



Za Boha a národ

For God and Nation

Slovak Catholic Falcon

SLOVENSKÝ KATOLÍCKY SOKOL

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

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

VOLUME CX

PASSAIC, NJ, MARCH 1, 2021

NUMBER 5149

*Palm
Sunday*

**Palm Sunday! Be reminded of the reason
for the Easter season! Amongst all the
busyness that goes on reflect on
Jesus & His resurrection.**



Message from our Supreme President

Michael J. Horvath



March is the month that begins the transition from the Winter Wonderland of the past months and cabin fever into the warmer and brighter days of spring with its warm and longer sunshiny days and outdoor activities. All of us know we cannot put away the snow shovel just yet since snow is still in the forecast according to the Farmer's Almanac and the furry prognosticator from Punxsutawney, Pennsylvania.

March can also be called the month of Lent since most of the forty days of Lent occur this month. On Ash Wednesday we decide how we will live our lives during Lent. Whatever you decide to do during Lent stay the course so by time Lent ends and Easter morning arrives everything you sacrificed was meaningful and was done to help others.

On Saturday, February 6, 2021, the Supreme Physical Fitness Board held a meeting. The one issue I heard was that some of our Group leaders are not responding to the Board's request for information. We must remember communication is important to any organization's or project's success. The more our members know what is happening will allow them to participate and enjoy the fraternal benefits the Society offers.

The first 2021 quarterly meeting of the Slovak Catholic Sokol Board of Directors will be held on Friday, March 19 and Saturday, March 20, 2021. This will again be a virtual meeting since COVID is still spreading. Our Supreme Secretary, Scott T. Pogorelec, F.I.C. and I along with the rest of the Board are disappointed we cannot meet in person for this meeting. We continue to take the spread of the COVID virus serious and do not want to put anyone in harm's way of contacting the virus. The Board welcomes hearing from our Groups, Assemblies, Wreaths and members on any issue; hearing from you shows you are concerned, want to be involved and that you care about the Society. All correspondence and donations requests must be sent into the Supreme Secretary for them to be addressed by

the Board. Brother Scott and I hope the Board will be able to meet in person for the second quarterly meeting in June.

Our Slovak Catholic Sokol Scholarships are one of our best fraternal benefits the Society can offer to its membership. Over the past several months your Supreme Vice President, Edward D. Moeller has been publicizing the Scholarship program in the Falcon. Review the Scholarship requirements and submit your application. The Scholarship applications are on the Society's website to make it easy for all members to fill out. A total of \$63,000 in scholarships is made available in 2021 to help our members fund their elementary, secondary and college educations. To be considered for a scholarship all applications must be received in the Home Office before the posted deadline. If anyone has a question regarding a Scholarship contact our Vice President, Brother Moeller.

When I check social-media I see many Slovak Heritage posts some coming from Sokol members, one being Dr. Michael Kopanic, who share with us information about Slovakia, its history, food, customs and traditions. Let us share with the Sokol family how we celebrate our Slovak Lent and Easter the foods we prepare, and the customs and traditions we keep by posting photos and our stories of them on the Slovak Catholic Sokol Face Book page and or in the Falcon.

Congratulations to Group 14, Pittsburgh, PA for their Valentine's Day project, making and delivering meals to the Group's senior members and their Easter Card project. I urge all Groups to take on similar projects during Lent to show what it means to be a Slovak Catholic Sokol and a fraternal Society and then share your project with the rest of the membership.

Happy Saint Patrick's and Saint Joseph's Day to all who will be celebrating these special feast days with the special foods that are prepared for us to enjoy.

During these days of COVID, Stay Healthy and safe!

With god's Blessings to All!
Zdar Boh!

Slovak Catholic Falcon Slovenský Katolícky Sokol

ISSN:0897-8107
Established April 15, 1911

Official Publication
of the Slovak Catholic Sokol

Issued Monthly

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

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

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

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

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

HOME OFFICE HOURS:
MONDAY THROUGH THURSDAY
8:00 a.m. – 4.30 p.m.
FRIDAY
8:00 a.m. – 2:00 p.m.

PHONE NUMBERS:
TOLL FREE NUMBER: 1-800-886-7656
HOME OFFICE: (973) 777-2605 or 777-2606

DIRECTOR OF SALES: 1-855-874-9179
or (412) 381-5431

UNDERWRITING: (973) 777-4704

FAX NUMBER: (973) 779-8245

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From the desk of the Supreme Secretary

SPRING IS UPON US

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



"And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God." Luke 6:12

Greetings from snowy New Jersey! As I write this article, we are in the process of digging out here on the east coast. In my last article, I noted that the cold tempera-



tures have been here, but the snow has not come along. Well, looks like I jinxed us! Hopefully, that last storm was Old Man Winter's final goodbye for the season and the warmth of spring will be right around the corner.

With our seasonal change to Daylight Savings Time combined with the hopeful warmer temperatures, we will have more hours to enjoy the outdoors.

Our first important activity ahead is the first Quarterly Meeting of the Board of Directors, which will be held virtually via Zoom on March 19th and 20th. Our Board, which is the highest governing body of our organization between Conventions, will be making the important decisions to ensure our successful future. We will get a chance to hear from our hired professionals who will report on our 2020 results and 2021 projections. In the coming issues, you will have the opportunity to read the reports our Directors, as well as the Official Minutes of the Board of Director's Meeting. I recommend that you take the time to read each report to acknowledge the time and effort put in by each of our Officers. Unfortunately, this year will be a little different from what we are used to reading, but both Boards have done their very best under difficult circumstances to communicate virtually with each other and our members.

As we enjoy the beginning of the new spring season, the date April 15th is also drawing near. That of course is the deadline to file your tax return. I hope that most of our Members will be enjoying a nice refund. If in fact a refund is in order, have you thought

what you would do with the extra cash? This year why not do something that would allow you to secure your future for yourself and your family and make it easier for you to purchase those items down the road. Why not invest in a Sokol Annuity?

Our Vantage Collection of annuities offers financial protection and supplies you with the same fraternal benefits as if you had a standard life insurance policy. Our current rates are extremely competitive and are certainly more attractive than any bank CDs currently available. Your investment can grow rapidly since there is no initial service, contract, or premium fees. Every dollar you pay in premium goes directly to your account's cash value and starts earning interest immediately. Another important factor is that our annuity products are tax deferred, meaning your gains are accumulated tax free and only gets taxed upon constructive receipt of the gain. This allows for the growth to be compounded on the portion of earnings and not subjected to investment taxation. As you can see, the benefits of investing in our products are plentiful. So, think about using that tax return in one of the smartest ways possible in securing your future and retirement. If you have any questions, give me a call at the Home Office or call our Director of Sales, Albert J. Suess, F.I.C., at (855) 874-9179, and we would be glad to assist you.

Finally, our hearts go out to all our members who have been directly affected or have lost loved ones due to this pandemic. Please know that you will always be in our thoughts and prayers. With that in mind, I urge all our Groups, Assemblies, and Wreaths to think of ways to help your members. For example, Group 14 has done a terrific job by delivering meals to their senior members during this pandemic. This is a way to help each other and stay in communication with each other during these difficult times. This is who we are as the Slovak Catholic Sokol.

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

Zdar Boh!

CANCELLATION OF THE 2021 SCS BOWLING TOURNAMENT

The 2021 Slovak Catholic Sokol International Bowling Tournament scheduled for the weekend of May 14th and 15th in Cleveland, Ohio has been cancelled for the health and safety of our members due to the recent resurgence of Covid-19 Pandemic, continued social restrictions at the hotels, bowling lanes and limited availability of vaccines. Please stay safe. – **James Matlon, Director of Sports and Athletics**

ASSEMBLY 163, DONORA, PA

Our lodge hosted its semi-annual meeting virtually on Nov. 29, 2020. It was decided to mail each of our junior members a McDonald's gift card in lieu of an in-person Christmas party. If there are any questions feel free to contact me on my cell phone at 724-929-8675. Zdar Boh! –**Theresa Gardner, financial secretary**

Introducing our newest member



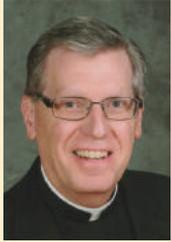
Laken Joni Moeller, born October 17, 2020, is the daughter of Jeremy Moeller and Julia Gosney of Greenock, PA. She was enrolled as a member of Wreath 22 in Pittsburgh, PA.

SLOVAK CATHOLIC FALCON PUBLICATION DATE

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

Thoughts from our Supreme Chaplain, Rev. Andrew S. Hvozdovic
ST. JOSEPH'S DAY CELEBRATED BY CHRISTIANS AROUND THE WORLD
ST. JOSEPH'S DAY: MARCH 19

March 19 is the date on which Christians venerate St. Joseph, husband of Mary, mother of Jesus. It is a feast in which Joseph is celebrated as patron of the universal Church; he has another feast on May 1 on which Joseph, the carpenter, is celebrated as a worker.



Not much is known about St. Joseph; the only biblical stories that mention his presence are before the birth of Jesus and during his infancy. Even so, we do know that he was married to Mary, mother of Jesus Christ, and lived in Nazareth as a carpenter and a man of faith. These are the foundations of the Christian devotion to Saint Joseph.

It wasn't until 1129 that the first church was dedicated to him. Only later, with appreciation of Joseph as a saint in the gospels, did he become more revered. Finally in 1621, March 19 was made a feast of obligation to Saint Joseph. The devotion to Saint Joseph increased significantly from then on, and in 1870, Pius IX declared him as patron of the Catholic Church.

