agenda provided by Larry Glugosh via email. After some discussion, the 2020 agenda was approved by Stan Hugel and 2nd by Chet Dziuba.

Following the 2020 agenda review, the individual group leaders presented their annual 2020 reports based on the activity from 2019.

Reports/Comments

- President – Chet Dziuba
- Vice President – Stephen Glugosh
- Sports Director – Ed Bajus Jr
- Physical Director – Steven Popik
- Physical Directress – Kristen Popik
- Group Treasurer – Larry Glugosh
- Group Secretary – Diane Cincar

Report from Chet Dziuba – Group President

Brother Chet read the Group President report to all the members. Brother Chet extended a thank you to all our members for their time and dedication to all local activities and for those involved in our annual Superbowl draw in February, which was again a great success. He offered his congratulations to Sister Kristen Popik, Brother Dusan Dorich and Brother Ed Bajus Jr for being nominated and winning their respective positions on the Supreme Physical Fitness Board and as a Supreme Auditor respectively at our 2019 National Convention in Cleveland last August. Brother Chet offered his thanks to Brother Larry Glugosh for his motion at the Convention, which was passed by the delegates where the Home Office will increase funding for all participating groups for the 2021 International Slet. Brother Chet also acknowledged his past leadership and dedication to our fraternal society.

Next, Brother Chet acknowledged the passing of Brother Joseph Karl Takerer. He extended a thank you to Brother Joe for his many years of dedication and participation as a fraternal brother who served as a delegate at our Conventions and was actively involved in both local and international sports activities. The members reflected for a moment to remember all the members of our family and friends that are not with us today, especially our dear friend Brother Joe. The report was approved by Stan Hugel and 2nd by Stephen Glugosh.

Report from Stephen Glugosh – Group Vice President

Brother Stephen extended greetings to everyone and praised the Group 19 physical fitness leaders for their hard work and dedication in preparing the athletes for the 2019 International

Slet. Brother Stephen offered his congratulations to Brother Dusan Dorich, Sister Kristen Popik and Brother Ed Bajus Jr. for being elected to the Supreme Assembly and wished them well over the next four years. The report was approved by Larry Glugosh and 2nd by Chet Dziuba.

Report from Ed Bajus Jr – Group Sports Director

All the members read Brother Ed Bajus's report distributed via email. There was no 2020 local family-bowling day due to issues with lanes. The local 2020 golf tournament was held Saturday June 8 at Indian Wells Golf Club. There were 22 golfers in attendance and 6 were youth members. There were many prizes for golfers of all caliber and there was a chance to win a bonus prize with their short game skills. It was a fun event for everyone who attended. The group participated in 2019 International Slet in Brockport New York. Our team performed well at the event in the drill competition and in Track and Field. It was the first time that every participant placed with a medal or ribbon. The 2019 Convention was held in Cleveland, Ohio and Brother Ed had the privilege to attend. It was an informative few days and great camaraderie amongst the Groups and Wreaths. Brother Ed Bajus Jr ran for a Supreme Auditor and was elected. After some discussion, the report was approved by Larry Glugosh and 2nd by Stan Hugel.

Report from Stephen Popik-Group Physical Director and Kristen Popik-Group Physical Directress

Brother Stephen Popik provided the 2019 International Slet results via email. He extended congratulations to all the participants at the 2019 event and highlighted the Senior Women Calisthenic team who placed 1st in the competition and the Senior Men Calisthenic team who placed 3rd as well as many Group 19 individual drill winners. Brother Stephen made a special mention of William Tubaro who won 3 gold medals and Joanna Glugosh for winning a gold medal in the discus. Brother Stephen attended the 2019 National Convention and offered his congratulations to Brother Ed Bajus Jr who was elected as a Supreme Auditor for the Supreme Assembly and Sister Kristen who was elected as a member on the Supreme Physical Fitness Board.

Sister Kristen Popik offered her congratulation to all the participants at the 2019 International Slet. She congratulated Sister Anne Marie Wasilewski who was appointed by the Group 19 Officers and members, as the new Group 19 Physical Directress on May 4, 2020. Sister Kristen provided an update from the 2020 International Clinic. Due to the COVID-19 global pandemic, the International Clinic was conducted as a virtual event leveraging technology like Zoom. At this time, there is no defined plan for the 2021 International Slet but details will start to unfold in the new year. That said, dates have been set for next summer's event. The report was approved by Stan Hugel and 2nd by Stephen Glugosh.

Report from Larry Glugosh - Group Treasurer

Brother Larry offered congratulations to Brother Dusan Dorich, Sister Kristen Popik and Brother Ed Bajus Jr for their election and appointment to the Supreme Assembly for the next 4 years and wished them all the best. Brother Larry thanked the local group and everyone who participated and who attended the 2019 International Slet. A copy of the financial report was sent to everyone via email. The report included all the financial details for Group 19 / Assembly 227, which was also sent to the home office. He men-

tioned that the 2019 International Slet invoice was received from the home office and steps are being made to pay off this debt prior to the start of the 2021 International Slet.

Brother Larry indicated that we have received individual and event contributions throughout 2019, which increased the current balance for the group. He stated that the group is in good financial standing as of December 31st, 2019. There were discussions how the amount is determined for the quarterly assessments. A discussion followed and all questions were addressed. Brother Larry provided details pertaining to the future cost of the 2021 International Slet and how Group 19 will deal with these expenses. The good news is that the 2019 Convention approved a motion to help subsidize our future costs for the 2021 International Slet, as long as we have 10+ participants at the event. Brother Dusan commented and thanked Brother Larry for his support and contribution to Group 19 and Assembly 227, since he continues to balance our local group budget and we are able to participate at the various local and international events and not have to charge our members any cost. The report was approved by Dusan Dorich and 2nd Chet Dziuba

Report from Diane Cincar - Group Secretary

The May 6, 2019 Annual Meeting minutes were presented by Sister Diane Cincar earlier in the meeting and were approved. Sister Diane offered her congratulations to all the participants from 2019 International Slet and to Brother Dusan Dorich, Sister Kristen Popik and Brother Ed Bajus Jr for being elected as members on the Supreme Assembly. She wished them all well for the next four years. The report was approved by Stan Hugel and 2nd Stephen Glugosh.

