



Za Boha a národ

For God and Nation

Slovak Catholic Falcon

SLOVENSKÝ KATOLÍCKY SOKOL

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Sts. Cyril and Methodius
February 14th

Message from our Supreme President

Michael J. Horvath



The Supreme Physical Fitness Board held their 2021 annual meeting on January 16 via Zoom. The Board reviewed their functions and the projects they were able to do in 2020. We all know 2020, the year of problems that was caused by the COVID-19 virus kept the Board from holding our annual fraternal activities. Not holding the Physical Fitness Board back, they kept trying to keep the Slovak Catholic Sokol members engaged. The one issue the Board found that needs to be improved is getting their message and information out to the Society's leaders and members. With restrictions still in place and an uncertain future the Board continues to plan Sokol fraternal activities for 2021 with hopes that what they plan members will participate and enjoy.

To be informed, information is communicated via word, print and now electronically. For this to be successful the communication needs to be meaningful and sent to the audience it is meant to reach. The most important part of communicating is to be sure the recipient information, whether it is their address or e-mail address is correct. In the upcoming months all Assemblies, Wreaths and Groups should check their officer information to make sure it is correct. Then send your updated list to our Supreme Secretary, Scott T. Pogorelec. This will ensure all of our local and regional leaders are receiving current information and can be contacted by the Home Office and Supreme Officers.

The Falcon is the Slovak Catholic Sokol's monthly communication vehicle. It started out as a weekly newspaper, all in Slovak, and over the years became a monthly publication. There is one thing missing in the Falcon which is so important to our Society and that is hearing from our Assemblies, Wreaths, Groups and members. The Society's membership wants to hear from all of you. This is the way you share what is happening in your lodges and Groups and the accomplishments of your family. The Society has over 200 Wreaths and As-

semblies, 19 Groups and 27,000 plus members that all have a story to share with the membership. If we received an article from every Group, Assembly and Wreath at least once a year the membership would learn about what you did and what is happening in our Society. So, I ask all Groups, Assemblies and Wreaths to submit an article or two to inform the membership on what you are doing, have done or on your history. Share your good news to the rest of the membership and make the Falcon more exciting to read.

We will begin the 2021 Lenten season on February 17, Ash Wednesday. Most of the time we do not start thinking about Lent until Ash Wednesday and then we decide what to do. Today is the day to start planning on how you will live your forty days of Lent. In the past Lent was about giving something up, personal sacrifice, now it is more about changing our lives to help others. What you chose to do follow your plan. This year I heard Ashes will be sprinkled on our head instead of the making the sign of the cross on our foreheads. No matter how we receive the sign of the cross we still will do our best to prepare ourselves for Easter.

On February 14 we celebrate Valentine's Day the day set aside to remember St Valentine and other Christian martyrs and recognized the day of love. It is also the official feast day of Saints Cyril and Methodius who evangelized the Slavic peoples of Eastern Europe and are venerated in Slovakia and other countries. Let us celebrate this February 14 with prayers for the people we love and for help to be more like Saints Cyril and Methodius.

Our Drive to 50 Campaign is about half way completed and has produced some good results. There is still time for everyone, especially, Groups to get involved and sign-up new members or recommend individuals who you feel should be a member. If you have any questions contact our Supreme Secretary, Scott T. Pogorelec, F.I.C. or our Director of Sales, Albert J. Suess, Jr. F.I.C. for assistance.

As we continue to be in the grips of the COVID virus, Stay Safe and Healthy!

With God's Blessings to All!
Zdar Boh!

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From the desk of the Supreme Secretary

THE GOLDEN RULE

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



Therefore, whatever you desire for men to do to you, you shall also do to them; for this is the law and the prophets.

Matthew 7:12

Greetings from the Home Office! I hope everyone is staying safe and warm during this winter. The temperatures are creeping lower and lower here in New Jersey. Thankfully, the snow has not followed those low temps...yet!



Our Supreme President, Michael J. Horvath, and I had the pleasure to be part of the Supreme Physical Fitness Board Meeting held via Zoom on Saturday, January 16th. We wish we were able to meet in person to map out our 2021 fraternal schedule, but given the circumstances, the SPFB did a great job running an efficient meeting. Many thoughts and ideas were exchanged, and the Board will be ready when the Covid-19 restrictions are lifted. They will keep the membership informed of any developments.

The beginning of a new year is always a good time to examine your current life insurance needs and to ask yourself a few questions.

- Do you know how much life insurance you have?
 - Will your coverage meet the needs of your loved ones?
 - If you own term insurance, do you know when it expires?
 - Do you know your current beneficiaries?
 - Is your life insurance properly structured to benefit your estate?
 - Do your beneficiaries know who to contact if something happens to you?
- If you need help answering any of

these questions, please do not hesitate to call our Home Office and we will guide you in the right direction.

The month of February is filled with important dates and observances. February 1st is National Freedom Day, commemorating President Abraham Lincoln signing the Thirteenth Amendment abolishing slavery. The third week in February is Brotherhood/Sisterhood week. The week encourages people of diverse faiths to discuss not only our differences, but to recognize how we are all the same. This is something that we need to examine as a nation given the current times. As a Slovak Fraternal, not only do we celebrate St. Valentine's Day on February 14th, but also the Feast Day of SS. Cyril and Methodius, who brought the gift of faith to our ancestors. We honor SS. Cyril and Methodius, who are called the "Apostles of the Slavs" for their tireless work in spreading the Gospel throughout Eastern Europe in the 9th Century. On February 15th, we celebrate Presidents' Day. Originally established in 1885 to celebrate President George Washington, it is now universally marked to commemorate all U.S. Presidents. As you can see, February may be the shortest month, but it is long in importance.

During this changing and volatile time, it is important for us to have some perspective. As we see the political turnover in Washington and at many local levels, let us remember the above Bible verse, which is the universal Golden Rule. We owe it to our children to be examples of integrity and character. I am confident in us.

I again urge all our members to stay diligent in fighting this virus. As temperatures become colder and activities are forced inside, please be smart. The light is at the end of the tunnel.

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



50TH INTERNATIONAL SLET POSTPONED

The Board of Directors agreed with the recommendation of the Physical Fitness Board to postpone the 50th International Slet due to the recent resurgence of the COVID-19 virus. The Slovak Catholic Sokol leaders anticipate increased participation at the historic Slet and want everyone in attendance to feel safe. The 50th International Slet will be held in July 2022 at Kutztown University. – **James Matlon**, *Supreme Director of Sports and Athletics*

SLOVAK CATHOLIC FALCON PUBLICATION DATE

The next issue of the Slovak Catholic Falcon will be that of MARCH 1, 2021. **DEADLINE** for all photos and information for this issue will be **FEBRUARY 22, 2021.**

SOKOL CALENDAR

SATURDAY, FEBRUARY 13

Chicago, Assembly 11 annual meeting at the home of Financial & Recording Secretary, Theresa M. Buc beginning at 2 p.m.; officers only. For input, call Sister Buc at tel.(708) 598-1468 or kavols5@aol.com.

"BEST LENT EVER"

Can't believe we are well into 2021 and near the beginning of February already. So many of us have been waiting for 2020 to end, with the hope that Covid would be gone. 2021 is starting the same as 2020 left - it is up to YOU to make the change.

What better way than to focus more on God this year. We all want life to improve our lives so we exercise, eat a healthy diet, do more housework, focus on family activities, do acts of kindness, strive for higher grades, etc. but is that all we need? Let's put more "God" in our life and see how that can make a difference.

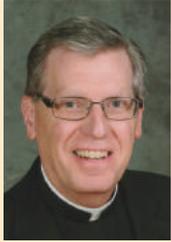
Dynamic Catholic offers a "Best Lent Ever"; a daily reflection will be sent to you where you are asked to watch a short video. Sign up takes 10 seconds so go to www.dynamiccatholic.com to sign up now. If you don't think you have time for this daily reflection during lent, please still sign up for it - watching one or two short videos a week is better than nothing.

God's blessings as we all journey through these times together as a Sokol Family!!! – Lisa Hoeck

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

THE MONTH OF FEBRUARY LITURGICALLY SPEAKING

The month of February is traditionally dedicated to the Holy Family. Between the events which marked Christmas and the beginning of Christ's public life the Church has seen fit to recall the example of the Holy Family for the emulation of the Christian family.



The Feast of the Presentation (February 2) or Candlemas forms a fitting transition from Christmas to Easter. The small Christ-Child is still in His Mother's arms, but already she is offering Him in sacrifice.

This celebration harkens back to the Christmas mystery of Light except that now, Christ, the helpless babe, is "the Light of Revelation to the Gentiles who will save his people from their sins." Candles, symbolizing Christ our Light, will be carried in procession this day, as will be the Paschal candle during the Easter Vigil Liturgy.

"The Light of Revelation" shines more brightly with each successive Sunday of Ordinary Time, until its magnificence – exposing our sinfulness and need for conversion – propels us into the penitential Season of Lent.

From the Congregation for Divine Worship and Discipline of the Sacraments, Ash Wednesday will look a bit different this year for most of us due to the Covid-19 safety requirements. The Priest says the prayer for blessing the ashes. He sprinkles the ashes with holy water, without saying anything. Then he addresses all those present and only once says the formula as it appears in the Roman Missal, applying it to all in general: "Repent, and believe in the Gospel", or "Remember that you are dust, and to dust you shall return".