As Catholic tradition states that Joseph died in the arms of Mary and Jesus, he is considered the patron saint of a happy death, by being able to die peacefully in the presence of his family. Among many other things, he is also the unofficial patron saint against doubt and hesitation, for he did as he was told by the angels when Mary became pregnant and protected her from the Law of the Jews and from persecution by Herod.

St. Joseph's Day Traditions, Customs and Activities

In countries like Portugal and Spain, Father's Day is also celebrated on March 19. It is a day in which children prepare gifts to give to their fathers and recognize the value of their presence in their lives. The day is celebrated close to Easter, and some years it occurs during Lent. When it does, it is a much more sober feast

when fasting and prayer are still observed as ordinances for the Lent Season. If it happens that it falls on the same days as Holy Week, it is moved to the next available date, since Easter takes precedence in the celebrations.

In Italy this is an important day, especially in Sicily, where St. Joseph is the patron of the city. It is said that at one point, the city went through a serious drought and food was lacking. The people of Sicily prayed to St. Joseph and promised to build a big altar of food every year for him if it rained, and soon it did.

Every year in the city, and also in many other parts of Italy, a table is set with plenty of food to offer to St. Joseph, gathered by everyone from the city. The food cannot have meat, and it always has fava beans, since this was the food in abundance at the time of the drought that saved the city from famine. The table is blessed by a priest and the feast begins. At the end, the table is destroyed and three children dressed as Joseph, Mary, and Jesus as a child go from door to door asking for shelter, staying at the home of the third knocked door. This tradition was brought to the United States by Sicilian immigrants who organize city-wide events, give food to charities, and hold parades in the Italian communities all over the US.

Also in the US, something beautiful happens in the Mission of San Juan Capistrano in San Juan Capistrano, California. The mission was founded in 1776 by the Franciscans and a small city grew around it. A legend says that one day a shopkeeper was destroying the nests of swallows, and a Franciscan priest stopped him in defense of the birds. On St. Joseph's Day, the swallows return to the city year after year, after spending the winter in the warm cities of the south.

In other parts of the world there are processions in the streets with the image of the saint and everybody recalls his example of sainthood and faithfulness to the voice of the Holy Spirit.

SLOVAK CATHOLIC SOKOL GOVERNANCE COMMITTEE

Following up on the success of the 2020 Committee that was assembled for the 33rd Quadrennial Convention held August 4, 2019 in Cleveland, Ohio, I call on all Slovak Catholic Sokol members who would like to serve on the Governance Committee at the 34th Convention to be held in 2023 to send to me their Letter of Interest.

The Governance Committee responsibilities will be to analyze the Society, see how it compares to other fraternal organizations in structure, and recommend any changes, if necessary, to the Delegates of the 34th Quadrennial Convention.

In your letter of interest, list your employment, Slovak Catholic Sokol biography and a statement on why you want to serve on the Governance Committee.

All Letters of Interest must be addressed to the President and received at the Home Office by July 31, 2021.

All questions regarding the Governance Committee should be sent to me at mhorvath@slovakcatholicssokol.org.

Zdar Boh!

Michael J. Horvath, President

MINUTES OF THE 2021 SUPREME PHYSICAL FITNESS BOARD MEETING JANUARY 16TH, 2021 - ZOOM CALL

First Session, Saturday January 16th 10:00 AM EST

Supreme Director of Sports and Athletics, James Matlon opened the meeting.

Assistant Physical Director Marty Degnan led the group in prayer, followed by Supreme Physical Fitness Board Member Janice Matlon leading with the Pledge of Allegiance.

Roll Call was given by Assistant Sports Director, Frank Laury with the following individuals present: Supreme President- Michael J. Horvath; Supreme Secretary- Scott T. Pogorelec; Supreme Director of Sports and Athletics- James C. Matlon; Assistant Director of Sports and Athletics- Frank P. Laury, III; Supreme Physical Director- John M. Underation; Supreme Assistant Physical Director- Martin Degnan; Supreme Physical Directress- Katie Swift; Supreme Assistant Physical Directress- Nancy Kropolinsky; Supreme Physical Fitness Board Members- Dusan Dorich, Jancie Matlon, Robert R. Palchanis, III, and Kristen Popik.

Welcome and Remarks were given by Brother Mike. The board was commended on the efforts to keep the Slovak Catholic Sokol in the forefront throughout the grips of the pandemic. Appreciation was noted for the creative activities offered via Zoom and assured that we will continue to operate in the best interest of health and safety of the membership. Congratulations to the Fitness Board working as a team in 2020.

Brother Scott echoed similar sentiments. He stressed the primary job is member engagement and encouraged the fitness board to take those opportunities in a manner available to us during the pandemic. He requested the board continue thinking "outside of the box" to find new ways to stay in contact with our members.

Brother John thanked all for attending and staying in communication throughout the year. He stressed to the board that client service is our mission and to do what we can to make events memorable for our members.

Sister Katie added thanks to the Board of Directors for purchasing a Zoom account for the membership to use. She hopes in the new year to continue virtual events and get together in person as soon as possible when the COVID-19 restrictions are lifted. She encouraged the Fitness Board to be prepared and keep an open mind to have a productive meeting.

Sports Director, James Matlon established the goals and objectives of the meeting:

To accomplish what we can today and continue to meet on unfinished items. 2020 was one of the most challenging years for fraternal activities in our history. As we enter 2021, we are still months away from activities in person.

Old Business

Approval of 2020 Fitness Board minutes- motion to accept Brother Dusan, seconded by Brother Frank.

Sister Katie provided a review of 2020 Zoom meetings- Clinic Participants, Physical Directors, Physical Directresses, Physical Fitness Board and Board of Directors met several times throughout the year and all went as best as expected.

Brother John and Sister Katie offered a Review 2020 Zoom Clinic- Whole group meetings over two days as well as breakout sessions were conducted. Ideas were shared among participants regarding activities each group can conduct. Both sessions went well, however, Sister Katie added that we all missed the in-person connections.

New Business

- Bowling Tournament May 14-15, 2021 Brookgate Lanes
Cleveland, OH

Brother Jim noted that a determination of holding or canceling the event will be tabled until February 2021.

- SNPJ Family Event July 15- 18, 2021 Enon Valley, PA
Sister Nancy and Brother John shared dates, sample itinerary, activities available, and building rentals with the group. Communications between SNPJ Activities Director and Brothers John and Frank and Sister Nancy were shared. The Fitness Board divided into committees to work on marketing, activities and logistics and scheduled a meeting in February to report on progress.

- Golf Tournament August 6-8, 2021 Treasure Lake
DuBois, PA

Brother Jim reported that the social gathering for banquet will be COVID compliant. Brother Scott recommended to plan all dinner and happy hour events outdoors at Treasure Lake and Brother Frank added to utilize the larger pavilion at the golf course. Brother Marty requested the Fitness Board be copied on all email communications to Group Sports Directors to ensure consistency.

- 50th International Slet July 13-17, 2022 Kutztown University
Brother Jim asked the Fitness Board to begin planning ideas and thoughts throughout the next 18 months for a successful Slet. Sister Katie shared a video created by Jaque Manyak promoting the Slet. Plans for a possible in-person clinic were discussed.

• Review 2020 Falcon Articles Brother Dusan informed the Fitness Board that overall, most of the 12 months were covered. 9 articles out of 11 were submitted. All agreed to keep the same months for 2021 publication: January- Brother Frank, February- Brother John, March- Sister Katie, April- Sister Nancy, May- Brother Marty, June- Brother Dusan, July- Sister Kristen, August- Sister Katie, September- TBD (whomever is assigned to work the golf Tournament), October- Brother Rob, November- Brother Marty, December- Sister Janice.

Sister Katie reported on the 2020 Group Activity Reports: A survey was sent this year with the following results:

Overall – Groups report Communication continues to be a need. Presidents, Sports Directors, Directors, Directresses and Assistants were surveyed. Katie reviewed local contact lists and requested an update. Responses include various activities among groups to reach out during the COVID time. Recommendations included additional activities to conduct virtually, particularly for kids. The Fitness Board was asked to continue posting on social media to generate more involvement. Sister Nancy recommended that we need an updated list of Group Officers to send out information.

2021 Physical Fitness Board Recommendations will be reviewed and finalized during the February 2021 Zoom Meeting.

2020 Physical Fitness Board Activity Reports are to be turned into Brother Scott via email by end of February.

The meeting closed with final comments made by each member. A common theme of communication, encouragement and commitment were echoed by all.

Motion to Adjourn- Brother Rob- Seconded by Sister Janice
Closing Prayer: Sister Nancy

Respectfully submitted by,
Nancy Kropolinsky
Supreme Assistant Physical Directress

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.slovakcatholicsokol.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@slovakcatholicsokol.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-catholiccsokol.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 you 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

GOLF CLUBS, CAMPING, CORN HOLE AND SMOKED MEATS

If I were to see any of those words in the title of an article, I would most certainly give that read a thumbs up! Well, coming up in July of 2021, there will be an opportunity for all of you reading this to participate in the Sokol Familyfest being held at the SNPJ (Slovenska Narodna Podporna Jednota) recreation facility near Youngstown, OH.

As the world knows, we have all been affected by the pandemic, including all of our beloved Sokol fraternal events. As we have had to cancel and/or postpone many of our events, the Supreme Physical Fitness Board wanted to have an outdoor event that we could all participate in and "catch up" with all of our members, and even non-members, who will as well be able to attend the Familyfest. So the search began for something unique and new that would be COVID friendly, and after many ideas and discussions, came upon the SNPJ facility and partnered with them to hold this event. The event will be July 15th-18th 2021 at the SNPJ 500 acre facility that has numerous activities that you may participate in with your family, and re-connect with all of our faithful members.