Following the Group Officer reports, Brother Dusan Dorich, our Supreme Officer extended greetings to the members. Brother Dusan informed everyone due to COVID-19, all the 2020 National Events have been cancelled. For the 2019 International Clinic, Zoom was used for the 2 days of virtual sessions. He advised there are three (3) groups coming back to participate as a team in 2021 International Slet namely Group 2, 12 and 17. The following are the 2021 National events:

2021 International Slet –Kutztown University in Kutztown PA
July 13th - 18th

2021 National Golf Tournament – Treasure Lake resort Dubois, PA
August 6th - 8th

Brother Dusan informed the members that next summer will be the 50th anniversary of hosting International Slets and there

will be a 30 year and over group who can complete in 4 events and take part of the closing ceremony drills. The 30 year and over group will not earn and contribute points towards the International Flag. There was a discussion regarding the details for the new 30 year and over group. Brother Dusan will inquire if this group will be eligible and counted in the new 10+ participation motion that was passed at the 2109 Convention.

Next Brother Ed Bajus Jr, our new Supreme Auditor commented on his experience with his first audit that took place March 2020. There is another audit scheduled in August 2020 however due to COVID-19, he is not sure how this audit will happen and suspects it will be done remotely.

Next, Sister Kristen Popik, our new member on the Supreme Physical Fitness Board commented on her experience during her first meeting as a member of Supreme Board which was held in January 2020.

Following these reports, we discussed any and all old business. These updates included our local events, fraternal events for the group including our involvement and participation with the local Communion Breakfast, all fundraising events including the 2020 Super Bowl Fund Raiser and any remaining 2019 athletic events that had not yet been discussed during the meeting.

Next on our agenda, Brother Larry offered congratulations to the 4 members who received the 2019 Slovak Catholic Sokol Scholarship Grants. They were Serena Baron, Amanda Cincar, Jennifer Glugosh and Jessica Glugosh. Congratulations were offered to all of the recipients.

Finally, the group discussed any and all new business. Brother Dusan had already advised the members on the 2020 National events that were cancelled. For the 2020 Group 19 local golf tournament, Brother Dusan, Brother Ed Bajus Jr and Brother John Tokarsky were arranging the details for Saturday Aug 15 or Sunday Aug 16 at Dragon Fire Golf and Copetown Woods golf course in Hamilton, Ontario.

Group President Chet Dziuba thanked the officers of Group 19 for all their time over the past year and thanked everyone for attending the meeting.

With no further business on hand, a motion to adjourn the meeting was presented, approved by Larry Glugosh and 2nd by Helen Glugosh.

Sincerely yours,
Diane Cincar
Group 19 Secretary
Zdar Boh!

NOVEMBER

NOVEMBER 1ST – ALL SAINTS DAY – celebrates the lives of all saints. November 1 is also known as All Souls Day, a time for families to remember and honor loved ones who have passed away. All Souls Day, in which Christians essentially do the same, is in some countries celebrated the following day, November 2.



NOVEMBER 11TH – VETERANS DAY – we honor those who have served in the United States Armed Forces, falls annually on November 11. It also coincides with Armistice Day and Remembrance Day, which mark the end of World War I. Hundreds of people don't know why we celebrate Veterans Day. In November 1918, the main hostilities were ended



that are the main reasons for the First World War. Millions of people died in this Great War. Soldiers and civilians sacrificed to defend the states. In 1919, the US president Woodrow Wilson issued an order to celebrate this day to honor all the veterans and civilians that had died.

NOVEMBER 26TH – THANKSGIVING DAY – is regarded as being the beginning of the fall-winter holiday season, along with Christmas and the New Year, in American culture. The event that Americans commonly call the "First Thanksgiving" was celebrated by the Pilgrims after their first harvest in the New World in October 1621.



What's making headlines in our ancestral homeland**News and Views
from Slovakia...****ROBERT FICO SUGGESTS COMMEMORATING
1938 MUNICH BETRAYAL IN SLOVAKIA**

If there are voices in Parliament calling for the creation of a commemoration day to recall the 1968 invasion of erstwhile Czechoslovakia by Warsaw Pact armies, then it's appropriate for Smer-SD to initiate also the creation of 1938 Munich Betrayal commemoration day, as Czechoslovakia was the Munich Agreement's sole victim, TASR learnt from Smer-SD press department on Tuesday.

According to Fico, September 29 should be commemorated in Slovakia as a memento of the fact that big countries such as Great Britain, Germany or France will never take interests of small countries into consideration, if they stand in the way of their own interests. "The Munich Agreement was the worst betrayal of the Slovaks and Czechs in history. If another serious crisis situation ever emerges, we need to think hard about how to respond because we can't rely on anyone other than ourselves. History serves as evidence to that," he said.

Fico pointed out that Slovakia lacks a sizeable military. Therefore, the best strategy for Bratislava is the diligent observance of international law. "The Munich Betrayal must be commemorated along with the invasion of Czechoslovakia by the Warsaw Pact armies in 1968, which meant the end of democratic process in Czechoslovakia while the whole world watched. In this context, both events bear striking similarities," he added.

The outcome of the 1938 Munich Agreement was the essential surrender of Czechoslovakia and its handing over to Adolf Hitler, who split the state and ended its existence. "In 1938, Czechoslovakia was practically the only democratic country in Central and Eastern Europe. Economically speaking, we were a very strong country, even the tenth most developed globally according to statistics. Hitler received our land, our armament industry and our fortifications practically for free," declared Fico.

**PREMIER AND DEFENCE MINISTER HONOR
WWII HEROES AT DUKLA MEMORIAL**

Prime Minister Igor Matovic and Defence Minister Jaroslav Nad (both OLaNO) commemorated the victims of WWII on the occasion of the 76th anniversary of the Battle of the Dukla Pass at the Dukla memorial and in the town of Svidnik (Presov region) on Tuesday.

Official ceremonies to mark the event have been cancelled due to the coronavirus outbreak. State and local government officials and members of the public came to pay honour to the victims individually, however.

"It's very important to remember the people who fought for our freedom. We should never forget them, and that's why we came here. I think that the coronavirus outbreak in a way symbolically emphasises the contrast between freedom and war, such as the current period in which we aren't absolutely free, and a period when we weren't free at all, as we had occupiers here. We can all the more jointly long for freedom,

either freedom from occupiers like 76 years ago, or freedom from the virus and the situation that is in place here [at the moment]," stated Matovic.

Matovic wished good health to war veterans who weren't able to come, so that he can meet them at Dukla next year.

According to Nad, this was a symbolic commemoration of a significant historical event. He's pleased that people visit Dukla all year round. "This year the highest-ever number of tourists visited places in which our grandfathers fought for our freedom. I believe that we'll manage to invest a little bit more money in this place in order to bring history to people, mainly young people, so that they can better understand it," stated Nad.

The Battle of the Dukla Pass began on September 8, 1944 and was expected to last only a couple of days, but due to stiff opposition the Soviet forces weren't able to reach the other side of the pass until October 6. The operation, which ended up lasting a total of 80 days, claimed over 70,000 casualties. Subsequently, one of the valleys in the pass came to be known as the Valley of Death.