The Priest then cleanses his hands, puts on a face mask and distributes the ashes to those who come to him, **the Priest takes the ashes and sprinkles them on the head of each one without saying anything.**

We then plunge ourselves into anticipating the major exercises of Lent – fasting, prayer, almsgiving – laying our thoughts and prayers on the heart of our Mother Mary. She, who offered her Son in the temple and on the Cross, will teach us how to deny ourselves, take up our cross daily, and follow her Son.

The saints that we will focus on this month and try to imitate are St. Blaise (February 3), St. Agatha (February 5), St. Paul Miki & Companions (February 6), St. Jerome Emiliani and St. Josephine Bakhita (February 8), St. Scholastica (February 10), Our Lady of Lourdes (February 11), the Chair of St. Peter (February 22) and St. Polycarp (February 23).

The feasts of Sts. Cyril and Methodius (February 14) and St. Peter Damian (February 21), is superseded by the Sunday Liturgy. The feast of the Seven Founders of the Orders of Servites (February 17) is superseded by the Ash Wednesday Liturgy.

This year the first 16 days of February fall during the liturgical season known as Ordinary Time which is represented by the liturgical color green. Green, the symbol of hope, is the color of the sprouting seed and arouses in the faithful the hope of reaping the eternal harvest of heaven, especially the hope of a glorious resurrection. The remaining days of February are the beginning of Lent.

The liturgical color changes to purple — a symbol of penance, mortification and the sorrow of a contrite heart.

WALKING PROGRAM

Hello and Happy New Year to all of the Walking Program Members!

I think we can all agree that it's been a strange and extremely eventful past year for all of us. I would like to take this time to thank you for staying with the program and getting your exercise and hopefully fresh air by getting out and racking up those miles. I would also like to ask that if I seemed to be 'missing' from the usual updates that you would normally receive, that you could find a way to forgive me for my carelessness in attending to the program that I inherited. There is no excuse that I could offer other than a lack of attention to details. I will try my best to correct the problem in my commitment to the program.



With that out of the way, it's that time of year again to submit your totals for the past year to earn your rewards. If you did not receive anything for the 2019 program, please let me know and I will rectify the situation. All totals can be emailed to me at mcoach1986@aol.com or at my home address: 34 Butler St, Wilkes-Barre, PA 18702. Questions can be texted to me also through my cell number: (570) 881-2754.

It may take some time for me to catch up so please be patient and forgiving with me.

Zdar Boh!

Marty Degnan

*Member of the Supreme
Physical Fitness Board*

TWENTY/TWENTY – WHAT DID YOU SEE?

The ball dropped, champagne poured, we were happy as can be.

2020 greeted us all, but what did you see?

Did you see hope for months to come?

Did you see yourself out having fun?

Did you hug your loved ones, high five your friends?

Did you realize then it would come to an end?

We couldn't see it. It wasn't happening to us

We didn't understand what caused all the fuss.

And then it came here like a raging storm.

What we knew before was no longer the norm.

Stay in your homes, only go out to the store.

What we did before we could do no more.

But there were those that had a job to do.

They did what they needed to power through.

The doctors, the nurses, the staff were all there.

Working day and night without any fear.

First responders, food clerks, the truckers still ran,

To continue to help us however they can.

Stay six feet apart, wear a mask when outside.

Help others to stay safe, order food at curbside.

But some suffered dearly, and some have died.

And some of us do what we can to survive.

Do you focus on loss and what used to be?

Or do you celebrate the positives that maybe you see?

The experience is different for you than for me.

2020 is gone... So what did you see?

Diane Moeller 12/31/20

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

RECOMMENDER REWARDS

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

GROUP REWARDS

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

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



DRIVE TO 50 CAMPAIGN - Member Referral Card

Name: _____

Address: _____

Phone: ____ - ____ - ____ Email: _____

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

RECOMMENDER INFORMATION Assembly/Wreath: ____ Email: _____

Name: _____ Phone: ____ - ____ - ____

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



SLOVAK CATHOLIC SOKOL

LEGACY LIFE INSURANCE PLANS

PERMANENT PLANS

WHOLE LIFE ● SINGLE PREMIUM LIFE ● 20 PAYMENT LIFE

TERM PLANS

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

VANTAGE COLLECTION of ANNUITY PRODUCTS

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

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

● SPIA Single Premium Immediate Annuity

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

\$63,000 in S.C.S. Scholarship Grants Available to Eligible Members in 2021

by Edward D. Moeller, *Supreme Vice President*

We are pleased to announce that the Slovak Catholic Sokol will make available a total of \$63,000 in **scholarship grants** to eligible members in 2021. Previous recipients of Slovak Catholic Sokol scholarship grants may reapply for a 2021 grant; however, per



Convention mandate - a student may receive a maximum of two (2) Slovak Catholic Sokol scholarship grant awards in each category.

A total of 30 Slovak Catholic Sokol college grants of \$1,000 each, two Theodore and Mary Jane Rich Memorial Scholarships one for a male and female in the amount of \$2,000 each, two Emil Slavik Memorial Scholarships one for a male and female in the amount of \$2,000 each, one The Doctors' Lesko Medical

Memorial Scholarship in the amount of \$1,000, one Krista L. Glugosh Memorial Scholarship in the amount of \$1,000, one Yencha Scholarship in the amount of \$1,000 and three Slovak Catholic Sokol (SCS) Memorial Scholarship in the amount of \$1,000.

With one application you may apply for all college scholarship grants for which you are eligible. Note that only one grant per applicant will be awarded.

College scholarship eligibility requirements:

Slovak Catholic Sokol (a total of 30, \$1,000 grants will be awarded)

- Must have a minimum of \$3,000 permanent Life Insurance Coverage
- Must be a member of the Slovak Catholic Sokol for at least five years.
- Must have completed one semester of undergraduate studies as a FULL TIME student at an accredited college, university or professional school, or be enrolled in a graduate or professional degree program.
- Must have an accumulated grade point average of at least 2.5 or better
- One parent must be a Slovak Catholic Sokol member
- Essay- "How has being a member of the Slovak Catholic Sokol influenced my life?"

Theodore and Mary Jane Rich (one male and one female grant in the amount of \$2,000 will be awarded)

- Same requirements as for SCS scholarship
AND
- One parent must be of Slovak Ancestry
- Must be majoring in medical curriculum

Emil Slavik (one male and one female grant in the amount of \$2,000 will be awarded)

- Same requirements as for SCS scholarship
AND
- Both parents must be members of the Slovak Catholic Sokol
- Must be majoring in liberal arts, the sciences, pre-law, pre-medical or business curriculum.

The Doctors' Lesko Medical Memorial Scholarship (1 grant in the amount of \$1,000 will be awarded)

- Same requirements as for SCS scholarship
AND
- Majoring in Nursing or Medical curriculum
- One parent must be of Slovak Ancestry

Krista L. Glugosh Memorial Scholarship (1 grant in the amount of \$1,000 will be awarded)

- Same requirements as for SCS scholarship
AND
- Majoring in curriculum with a focus in computer graphics, design or layout

Yencha Scholarship (1 grant in the amount of \$1,000 will be awarded)

- Same requirements as for SCS scholarship
AND
- Majoring in Liberal Arts Curriculum

Slovak Catholic Sokol Memorial Scholarship (3 grants in the amount of \$1,000 will be awarded to the applicant that best exemplifies the spirit of volunteerism)

- Same requirements as for SCS scholarship
- Essay- "Describe the one volunteer experience that made the biggest personal impact on you- how/why".

The process of applying for any of the above college level scholarships is completely on-line. Applications and instructions are **ONLY** available on our website @ www.slovakcatholicssokol.org

Questions regarding the Slovak Catholic Sokol Scholarship Program may be directed to:

Edward D. Moeller, Supreme Vice-President
Chairperson of the Scholarship Committee
vp@slovakcatholicssokol.org
(412)881-3506

Deadline for submission of all scholarship applications is March 31, 2021

In addition to our college grant program, we make available 18 Catholic High School Grants in the amount of \$500 each as well as 36 Catholic Grade School Grants in the amount of \$250 each. Please find these scholarship applications and directives in each of the next issues of the Falcon.

SLOVAK CATHOLIC SOKOL COLLEGE SCHOLARSHIP – TIPS FOR SUCCESS

I just wanted to take a moment to highlight the recent changes made to the Slovak Catholic College Scholarship Program. We will continue to use a completely on-line process as we have had few issues with the process over the past several seasons. With the help of our technical webmaster, we have redesigned the application process and you should find it to be much more user friendly.

You will find the on-line application on our website at www.slovak-catholicsokol.org beginning December 1, 2020.

To be best prepared for this process a successful applicant should:

- Review the application on-line for required content and gather prior to beginning to complete the form
- Be prepared to attach both your essay (in PDF or Word format) and a color head and shoulders picture of yourself (in .jpeg format).

Please note, you may want to print a copy for your records prior to submitting. All applicants will receive automatic confirmation that their e-mail has been received.

It really isn't that difficult to qualify for one of our many college scholarships. With now five years of the new College Scholarship Application process behind us, it is clear that there are a few ways to assure that your application will be reviewed.

1. Answer all questions on the application.

For example- if something does not apply to you- say N/A. If you are fully independent from your parents- as in, you are not claimed by them on their tax return, you should indicate that in the space asking for total parent income. Leaving this blank does not tell the whole story.