Many of the activities that we will be able to enjoy are golfing, movie night, basketball, volleyball, bocce ball, soccer, kickball, cornhole, fishing, hiking, swimming, camping/RV/cabins, bonfires, and for those with culinary skills a meat smoking day. As mentioned, there are numerous campsites if you want to camp, there are RV/camper hook-ups and as well cabins that can be rented on the property. The design and layout of the recreation center will be able to host as many people possible, which has been hosting events like this for over 50 years to various fraternal organizations.

As the SPFB board had to unfortunately postpone our 50th International Slet to 2022, we decided to hold the Familyfest the same time that we were scheduled to hold the Slet in 2021. We are aware that many of you had the Slet penciled into your schedules this year, so why not attend the Familyfest in place of the International Slet. We will make sure that anyone in attendance will have a wonderful experience and enjoy memorable moments with your families to talk about for years. In addition to all of the activities listed above, we will also find some time to start preparing for the 50th Slet by practicing the Mass drill and reviewing the new drills that will be presented next Summer in Kutztown. All ages will be able to try their hand performing the drills.

In the upcoming weeks, we will be providing details on pricing, how to reserve spots for the Familyfest, information on the meal plans that SNPJ will provide, and a full itinerary of the daily events that you may voluntarily participate in. I would also like to mention that there are multiple pavilions and buildings for our use, and yes, for those wondering, there is a bar area at the recreation center. We also welcome anyone that wants to come for just the day and return home, and do not require anyone to stay for the entirety of the Familyfest.

Myself and the entire SPFB will hope that you will be joining us this July as this truly will be an event to remember. For any Sokol member, we will be working with the home office to sponsor a portion of the expense for the Familyfest so that it will be more affordable for our members to attend. Another way to keep up with the details will be on our Slovak Catholic Sokol Facebook page, and if you have not joined, please do, as there are many of our members that keep in contact through the Facebook site. Lastly, you may go on the website www.snpjrec.com for information on the facilities. Take care, and MARK THE DATE of July 15-18th 2021 in the calendar for the Sokol Familyfest!

Faternally,

John Underation, Supreme Physical Director

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.slovakcatholicosokol.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**

WHAT THE HECK 2021!!!

I know we were all excited to say 'see ya later' to 2020 and in the hopes that 2021 would be less stressful, we could travel again and see each other in large groups. So far, COVID-19 is slowing down too slow, winter storms are slowing us down and we all want to dump the masks and get out. But maybe this is a sign that we need to slow down. Get

back to the basics. Embrace the people and friends that are most important. Stay close to home and focus on God and family time.

The Slovak Catholic Sokol is a huge part of all of our lives. Even if you may have strayed away at some point due to work, college or different activities, you know Sokols is a place you can always

return and be at 'home.' I love that about our organization. You are always welcome.

During this time, I ask what your Group is doing for its members, the people that have made Sokols a home for us. As children, the more experienced, older members have guided us, reached us and helped us on so many levels. What are we doing for them today? As a leader in your Group, have you reached out to these members? A simple call, card, or letter goes a long way. If you are not in a so called official leading position but feel as though you want to lead a program, please reach out to your Group President or contact me. Group 14 has done an amazing job to keep the spirits of their older members high. Group President, Kathleen Watkins, Diane Moeller, and Arlene Most with the help of several volunteers have arranged meal drop offs several times. Not only was this a filling meal, it was also nice to see a friendly face and to let them know that they are cared about so much.

The Supreme Physical Fitness Board is working hard to keep everyone involved virtually. I am so sad that we have not been able to meet in person. Luckily, modern technology has saved the day and although it is not the same as being together, it is still nice to be able to see each other and laugh together. Please look at the listed virtual events we will be running over the next few months and please join us. Our First Friday Happy Hours have been a great success and something we all look forward to.

Lastly, with a heavy heart we were so sad to have to postpone the 50th International Slet. The SPFB and Board of Directors knows this was a hard decision but with the uncertainty of receiving vaccines, college protocol, boarder openings, and all that is happening right now, this was the best decision. The SPFB is excited to organize a family style Sokolfest. We hope you can all join. Please look for more details in the upcoming weeks or email me with any questions.

Stay Safe, wash your hands and wear your mask so we can all be together again soon!! – **Katie Swift**, *Supreme Assistant Physical Directress*

SOKOL



JULY 15-18, 2021

AT

SNPJ RECREATION CENTER

270 MARTIN ROAD
ENON VALLEY, PA 16120

All Covid Precautions will take place
1-2 bedrooms are available as well as camping sites
and RV and Camper hook-up sites

PLANNED ACTIVITIES INCLUDE:

Golf outing  Pool party  Movie night for the kids 

Basketball challenge  Volleyball tournament 

Soccer challenges  Family kickball  Fire pit fest 

Cornhole tournament  Meat smoking tournament 

Closing night celebrations with music and camaraderie. Plus more.



MORE DETAILS WILL FOLLOW

SAVE THE DATE



INTERESTING FACTS ABOUT SPRING



- ✿ The first day of spring, the vernal equinox, has 12 hours of daylight and 12 hours of darkness. The term vernal is Latin for “spring” and equinox is Latin for “equal night”.
- ✿ The fall and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.
- ✿ Spring almost always arrives on March 20 or 21, but sometimes on the 19th. The reason the equinoxes and solstices don’t always come on the same day is that Earth doesn’t circle the sun in exactly 365 days.
- ✿ The first day of spring in the Southern Hemisphere is the first day of fall in the Northern Hemisphere.
- ✿ Holidays that occur in spring include Easter, Passover, April Fool’s Day, Earth Day, Arbor Day, Mother’s Day, Father’s Day, Cinco De Mayo, and Holi (festival of colors in India).
- ✿ Easter always falls on the first Sunday after the first full moon after the spring equinox.
- ✿ The first spring flowers are typically lilacs, irises, lilies, tulips, daffodils, and dandelions.
- ✿ According to tradition, if a groundhog does not see his shadow after emerging from his burrow on Groundhog Day (February 2), spring will come early; if he sees his shadow, winter will last for 6 more weeks. The day has its roots in the Neolithic Celtic festival of Imbolc, which marks a seasonal turning point and also involved animal prognostication.
- ✿ Some Baltic and Slavic countries burn an effigy of winter as a way to welcome spring.



The Slavic tradition of burning or drowning an effigy of Marzanna, goddess of Winter, to celebrate the end of winter is a folk custom that survives in the Czech Republic, Poland, Lithuania, and Slovakia.

- ✿ March is named after Mars, the Roman god of war. In ancient Rome, this month signaled the beginning of warfare season.
- ✿ The first spring flowers are typically dandelions, daffodils, lilacs, lilies, iris and tulips to name a few.
- ✿ For the Japanese, the opening of the cherry blossom,

Japan’s national flower, in March or April signals the start of spring.

- ✿ According to a long-term research project done in Colorado’s Rocky Mountains, spring in that region now begins, on average, about three weeks earlier than it did in the 1970s.
- ✿ Spring fever is a term applied to several sets of physical and psychological symptoms associated with the arrival of spring. Experts say the body’s makeup changes due to different diets, hormone production, temperature and increased light.
- ✿ Tornadoes are most common in spring and least common in winter.
- ✿ Spring is often associated with rebirth, renewal and re-growth.

EARLY SPRING GARDENING TIPS

PREP THE BEDS – Remove winter mulch or, if well composted, work into the top layer of the soil. Work in some leaf mold or well-rotted manure, too.

PRUNE – Spring is the time to trim fruit trees if you didn’t prune in winter. Prune before buds begin to break into bloom or you’ll stress the tree and get a tiny crop (or possibly none).

DIVIDE PERENNIALS – Before plants have begun spring growth is a good time to divide many perennials.

PLANT VEGGIES – Hardy vegetables, such as onions, potatoes, artichokes, and some lettuces, should be planted now. See what other veggies do best in cool weather.

Laugh your way out of your winter glum

Does February like March?

No, but **April May**.

What goes up when the rain goes down?

Umbrellas.

What falls but never gets hurt?

The rain!

Why did the farmer bury all his money?

To make his **soil rich**.

Name a bow that can’t be tied.

A rainbow.

Do you know about April 1st.

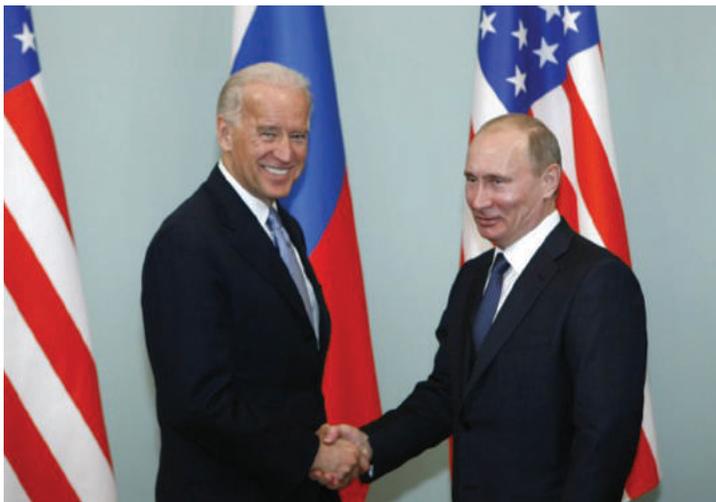
Yes, I’m **fooly** aware of it!

Why did the gardener plant a seed in the pond?

To grow a water-melon.

Why did the worm cross the ruler?

To become an **inch worm**.