Once a famous copper village, Špania Dolina is a village in central Slovakia, near the city of Banská Bystrica surrounded by the Staré Hory and Velká Fatra mountains. Prehistoric mining tools excavated in the territory of Špania Dolina have been dated from as early as 2000-1700 BC. Copper from Špania Dolina has also been identified in bronze artifacts from the Balkans and the Middle East. It indicates that the local mines were part of an extensive network of trade routes during the Bronze Age. However, the first written reference to the village itself only appeared in 1254. Abundant deposits of copper and silver were exploited first by miners from Banská Bystrica and after 1494 by one of the first multinational corporations, founded by the affluent Fugger and Thurzo families. The ancient tradition of making bobbin lace led to the establishment of a bobbin lace craft school in 1883. The copper mines were closed down in 1888 and the economy of the village is now based primarily on tourism. Wooden miners' houses, now reconstructed, were originally built in the 17th and 18th centuries. The so-called "Knocker" from the 16th century served as a special bell tower for calling the miners to work in the morning. Ancient shafts and other technical monuments are scattered in the nearby forests. Špania Dolina is also a hub of hiking, mountain biking, and cross-country skiing trails.

SLOVAKIA TO SIGN DECLARATION ON 5G NETWORK COOPERATION WITH USA

Slovakia will sign a joint declaration with the United States concerning their determination to strengthen cooperation in the field of 5G networks, according to information on the declaration okayed by the Cabinet on Wednesday.

The Foreign Affairs Ministry as the submitter of the document points to the fact that the development of modern information technologies, including 5G networks, is a necessary condition for further technological development and for ensuring that modern societies prosper, while dynamic development in this area doesn't have only technical, but also strategic and security dimensions.

The declaration is based on relevant European Union documents in the field of promoting a common approach to the security of 5G networks, including the European Commission's Communication on 'Secure 5G Deployment in the EU: Implementing the EU Toolbox', which identifies the rules and requirements for building and launching secure 5G networks.

The ministry noted that analogous joint declarations on secure 5G networks have already been signed with the Czech Republic, Estonia, Latvia, Lithuania, Poland, Romania and Slovenia.

WELLNESS CENTRES, AQUAPARKS, CINEMAS AND THEATRES IN SLOVAKIA ARE CLOSED

Concerning the rapidly raising coronavirus outbreak in Slovakia the Government's crisis management team announced that anti-epidemiological measures will be tightened.

All swimming pools, aquaparks, wellness centres, except for natural health spas, and theaters and cinemas will be closed indefinitely as of 6 a.m. on Thursday, October 15.

Meanwhile, public catering facilities will be allowed to open under the condition that they will refrain from serving food and beverages inside their premises. They'll be allowed to serve customers sitting outside and to provide take-out meals. The said facilities will have to close at 10 p.m., except for home delivery services and facilities that serve food via a window.

When it comes to other businesses, only one customer per 15 square metres will be allowed inside at any given time. This restriction doesn't concern children younger than 14 who are accompanied by adults. If the area of an establishment doesn't exceed 15 square metres, only one customer will be allowed inside.

Shopping centers will be obliged to measure visitors' temperature upon entry. Only those whose body temperature doesn't exceed 37 degrees Celsius will be allowed to enter. The one customer per 15 square metres rule will apply for shopping centers as well. Public catering facilities inside shopping centres will only be allowed to serve take-out orders, as it will be prohibited to consume food in such centers.

Special shopping hours for the elderly (65+) at groceries and drug stores are being set for every working day from 9 a.m to 11 a.m.

A maximum of six people, including a priest, can take part in a holy mass as of Thursday, October 15. The Slovak Bishops Conference (KBS) has announced that mass events aren't completely banned in Slovakia as of Thursday, but attendance is limited to six. Following consultation with the Public Health Office, KBS spokesman Martin Kramara confirmed that this rule applies to church services as well. "Although it's not a big change, it will

still be feasible for at least a family to come to a holy mass," said Kramara.

ULTRAS MOUNT VIOLENT PROTEST BEFORE GOV'T OFFICE, POLICE USES WATER CANNON

A crowd of several hundred ultras protested on Saturday in front of the Government Office against the COVID-19 epidemiological measures, demanding the ouster of Prime Minister Igor Matovic.

The protesters were kicking the gate of the Government Office and throwing flares over it, while shouting profanities against the Prime Minister.

The unrest prompted the police to use tear gas and water cannon to disperse the crowd, while the ultras responded by throwing stones and bottles at the riot unit.

In response, Petra Friese of the Interior Ministry told TASR that the protest by ultras was absolutely irresponsible, while Interior Minister Roman Mikulec (OLaNO) posted on Facebook that the protesters won't escape justice.

"It's really pathetic that at the time when the number of the infected with COVID-19 is on the alarming rise and the state of emergency is in effect, with the ban on gathering, there are still people who respect none of that," pointed out Mikulec. He added that the protest lacked substance and its only aim was to provoke, a pitiful demand of the ultras and far-right to attract attention.

Mikulec thanked the police officers for their "fantastic work". "No, don't let us get provoked. We won't play their primitive game, as their only goal is to start a brawl and get into a fight," he added.

VIENNA REGIONAL COURT SENTENCES MISENKA TO 20 YEARS IN PRISON

In the case of the explosion at a company called Euromont in Topolcany (Nitra region) in 2009, Viliam Misenska will serve only 20 years in prison, TASR was told by Vienna Regional Court vice-president Christina Salzborn on Tuesday.

The verdict was made at the beginning of October by Higher Regional Court Vienna, which lowered the original sentence by three years made by the Specialised Criminal Court (SIS) in Pezinok (Bratislava region).

Salzborn went on to say that the Regional Court in Vienna first ruled on the reduction of the sentence of Misenska, who was detained by the Austrian police in Baden near Vienna on July 2 this year. Misenska (63) filed a complaint against the ruling. "Misenska's complaint was rejected by the Higher Regional Court in Vienna on October 8 as unfounded, confirming the decision of the first-instance court," said Salzborn.

Misenska is therefore no longer in pre-trial custody but has been placed in prison. There is no appeal against the decision of the court of appeal. Under Austrian law, Misenska could have served either a 20-year sentence or a life sentence.

Misenska, who was in the past investigated for several crimes, has been on the run since 2018, when he was sentenced to 23 years by the Supreme Court in Slovakia for ordering a murder. The case concerned an explosion at Euromont in Topolcany in 2009, in which one person was killed and several other people sustained injuries.

The Slovak police also had to search for him earlier. In that case he was tracked down in Venezuela and escorted back to Slovakia in 2013, where he ended up spending two years in custody. Misenska couldn't be extradited to Slovakia the second time as he also has Austrian citizenship.