2. Include all requirements for the application- i.e. photo; transcript; essay

Start the process for requesting your transcript NOW. I have found that sometimes this is the hold up for some applicants.

- **Transcripts-** please note that "official transcript" means that you have requested it from your University or College and that it has been sent directly to me in a **sealed envelope**. We have not been as strict in the past on this issue, but began holding each applicant to this requirement last season and will continue to do so moving forward.

3. Submit all required elements prior to the deadline.

The application is clear and I just want to prevent a waste of your time and energy.

Failure to include/complete any of the above items will result in the application being disqualified. To be honest, it is not easy for our committee when we need to disqualify applicants for simple yet important missing requirements.

Lastly, apply for all college scholarships for which you qualify in order to give yourself the best chance at receiving something. There were several applicants who limited themselves to a particular scholarship. Competition was fierce for the larger \$ scholarships, but there seems to be more opportunity with the other scholarship offerings.

Not every applicant receives a scholarship every time they apply. If you have not received one in the past, I encourage you to apply again this year. Before submitting your application- take some time to review the bullet points above in order to assure that your application will be included for consideration.

Good luck and Zdar Boh!

Edward D. Moeller
Supreme Vice President
Chairperson of the Scholarship Committee

MINUTES OF THE SUPREME BOARD OF DIRECTORS QUARTERLY MEETING

(Continued from page 5)

After a lengthy discussion, President Horvath entertained a motion to postpone the 50th International Slet until July 2022, so moved by Supreme Treasurer, James F. Knis, seconded by Supreme Chaplain, Rev. Andrew S. Hvozdovic. **Approved**

President Horvath asked for a motion to accept the Supreme Physical Fitness Board Report, so moved by Supreme Treasurer, James F. Knis, seconded by Chairperson of the Supreme Auditors, James G. Jerek. **Approved**

Brother President began discussion regarding the **declaration of a dividend** for the year 2020 to be distributed during 2021. The 2019 dividend declaration issued in 2020 was \$50,000.00.

After a brief discussion, Chairperson of the Supreme Auditors, James G. Jerek, moved that a dividend be declared for the year 2020 in the amount of \$50,000.00 payable in 2021 for all qualifying certificates, seconded by General Counsel, John D. Pogorelec, Jr., Esq. **Approved**

The Supreme President questioned the Board members regarding the Annuity Interest Rate to be offered for the first quarter of 2021.

The Board members had a lively discussion regarding the **Annuity Interest Rate**, taking into consideration our investment portfolio, the interest rate environment, product sales of our Vantage Collection, and the recommendations of our Director of Sales. Supreme Physical Director, John M. Underation, made a motion to continue with our current rates for the first quarter in 2021, seconded by Supreme Director of Sports and Athletics, James C. Matlon. **Approved**

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

The Board members were informed by Brother Jerek that the Annual Audit will be held March 15-18, 2021 at the Home Office in Passaic, NJ if all restrictions in New Jersey are eased due to the Covid-19 pandemic. The Semi-Annual Audit scheduled in August of 2020 had to be tabled to the Annual Audit due to the restrictions in place. If an in-person visit is unable to happen, the Auditors will work with the Supreme Secretary to do the audit virtually. **Acknowledged**

Brother Secretary informed the Board that the 2020 First Quarterly Meeting is scheduled to be held on March 19-20, 2021 in Wilkes-Barre, PA. This is subject to change. **Acknowledged**

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

Supreme Chaplain, Rev. Andrew S. Hvozdovic, led the Board in a closing prayer. The meeting was adjourned at 7:30 p.m.

Zdar Boh!

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

SLOVAK CATHOLIC SOKOL ABBOT JEROME M. KOVAL, O.S.B. MEMORIAL HIGH SCHOOL GRANT

As a fraternal benefit, the Slovak Catholic Sokol is pleased to offer \$500.00 grants to one young Sokol or Sokolka in each of our organization's nineteen Groups. These 19 Grants are available to any qualified Sokol member currently attending a Catholic High School.

ELIGIBILITY

A. Applicant must be a member of the Slovak Catholic Sokol in good standing, holding a permanent Life Insurance Certificate in the amount of **not less than \$3,000, and has been a member for at least five years.**

B. One parent must be a S.C.S. member.

C. The principal of the Catholic High School must verify the enrollment of the applicant.

APPLICATION

ALONG WITH THE APPLICATION you must submit a typed or written essay **DOUBLE SPACED** in 100 to 200 words on the following topic:

"WHAT DOES THE SLOVAK CATHOLIC SOKOL MEAN TO ME?" This essay must be submitted along with the application.

This application must be **received** on or before, **March 31, 2021** with a clear, small (2"x3" wallet size) head and shoulders photograph.

Application is also available on the Internet @

www.slovakcatholicsokol.org

DISQUALIFICATION

An applicant who neglects to submit or complete any part of these requirements before the established deadline will automatically be disqualified.

ACKNOWLEDGMENT

An acknowledgment of the Grant should be made in writing by the recipient as soon as possible, if you are awarded a Grant.

RETURN OF GRANT

If for any reason the Grant is not used by the recipient, the entire (or portion of) grant not utilized must be returned.



SLOVAK CATHOLIC SOKOL ABBOT JEROME M. KOVAL, O.S.B. MEMORIAL HIGH SCHOOL GRANT APPLICATION

Group # _____ Assembly/Wreath # _____ Name _____

Address _____ City _____

State _____ Zip Code _____ Date of Birth _____ Current Age _____

Home Phone (_____) _____ High School Phone (_____) _____
area code area code

S.C.S. Insurance Certificate # _____ Face Amount _____

S.C.S. Insurance Certificate # _____ Face Amount _____

S.C.S. Insurance Certificate # _____ Face Amount _____

Father's name _____ Are you a member? _____

Mother's name _____ Are you a member? _____

Parent's S.C.S. Insurance Certificate # _____ Face Amount _____

Parent's S.C.S. Insurance Certificate # _____ Face Amount _____

Are you a previous Slovak Catholic Sokol Scholarship Recipient? _____
(yes/no)

If yes, please indicate Grade School or High School. What year? _____

High School verification (to be completed by High School Principal)

I, _____ Principal of _____
(Principal's signature) (Name of School)

Catholic High School, verify that _____
(Name of student)

is a student at the above school and will be attending _____ Grade in the 2021-2022 school year.

Are you currently participating in Slovak Catholic Sokol Activities? Yes _____ No _____

**DEADLINE FOR RECEIPT OF THIS APPLICATION IS MARCH 31, 2021. Return completed application to:
SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 07055**

SLOVAK CATHOLIC SOKOL CATHOLIC GRADE SCHOOL GRANTS

As a fraternal benefit, the Slovak Catholic Sokol is pleased to offer \$250.00 Grants to our young Sokols and Sokolky in each of our organization's nineteen Groups. Two grants each per Group are available to any qualified Sokol member entering a Catholic Grade School (Grades 2 through 8).

ELIGIBILITY

A. Applicant must be a member of the Slovak Catholic Sokol in good standing, holding a permanent Life Insurance Certificate in the amount of **not less than \$3,000, and has been a member for at least five years.**

B. One parent must be a S.C.S. member.

C. The principal of the Catholic Grade School must verify the enrollment of the applicant.

APPLICATION

This application must be **received** on or before, **March 31, 2021** with a clear, small (2"x3" wallet size) head and shoulders photograph.

Application is also available on the Internet @ www.slovakcatholicssokol.org

DISQUALIFICATION

An applicant who neglects to submit or complete any part of these requirements before the established deadline will automatically be disqualified.

ACKNOWLEDGMENT

An acknowledgment of the Grant should be made in writing by the recipient as soon as possible, if you are awarded a Grant.

RETURN OF GRANT

If for any reason the Grant is not used by the recipient, the entire (or portion of) grant not utilized must be returned.



SLOVAK CATHOLIC SOKOL CATHOLIC GRADE SCHOOL GRANT APPLICATION

Group # _____ Assembly/Wreath # _____ Name _____

Address _____ City _____

State _____ Zip Code _____ Date of Birth _____ Current Age _____

Home Phone (_____) _____ School Phone (_____) _____
area code area code

S.C.S. Insurance Certificate # _____ Face Amount _____

S.C.S. Insurance Certificate # _____ Face Amount _____

S.C.S. Insurance Certificate # _____ Face Amount _____

Father's name _____ Are you a member? _____

Mother's name _____ Are you a member? _____

Parent's S.C.S. Insurance Certificate # _____ Face Amount _____

Parent's S.C.S. Insurance Certificate # _____ Face Amount _____

Are you a previous Slovak Catholic Sokol Scholarship Recipient? _____
(yes/no)

If yes, what year? _____

School verification (to be completed by Grade School Principal)

I, _____ Principal of _____
(Principal's signature) (Name of School)

Catholic Grade School, verify that _____
(Name of student)

is a student at the above school and will be attending _____ Grade in the 2020-2021 school year.

Are you currently participating in Slovak Catholic Sokol Activities? Yes _____ No _____

**DEADLINE FOR RECEIPT OF THIS APPLICATION IS MARCH 31, 2021. Return completed application to:
 SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 07055**

SLOVAK CATHOLIC SOKOL

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

Permanent Life Insurance **The Legacy Collection of Life Insurance**

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

Cash Value

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

Loan Value

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

Dividends

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

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

Tax Advantages

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

Legacy Life

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

Issue ages 0–80.