What's making headlines in our ancestral homeland**News and Views
from Slovakia...****SLOVAKIA WELCOMES EXTENSION OF NEW START**

In this March 10, 2011, file photo, then-Vice President Joe Biden, left, shakes hands with Russian Prime Minister Vladimir Putin in Moscow, Russia. Russia and the United States exchanged documents Tuesday Jan. 26, 2021, to extend the New START nuclear treaty, their last remaining arms control pact, the Kremlin said. The Kremlin readout of a phone call between U.S. President Joe Biden and Russian President Vladimir Putin said they voiced satisfaction with the move. (AP Photo/Alexander Zemlianichenko, File)

Slovakia welcomes the extension of the New START nuclear arms reduction treaty by another five years by the United States and Russia, calling it an element of transparency and trust-building, as well as a contribution towards international stability and security, according to a press release provided to TASR by the Slovak Foreign and European Affairs Ministry on Thursday, February 4.

Slovak Foreign Minister Ivan Korcok considers the extension of the treaty a piece of good news for European and global security. "I view the agreement between the USA and Russia as an impetus for continuation of dialogue on ways to improve strategic stability and on future agreements that would include a broader spectrum of arms and also other states. I believe that this decision will help to set a positive tone for the upcoming Review Conference of the Parties to the Treaty on the Non-Proliferation of Nuclear Weapons," said Korcok.

New START was signed on April 8, 2010 in Prague and entered into force for ten years on February 5, 2011. After Russian President Vladimir Putin signed its extension last week and the United States announced the same move on Wednesday, February 3rd it will now last until February 5, 2026.

**SLOVAKIA FALLS BY ONE PLACE TO 60TH
ON 2020 CORRUPTION PERCEPTIONS INDEX**

Slovakia fell by one place to the 60th rank on Transparency International's Corruption Perceptions Index (CPI) for 2020, according to the organisation's list published on Thursday. Slovakia is now six places lower than in 2016, for example.

The CPI is produced from the average of rating in nine areas as presented by various bodies measuring opinions on corruption among local entrepreneurs, foreign investors, consultants, political scientists and transparency experts. "A significant slump in one of these sub-indices – the enforcement of law as evaluated by Bertelsmann Stiftung for 2019 – has caused Slovakia's overall fall on CPI," said Transparency International Slovakia director Gabriel Sipos.

The fall on the index was partly due to poor anti-corruption actions by former prime minister Peter Pellegrini, who handed over the government to Igor Matovic in late March 2020, said Sipos. He added that the work of Matovic, who aims to pull Slovakia up by 20 places on the list, will be fully reflected on the index to be released next year.

"The number of charges pressed over corruption crimes rose by more than one third year-on-year in 2020, and the number of cases brought to court rose by as much as one half to reach the highest figure in the past ten years. The coalition has made the process of selecting people for key posts more transparent in many instances," said Sipos.

"On the other hand, the failure to keep the promise on boosting political culture has hampered the fight against corruption. The prime minister's criticism of media and experts with different opinions than his own is far from what is considered standard respect for democracy. The failures to draw consequences from plagiarism by the prime minister and House chairman have also undermined the promise to punish wrongdoing regardless of party affiliation. Several nominations by the Government showed signs of party clientelism. Meanwhile, zero private property as reported by the prime minister is an oddity in global terms," said Sipos, who also criticised a recent bill reducing transparency in placing public commissions and the fact that the office for the protection of whistleblowers is still dysfunctional.

Only four EU-member countries were lower than Slovakia on the 2020 list – Croatia, Bulgaria, Hungary and Romania.

The index, which ranks 180 countries and territories, was topped by Denmark and New Zealand on 88 points. Conversely, Somalia and South Sudan were on the bottom on 12 points each. Slovakia earned 49 points.

**PARLIAMENT PASSES SLOVAKIA'S FIRST
NEW SECURITY STRATEGY IN 16 YEARS**

For the first time in 16 years such a document was okayed not only by the government, but also by parliament.

Seventy-seven of 122 MPs present at the vote supported the document, while 14 were against and 31 refrained from voting.

The Security Strategy states that global security has deteriorated.

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

rated in several ways, which directly affects Slovakia's security and resilience. The threats and challenges with which the country is confronted are ever more difficult, immediate and interconnected and have bigger impacts on people's security.

The document states that the global pandemic has made some of the country's vulnerabilities more visible. At the same time, it's deepened existing trends such as weakening multilateralism, a renewed geopolitical struggle, the assertive promotion of individual interests and ongoing instability in Europe's vicinity.

Slovakia commits itself to providing adequate resources for the defence system to function and to using them efficiently and transparently. The country will boost its defences concerning cyber threats and focus on preventing the causes of terrorist attacks. At the same time, the document notes that attention needs to be paid to hybrid threats, and the country should improve its resistance to disinformation. Among other things, the country should also focus on illegal migration and the fight against extremism.

The strategy acknowledges the USA as Slovakia's strategic ally in NATO. It also states that Slovakia should develop its relations with Russia, which is an important partner in resolving international threats and challenges, but that country is also viewed as the main challenge for the Euro-Atlantic space due to its confrontational approaches in military, security and political areas. Meanwhile, China is also viewed as an important partner in resolving global challenges, but it's also perceived as a rival in terms of the economy and technology.

The document also supports the adoption of sanctions by the EU as a political tool aimed at bringing about a change in behaviour of third countries and of natural and legal entities who are responsible for flagrant violations of international law, human rights and basic freedoms.

The Security Strategy should usually be updated every five to seven years, or in case the of any key change in Slovakia's security environment.

Even though the previous government approved its own Security Strategy in October 2017, the document wasn't submitted to parliament, meaning that it wasn't ultimately greenlighted. The last such strategy to be approved by Parliament dates back to 2005.

MATOVIC AT REPORTERS WITHOUT BORDERS HQ HIGHLIGHTS FREEDOM OF PRESS

The fight for the freedom of press should be linked to a fight for quality journalism, said Slovak Prime Minister Igor Matovic at the headquarters of Reporters Without Borders in Paris on Wednesday, February 3.

"Freedom combined with responsibility leads to quality journalism, which can protect the democratic system in individual countries," said Matovic, adding that this has gained importance with the growing role of social networks in spreading information.

He assured Reporters Without Borders secretary-general Christophe Deloire that the current Slovak Government wants to create a "fully free environment for the activities of honest journalists".

Matovic stressed that his Government is mainly striving to change the "mycelium that allowed the mafias to take control of the state, a situation that finally led to the murders of [journalist] Jan [Kuciak] and Martina [Kusnirova, his fiancée]".

"Our main goal is to secure full freedom for the police, prosecutors and judiciary, so that perpetrators of crimes won't feel they are above the state," said Matovic.

FORMER INTERIOR AND JUSTICE MINISTER LIPSIC ELECTED SPECIAL PROSECUTOR

Former interior and justice minister Daniel Lipsic was elected as the new special prosecutor in Parliament on Friday, February 5.

He received the votes of 79 MPs out of 117 present. Twelve lawmakers voted against him, while there were 26 abstentions.

A change in law has allowed Lipsic to become special prosecutor, as it made it possible for non-prosecutors to run for the post. Lipsic, a 47-year-old barrister, was running against three prosecutors of the Special Prosecutor's Office – Peter Kysel, Jan Santa and Vasil Spirko.

Parliament had to elect a new special prosecutor following the resignation of Dusan Kovacic after he was arrested on accusations of corruption in the autumn.

The term in office of special prosecutor is seven years, beginning on the day when he or she takes oath before the parliamentary chairman. The same person can't be elected special prosecutor repeatedly.

STATE OF EMERGENCY IN SLOVAKIA TO BE EXTENDED BY ANOTHER 40 DAYS

The state of emergency due to coronavirus in Slovakia will be extended by another 40 days as of Monday, February 5th.

At the same time the so-called COVID-automaton, introducing measures against the spread of coronavirus on an automatic basis, entered into force on the same day.

Parliament in the final days of 2020 changed the constitutional law on state security in times of war, crisis or emergency to allow the Government to extend the state of emergency beyond 90 days by another 40 days, even repeatedly. Nevertheless, the Government is obliged to seek an approval for the move from Parliament within 20 days of each extension entering into force.

The state of emergency has now been in force in Slovakia without interruption since October 1.

ALMOST 59,000 PEOPLE DIED IN SLOVAKIA IN 2020, RECORD SINCE WORLD WAR II

A total of 59,000 people died in Slovakia in 2020, almost 5,500 (10.2 percent) more than the average for the previous five years and the highest figure since WWII. According to the Statistics Office the situation was substantially influenced by the novel coronavirus pandemic.

"The preliminary data confirm that in 2020 the highest number of people died in Slovakia since the end of World War II. The year-on-year increase exceeding 10 percent was mitigated by the fact that until September a comparable number of people died as in previous years, but the death rate as of October increased the figures," said Zuzana Podmanicka, the head of the Population Statistics Department at the Statistics Office.

The Statistics Office further stated that the record number of deaths was recorded in the final year of World War II, in 1945, when 67,500 people died, while more than 59,000 people died in 1927.

December saw the highest number of deaths in 2020. According to the preliminary data, 7,282 people died in Slovakia in December of last year, which was 58 percent higher than the average of the previous five years. The hardest hit group was seniors aged 65 to 74 years. Deaths among seniors in December were more than 70 percent higher than the average for previous years.



KIDS' CORNER "Detský kútik" - - March 2021

Saint Patrick's Day Facts

- The first year St. Patrick's Day was celebrated in America in 1737 in Boston, Massachusetts.
- The first official St. Patrick's Day parade was held in New York City in 1766.
- March 17th is the day St. Patrick died, not the day he was born.
- St. Patrick's real name is Maewyn Succat. The name St. Patrick was given to him later in life by Pope Celestine.
- The shamrock is the national flower of Ireland. That is where we get the shamrocks and the color green.
- St. Patrick is the patron saint of Ireland.
- Legend has it that St. Patrick would use the shamrock to explain the Trinity - Father, Son and Holy Spirit.