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



KIDS' CORNER "Detský kútik" - - November 2020

Thanksgiving Day is a national holiday celebrated primarily in the United States and Canada as a day of giving thanks for the blessing of the harvest and of the preceding year. Several other places around the world observe similar celebrations.



It's celebrated on the fourth Thursday of November in the United States and on the second Monday of October in Canada. Thanksgiving has its historical roots in religious and cultural traditions, and has long been celebrated in a secular manner as well.

fppt.com

HAPPY BIRTHDAY TO YOU!!!!

Taylor Slonac 11/4
 Alexandra Bond 11/6
 Nina Martyak 11/8
 Luke McLeary 11/20
 Isabella Brill 11/21





KIDS' CORNER "Detský kútik" - - November 2020

Veterans Day

November 11

Word Search



See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindberg
Grand Forks Herald 2011

- | | | | |
|-------------|--------------|---------------|-------------|
| 1. Veterans | 5. Armistice | 9. Holiday | 13. Medals |
| 2. Honor | 6. Character | 10. Courage | 14. History |
| 3. Service | 7. Soldiers | 11. Wars | 15. Hero |
| 4. Military | 8. Americans | 12. Sacrifice | 16. Thanks |

Veterans Day



Veterans Day is an official United States holiday which honors people who have served in our armed services. These men and women are known as veterans. It is a federal holiday that is observed on November 11. Veterans Day is a day set aside that helps us remember the anniversary of the end of world war I. World War I battles were formally ended at the 11th hour of the 11th day of the 11th month of 1918.

We celebrate Veterans Day each year as a time to be dedicated to the cause of world peace. We thank all our veterans for serving and giving to make our country free, peaceful, and strong.



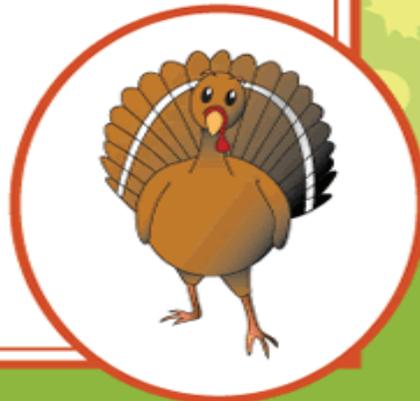


KIDS' CORNER "Detský kútik" - - November 2020

This and That Thanksgiving

Happy Thanksgiving!

- | | |
|--|----------------------|
| ___ A bundle of hay. | A. Stuff |
| ___ Pilgrims sailed to New World on this. | B. Lions |
| ___ Beverage carried on board Mayflower. | C. Pumpkin |
| ___ Month Thanksgiving celebrated in Canada. | D. Gimbels |
| ___ It's good luck if you end up with large end of this. | E. Plymouth |
| ___ First store to host Thanksgiving parade. | F. Wad |
| ___ Pilgrims were also referred to as _____. | G. Sarah Hale |
| ___ Favorite Thanksgiving pie. | H. Fourth |
| ___ Favorite Thanksgiving day sport. | I. Mayflower |
| ___ Wanted the turkey named as national bird. | J. Puritans |
| ___ Friends who were invited to first feast. | K. Wishbone |
| ___ Commonly done prior to cooking the turkey. | L. Massaoit |
| ___ Horn of plenty. | M. October |
| ___ Played against Bears in first football game. | N. Football |
| ___ Lobbied to make Thanksgiving a National Holiday. | O. Cornucopia |
| ___ Chief of Pilgrims' Native American friends. | P. Beer |
| ___ Mayflower anchored along this shore. | Q. Wampanoag Indians |
| ___ Which Thursday in November is Thanksgiving? | R. Benjamin Franklin |



THE CDC GUIDELINES FOR THANKSGIVING

(Continued from page 11)

verbally greet others.

Wear a mask at all times when around people who don't live in your household to reduce the risk of spreading the virus.

Avoid singing, chanting, or shouting, especially when not wearing a mask and within 6 feet of others.

Limit contact with commonly touched surfaces or shared items.

Clean and disinfect commonly touched surfaces and any shared items between use when feasible.

Use touchless garbage cans if available. Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.

Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

KEEP SAFE AROUND FOOD AND DRINKS

Currently, there is no evidence to suggest that handling food or eating is associated with directly spreading COVID-19. It is possible that a person can get COVID-19 by touching a surface or object, including food, food packaging, or utensils that have the virus on it and then touching their own mouth, nose, or possibly their eyes. However, this is not thought to be the main way that the virus is spread. Remember, it is always important to follow good hygiene to reduce the risk of illness from common foodborne germs.

Make sure everyone washes their hands with soap and water for 20 seconds before and after preparing, serving, and eating food. Use hand sanitizer with at least 60% alcohol if soap and water are not available.

Instead of potluck-style gatherings, encourage guests to bring food and drinks for themselves and for members of their own household only.

Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.

Wear a mask while preparing or serving food to others who don't live in your household.

If serving any food, consider having one person serve all the food so that multiple people are not handling the serving utensils.

Use single-use options or identify one person to serve shareable items, like salad dressings, food containers, plates and utensils, and condiments.

Avoid any self-serve food or drink options, such as buffets or buffet-style potlucks, salad bars, and condiment or drink stations.

Use grab-and-go meal options, if available.

If you choose to use any items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash and disinfect them after the event.

Look for healthy food and beverage options, such as fruits and vegetables, lean proteins, whole grains, and low or no-calorie beverages, at holiday gatherings to help maintain good health.

AFTER THE CELEBRATION

If you participated in higher risk activities or think that you may have been exposed during your celebration, take extra precautions (in addition to the ones listed above) for 14 days after the event to protect others:

– Stay home as much as possible.

– Avoid being around people at increased risk for severe illness

from COVID-19.

Consider getting tested for COVID-19.

If you develop symptoms consistent with COVID-19, such as fever, cough, or shortness of breath, or if you test positive for COVID-19, immediately contact the host and others that attended the event or celebration that you attended. They may need to inform other attendees about their possible exposure to the virus. Contact your health care provider and follow the CDC-recommended steps for what to do if you become sick, and follow the public health recommendations for community-related exposure.

If you are waiting for your COVID-19 test results, stay home until you have a result, and follow CDC's guidance to help stop the spread of COVID-19.

If you have been diagnosed with COVID-19, a public health worker may contact you to check on your health and ask you who you have been in contact with and where you've spent time in order to identify and provide support to people (contacts) who may have been infected. Your information will be confidential. Learn more about what to expect with contact tracing.