Legacy Single Premium

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



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

Issue ages 0–90.

Legacy 20

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

Issue ages 0–80.

Term Life Insurance

10 Year Renewable/Convertible Term

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

Issue ages are 18-60.

20 Year Convertible Term

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

Issue ages are 18-50.

Youth Term to Age 30



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

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

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

The very affordable premiums can be paid:

- Annually, or
- Single Premium.

Issue ages are 0-22.



Find us on Facebook:
Slovak Catholic Sokol
Public Group

VANTAGE DEFERRED ANNUITIES

This Collection of Deferred Annuity plans provides you with a varied range of investment options to fit your financial planning requirements.

Tax-Deferred Earnings

Earnings grow tax-free until a withdrawal occurs. Due to the power of compound tax-deferred growth, your retirement savings will accumulate quicker compared to a fully taxable account.

Cost

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

Safety

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

Short Term Investment Opportunities

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

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

Issue Ages: 0—90

VANTAGE 1

Duration: 1-year contract

Early Withdrawal: 6%

VANTAGE 2

Duration: 2-year contract

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

VANTAGE 3

Duration: 3-year contract

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

Longer Term Investment Opportunity

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

VANTAGE 5

Duration: 5-year contract

Guaranteed Interest Rate; 1st year of contract

Early Withdrawal:

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

VANTAGE 7

Duration: 7-year contract

Guaranteed Interest Rate; 1st two-years of contract

Early Withdrawal:

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

Guaranteed Income

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

Settlement Options

- Life Only
- Specified Period
- Life and Period Certain
- Payments for Life, Joint and Survivor



SLOVAK CATHOLIC SOKOL

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E-mail: sales@scslife.org

www.scslife.org

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FORMER SLOVAKIA'S FIRST LADY EMILIA KOVACOVA DIES

Former Slovakia's first lady Emilia Kovacova, the wife of the country's first president Michal Kovac (1993-98), died on New Year's Eve, one month before her 90th birthday. Michal Kovac died in October 2016. He was 86 years old.

EX-POLICE CHIEF MILAN LUCANSKY DIES IN HOSPITAL

Former police chief Milan Lucansky has died in a hospital following his suicide attempt in a detention cell on Tuesday, December 29.

Following his suicide attempt, Lucansky was taken to hospital in a critical state. Prison and Judicial Guards general director Milan Ivan stepped down in response. Justice Minister Maria Kolikova announced that she'll form a large commission to investigate the incident that will be open to representatives of the opposition, the president, public ombudswoman and European institutions.

Former police chief Milan Lucansky, was in custody since the beginning of December over corruption-related charges.

GOV'T ALLOCATES 1,000 SOLDIERS TO HELP HEALTH STAFF DEAL WITH PANDEMIC

Up to 1,000 soldiers will be available every day to provide the necessary medical and sanitary support to health-care facilities. The Government approved the assistance for a long period, with the measure being provisionally valid until the end of June 2021.

"The unfavourable developments in the coronavirus-related situation in Slovakia requires the further engagement of the armed forces in order to support the country's health-care sector," stated the draft submitters.

In line with the approved resolution, soldiers should provide necessary medical and sanitary support under the supervision of skilled medical staff and after being trained at an appropriate health-care facility. Further details regarding the implementation of the government resolution (i.e. location, time, number of soldiers, etc.) will be agreed by the Health and Defence Ministries.

PG ZILINKA DECIDES TO TEMPORARILY SUSPEND PROSECUTOR KATARINA K.

Prosecutor-General (PG) Maros Zilinka on Thursday (January 7) decided to temporarily suspend prosecutor of the Regional Prosecutor's Office in Bratislava Katarina K., who is being criminally prosecuted by a National Crime Agency (NAKA) investigator for money laundering in the form of com-

plicity, TASR has learnt from PG Office spokesperson Jana Tokolyova.

"I believe that the prosecution service can be a credible institution only if respect for the law is equally required from all of us," said Zilinka. The charges against Katarina K. were pressed and her criminal prosecution launched on January 4.

Katarina K. in early December 2020 filed a complaint concerning the alleged unlawful conduct by Special Prosecution Office's (USP) prosecutors Ondrej Repa and Michal Surek in relation to her husband Marian K., a NAKA investigator who was remanded in custody as part of NAKA's Operation Judas. The two allegedly forced him to confess to his crimes and cooperate with the police. They allegedly threatened to disgrace both him and his wife, claiming that he'll be sent to prison if he doesn't comply.

Opposition Smer-SD party chairman Robert Fico on December 4 announced he has filed a criminal complaint against Repa and Surek for committing several crimes. He asked the acting special prosecutor to suspend them immediately. The Prosecutor's Council, however, labelled Fico's claims as grossly misleading and untrue, being a part of a discrediting campaign against the prosecutors.

Subsequently, 59 prosecutors have objected via a joint declaration against statements made by Fico. The prosecutors warned that attacks by lawmakers on representatives of the law-enforcement authorities directly interfere with their activities, noting that they view this as an attempt to influence their actions.

RECOVERY OF TOURISM SECTOR WILL DEPEND ON RESTRICTIONS

The recovery of the tourism sector will depend on whether Slovakia will still be struggling with restrictions this year or it will be possible to travel and take recreation in a normal way, Transport Minister Andrej Dolezal has told TASR.

Dolezal said he personally puts high hopes in vaccination. "I hope the situation will only improve from now on so that we can live, work and travel normally, which will help the whole economy the most," he stressed.

The Transport Ministry already started to pay the money to help entrepreneurs engaged in the travel industry hit by the coronavirus pandemic. The ministry launched the assistance scheme on December 15. The assistance should continue until the end of 2021.

"This help compensates their fixed costs. It means compensation of losses that tourism facilities suffered on revenues compared to 2019," said the ministry's state secretary Katarina Brunckova, adding that the aid will be paid retroactively as well. She said that the assistance is directly dependent on the decline in revenues, ranging between 2 and 10 percent of them. The assistance scheme is targeted at the entire tourism sector, including restaurants, sports facilities, ski resorts, travel agencies and accommodation facilities.

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

PG ZILINKA ORDERS EXAMINATION OF ANTIGEN TEST PURCHASE

Prosecutor-General (PG) Maros Zilinka has ordered an examination of the purchase of one million antigen tests of the Ra-PiGen brand by the State Material Reserves Administration at a cost of 3.9 million, PG's Office spokesperson Jana Tokolyova told TASR on January 11.

"The PG did so based on his official duties after hearing Prime Minister Igor Matovic's (OLaNO) serious statements on Slovak Radio's Saturday Dialogues on January 9, when he spoke about the alleged poor quality of purchased tests that will catch no one [who is COVID-19 positive], about 'shoddy goods' that he would never use to test even a dog, about deception and hocus-pocus on 250,000 tested people and about damages amounting to 3.9 million," said Tokolyova.

"I will ask my colleague [Economy Minister] Richard Sulik (Freedom and Solidarity/SaS) about those damages now," said Matovic on Slovak Radio regarding the antigen tests, which were procured by Sulik. "We gave people the false impression that they aren't ill," stated Matovic.

Matovic blames Sulik for the lack of antigen tests in Slovakia and so wants to take the power to procure tests out of the minister's hands and give it to some other Cabinet member. "We must take this power away from Sulik, as he would purchase tests as late as in August," claimed Matovic.

MATOVIC ANNOUNCES PLAN TO CARRY OUT MASS TESTING ON WEEKLY BASIS

Prime Minister Igor Matovic announced on January 11 after a session of the Government that dealt with the current situation surrounding the coronavirus pandemic that there'll be further rounds of mass testing for COVID-19 in the country that will take place on a weekly basis, starting as of next weekend at latest.

According to the premier, the weekly testing will stay in place as long as the basic reproduction number of the virus exceeds 0.5. Representatives of individual parties and institutions that will carry out the upcoming rounds of mass testing will meet already on Monday evening. Matovic explained that their aim is to prepare the operation so that it goes as seamlessly as possible and to prevent the mistakes from the first rounds of mass testing that took place in the autumn. The first week of renewed mass testing will concern all districts in the country.

Matovic stated that at the current pace, the spreading of the virus won't significantly change for the better until the population is vaccinated despite the current lockdown. He mentioned in this regard the new, more aggressive coronavirus variant that has started to spread from southeastern England and its impact on the reproduction number of the virus and its further spread.

Speaking on a related note, Matovic once again criticised how the Economy Ministry proceeded in procuring antigen tests in recent weeks. According to the premier, the fact that the ministry failed to purchase a sufficient number of tests could result in the deaths of 4,300 people and cause economic damage amounting to 1 billion. At the same time, Matovic claimed that he'll remove the task of procuring antigen tests from the Economy Ministry.

SLOVAK DESIGNER WINS TOP PRIZE FOR OCEAN STATION PROTOTYPE THAT REMOVES PLASTIC FROM THE SEA



A prototype ocean cleaning facility by Slovak designer Lenka Petrakova has scooped the highest award in an architectural competition for projects posing creative solutions to environmental challenges.

Called The 8th Continent, the floating station designed to solve one of the world's most pressing pollution problems: ocean plastic waste. Marine debris currently covers a surface of approximately 1.6 million square metres in the North Pacific — known as the Great Pacific garbage patch — which, as Petrakova suggests, could be considered the world's eighth continent.