Happy St. Patrick's Day!
March 17



HAPPY BIRTHDAY TO YOU!!!!

Olivia McLeary	3/6
Taylor Hazelbaker	3/13
Colin Baker	3/17
Tucker Ramognoli	3/18
Annalise Romine	3/19
Danielle Baran	3/21



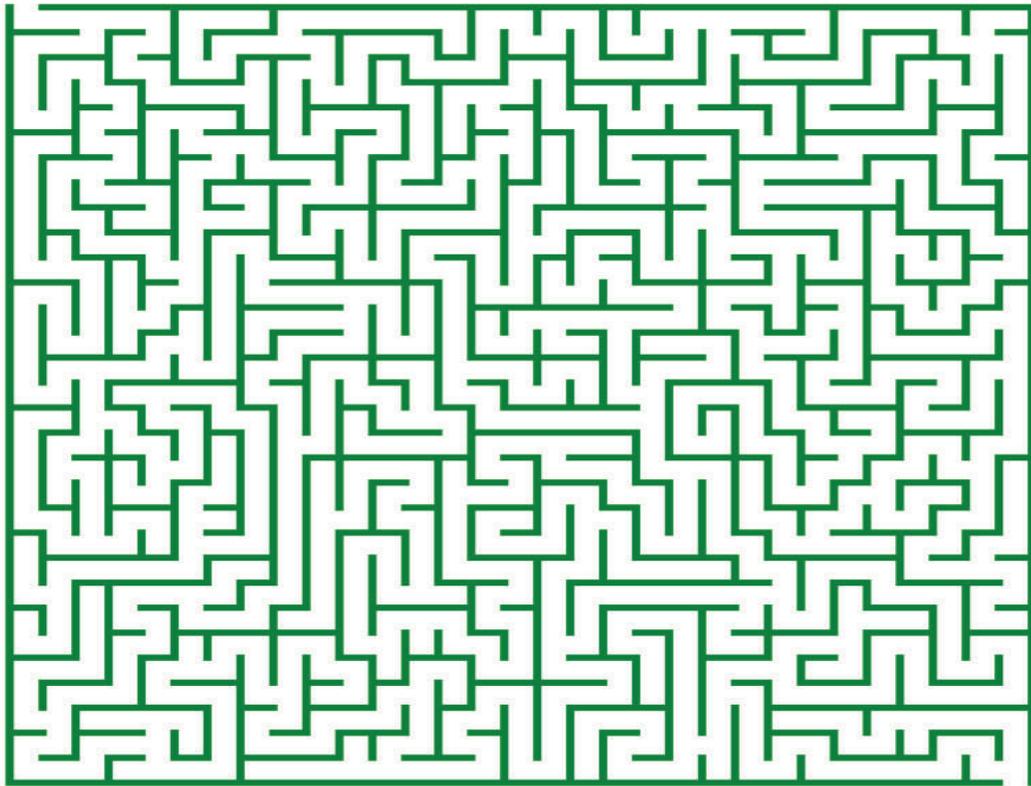
A good friend
is like a
4-leaf clover:
hard to find &
Lucky
to have!



KIDS' CORNER "Detský kútik" - - March 2021

St. Patrick's Pot of Gold Maze

Help the Irish Man get his Pot of Gold back from the leprechaun by following through the green maze.



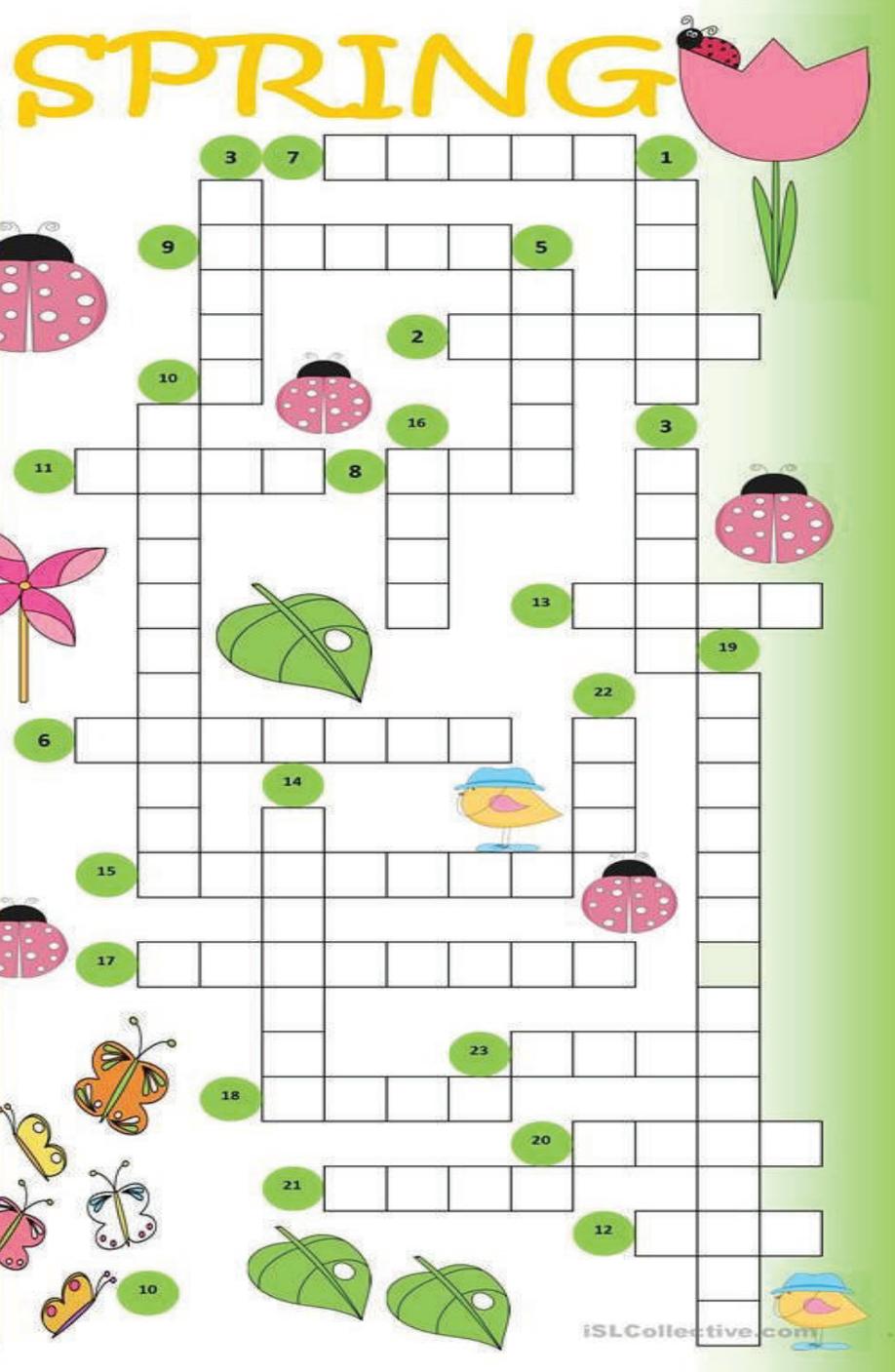


KIDS' CORNER "Detský kútik" - - Febuary 2021



1. A spring month.
2. A spring flower.
3. The young of a chicken.
4. A colour of spring.
5. A young rabbit.
6. A flower especially of a fruit tree.
7. Plants that have narrow green leaves, that are eaten by cows, sheep, horses etc.
8. The fifth month of the year.
9. To come out of an egg.
10. See picture.
11. A rounded part of a plant that is under the ground and that grows into a new plant during the growing season.
12. A baby goat.
13. The place where a bird lays its eggs.
14. See picture.
15. Spring, winter, summer, fall!
16. What snow does in spring.
17. When the sun shines.
18. A long, thin animal that has a soft body with no legs or bones. It lives in the ground.
19. An indoor or outdoor spring activity.
20. To stop being frozen.
21. A baby sheep.
22. A small part that grows on a plant and develops into a flower, leaf, or new branch.
23. A baby horse.

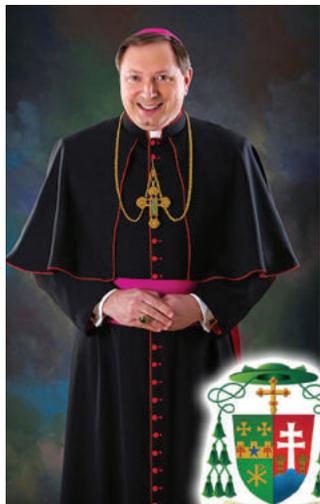
SPRING



iSLCollective.com

INSTALLATION OF BISHOP LARRY KULICK IN GREENSBURG, PA

Monsignor Larry J. Kulick, J.C.L., appointed as the sixth Bishop of Greensburg, PA by Pope Francis on December 28, 2020. He is the first diocesan native to be appointed to head the diocese. The Greensburg Diocese includes 78 parishes in Armstrong, Fayette, Indiana and Westmoreland counties in western Pennsylvania.



Bishop Kulick's Slovak heritage is prominently featured on the right side of his Coat of Arms.

The impressive ceremony included hymns and choral anthems in English, Latin and Slovak, the language that Bishop Kulick heard from relatives growing up and in which he prayed at his native parish.