If you are notified that you were a close contact of someone who tested positive for COVID-19

Stay home for 14 days from the last time you had contact with that person.

Monitor for symptoms of coronavirus.

Get information about COVID-19 testing if you feel sick.

Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved.

LOWER RISK ACTIVITIES

– Having a small dinner with only people who live in your household

– Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others

– Having a virtual dinner and sharing recipes with friends and family

– Shopping online rather than in person on the day after Thanksgiving or the next Monday

– Watching sports events, parades, and movies from home

– Moderate risk activities

– Having a small outdoor dinner with family and friends who live in your community

– Lower your risk by following CDC's recommendations on hosting gatherings or cook-outs.

– Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing

– Attending a small outdoor sports events with safety precautions in place

HIGHER RISK ACTIVITIES

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

– Going shopping in crowded stores just before, on, or after Thanksgiving

– Participating or being a spectator at a crowded race

– Attending crowded parades

– Using alcohol or drugs, which can cloud judgement and increase risky behaviors

– Attending large indoor gatherings with people from outside of your household

– *The Centers for Disease Control and Prevention*

BEST THANKSGIVING SIDE DISHES

ROASTED GARLIC MASHED POTATOES

3 lb Russet potatoes, peeled and cubed
2 sticks butter
1 cup whole milk
3 bay leaves
2 garlic heads
salt & pepper

Preheat oven to 350°F. Peel each garlic clove off the head and remove the dried skin down to the last layer. Spread out in a single layer on a baking sheet. Roast for 15 minutes until garlic is golden brown and tender. Set aside. Peel the potatoes and cube into 2-inch pieces. Fill a large pot with cold water and add potatoes and bay leaves. Bring the water to a boil and continue to simmer until potatoes are just fork tender, but not falling apart. Completely drain the potatoes and place it back on the heat. Keep the burner on the lowest setting until the potatoes have completely dried out. The dryer the potatoes, the more liquid they will reabsorb. Remove the bay leaves at this time. One at a time, discard the outer layer of each garlic clove and add it to the pot of potatoes. Using a ricer or potato masher, mash potatoes with garlic until smooth. In a small sauce pan melt butter into the milk until both are hot. Using cold dairy will compromise the texture of the potatoes. Add the milk and butter to the potatoes stirring quickly with a large spoon until fully absorbed. Salt and pepper to taste.

TURKEY GRAVY

Turkey neck and giblets (or turkey neck only)
2 carrots, coarsely chopped
2 ribs of celery, coarsely chopped
1 onion, quartered
2 cloves garlic, whole
2 sprigs of fresh rosemary
2 sprigs of fresh thyme
2-3 fresh sage leaves
6 cups water

Gravy:

4 tablespoons fat from turkey drippings
6 tablespoons all-purpose flour
juice from turkey drippings
homemade turkey stock (instructions below)
salt and pepper to taste

Turkey Stock:

In a large pot, add turkey neck, giblets (optional), carrots, celery, onion, garlic, rosemary, thyme, sage and water. Bring to a boil over medium high heat. Reduce heat and maintain a simmer. Cover and simmer for 2 hours. Strain the turkey stock in a mesh sieve and discard solids. Set aside.

Make the Gravy:

Remove your cooked turkey from the roasting pan and pour the drippings and brown bits into a clear measuring cup. Let it sit for a few minutes to allow the fat and juices to separate. Remove the fat by tilting the measuring cup gently and use a spoon to skim out the fat. Place the fat in a small bowl and set aside. Add turkey stock to the juices until you have 4 cups of liquid in total. In a medium saucepan, add 4 tablespoons of fat and heat over medium high heat. Add flour and whisk together. Cook for a few minutes. Add the liquid mixture slowly and whisk continuously to prevent

clumping. As the sauce thickens, add more liquid. Allow mixture to come to a simmer and simmer for 5 minutes uncovered. If you prefer a thicker gravy, continue to simmer until it reaches a consistency that you like. Strain the gravy through a mesh sieve. Add salt and pepper to taste.

Herb-roasted sweet potatoes

2 medium sweet potatoes, cut into 1 inch cubes
2 tablespoons olive oil
2 cloves garlic, pressed or minced
1 teaspoon fresh thyme leaves
1/4 teaspoon Italian seasoning
salt and ground black pepper, to taste
Garnish (optional):
chopped parsley
Parmesan cheese

Preheat oven to 400 F. Combine all ingredients in baking tray or 10" x 10" casserole dish and toss to coat. Bake for 35 to 40 minutes until tender and golden brown, giving it a stir halfway through baking. Sprinkle with chopped parsley and Parmesan cheese (optional).

ONE PAN ROASTED HARVEST VEGETABLES WITH BUTTERNUT SQUASH

4 cups butternut squash, peeled, seeded, and cut into 1-inch cubes
2 cups brussels sprouts, halved
2 cups baby potatoes, halved
1 tablespoon olive oil
2 tablespoons fresh thyme, finely chopped
1 tablespoon balsamic vinegar
1/2 tablespoon salt
1/2 tablespoon ground black pepper

Preheat oven to 375 F. Add the chopped butternut squash, brussels sprouts, and potatoes into a large 1/2 pan baking sheet. Add in olive oil, thyme, balsamic vinegar, salt and pepper. Toss to combine until all vegetables are evenly coated. Spread the vegetables evenly on the pan into a single layer. Transfer the sheet pan to the oven and bake for 40 minutes until the butternut squash and potatoes are tender.

THANKSGIVING GREEN BEANS

1 tbsp olive oil
3/4 cup finely chopped red onion or shallots
2 tbsp minced garlic
1 lb fresh green beans
15 sprigs of fresh thyme
1/2 tsp red wine vinegar optional
salt and pepper

Heat up a skillet over medium heat, then add the olive oil. Add the onion and season with a pinch of salt and pepper. Cook for 10 minutes, until softened. Add the minced garlic and cook for 1 more minute. Add the green beans and thyme, and season with more salt and pepper. Saute for 15 minutes, until the raw bite has been taken out but they are still crisp and al dente. Remove the thyme stems before serving, and add the vinegar for a little bit of brightness.

 **O B I T U A R I E S**

HENRY J. ZACK, 94, FINANCIAL SECRETARY OF ASSEMBLY 9 IN BRIDGEPORT, CT

Well-known Group 2 fraternal activist, Henry J. Zack of Trumbull, CT passed away peacefully on May 18. He was 94. A native of Bridgeport, CT, he was born there July 16, 1925, son of the late Stephen and Veronica Hanusovsky Zack. He was a graduate of Harding High School. During World War II, he served as a bombardier navigator in the U.S. Army Air Force, rising to the rank of Second Lieutenant. Following his military service, he entered Cornell University and received a degree in engineering in 1949. He was employed as a quality control engineer by Sikorsky aircraft Corporation and retired as a quality control engineer from Avco Lycoming Textron in 1987. He was the owner of Capitol Package Store in Bridgeport.