The 8th Continent was awarded the 2020 Grand Prix Award for Architecture and Innovation of the Sea from Foundation Jacques Rougerie, a French institute that awards visionary projects that encourage sustainable collaborations between scientists and designers.

Petrakova's model consists of interconnected petal-shaped buildings which stand on tentacle-like platforms, and all work together to collect plastic debris from the water surface and transform it into recyclable material. The prototype also features a research and education centre that studies and showcases marine environments, a greenhouse where plants are grown using hydroponic cultivation — a method for growing plants without soil just using water — and living facilities for the station's researchers.

Petrakova prototype is conceptualised to be self-sufficient and both adapt and benefit from the ocean's environment. The buildings are designed to allow wind to pass through the station, making it more resistant to strong ocean winds, collect water for irrigation, and harness tidal and solar energy.

"Although it is an unbuilt project, as Jules Verne said, anything one man can imagine, another man can make real," says Petrakova. "And I believe today is the time to imagine a cleaner, environmentally more sustainable future and ways to achieve it with technical, architectural and artistic creations, to allow us to build them for ours and the world's better tomorrows."

Text: Luca de la Torre

Image: courtesy of Lenka Petrakova



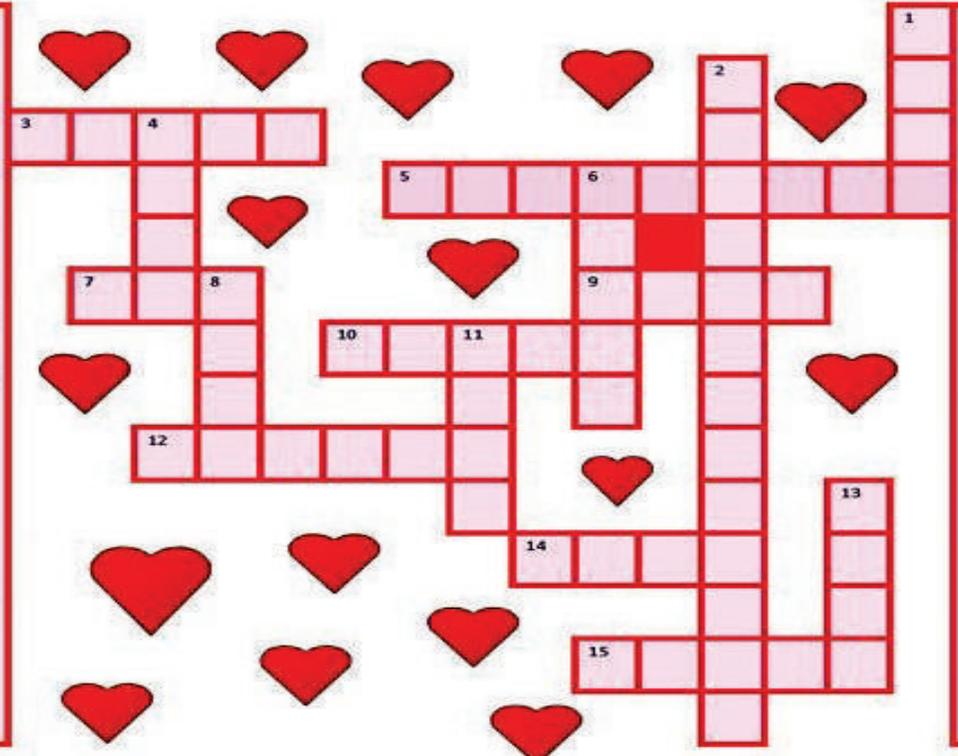
KIDS' CORNER "Detský kútik" - - February 2021

♥ Valentine's Day ♥





14 Feb.









Across

- 3. What cupid shoots.
- 5. A Valentine's Day treat.
- 7. Valentine's Day color.
- 9. Something you wear on your finger.
- 10. He shoots love arrows.
- 12. Something often written on Valentine's Day cards.
- 14. Touch lips.
- 15. The symbol of love.

Down

- 1. An emotion.
- 2. A day for love.
- 4. The flower of love.
- 6. People often exchange these on Valentine's Day.
- 8. Go on a _____. Go somewhere with your boyfriend or girlfriend.
- 11. Something a poet writes.
- 13. Present.

smitta_haldankar10@yahoo.com



KIDS' CORNER "Detský kútik" - - February 2021



Name: _____

President Washington

Directions: Find and circle the words about George Washington.

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

REVOLUTION
FIRST
MARTHA
GEORGE
WASHINGTON

PRESIDENT
COUNTRY
PATRIOT
TEETH
COMMANDER





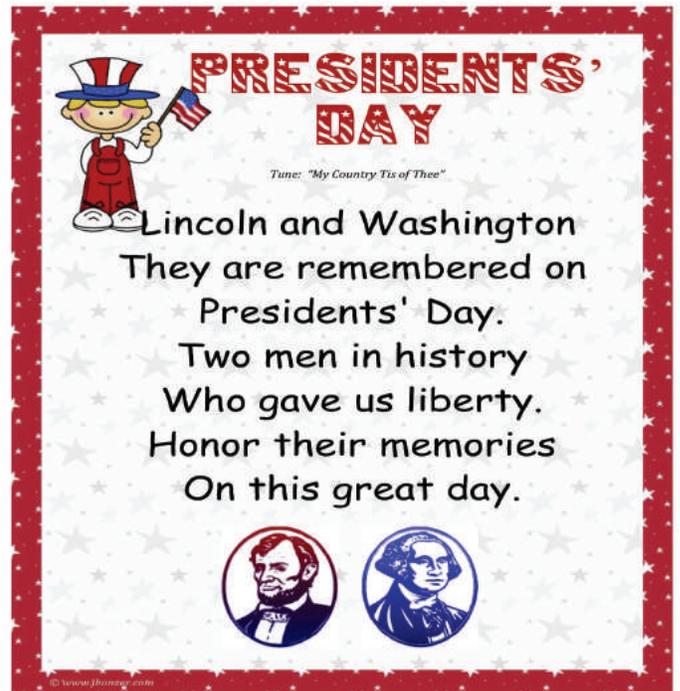
KIDS' CORNER "Detský kútik" - - February 2021

Saint Valentine is the name of many martyred saints that lived in Ancient Rome. At least three different people named Valentine are said to have died on the 14th of February. Even though nobody knows who exactly Valentine was and where he came from, it has been confirmed that he existed because archaeologists discovered a church dedicated to Valentine.

In the Catholic church, Valentine was the patron of love, young people, and happy marriages.

There are many guesses about how Valentine's Day, a celebration of love, started. One legend says that Valentine, being a priest, performed secret wedding ceremonies when they were outlawed by Emperor Claudius II. When someone discovered that Valentine was breaking the law, he was ordered to be executed.

Another theory is that Valentine helped captive Christians to break out of prison. When he himself was in prison, Valentine may have sent the first love letter to a young girl who liked to visit him.



HAPPY BIRTHDAY TO YOU!!!!

Joseph Phillips	2/12
Julie Diaz	2/17
Riley Slonac	2/23
Aiden Ahern	2/23
Mackenzie Ahern	2/23
Lauren Martyak	2/28

INSTALLATION OF BISHOP-ELECT LARRY KULICK SET FOR FEB.11 IN GREENSBURG, PA

by Peter Smith, Pittsburgh Post-Gazette

When he received a recent call from the Vatican representative to the United States, Monsignor Larry J. Kulick thought he might be receiving an update on the search for a new leader of the Diocese of Greensburg, PA.

Msgr. Kulick had been serving as administrator of the diocese since September 2020, when previous Bishop Edward Malesic became Bishop of Cleveland, Oh.

What Msgr. Kulick didn't expect was that he would get the assignment himself - that Pope Francis had named him the sixth Bishop of Greensburg. It was the ecclesiastical equivalent of offering a permanent job to the temp.



"What I heard so clearly was an invitation to serve" and as a "tremendous bonus and blessing, to continue to serve in the Diocese of Greensburg," he said at a recent news conference at Christ Our Shepherd Center, a church center in Greensburg, PA.

While bishops are typically appointed from outside of a diocese, it's not rare to have a native of that diocese become its bishop. The most recent two bishops of the Diocese of Pittsburgh, David A. Zubik and Donald Wuerl, grew up and became priests in that diocese, but returned home only after each served as bishop in another diocese.

But Msgr. Kulick said it's more unusual for a priest to be appointed directly from within a diocese and for a temporary administrator to find his caretaker role turned into a permanent one. He said it may reflect Pope Francis' emphasis on pastoral leaders - "to have a bishop being named who is called to shepherd in the diocese they were raised and served in."

Msgr. Kulick, 54 will be ordained and installed as bishop on February 11 at Blessed Sacrament Cathedral, by the metropolitan Archbishop of Philadelphia, Nelson Perez.

This is the diocese in which I was born, baptized, received all of my sacraments, was ordained and served as a priest for 28 years," he said. "I do not underestimate this privilege, nor do I take it lightly. I promise our Holy Father and each of you that I will strive to...be the best shepherd I can."

A native of Leechburg, PA, he grew up at the former St. Martha Parish, an ethnic Slovak congregation where he developed his affinity for Slovak religious and cultural traditions. He graduated from St. Joseph High School in the Natrona Heights section of Harrison, St. Vincent College and St. Vincent Seminary.