During the ceremony, his parents presented him with the bishop's ring, while others gave him his miter, and crosier, representing a shepherd's staff. The congregation stood and applauded when he was seated in the bishop's chair at the front of the cathedral after his installation.

Bishop Kulick, who is 54, is a native of the former St. Martha Parish in Leechburg, an ethnic Slovak parish. He is the first native-born head of the Greensburg Diocese which was established in 1951.

His father, Larry Kulick, Sr. said after word that his son inherited the work ethic of the steelworker and coal miner forebears and was the "son every father should have."

He added: "I would have never dreamt that God would pick my son to do the work."

His mother, Myrna Kulick, recalled that when her son began as an altar server, she wondered whether he was too young, but he never wavered.

The February 11th ceremony was "a joy that's hard to explain," she said, compaing it to the happiness she felt when he was born.

Bishop Kulick enjoys membership in several Slovak organizations. He is our Sokol of Wreath 15 and is a life member of the First Catholic Slovak Catholic Union and is a member of the First Catholic Slovak Ladies Association. He also actively supports the work of the Slovak Catholic Federation.

Our congratulations and fraternal best wishes go out to Bishop Kulick once again. His Excellency is a credit to his family and to his Cyrilo-Methodian heritage of faith. Zdar Boh!

(Our thanks to Peter Smith of the Pittsburgh Post-Gazette and the Diocese of Greensburg for information found in this article.)

THE SLOVAK LEAGUE OF AMERICA ANNOUNCES

The Slovak League of America proudly announces the publication of Volume 45 (2021) of its scholarly annual Slovakia, which it has published as a service to its members and to scholars all over the world since 1950.

The current volume features an article by Dr. Michal Kšian of the Historical Institute of the Slovak Academy of Sciences in Bratislava on the World War I hero General Milan R. Štefánik; it is followed by an article by Richard D. Custer, a U.S. government employee in Washington, DC, on the decision of Carpatho-Rusyn immigrants in the USA to join Czecho-Slovakia in 1918; then Dr. Frederic Hale of North-West University of South Africa analyzes the work of Slovak-American novelist Thomas Bell; this is followed by an article by Roman Liko of the Matej Bel University in Banská Bystrica on the reaction of the U.S. Foreign Service to Slovak autonomy in Czecho-Slovakia in 1938; Dr. Nicholas Huda of Charles University in Prague then analyzes Slovak documentary-film making from its earliest days until 1950; and Dr. Mark Stolarik of the Chair in Slovak History & Culture at the University of Ottawa describes the excitement of the so-called "Prague Spring" in Slovakia in 1968 and the August Warsaw Pact invasion, particularly in the city of Presov, with color illustrations. Six reviews of books pertaining to Slovak history round out this volume.

Slovakia is the only English-language scholarly annual that details the history of Slovaks in both the Old World and in the New. It fulfills a vital role in propagating the good name of the Slovaks, their history and achievements.

Copies of Slovakia 2021 may be ordered for the nominal sum of \$10.00 from the Slovak League of America at the following address: 205 Madison Street, Passaic NJ 07055, USA.

SLOVAK CATHOLIC FEDERATION 60TH NATIONAL CONVENTION SEPTEMBER 26-28, 2021 – DANVILLE, PA

As the National President of the Slovak Catholic Federation, I, Rev. Andrew S. HvozdoVIC, V.F., hereby call for the 60th National Convention of the Slovak Catholic Federation. All members and current National Officers are to note the following dates and location for the Convention. The Convention dates will be: Sunday, September 26 to Tuesday, September 28, 2021 in Danville, PA. The National Secretary, Dolores Evanko will be your contact person for delegate registration and detail information for the Convention. The Convention will officially open with Mass to be celebrated on Sunday, Sept. 26, 2021 at the Basilica of Saints Cyril and Methodius, Danville, PA. The Celebrant will be the Right Rev. Gary, Hoover, OSB, Abbot of Saint Andrews Svorad Abbey, Cleveland, OH. Abbot Gary also serves as the Moderator of the Slovak Catholic Federation. The homily for the Mass will be given by Rev. Andrew S. HvozdoVIC, V.F., National President of the Slovak Catholic Federation. Following the Mass a Banquet will be held. Working Sessions for the Convention will be on Monday, September 27 and Tuesday, September 28 till all business is completed.



O BITUARIES

SISTER MARY PAUL KURATOR, SS.C.M.

Sister Mary Paul (Lucy Kurator) died on February 10, 2021 at Geisinger Medical Center in Danville, PA. Born in Gary, IN, she was the daughter of Paul and Mary (Pavlov) Kurator. She attended Holy Trinity School in Gary, IN, and graduated in 1949 from St. Cyril Academy, Danville, PA. She entered the novitiate of the Sisters of Saints Cyril and Methodius in Danville on February 2, 1950, was received as a novice on August 10 of that year and professed her vows on August 13, 1952.



Sister Mary Paul completed her B.A. in 1961 at Marywood University, Scranton, PA, and earned an M.A. in Latin at Notre Dame University, Notre Dame, IN. She also studied at Villanova and LaSalle Universities in PA. Her first teaching assignment was at the Villa Elementary School where she taught Grades 3, 4 and 5. Subsequent teaching assignments led her to Blessed Sacrament School, Charleston, SC where she taught Grades 3, 4 and 7. Sister also taught in parish schools in Whiting, IN, where she taught Grade 7 and Berwick, PA, and Perth Amboy, NJ, where she taught Grade 8.

Later she taught at her Alma Mater, Saint Cyril Academy in Danville, where she taught Religion, Latin and English. Sister Paul's longest assignment lasted 42 years at Andrean High School in Merrillville, IN. She taught Religion and Latin there and served as Language Department Dean. She mentored a number of student teachers in Latin. Over the years, Sister Paul was moderator of the Freshman Class, the Latin Club and the YARC, the school club that hosted seasonal parties for mentally challenged children and young people.

Sister Mary Paul was awarded grants from the National Endowment for the Humanities to study Classical Language and Literature at the University of Kentucky and San Diego University. Sister Mary Paul was also recognized by Inland Steel, Gary, IN, as the Outstanding High School Teacher of 1984.

Though Sister Mary Paul was noted for her scholarly achievements, she is also known for her interest in two athletic teams, not surprisingly the Notre Dame football team and the Chicago Cubs.

Sister Mary Paul was loved and respected by teachers and students alike at Andrean High School. When news of her death reached the school, the website generated seven and a half pages of comments from Sister Paul's many friends. The current principal, Mr. Jacob Knazur called Sister Paul "a devoted member of the Sisters of Saints Cyril and Methodius and proud Slovak. She could be counted on for a family story, language lesson or warm hug." A former student called her "the heart of Andrean." Another student said, "I remember her saying she would give an A to anyone who got her Notre Dame tickets." One of her Latin students proudly wrote, "I still sing Jingle Bells in Latin to my kids." In 2017, Sister Mary Paul retired to Maria Hall, Danville, PA, where she was involved in the Ministry of Prayer and Hospitality.

A graveside Committal Service took place on Monday, February 15th at 2:00 PM at the Sisters' cemetery in Danville. Donations in memory of Sister Mary Paul can be made to the Sisters of Saints Cyril and Methodius, Villa Sacred Heart, Danville, PA 17821.

SISTER M. CYRILLINE BIEL, SS.C.M.

Sister M. Cyrilline (Bernardine Biel) died on Monday, January 25, 2021 at Emmanuel Center, Danville, PA. Bernardine Biel was born in Whiting, IN, the daughter of Stephen and Mary (Chomistek) Biel. She attended Immaculate Conception School and Junior High and graduated from George Rogers Clark High School, all in Whiting, IN.

Bernardine entered the Sisters of Saints Cyril and Methodius in Danville, PA on September 8, 1950, and was received as a novice on August 9, 1951. As Sister Cyrilline, she professed her first vows on August 13, 1953.

Sister Cyrilline received a B.S. in Education from Marywood University, Scranton, PA, and an M.A. in Business Education from Catholic University, Washington, DC. Her initial ministry in education spanned from 1953 to 1961 when she taught in the elementary schools in Hazleton, PA, Chicago, IL, and Torrington, CT, in Grades 2, 4, 5 and 6. Later, on the secondary level, Sister Cyrilline taught business classes at Andrean High School in Merrillville, IN, for a total of 17 years.

In 1973, Sister Cyrilline was appointed Directress of Novices in Danville, PA, a post she held until 1979. The community called upon her in congregational administrative positions from 1980 to 1988, and from 1992-1999 during which time she also served as General Secretary for three years. In 2000-2001 Sister Cyrilline did clerical work at St. Catherine Labouré School in Harrisburg, PA.

Returning to St. Methodius Convent in Danville in 2001, Sister Cyrilline performed General Duties, served as Local Coordinator and Director of Candidates. In 2018, Sister Cyrilline retired to Maria Hall, Danville, PA, and engaged in the Ministry of Prayer and Hospitality.

Sister Cyrilline held many positions of trust in the congregation. Many Sisters have affirmed her treasured contributions to community. They remember her as prayerful, kind, interested in the Sisters as individuals, charitable and very patient, affirming and a great resource person, especially in spirituality, reassuring when there does not seem to be a solution to a problem. Going peacefully to God without fuss or fanfare was certainly in keeping with Sister Cyrilline's pattern in life. She will be greatly missed.

Sister Cyrilline is survived by two sisters, Stephanie Dick and Mary Ann Biel, and a brother, Stephen, as well as several nieces and nephews. A graveside Committal Service took place on January 28th at 2:00 PM at the Sisters' cemetery in Danville. Donations in memory of Sister Cyrilline can be made to the Sisters of Saints Cyril and Methodius, Villa Sacred Heart, Danville, PA 17821.