Brother Henry was raised in the former St. John Nepomucene Slovak Parish in Bridgeport. A member of the choir, it was there that he met his future wife, Jacqueline Zahor. They settled in Trumbull, Conn. where they have lived for the past 64 years. He was a faithful member of St. Theresa's Parish where he served as a lector and member of the choir. In addition, he was a co-president of the St. Theresa Home School Association. During his administration, a successful referendum was passed giving non-public school children free busing which led to a state-wide passage of free busing for all school children. He also served on the Lay Advisory Committee and Social Action Committee of the parish.

An active Slovak fraternalist, Brother Zack became a Sokol in his youth. He served for many years as the financial secretary of Assembly 9 in Bridgeport and was active in Group 2. He also served for many years as recording secretary of Branch 19 of the First Catholic Slovak Union. He attended the conventions of both organizations over the years. He enjoyed travel and visited Slovakia on several occasions.

In addition to his wife of 64 years, Brother Zack is survived by daughters, Deborah Nelson and her husband Lawrence and Laura Minese and her husband David, as well as his devoted son, Henry John Zack, Jr. He was the proud grandfather of Katherine Anne Bendin and her husband Eric; Dr. Amanda Nelson and her husband, Calvin Johnson, Matthew Minese and his wife Carissa Jett and Emily Nelson.

Following a Mass of Christian Burial celebrated in St. Theresa's Church, he was buried at Gate of Heaven Cemetery in Trumbull with full military honors on May 22, 2020.

Brother Zack was a devoted Slovak fraternalist and Catholic gentleman and will be sorely missed. Our sympathy goes out to his family.

SLOVAK CATHOLIC SOKOL 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 Memorial Scholarship fund? Send a check or money order to the Memorial Scholarship Fund indicating the name to be memorialized. You can find a donation form on line at <http://slovakcatholiccsokol.org/members/memorialfrmframe.htm> or send your donation to: James F. Knis, SCS Museum Treasurer, 6385 Harbor Drive, N.W., Canton, OH 44718.

In Memoriam

SEPTEMBER 2020

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 11	Jessica Ann Oczowicz, Locport, IL	68	September 17, 2020
Assembly 24	Michael J. Grivalsky, Boonton Twp. NJ	71	September 11, 2019
Assembly 25	Steven M Kime, Richeyville, PA	77	August 27, 2020
Assembly 28	Fredinand Doyon, Douglas, MA	63	August 12, 2019
Assembly 34	George A. Perzel, Fort Worth, TX	82	July 31, 2020
Assembly 34	Cha Kong Vue, Minneapolis, MN	63	September 10, 2020
Assembly 59	William R. Turak, Wilkes-Barre, PA	46	September 7, 2020
Assembly 64	Paul S. Smolinsky, Erie, PA	85	March 8, 2019
Assembly 78	James Patrick Turek, Mt. Sinai, NY	33	July 9, 2020
Assembly 78	Elizabeth Wiley, Bethlehem, PA	101	September 10, 2020
Assembly 79	Michael Visokay, Parma, OH	80	September 23, 2020
Assembly 82	Mary Eleanor Roe, Linthicum, MD	93	August 22, 2020
Assembly 108	Katherine Lodwick, Warren, OH	83	September 9, 2020
Assembly 162	Mary Bednar, Clifton, NJ	75	July 9, 2020
Assembly 162	Maria Veliky, Elmwood Park, NJ	83	September 8, 2020
Assembly 162	John Michael Mudrak, Colonia, NJ	61	September 16, 2020
Assembly 163	Joseph J. Spisak, Pittsburgh, PA	79	May 20, 2019
Assembly 163	Paul E. Vojtas, Donora, PA	89	August 4, 2020
Assembly 167	Joseph Leskanic, Barberton, OH	67	January 8, 2020
Assembly 167	Joseph V. Pasternak, Barberton, OH	89	July 29, 2020
Assembly 179	Robert G. Krul, Co. Springs, CO	72	August 11, 2020
Assembly 188	Filomena Hankey, Coaldale, PA	92	August 20, 2020
Assembly 255	Margaret Marakovits, Allentown, PA	94	September 21, 2020
Assembly 261	Casmir A. Babula, Reading, PA	95	August 29, 2020
Assembly 312	Anna Koneski, Houston, PA	94	February 22, 2017
Assembly 312	Emil J. Petrick, Dingmans Ferry, PA	99	September 12, 2020
Wreath 1	Helen Hvisch, Stratford, CT	99	September 2, 2020
Wreath 2	Virginia M. Skrzypczak, Montville, NJ	79	August 12, 2020
Wreath 11	Mary J. Bobik, Schenectady, NY	101	August 26, 2020
Wreath 14	Mary A. Pikovsky, Johnstown, PA	81	August 13, 2020
Wreath 15	Sophia Palya, Uniontown, PA	98	August 24, 2020
Wreath 15	Susan V. Rabatin, Perryopolis, PA	73	September 5, 2020
Wreath 22	Mary Sawchak, Pittsburgh, PA	88	August 28, 2020
Wreath 47	Ker Xiong, Saint Paul, MN	66	August 29, 2020
Wreath 47	Thao Xiong, St. Paul, MN	76	September 10, 2020
Wreath 81	Anne Marie Forsythe, Sarasota, FL	95	September 1, 2020
Wreath 81	Edward Machay, Hammond, IN	81	September 18, 2020
Wreath 93	Genevieve Koster, Key Biscayne, FL	96	August 28, 2020
Wreath 93	John P. Gwidt, Pulaski, WI	89	April 22, 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.

ROZHOVOR S PREDSEDOM ÚRADU PRE SLOVÁKOV ŽIJÚCICH V ZAHRANIČÍ MILANOM JÁNOM PILIPOM

Vzdelaním politológ a filozof, Milan Ján Pilip, sa nedávno ujal vedenia Úradu pre Slovákov žijúcich v zahraničí. Tento úrad je orgánom štátnej správy, ktorý zabezpečuje výkon štátnej politiky vo vzťahu k Slovákom žijúcim v zahraničí a štátnu podporu Slovákov žijúcich v zahraničí. Milan Ján Pilip sa angažuje najmä v menšinovej politike – pracuje v Rade vlády SR pre ľudské práva, národnostné menšiny a rodovú rovnosť a ako podpredseda etnické skupiny. Je zároveň poslancom mesta Bardejov. Na ÚSZZ nastúpil z Ministerstva obrany SR – zo sekcie majetku a infraštruktúry.