Msgr. Kulick is a canon lawyer and has served as the pastor at St. James Church in New Alexandria since 2012. He's a classic-car enthusiast, with an affinity for Pontiacs, which he has brought to the parish's annual car cruises.

The term Monsignor is an honorific title usually given to a priest who has performed an important service or holds an important position.

He will be the sixth bishop to head the diocese. The first five came from other dioceses in Pennsylvania. The Rev. Thomas Reese, a Religious News Service columnist, said appointments such as his have some precedent. "A diocesan administrator is normally someone who would be considered a candidate," said Father Reese, a priest and author of books on the Catholic hierarchy.

The Greensburg Diocese includes 78 parishes in Armstrong, Fayette, Indiana and Westmoreland counties.

It has 126,649 Catholics, according to the 2020 Official Catholic Directory. Like many Catholic dioceses in the region, its ranks of members have been aging and decreasing amid demographic shifts and growing secularization. The Church has lost 14% of members in the past five years and nearly a third in the past 20 years.

For those who have been active in their parishes, he appealed to them to continue to be so and to expand their work where they can.

He apologized to victims of sexual abuse, saying he has met "face to face" with survivors and would do what he could to help them and prevent future abuse.

The diocese was one of six named in a 2018 statewide grand jury report which said 20 of its priests had been accused since the diocese's creation in 1951. The diocese has paid \$5.9 million from a compensation fund to 72 survivors.

He acknowledged the impact of the coronavirus.

"Mass attendance is 30 to 40% of pre-pandemic levels," he said, and impacting financial giving. "But I want you to know that even during the pandemic, God's work continues.

He applauded Catholics' responses to the pandemic in mobilizing to aid the needy and providing for ministry remotely and in person using safety precautions. He also pledged to continue the diocese's response to the opioid epidemic in the region, which was a priority of Bishop Malesic's work.

Religious leaders from the region applauded his appointment.

"He has been a very good friend to our congregation," said Sister Catherine Meinert, provincial superior of the Greensburg-based Sisters of Charity of Seton Hill. "Our prayers will be with him as he assumes leadership of our diocese."

Msgr. Raymond Riffle, rector of Blessed Sacrament Cathedral and director of Catholic Charities for the diocese, has known Msgr. Kulick since the early 1990's, when they served at the same parish.

"When....he is talking with you, that's where his attention is, and you definitely know that he is interested in what you have to say and that it is important that he hear it," said Msgr. Riffle. "He has always evidenced that desire to be connected to the people."

"Bishop-elect Kulick is an amazing pastor and an outstanding administrator, said Bishop David A. Zubik in a statement. "I have known him since he was a seminary student. He was impressive then and even more so now."

The Rev. Liddy Barlow, executive minister for Christian Associates of Southwest Pennsylvania, an ecumenical organization of Catholic, Orthodox and Protestant denominations, said Msgr. Kulick has "demonstrated a strong interest in ecumenism and a warm, pastoral heart."

Archabbot Martin de Pores Bartel of St. Vincent Archabbey in Latrobe, PA noted that Msgr. Kulick studied at its affiliated college and seminary. "We are so pleased that 'one of our own' will take the helm as our chief shepherd," he said in a statement. "We look forward to our continued partnership with him."

Bishop-elect Kulick is our long-time member of the Slovak Catholic Sokol in Wreath 15. He also enjoys membership in the First Catholic Slovak Union and the First Catholic Slovak Ladies Association and supports the work of the Slovak Catholic Federation.

Our congratulations and fraternal best wishes go out to Bishop-elect Kulick, who so beautifully mirrors our Cyrilo-Methodian heritage of faith and heritage



OBITUARIES

SISTER M. JOHN VIANNEY VRANAK, SS.C.M.

Sister M. John Vianney Vranak (Frances) died at Emmanuel Center, Danville, PA, on Sunday morning, December 20, 2020. She was born in Chicago, IL on March 5, 1932, the daughter of Frank and Mary (Duratinsky) Vranak.



Sister graduated from St. Simon parish school in Chicago. For high school she attended St. Cyril Academy in Danville, PA, for one year and graduated from St. Casimir Academy in Chicago.

Sister John Vianney entered the Sisters of Saints Cyril and Methodius in Danville, PA and was professed on August 11, 1954. Sister John Vianney received a B. S. in Home Economics from Marywood University, Scranton, PA, and a Master's in Home Economics Education from St. Louis University, Missouri.

Sister John Vianney was missioned to parish elementary schools in Pittston and Bloomsburg, PA, and Gary, IN. She continued her ministry of education on the secondary level at Andrean High School in Merrillville, IN, and St. Pius X, Pottstown, PA. Sister taught in the Home Economics Departments in both schools.

Sister John Vianney was involved in congregational administration as a member of the Leadership Team in Danville for eight years. Following this she became Administrator of Villa St. Cyril, a nursing home in Highland Park, IL.

Elected in 1988 as General Superior, Sister John Vianney served until 1992. During her term Sister laid the groundwork for the Meadows at Maria Joseph Manor. Also during her term, the chapel at Villa Sacred Heart was named a Basilica and dedicated on November 26, 1989.

From 2007-2010, Sister John Vianney was Director of the Jankola Library in Danville.

After serving the congregation in leadership roles, Sister John Vianney became involved in the New Evangelization and ministered in a five-parish cluster in suburban Chicago. Sister then became a member and later chairperson of the European American Advisory Board for the Archdiocese of Chicago and served as National Consultant for the Slovak Apostolate for the USCCB Office for the Pastoral Care of Migrants and Refugees.

When Sister John Vianney retired from her very active ministry, she was engaged in the Ministry of Prayer and Hospitality at Maria Hall and later in Prayer and Presence and Companion to the Elderly at Emmanuel Center.

Sister John Vianney is survived by her sister, Mrs. Dolores Kniola of Huntley, IL, and many nieces and nephews.

A Committal Service was held at the Sisters' cemetery in Danville on Wednesday, December 23, 2020, at 2:00 p.m.

Donations in memory of Sister John Vianney can be made to the Sisters of Saints Cyril and Methodius, Villa Sacred Heart, Danville, PA 17821.

ANNE C. GASPER ALTAVILLA, 83 LAID TO REST IN DALLAS, PA

Anne C. Gasper Altavilla, a resident of Plains Twp., passed away peacefully on Saturday, Dec. 12, 2020 from complications of Alzheimer's disease, while in the care of Mountain Top Health Care Center and Hospice of the Sacred Heart. She was 83.

A native of Wilkes-Barre, PA, she was born there July 24, 1937, daughter of the late Stephen and Anna Molitoris Gasper. She was the youngest of four children. Educated in the city schools, she graduated from the former Sacred Heart of Jesus Slovak Parochial School and then was graduated from the James M. Coughlin High School.



In her youth, she worked at the former Prestige Shoe Company, Wilkes-Barre, where she met her late husband. Later in life, she worked in various capacities within the local food service and hospitality industries, making many wonderful friends along the way.

Devoted to her Catholic faith, Anne held membership in the Parish of St. Andre Bessette, having been a life member of the former Sacred Heart of Jesus Slovak Parish, prior to its closure and subsequent merger into St. Andre Bessette Parish. At Sacred Heart, she was previously active with the parish Christian Mothers and Parent-Teacher Association.

Proud of her Slovak heritage, Anne enjoyed membership in the Slovak Catholic Sokol, the First Catholic Slovak Union, the Ladies Pennsylvania Slovak Catholic Union and the Slovak Catholic Federation.

Anne is remembered as a devoted and hardworking, mother, grandmother, sister and friend. She will be greatly missed by all those she touched in this life. When she was able, Anne enjoyed cooking and baking, especially striving to maintain Slovak traditions at the holidays.

Anne was preceded in death by her husband, Donald D. Altavilla, on Oct. 9, 2002. At the time of his passing, the couple shared 43 years of married life together. Also preceding her were sisters, Marie Gryczko and Theresa Firda; as well as her brother, John Gasper.

Left to honor her memory and example are her children, Philip A. Altavilla, former national president of the Slovak Catholic Federation; and Chris A. Altavilla, R.N. and spouse, Dani; two grandchildren, Leigha Seravin and husband, Jonathan; and Danielle Drevenak; nieces, nephews, cousins, and dear friends, including caregiver, Sarah Mountain.

Family and friends paid their respects to Anne at the John V. Morris Funeral Home. A Mass of Christian burial was celebrated on December 15 in the Church of St. Andre Bessette in Wilkes-Barre. Celebrant and homilist at the liturgy was the Rev. Richard E. Fox, pastor of St. Patrick's Parish in Scranton, and personal family friend. Interment followed at Sacred Heart of Jesus Cemetery in Dallas, PA.

May our Sister Anne, who so beautifully mirrored our Slovak faith and heritage traditions, now rest in peace. Our sympathy goes out to her family.

NICHOLAS BENYO, ACTIVE FRATERNALIST LAID TO REST IN YONKERS, N.Y.

Longtime resident of Yonkers, N.Y. and president of Slovak Catholic Sokol, Assembly 63 in Tarrytown, N.Y., passed away on December 19, 2020 on the Orthodox feast of St. Nicholas, at age 93.