SLOVAK CATHOLIC SOKOL MUSEUM DONATIONS OCTOBER – DECEMBER 2020

We are pleased to acknowledge the following donations which were received during the period October through December 2020 for our Slovak Catholic Sokol Museum located at our home office in Passaic, NJ.

The monies received from these donations fund our annual \$1,000 Memorial Scholarships which assist our young people in their educational endeavors. The number of scholarships the Museum Board gives out, depends upon the amount of donations received.

DONATIONS RECEIVED

In Memory of	Donated By	Amount
Thomas J. Krack	Group 1, Passaic, NJ	\$ 100
Msr. John Demkovich	Assembly 1 & Wreath 2 Passaic, NJ	100
George J. Kostelnik	Assembly 78, Bethlehem, PA	500
Eileen D. McCrea	Jacqueline Pribila	25
Robert E. Leso	Chris & Joann Antosy	25
Robert E. Leso	Group 12, Reading PA	200
All Sokols	PNC Bank	3,000

Total Donations this quarter: \$3,950

Total donations for 2020: \$5,725

Thank you for your generosity,
James F. Knis, Supreme Treasurer

ASSISTING OUR RELIGIOUS

The School Sisters of St. Francis will host a fund-raiser in the form of a 2021 Spring Raffle. This raffle will support their various charitable efforts and ministry. 2021 Spring Raffle tickets are available at \$5.00 each. A total of \$8,350 in prizes will be offered. Sister Frances Marie Duncan, O.S.F. currently serves as provincial minister. If you would like to help, call the Provincial Office at tel. 412-761-2855 or the tickets may be ordered online at SchoolSistersOSF.org.

The School Sisters of St. Francis had their beginnings among the Slovaks in Pittsburgh in 1912. Over the years, they taught in schools at many Slovak parishes. Let us continue to assist these wonderful religious who so beautifully mirror the spirit of St. Francis of Assisi among us.

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.

In Memoriam

JANUARY 2021

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 11	Joan L. Brya, Silvertin, OR	84	December 1, 2020
Assembly 1	Walter N. Smiglesky, Sayreville, NJ	81	April 15, 2020
Assembly 1	Andrew Kacmarcik, Clifton, NJ	91	January 21, 2021
Assembly 11	William Muka, Chicago, IL	80	December 10, 2020
Assembly 11	James Knizner, Oak Lawn, IL	78	January 2, 2021
Assembly 16	Richard A. Pisarcik, Pittsburgh, PA	60	December 16, 2020
Assembly 23	Joseph Palker, Melbourne, FL		Unknown
Assembly 24	Robert Bentley, Boonton, NJ	87	December 24, 2020
Assembly 24	Thomas Reminsky, Boonton, NJ	63	December 26, 2020
Assembly 25	Christopher P. Burke, Fountain Valley, CA	56	December 18, 2008
Assembly 34	Robert Xiong, Fresno, CA	79	December 25, 2020
Assembly 34	Grace L. Knatz, Wapakoneta, OH	94	January 4, 2020
Assembly 36	Lillian R. Daniel, Corunna, MI	88	December 13, 2020
Assembly 59	Mary Jean Tarantini, Harveys Lake, PA	77	November 24, 2020
Assembly 59	Joseph Vostovicz, Danville, PA	94	November 28, 2020
Assembly 64	Rosalie McFarland, Erie, PA	65	November 5, 2020
Assembly 72	Natalie Gibiser, Macungie, PA	97	December 9, 2020
Assembly 78	Evelyn C. Cengeri, Bethlehem, PA	94	January 7, 2021
Assembly 78	Helen Wiersch, Cooperburg, PA	88	January 10, 2021
Assembly 78	Margaret Wedo, Waterbury, CT	92	January 25, 2021
Assembly 79	Timothy Charles Dargay, Colver, PA	54	August 29, 2019
Assembly 86	Dolores Dziedzic, Harding, PA	74	January 18, 2021
Assembly 108	David E. Barun Jr., Youngstown, OH	62	November 6, 2020
Assembly 108	Edward Sebest, Youngstown, OH	90	December 16, 2020
Assembly 108	Stefan Prusak, Youngstown, OH	85	December 23, 2020
Assembly 108	Betty Ann Ziotis, Niles, OH	93	January 16, 2021
Assembly 162	Randy DeNude, Clifton, NJ	50	November 26, 2020
Assembly 162	Albert Soltis, Wayne, NJ	82	December 23, 2020
Assembly 162	Dennis F. Szabo, Garfield, NJ	79	January 2, 2021
Assembly 167	Michael Dzurovcin, Akron, OH	94	September 3, 2019
Assembly 167	Mary W. Falatok, Akron, OH	91	December 21, 2021
Assembly 167	Margaret M. Genet, Barberton, OH	93	January 5, 2021
Assembly 182	Milan Krupa, Stamford, CT	89	December 28, 2020
Assembly 188	Margaret DeMarco, North Wales, PA		Unknown
Assembly 219	Michael J. Kovalcin, Sarasota, FL	91	December 16, 2020
Assembly 261	Joseph R. Bocian, Reading, PA	69	December 26, 2020
Assembly 261	Anthony Ettaro, Reading, PA	88	January 14, 2021
Assembly 261	David E. Waligurski, Mohnton, PA	83	January 16, 2021
Wreath 14	Julia Kocsis, Johnstown, PA	91	December 31, 2021
Wreath 14	Stephen Maschak, Johnstown, PA	75	January 8, 2021
Wreath 14	Emily A. Maslar, Davidsville, PA	90	January 8, 2021
Wreath 22	Mathilda Lopinsky, Pittsburgh, PA	98	January 6, 2021
Wreath 22	Margaret George, Pittsburgh, PA	77	January 9, 2021
Wreath 34	Melanie Schuster, Oakwood Village, OH	59	January 14, 2021
Wreath 85	Agatha Bohinsky, Ambridge, PA	94	November 3, 2020
Wreath 85	Helen Piekarski	93	September 26, 2020
Wreath 85	Louise Dixon, Sewickley, PA	84	December 16, 2020
Wreath 85	Adele Biller of Fombell, PA	70	January 20, 2021
Wreath 93	Josephine Gombar, Pleasant Prairie, WI	89	August 14, 2020
Wreath 93	Chou Vang, Fond Du Lac, WI	68	December 29, 2020
Wreath 93	John L. Kopecky, Racine, WI	68	December 29, 2020
Wreath 93	Frank S. Mikulec, Mequon, WI	90	January 3, 2021
Wreath 153	Margaret Radosky, Eastlake, OH	93	January 6, 2021
Wreath 153	William R. Marfizo, Englewood, FL	80	December 24, 2020

KRÁTKE SPRÁVY ZO SLOVENSKA



Hotelový trh zaznamenal v Bratislave minulý rok aj v dôsledku koronakrízy pokles priemerných tržieb za izbu o 76,4 percenta oproti predchádzajúcemu roku, pričom priemerná ročná obsadenosť bola na úrovni 19 percent. Napriek tomu je stále v záujme hotelových operátorov, o čom svedčí fakt, že Bratislava skončila na 18. mieste v rebríčku top 30 miest. Medzi nimi dominovali mestá ako Praha, Budapešť, Varšava a niekoľko menších poľských miest. Vyplýva to z prieskumu medzi regionálnymi a medzinárodnými hotelovými operátormi v regiónoch CEE a SEE za štvrtý kvartál 2020 spoločnosti Cushman & Wakefield.

V dôsledku zákazu vychádzania a zatvorených škôl na Slovensku sa o 33 percent zvýšil počet detí do 18 rokov, u ktorých sa prejavujú depresívne syndrómy. Riaditeľka odboru inkluzívneho vzdelávania na ministerstve školstva Svetlana Síthová informovala, že prišlo k štvornásobnému nárastu psychických ťažkostí detí do deviatich rokov. Ďalšie poznatky, ktoré zozbieral rezort od odborníkov na duševné zdravie, hovoria o tom, že prišlo k zvýšenému výskytu samovražedných sklonov u detí do 14 rokov, 30-násobne sa zvýšilo domáce násilie a polovica detí, ktoré sa učia dištančne, má s touto formou vzdelávania problém.

Počet sobášov na Slovensku za 10 mesiacov minulého roka klesol o 23 percent, v porovnaní s priemerom za rovnaké obdobie v predošlých piatich rokoch, konštatuje Štatistický úrad SR. K výraznému poklesu došlo už počas prvej vlny pandémie na jar, prepád trval aj na začiatku leta. Najviac sa prepadli počty svadieb v apríli, keď sa konala len približne tretina sobášov ako počas apríla v predošlých piatich rokoch. V máji to bolo niečo vyše 40 percent.

Slovenská ekonomika klesla v roku 2020 o 5,8 percenta. Oznamil to v stredu na brífingu minister financií Eduard Heger. Prepád ekonomiky je miernejší, ako sa očakávalo. Júnová prognóza hovorila o prepade o 9,8 percenta, septembrová o 6,7 percenta. V tomto roku Heger očakáva rast 4,3 percenta a v roku 2022 nárast o 3,9 percenta.