Onedlho bude za Vami prvý, zdá sa, že i veľmi aktívny štvrťrok práce na predsedníckej stoličke Úradu pre Slovákov žijúcich v zahraničí. Nová vláda Vás do funkcie vymenovala 16. júla 2020. S akými očakávaniami ste do úradu nastupovali?

Mal som veľké šťastie, že práve v čase môjho nástupu sa na úrade spustili práce na spracovaní návrhu Konceptie štátnej politiky voči Slovákom žijúcim v zahraničí na roky 2021 – 2025, lebo práve tu ide o možnosť nastaviť smerovanie krajanskej problematiky na nasledujúcich päť rokov. To je práve platforma, kde mám možnosť pretaviť svoje predstavy, samozrejme v súlade s platným programovým vyhlásením vlády, a tiež predstavy samotných krajanov. Chcem, aby sa na prípravu tohto materiálu podieľali aj oni. Okrem toho očakávam, že úrad jednak zmodernizuje komunikáciu s krajanmi, a že podchytí, resp. zosieťuje aj tých krajanov, ktorí o úrade doteraz nevedeli.

Dnes sú za Vami prvé rokovania, zasadania i konzultácie návrhov, ktoré by ste mali postupne uviesť do praxe. Programové vyhlásenie vlády krajanov neopomenulo, ba naopak, je v mnohom štedré. Aké nástroje úrad zvolí na ich postupné naplnenie?

Chceme zapojiť všetky relevantné rezorty. Snažím sa vysvetľovať, že štátna politika voči krajanom je komplex politiky jednotlivých rezortov, od kultúry, cez školstvo, dokonca aj rezort práce, vnútra či hospodárstva a ďalšie. Pri nastavení, a neskôr aj pri realizácii štátnej politiky voči krajanom je nevyhnutná spolupráca celej štátnej správy, ale aj mimovládneho sektora či politickej reprezentácie. O to viac, ak chceme prehodnotiť krajanskú politiku nielen z hľadiska kultúry a vzdelávania, ale aj ďalšie oblasti, či už je to volebné právo zo zahraničia, dvojité občianstvo. Chceme sa tiež pozrieť na možnosti

návratovej politiky, zdieľania informácií a skúseností v oblasti vedy a podnikania a mnohé ďalšie oblasti, ktoré sa krajanov týkajú.

Máte za sebou mnohé rokovania zo zástupcami štátnych inštitúcií, zástupcami krajanských spolkov, zamestnancami zastupiteľských úradov i stretnutia s jednotlivcami. Situácia ohľadne vývoja koronavírusu je zložitá. Momentálne ste ochudobnený o spoznávanie krajanského sveta. Aké máte od krajanských komunit očakávania? Ako ste momentálne nastavili spoločný diskurz?

Veľmi ma mrzí, že sa nemôžeme s krajanmi stretávať tak, ako by sme chceli, resp. potrebovali. Lebo okrem tradičnej návštevy podujatí, ktoré krajanovia organizujú (z ktorých sa mnohé našťastie podarilo aj napriek pandemickej situácii zrealizovať), riešime aj otázku investičných dotácií z tzv. srbského dlhu. Najhorúcejšia je podpora z našej strany pre rekonštrukciu budovy bývalého evanjelického kostola v Budapešti, ktorý pre slovenských krajanov kúpila maďarská vláda. Chceme podporiť aj ďalšie investičné akcie – rekonštrukcie alebo nákupy krajanských domov z týchto prostriedkov na Dolnej zemi, lebo taký bol príslub vlády. Nezabúdame ani na krajanov žijúcich v západnej Európe a zámorí. Aktuálne pracujeme aj na zosieťovaní týchto komunit cez sociálne siete. Chceme s nimi komunikovať a zmapovať ich potreby. Teda okrem kultúrnych, vzdelávacích či publikačných aj potreby súvisiace s ich prácou v cudzine a ďalších potrieb, následne zapojenie príslušných rezortov do ich riešenia. Verím, že krajanovia prijímú pozvanie na spoločný dialóg o ich potrebách, že sa komunikácia so Slovákami v zahraničí zlepší, a že sa do tohto dialógu zapoja aj krajanovia mimo organizovaných slovenských komunit. Takto budú môcť prispieť svojimi podnetmi aj k tvorbe novej koncepcie.

Ste mladý, vyzerá, i že veľmi agilný človek. Predstavili by ste sa našim čitateľom i trochu súkromnejšie. Čím žijete, aké sú Vaše koníčky, čo Vás baví?

Venujem sa otázkam národnostných menšín žijúcich na Slovensku. Pôsobím tiež v miestnej samospráve vo svojom rodnom meste Bardejov ako mestský poslanec. Zaujímam sa o politiku, históriu, zvlášť sa venujem heraldike. Mojim koníčkom je aj amatérska astronómia. Chcem sa Vám poďakovať za rozhovor, taktiež sa chcem poďakovať Matici Slovenskej za veľmi dobrú spoluprácu, ktorú má s našim úradom, a určite ju chcem rozvíjať počas svojho pôsobenia. A taktiež by som rád pozdravil krajanov a chcem im odkázať, že sme tu pre nich. - *Rozhovor pripravila Zuzana Pavelcová*

ASTRONOMICKÚ FOTKU OD SLOVÁKA OPĀŤ OCENILA NASA

Americký Národný úrad pre letectvo a vesmír už tretíkrát za tento rok vybral ako Astronomickú snímku dňa pre 21. október záber od slovenského fotografa Tomáša Slovinského. Na nočnej oblohe sa mu podarilo zachytiť hneď niekoľko slávnych vesmírnych objektov. Fotografia vznikla na prelome rokov na Sardínii.

NASA vyberá Astronomické snímky dňa už od roku 1995. Slovinského tvorbu uverejnila už cez minuloročné Vianoce. Astronomickým snímkom dňa bol vtedy záber z Múzea Oravskej dediny v Zuberici.

V apríli zas ocenila Slovinského panorámu, ktorou zachytil úroveň svetelného znečistenia na rôznych miestach Slovenska.



NA JESEŇ A V ZIME SA VITAMÍN D NETVORÍ, TREBA HO NAHRÁDZAŤ

Nedostatok vitamínu D, ktorý sa tvorí na koži vitamínoprostredníctvom pôsobenia slnečného žiarenia, môže spôsobiť zdravotné komplikácie. Na jeseň a v zime sa vitamín D netvorí, treba ho nahrádzať. Jeho nedostatok ľudia môžu pociťovať na jeseň a zime, keď je ho podľa odborníkov potrebné nahrádzať najmä u starších pacientov.