A native of Litmanova in Slovakia, he came to the United States in 1946. He was educated locally and was a Baroch College graduate, only attending night school. He was an Army Veteran of the Korean War. Nicholas served as a member of the Yonkers City Council for six years in the 1960's. He worked at CBS and Montefiore Hospital before establishing Benyo Travel in Yonkers which organized many trips to Slovakia by the Slovak Catholic Sokol over the years.



In addition to the Slovak Catholic Sokol, Brother Benyo was a founder of the United Slavonian American League (USAL) and enjoyed membership in the Slovak League of America.

Visitation took place on December 23 at St. Mary's Carpatho-Russian Orthodox Church including a funeral Divine Liturgy. The Duchynski-Cherko Funeral Home was in charge of arrangements. Interment followed at Oakland Cemetery in Yonkers.

Brother Benyo is survived by his wife, Marika (nee Vargova). He is also survived by his son, Nicholas Michael Benyo and step-father of Janka and Vlado Mudrak. He is also survived by a brother, the Rev. Peter Benyo. Also surviving are 5 nieces and 2 nephews. He was preceded in death by his brother, Michael Benyo.

Brother Benyo was active in our organization over the years. He served as a delegate to many of our Sokol conventions. May our brother Sokol, who so beautifully mirrored our Cyrilo-Methodian heritage and traditions, now rest in peace. Our sympathy goes out to the Benyo family. Vecnaja pamjat!

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 the newly developed Memorial Scholarship fund? Your donation will assure that an annual scholarship be given out to a college age student who best exemplifies the meaning of fraternalism and volunteerism. Here's how it works: Send a check or money order to the Memorial Scholarship Fund clearly indicating the name to be memorialized. You can find a donation form on line at <http://slovakcatholic-sokol.org/members/memorialfrmframe.htm> or simply send your donation to: **James F. Knis, SCS Museum Treasurer, 6385 Harbor Drive, N.W., Canton, OH 44718.** Your bequest will be recognized in the Falcon as well as permanently added to the Memorial Scholarship Donation Log which will be kept at the Sokol Museum.

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

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

In Memoriam

DECEMBER 2020

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 11	Joan L. Brya, Silvertin, OR	84	December 1, 2020
Assembly 11	Robert Svidron, Countryside, IL	83	December 17, 2020
Assembly 11	Lorraine Schroedle, Orland Park, IL	75	December 28, 2020
Assembly 16	John J. Yanosick, Pittsburgh, PA	88	December 6, 2020
Assembly 16	William H. Mathewson, Bairdford, PA	79	December 20, 2020
Assembly 16	John S. Boban, Mc Kees Rocks, PA	97	December 21, 2020
Assembly 25	Michael Veloshin, Prosperity, SC	89	December 25, 2020
Assembly 59	Debra Simpson, Springfield, MO	64	October 22, 2020
Assembly 59	Mary A. Rembish, Wilkes-Barre, PA	101	November 6, 2020
Assembly 59	Matthew J. Heinz, Pleasanton, TX	74	November 26, 2020
Assembly 59	Anne Altavilla, Plains, PA	83	December 12, 2020
Assembly 59	Kenneth Lamoreaux, Wilkes-Barre, PA	57	December 12, 2020
Assembly 78	James Straka, Hellertown, PA	88	December 17, 2020
Assembly 79	Mary E. Filak, Lilly, PA	79	June 12, 2019
Assembly 79	Susan Filak, Lilly, PA	56	December 20, 2020
Assembly 86	Steven W. Leitzel, Wilkes-Barre, PA	67	November 28, 2020
Assembly 104	Michael A. Scott, Pittsburgh, PA	71	June 27, 2020
Assembly 108	Rickey Smith, Youngstown, OH	63	December 20, 2020
Assembly 108	Michael M. Hamrock, Youngstown, OH	92	December 18, 2020
Assembly 162	Stefan Galik, Clifton, NJ	84	November 27, 2020
Assembly 167	Johanna Bobkovic, Akron, OH	87	October 18, 2020
Assembly 167	Becky L. Pecimon, Norton, OH	42	December 29, 2020
Assembly 176	Frederick Kaneck, New Brighton, PA	83	December 14, 2020
Assembly 179	Dorothy F. Stein, Munhall, PA	89	November 17, 2020
Assembly 227	Albin Chodelka, Bramalea, Canada	85	December 4, 2020
Assembly 312	Bernard Gluvna, Corry, PA	89	December 5, 2020
Assembly 314	Natasa Cecko, Wrentham, MA	65	November 25, 2020
Wreath 2	Mary Goetze, Pittsboro, NC	76	December 3, 2020
Wreath 14	Elizabeth Chongla, Macomb, MI	89	December 1, 2020
Wreath 22	Dolores Bombara, McKees Rocks, PA	84	November 27, 2020
Wreath 34	Robert J. Knotek, Cleveland, OH	93	November 17, 2020
Wreath 47	Mary Ann Baker, Minneapolis, MN	81	August 5, 2020
Wreath 54	Mary L. Feret, Youngstown, OH	96	November 30, 2020
Wreath 85	Helen Pruzenski, Aliquippa, PA	94	December 15, 2020
Wreath 93	Stanley Nelson, Blanchardville, WI	85	November 20, 2020
Wreath 93	Dolores A. Scuglik, Kenosha, WI	90	December 7, 2020
Wreath 93	Miguel A. Santiago, Milwaukee, WI	Unknown	
Wreath 93	Arden L. Menge of Muskego, WI	95	December 19, 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.

KRÁTKE SPRÁVY ZO SLOVENSKA

Emília Kováčová, manželka exprezidenta Michala Kováča, ktorú zomrel v roku 2016, skonala vo veku nedožitých 90 rokov 31. decembra minulého roka.

Nepriaznivý vývoj krízovej situácie súvisiacej so šírením ochorenia COVID-19 na území SR si vyžaduje ďalšie zapojenie príslušníkov Ozbrojených síl SR na podporu v oblasti zdravotníctva. Príslušníci Ozbrojených síl vykonávajú potrebnú zdravotnícku a sanitárnu podporu pod dohľadom odborného zdravotníckeho personálu a po zaškolení. Zdravotníkom pomáha tisíc vojakov.

Bývalý policajný prezident Milan Lučanský zomrel 30. decembra po tom, ako sa deň predtým pokúsil o samovraždu v prešovskej väznici v Pezinku kde bol umiestnený na začiatku decembra minulého roku. Exšéf polície čelil obvineniu z prijímania úplatkov za to, že bude kryť aktivity mafiánskej skupiny Takáčovcov. Len v rokoch 2018 a 2019 takto podľa vyšetrovateľov získal viac ako pol milióna eur.

Ministerstvá určené ako subjekty hospodárskej mobilizácie majú vykonať opatrenia na zabezpečenie činnosti určených karanténnych zariadení alebo na zabezpečenie prednostnej výroby určených zdravotníckych pomôcok. Rozhodla o tom vo štvrtok 7. januára vláda schválením doplnenia vládneho nariadenia na vykonanie niektorých opatrení hospodárskej mobilizácie v súvislosti s vyhlásením núdzového stavu na zabezpečenie riešenia druhej vlny koronavírusu COVID-19. Vláda nariadila ústredným orgánom a okresným úradom vykonať opatrenia v oblasti organizácie výroby a organizácie služieb na zabezpečenie podporných služieb pre prevádzku karanténnych zariadení a na podporu činnosti orgánov krízového riadenia, záchranných zložiek Integrovaného záchranného systému, ako aj na iné strategické účely.

Slovenskú poštu čakajú v tomto roku zásadné reformy. Prvým krokom bude úprava organizačnej štruktúry a pracovných miest. V prvej fáze sa rušenie pracovných miest alebo zmena dohodnutých pracovných podmienok dotkne približne 1500 zamestnancov pošty, zrušených bude 756 nadbytočných pracovných miest. Slovenská pošta v súčasnosti zamestnáva 12 894 zamestnancov s výkonom práce vo všetkých častiach Slovenska.

Slovensku hrozí, že do konca januára môže mať okolo 5-tisíc obetí ochorenia COVID-19, pričom v apríli by mŕtvych mohlo byť 10-tisíc až 15-tisíc,“ upozornil v rozhovore pre TV Pravda analytik globálnych trendov a rizík Juraj Mesík.

Na Slovensku v roku 2020 bolo celkovo zaregistrovaných 82 676 nových vozidiel. Celkový trh s uvedenými vozidlami tak poklesol o takmer 25% oproti roku 2019. Napriek zložitej situácii spôsobenej koronavírusovou pandémiou dokázala značka Toyota zvýšiť predaje v porovnaní s rokom 2019. Dosiahla celkovo 5 771 zaregistrovaných vozidiel a oproti roku 2019 vzrástla o 2,6 %. Japonskej značke sa po prvýkrát v histórii podarilo preraziť medzi prvých 5 značiek a so 7% trhovým podielom obsadila práve 5. miesto na trhu. Mesiac december pritom zakončila na celkovom 3. mieste s celkovo 692 novými zaregistrovanými vozidlami. Toyota má tak za sebou najúspešnejší rok na slovenskom trhu.

ŤAŽKÁ MECHANIZOVANÁ BRIGÁDA SA ONESKORÍ

Termín ukončenia budovania ťažkej mechanizovanej brigády sa oneskorí. Namiesto roku 2018 tak bude k dispozícii až v roku 2032. Pretrvávajúcim nedostatkom je napríklad nízka naplnenosť Ozbrojených síl (OS) SR.