Na Slovensku vlani zomrelo takmer 59-tisíc ľudí, čo je skoro o 5 500 osôb viac, ako zomieralo v priemere za posledných päť rokov. Počet zomretých tak voči predošlým piatim rokom narástol o 10,2 percenta. Ide o najvyššie číslo od druhej svetovej vojny. Najviac osôb zomrelo v decembri minulého roka. Informoval Štatistický úrad SR. "Predbežné dáta potvrdzujú, že v roku 2020 zomrelo na Slovensku najviac osôb od konca druhej svetovej vojny. Celoročný nárast o vyše desať percent pozitívne ovplyvnil fakt, že až do septembra zomieral mesačne porovnateľný počet ľudí ako predošlé roky, od októbra však tempo rastu počtu zomretých zvyšovalo dynamiku," povedala riaditeľka odboru štatistiky obyvateľstva ŠÚ SR Zuzana Podmanická. Na Slovensku zomrelo v roku 2020 o 15 percent viac seniorov vo veku od 65 rokov ako v predošlých rokoch. Najvyšší nárast počtu zomretých sa prejavil v Trenčianskom a Prešovskom kraji. Decembrový počet zomretých osôb bol o 58 percent vyšší a v skupine seniorov až o vyše 70 percent vyšší, ako bol priemer predošlých rokov.

MATIČNÝ MAGAZÍN SLOVENSKO V NOVOM ŠATE NÁRODNÉHO SPEKTRA

Časopis Slovensko našim krajanom nikdy nebolo potrebné osobitne predstavovať. Niekoľko decénií vydávania kvalitných obsahov, v minulosti doplnených krajanovou prílohou, ktoré poctivo pripravovala matičná redakcia v spolupráci so širokým slovenským svetom, oslovila i inšpirovala niekoľko generácií Slovákov žijúcich v zahraničí.

Vývoj v spoločnosti, konkurencia i snaha o zlepšenie, prepojené ruka v ruku s prezentáciou a propagáciou výstupov matičnej vedy, určili trend transformácie magazínu Slovensko na odborný časopis Slovensko s podtitulom Národné spektrum.

Zmodernizovaný magazín sa posunul najmä v obsahovej rovine. Je orientovaný na tých, ktorí hľadajú poznatky z dejín Slovenska, slovenskej literatúry, národopisu či spoločenských vied. Prináša výnimočné štúdie, popularizačné články i materiály zamerané na matičné a národné témy spracované prístupnou formou. Šéfredaktorom periodika sa stal mladý historik Peter Sokolovič, ktorý na margo vynoveného Slovenska uvádza: „Práve v dobe, kedy sú slová ako národ či národná hrdosť spájané u mnohých s negatívnym obsahom, však práve Matica dostáva možnosť stať v čele obrany národných záujmov. Práve transformáciou z dlhšie vychádzajúceho periodika Slovensko chce najstaršia vedecko-kultúrna ustanovizeň vytvoriť moderný odborný časopis a zároveň vyjadriť želanie, aby čitateľov zaujal a zostali mi verní aj naďalej.“

Myslienkou modernizácie periodika podporil predseda MS, Marián Gešper, slovami: „Keďže v minulosti matičná veda formovala nielen matičnú, ale aj národnú či občiansku ideu, aj dnes je nevyhnutné nadviazať na úspešnú minulosť z hľadiska vývinu súčasnej slovenskej spoločnosti. Bohužiaľ, dnešná doba akoby zabúdala na významné slovenské osobnosti a národné udalosti, dôležité dejinné krížovatky a celkové racionálne poučenie z dejinnej praxe, tak pozitívnej, ako aj negatívnej. Mnohé významné dejinné činitele a pohyby akoby sa vytrácali z kolektívnej pamäti Slovákov. Spojenie výskumnej a popularizačnej činnosti je preto veľmi dôležité a nový moderný odborný časopis k tomu chce aktívne prispieť.“

Ambíciou redakcie je vydávanie časopisu dvakrát ročne, na osemdesiatich stranách, doplnených bohatou fotodokumentáciou a príjemnou grafikou. Momentálne Matica slovenská vydala prvé dve čísla magazínu, ktoré sa stretávajú s ocenením a úspechom.

Slovensko – Národné spektrum na svojej atraktivite určite nestratilo. Veríme, že k stálym odoberateľom pritiahne i nových, ktorí si jeho moderný obsah obľúbia. Objednávky predplatného zo Slovenska i zahraničia môžete zaslať cez objednávkový formulár, e-mailom, poštou alebo nahlásiť telefonicky. Všetky potrebné informácie nájdete na oficiálnej webovej stránke Matice slovenskej, www.matica.sk

Zuzana Pavelcová



PREŠOVSKÉJ ŽUPE PRIŠLI ĎALŠIE PENIAZE NA OBNOVU WARHOLOVHO MÚZEA



Budova Múzea moderného umenia Andyho Warhola v Medzilaborciach.

Prešovský samosprávny kraj (PSK) už má na svojom úcte druhú časť štátnej dotácie na rozsiahlu obnovu a modernizáciu Múzea moderného umenia Andyho Warhola v Medzilaborciach vo výške štyri milióny eur.

Celkovo tak samospráva dostala od štátu už šesť miliónov eur zo schválenej dotácie 7,1 milióna.

Posledná časť má prísť do konca januára budúceho roka.

Ako informovala hovorkyňa PSK Daša Jeleňová, zo strany samosprávneho kraja ako zriaďovateľa múzea už vykonali všetky potrebné kroky k príprave obnovy.

Prešovská župa predstavila víziu obnovy Warholovho múzea v Medzilaborciach. „V rukách máme stavebné povolenie a podpísanú zmluvu s dodávateľom realizačného projektu, ktorý bude v zmysle zmluvy o dielo vypracovaný do 31. marca. Súbežne s dokončením realizačného projektu bude prebiehať príprava verejného obstarávania na dodávateľa stavebných prác,“ uviedla Jeleňová.

Zároveň dodala, že ak pôjde všetko bez problémov, župa predpokladá vyhlásenie verejného obstarávania do konca mája tohto roka.

„Začiatok samotných prác bude závisieť od výsledku verejného obstarávania,“ informovala hovorkyňa s tým, že predpoklad začiatku rekonštrukčných prác je najneskôr na jar budúceho roka.

Samotná obnova má trvať 24 mesiacov.

Múzeum Andyho Warhola aktuálne sídli v priestoroch pôvodného kultúrneho domu z 80. rokov minulého storočia.

Prešovský samosprávny kraj plánuje za pridelené financie opraviť fasádu a priestory múzea, vybudovať jeho prístavbu i nadstavbu vrátane nových schodísk a výtahov.

Prestavba múzea má priniesť aj rozšírenie galérie a depozitu, vznik nových ateliérov, interaktívnych prvkov, priestor pre vzdelávacie programy a pútavejšie expozície.

Priestory sa rozšíria na tri poschodia, čím vznikne viac miesta pre rôzne konferencie, multimedialne prezentácie, malé javiskové vystúpenia či besedy.

Na streche múzea bude oddychová zóna pre návštevníkov vo forme amfiteátra.

Múzeum Andyho Warhola je jediné svojho druhu v Európe.

CESNAK POZITÍVNE PÔSOBÍ NA ĽUDSKÉ ZDRAVIE

Cesnak znižuje krvný tlak a hladinu cholesterolu, chráni srdce a má protirakovinové účinky. Musíme ho však užívať správne. Od nepamäti sa pokladá za účinný liek proti mnohým chorobám.

Cesnak sa považuje za silné prírodné antibiotikum, účinkuje pri bakteriálnej nákaze organizmu. Vedci často jeho účinok prirovnávajú ku klasickému antibiotiku penicilínu. Okrem baktérií však cesnak potlačuje v organizme aj vírusy a do istej miery tiež plesne.



Cesnak obsahuje aj inulín, dôležité prebiotikum, ktoré slúži ako potrava pre dôležité, zdraviu prospešné črevné baktérie. Je vhodný pri poruchách trávenia a črevných zápaloch, ktoré sú spôsobené črevnými baktériami.

ÚČINKY CESNAKU

Pomáha znižovať „zlý“ LDL cholesterol a krvné tuky zvané triglyceroly. Znižuje zrážanlivosť krvi, čím pomáha predchádzať vzniku zrazenín. Používa sa aj ako prevencia a pri liečbe aterosklerózy, teda upchávania ciev. Má pozitívny vplyv na zníženie krvného tlaku, pomáha predchádzať srdcovo-cievnych chorobám, podporuje krvný obeh. Môže byť účinnou súčasťou liečby kvasinkových infekcií, pomáha zvyšovať imunitu, do určitej miery znižuje hladinu krvného cukru, uľahčuje vykašliavanie pri zápaloch dýchacích ciest. Cesnak je vhodný požívať aj na prevenciu rakoviny hrubého čreva, pažeráka, žalúdka a prostaty. Tiež pomáha liečiť žalúdočné vredy.

Najlepšie účinky má čerstvý cesnak. Neodporúča sa túto zeleninu variť, pridajte ju až do hotového pokrmu. Zachováte tak jej liečivé účinky, ktoré nezničí var.

Ak prijímate cesnak vo väčšom množstve, môže to mať negatívny efekt na zloženie črevnej mikroflóry, cesnak. Môže zničiť aj zdraviu prospešné baktérie. Vysoké dávky cesnaku môžu podráždiť sliznicu čreva i žalúdok.

Za ideálne sa považuje zjesť denne jeden až dva strúčiky cesnaku, maximálne tri. Maximálny zdravotný účinok cesnaku dosiahnete, keď necháte čerstvo posekaný či prelisovaný cesnak stáť desať až dvanásť minút na vzduchu. Zjesť surový cesnak je pre mnohých veľkou skúškou, konzumáciu si však môžete uľahčiť, ak cesnak namočíte do medu, jablkovej šťavy alebo mlieka a tak prehltnete.

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VANTAGE 2	2.25%	1.00%
VANTAGE 3 YEAR 1	2.30%	1.00%
YEAR 2	2.40%	1.00%
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VANTAGE 5	3.00%	2.00%
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