Zo skupiny vitamínov D sú najdôležitejšie vitamín D3 a vitamín D2. Väčšinu vitamínu D3 si organizmus tvorí v koži účinkom ultrafialového žiarenia. Podľa odborníkov je na jeho tvorbu potrebný pobyt na slnku približne 15 až 20 minút denne bez opaľovacieho krému, nie pri extrémnych teplotách a v čase najsilnejšieho žiarenia.

“Zo slnečného žiarenia získavame 90 percent vitamínu, iba malá časť je prijatá z potravy živočíšneho pôvodu, ako je vajecný žĺtok alebo olej z rybej pečene,” uviedla lekárka interného oddelenia nemocnice v Bánovciach nad Bebravou Soňa Lobotková.

Medzičasné príznaky nedostatku vitamínu D podľa nej patrí znížená hladina vápnika, neskoré známky sú nedostatočná mineralizácia skeletu, bolesti kostí, ťažké deformity kostí a poškodenie svalového metabolizmu, chronická únava a depresia.

“Nedostatok vitamínu D tiež prispieva k vzniku osteoporózy v starobe, čoho výsledkom je vyššie riziko zlomenín, najmä v oblasti chrbtice a krčka stehennej kosti,” doplnila.

V letných mesiacoch telo produkuje viac vitamínu D, ako potrebuje, a nadbytok sa ukladá do zásob do pečene. Na jeseň a v zime je na severnej pologuli zmenený uhol dopadu slnečného žiarenia, ozónová vrstva vycytáva UV žiarenie a vitamín D sa preto v koži netvorí. Organizmus ho čerpá zo svojich letných zásob v pečeni.

“V zimných a jesenných mesiacoch je riešením zvýšiť prísun vitamínu D vo vitamínových doplnkoch alebo strave,” podotkla Lobotková. Problém so stravou však podľa nej je, že vitamín D sa v diéte vyskytuje iba v malých množstvách, vo vyššom množstve sa nachádza len v rybách.

“Nahrádzanie vitamínu D sa odporúča najmä u rizikových skupín, ktorými sú starší pacienti, ale i pacienti s viacerými ochoreniami, ďalej u tehotných žien a dojčiacich matiek a obéznych ľudí, pretože zásoby vitamínu môžu byť síce dostatočné, ale viac sa ukladajú v podkožnom tuku a menej sa uvoľňujú do krvného obehu,” ozrejmla Lobotková. Nedostatok vitamínu D však nie je podľa nej doménou len starších ľudí, ale vyskytuje sa aj v mladších vekových kategóriách.

“Dobre pripravený imunitný systém i za pomoci dopĺňania vitamínu D dokáže organizmus v jesenných obdobiach účinnejšie ochrániť pred infekčnými ochoreniami, ako sú prechladnutie, chrípka, infekcie dýchacích ciest. Bez vitamínu D je naše telo voči infekčným ochoreniam bezbrannejšie,” dodala Lobotková. – (tasr)

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KRÁTKE SPRÁVY ZO SLOVENSKA



Železničnú spoločnosť Cargo Slovakia čaká radikálna transformácia a prepúšťanie stoviek zamestnancov. Od 1. novembra do konca tohto roka ZSSK CARGO opustí 490 zamestnancov. Po personálnom a procesnom audite predseda predstavenstva ZSSK CARGO Roman Gono očakáva ďalšie zoštíhlenie spoločnosti. Bez týchto zmien by podľa neho do troch rokov skrachovali a o prácu by prišli tisíce železničiarov. Ako informovala riaditeľka kancelárie generálneho riaditeľa ZSSK CARGO Silvia Kuncová, za transformáciou je najmä pokles prepravy hutníckych surovín a výrobkov z ocele v Európskej únii, ktorý spôsobil pokles zisku spoločnosti a prezamestnanosť.

Projekt L'Oréal-UNESCO Pre ženy vo vede bol založený v Paríži v roku 1998 za účelom podpory žien – vedkýň. Od roku 2016 oceňuje každoročne dve úspešné vedkyne v kategórii do 35 a do 45 rokov už aj na Slovensku. Jednou z tohtoročných ocenených je vedkyňa DOMINIKA FRIČOVÁ z Neuroimunologického ústavu Slovenskej akadémie vied v Bratislave, ktorá sa venuje výskumu Parkinsonovej choroby a štyri rok pôsobila v laboratóriách na prestížnej Mayo Clinic na Floride.

Bývanie na Slovensku prekonáva cenové historické rekordy, stáva sa čoraz menej dostupné. Napriek tomu realitný trh hlási nový trend - od marca došlo k výraznému poklesu cien pri prenájmoch. Podľa portálu Nehnutelnosti.sk zaznamenáva Bratislava v niektorých lokalitách výrazný pokles cien prenájmov. Dôvod je, že na trh sa dostali stovky bytov, ktoré boli v Bratislave využívané cez platformu Airbnb. Využívali ju najmä cudzinci, ktorí do Bratislavy pre pandémiu nového koronavírusu neprišli. Majitelia bytov preto siahajú po klasickom prenájme. Portál v aktuálnej analýze uvádza, že v bratislavskom Starom Meste klesli od marca prenájmy dvojizbových bytov o 12,9 percenta. Zmeny cenníkov sa netýkajú len úzkeho centra Bratislavy. Napríklad v mestskej časti Ružinov zlacneli prenájmy trojizbových bytov o viac ako 17 percent.

Až 259 ľudských životov sa podarilo zachrániť v minulom roku na Slovensku vďaka darcovstvu a transplantácii orgánov. Uplynulý rok patril z hľadiska počtu transplantácií orgánov medzi najúspešnejšie, vďaka čomu sa Slovensko v transplantáčnej aktivite zaradilo medzi vyspelé krajiny. V celkovom rebríčku z krajín EÚ si polepšilo svoju pozíciu o sedem priečok a nachádza sa v prvej päťnástke najaktívnejších krajín. Tento rok bol transplantáčny program významne zasiahnutý pandémiou koronavírusu. Napriek tomu sa v odbere a transplantáciách orgánov pokračuje tak, aby sa program nezastavil a zároveň, aby nebolo ohrozené zdravie či život pacientov a zdravotníkov.

Volkswagen vo svojej bratislavskej továrni spustil výrobu SUV Touareg vo výkonnej verzii R. Stalo sa tak 10 rokov po začiatku výroby prvého hybridného Touaregu. Zaujímavosťou je, že nejde o prvý plug-in hybrid z Bratislavy. Touareg R sa vyrába spoločne s Audi Q7, Porsche Cayenne a Porsche Cayenne Coupé, ktoré už dlhšie ponúkajú vysoký výkon s nízkymi emisiami.



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