Vyplýva to z materiálu Ministerstva obrany (MO) SR, v ktorom informuje o procese a výsledkoch hodnotenia obranných plánov SR v rámci procesu obranného plánovania Organizácie Severoatlantickej zmluvy (NDPP).

Pozitívne NATO hodnotí postupné zvyšovanie obranných výdavkov, predpokladané splnenie všetkých kvantitatívnych cieľov z oblasti síl pre špeciálne operácie, ale aj podstatné zvýšenie úrovne civilnej pripravenosti.

SR by mala splniť aj väčšinu cieľov spôsobilostí z oblasti vzdušných síl. V porovnaní s minulosťou sa zmiernilo hodnotenie obstarania lietadiel F-16.

“SR totiž počas rokovaní k zneniu správy zdôraznila, že nové viacúčelové lietadlá F-16 budú v budúcnosti využívané na plnenie pridelených cieľov spôsobilostí a boli zároveň deklarované do Iniciatívy pripravenosti NATO,“ vysvetľuje MO SR.

Pokrok v oblasti podporných jednotiek zhodnotilo NATO napriek predstaveným projektom na rozvoj komunikačných a informačných systémov ako nedostatočný.

Hlavným nedostatkom je zastaranosť a slabá interoperabilita systémov využívaných v OS SR,“ konštatuje správa. Dlhodobým problémom je podľa NATO aj nedostatok zdravotníckeho personálu. Oceňuje však postupné posilňovanie zdravotníckych spôsobilostí.

SR plne naplňuje kvantitatívne ciele v oblasti stabilizácie a rekonštrukcie. Z dôvodu limitovaných personálnych kapacít a výcvikových príležitostí však nedisponuje kompletnou požadovanou expertízou. NATO z tohto dôvodu odporúča, aby SR poskytovala svojmu personálu viac príležitostí na výcvik a rozvoj.

Nízku naplnenosť OS SR zaznamenala správa predovšetkým v oblasti zdravotníckeho personálu a pri IT špecialistoch. Pretrvávajúcim problémom je aj nízky počet osôb zaradených do aktívnych záloh.

Pozitívne sú hodnotené príspevky SR do operácií a misií a zapojenie sa do posilnenej predsunutej prítomnosti NATO (eFP) a Iniciatívy pripravenosti NATO.

Pravidelný, dvojročný proces hodnotenia obranných plánov členských krajín NDPP v rámci procesu obranného plánovania NATO sa uskutočnil v rokoch 2019 a 2020. NATO je aktuálne v procese pridelenia nových cieľov spôsobilostí. Ich schválenie sa očakáva v októbri 2021.

AT&T NA SLOVENSKU IDE PREPÚŠŤAŤ

Po firme Johnson Controls k prepúšťaniu pristupuje aj spoločnosť AT&T Global Network Services Slovakia, ktorá je súčasťou amerického telekomunikačného giganta. Vedenie AT&T rozhodlo znižovať stavy personálu na Slovensku. O prácu by tak malo prísť zhruba 440 ľudí. Približne 150 ľudí dostalo výpoveď v Košiciach.

Firma AT&T prišla na Slovensku v roku 2002. Postupne tam otvorila štyri centrá zamerané na zákaznícku podporu. Tri z nich sú v Bratislave a jedno v Košiciach. V najlepších časoch firma zamestnávala u nás vyše 3100 pracovníkov.



POMOCNÍCI V BOJI PROTI VÍRUSOM



V súčasnom období plnom nepríjemných viróz je dôležitá prevencia. Zdravý organizmus pomôže zvládnuť chrípku či prechladnutie.

Vitamíny sú veľmi dôležité pre náš organizmus. Vitamíny organické zlúčeniny, ktoré ľudský organizmus produkuje v relatívne nízkych množstvách. Je vhodné spomenúť aj to, akým spôsobom by sme mali vitamíny prijímať. Častou otázkou je, či je vhodné vitamíny prijímať v doplnkoch stravy, alebo by sme mali uprednostniť prirodzený prísun v potrave. Pravda je niekde uprostred. Vplyvom kvality pôdy, vody a ovzdušia dnes nedokážeme vyprodukovať potraviny s takým obsahom vitamínov, ako sme v ovocí či zelenine našli v minulosti. Mnohé výskumy dokazujú, že vitamín C prijatý z doplnkov výživy má totožný účinok ako prírodný. Neplatí to však pre všetky typy vitamínov.



V zdravej životospráve je prirodzenejšie konzumovať dostatok ovocia a zeleniny. Predovšetkým potraviny obsahujúce vitamíny rozpustné v tukoch – avokádo, orechy, vajcia atď. – prirodzene obsahujú aj tuky, vďaka ktorým sú spomenuté vitamíny lepšie rozpustné.

Medzi jedlá by sme v boji proti viróze mali zaradiť osvedčený recept našich starých rodičov - hydínový vývar so zeleninou. Nielen že zahreje a zabráni dehydratácii, navyše hydínové mäso sa pýši obsahom aminokyselín, ktoré sú dobrými pomocníkmi pri uvoľňovaní hlienu v dutinách aj v pľúcach.



Zázvor je nesmierne účinný nielen pri prevencii, ale aj pri liečbe samotnej. Je bohatým zdrojom vitamínov, zlepšuje trávenie, podporuje tvorbu žalúdočnej šťavy a má upokojujúce účinky. V spojení s medom je ideálnou kombináciou, práve vďaka jeho protizápalovým účinkom.



Cesnak je prírodným antibiotikom s protizápalovými účinkami. Protizápalové účinky ešte zvýšite kombináciou cesnaku a medu, napríklad v podobe cesnakovej pasty s medom. Ideálne je konzumovať cesnak čerstvý, ak ho vaše trávenie znesie.



Upchatému nosu a boľavým dutinám pikantné jedlá. Cesnak, chren, čili papričky a štiplavé omáčky. Pridajte si ich do jedla viac ako zvyčajne a výsledky sú zaručené. Ak máte problém so žalúdkom, pikantné jedlá konzumujte s mierou.



Zvýšený príjem vitamínu C je v ochrane pred virózami dôležitý. Špeciálne u fajčiarov, pretože fajčenie oslabuje imunitu a vitamín C z tela vo vyššej miere odbúrava. Tento základný „protichrípkový“ vitamín sa nachádza okrem citrusov aj v zemiakoch, zelenej paprike, jahodách či petržlenovej vňati.

Vyhýbajte sa konzumácii tučných alebo sladkých jedál, nepravidelnému stravovaciemu režimu. Všetky tieto faktory ľudský organizmus oslabujú a zvyšujú riziko nákazy. Dodržiavajte pitný režim, obmedzte príjem kofeínu a doprajte si hodne spánku.

V boji proti chrípke, prechladnutiu či vírusovým ochoreniam teda nepomôžu len sporadicky zaradené vyššie uvedené potraviny či pokrmy, ale aj správne životospráva.



Tatranský ľadový dóm na Hrebienku vo Vysokých Tatrách je tento rok inšpirovaný Chrámom Kristovho vzkriesenia v Petrohrade. Návštevníci ho obdivujú od novembra minulého roku. Jeho sprístupnenie je spojené s oficiálnym otvorením zimnej turistickojej sezóny vo Vysokých Tatrách. Autorom Tatranského ľadového dómu je Slovák Adam Bakoš, ktorému pri tvorbe pomáhali sochári z Česka a Slovenska. Na stavbu vysokú 12 metrov použili 1880 kusov ľadových blokov, ktoré vážili 225 ton. Na stavbe sa podieľalo celkovo 18 sochárov a 12 pomocníkov, uviedol Bakoš. Celý dóm je umiestnený v kupole s priemerom 25 metrov.

KÚTIK HUMORU

- Peťko, daj tete pusku na rozlúčku, - hovorí mama.
- Nedám, bojím sa.
- A prečo?
- Aby mi nedala facku ako včera oteckovi.



Malý chlapec sa márne snaží dočiahnuť na zvonček. Ide okolo starší pán, a tak mu pomôže. Keď zazvoní, chlapec naňho zavolá: "Fajn dedo, teraz utelajme!"

- Chlapče, býva tu pán Štajner? - pýta sa dedko.
 - Býva, ale až na dvanástom poschodí. Ja vás tam zavediem.
 - Ty si zlatý.
- Keď vyjdú konečne pešo hore, lebo výťah nejde, chlapec povie:
- Tak, tu je to. Ale ak sa chcete s ním rozprávať, sedí na lavičke pred domom.

ACH, TÁ NAŠA SLOVENČINA!

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EFFECTIVE DATE: JANUARY 1, 2021

	<u>CURRENT</u>	<u>MINIMUM GUARANTEE</u>
VANTAGE 1	1.85%	1.00%
VANTAGE 2	2.25%	1.00%
VANTAGE 3 YEAR 1	2.30%	1.00%
YEAR 2	2.40%	1.00%
YEAR 3	2.50%	1.00%
VANTAGE 5	3.00%	2.00%
VANTAGE 7	3.25%	2.00%

SINGLE PREMIUM IMMEDIATE ANNUITY – SPIA

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

NO LONGER OFFERED EFFECTIVE: AUGUST 31, 2011

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

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

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

NEW CHANGE CANCELLATION

Certificate No. _____

Name _____

New Address _____

City _____ State _____ Zip _____

Old Address _____

City _____ State _____ Zip _____

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- * Provide basic information about yourself. ...
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