CONGRATULATIONS TO THE WINNERS OF OUR
2022 SLOVAK CATHOLIC SOKOL SCHOLARSHIP GRANTS

COLLEGE SCHOLARSHIP GRANTS – $1,000 each

AMBER FRED
University of Pittsburgh
Group 1, Assembly 24
Boonton, NJ

CAROLINE OHNGEMACH
Colorado Mesa University
Group 1, Assembly 162
Clifton, NJ

OLIVIA OHNGEMACH
The College of New Jersey
Group 1, Assembly 162
Clifton, NJ

DAVID SMERIGLIO
Rutgers University
Group 1, Assembly 219
Yonkers, NY

SAMUEL BLONIASZ
University of Main
Group 3, Assembly 28
East Douglas, MA

LAUREN DAVIS
Carthage College
Group 4, Wreath 93
Milwaukee, WI

IAN CHAUDHARI
University of Pittsburgh
Group 6, Assembly 25
Perryopolis, PA

VINCENZO MUCCIOLI
West Virginia University
Group 6, Assembly 25
Perryopolis, PA
Message from our Supreme President
Michael J. Horvath

I know the summer of 2022 has begun with the longer days of sunlight and the warmer, hotter weather. What we have waited for unfortunately will change on June 21st, the official day summer begins, the days will begin to get shorter. So let us soak up as much fun outside that we can. Whatever you do, enjoy the summer fun with family and friends.

The 76th International Bowling tournament was finally held, May 13-14, 2022, at the Brookgate Lanes in Brookpark, OH. After a three-year delay, the bowling families for the Slovak Catholic Sokol, the Jednota, the Greek Catholic Union and the NSS came together for a weekend of bowling competition.

There were many great scores bowled during the team, double and single events, a 298, a 289, a 278, and many more super scores. Congratulations to all the winners! Most of all, thank you to all who competed and brought back bowling fun from all the fraternals. The official results will be announced by our Director of Sports and Athletics, James C. Matlon.

A big thank you to Slovak Catholic Sokol Supreme Director of Sports and Athletics, James C. Matlon, Supreme Assistant Director of Sports and Athletics, Frank P. Laury, Supreme Assistant Physical Directress, Nancy Kropolinsky, for organizing and working at the tournament.

Congratulations to all our members who are awarded a 2022 Slovak Catholic Sokol Scholarship. The Sokol recognize your academic accomplishments and know the scholarship will help you reach your future goals.

(Continued on page 19)

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

WORDS TO LIVE BY

Is there something you feel like you should do today, but your emotions are saying don’t, or take a break, or rest, or do what’s easy & comfortable?

Do it anyways. Choose your convictions! You’ll feel encouraged making the harder & uncomfortable choice, big or small.

Commitment always looks like service and sacrifice. Commit at work and home by finding ways to serve them and make them better you get better. Start by picking one thing you will do to be a better team member each day. Remember: WE > me

You Can. Your circumstances don’t define you. Your willingness does. Stop hiding behind the excuses and start stepping into your calling. Believe in yourself. You were created on purpose for a purpose that only you can fulfill.

Thoughts are fleeting. Don’t let them cause you to make a permanent decision you will regret and likely not survive. Don’t listen to your negative thoughts. Speak words of encouragement, hope and faith to yourself instead.

Failure is normal. What’s not normal is rising above it to create something amazing. Most people let failure define them. The key is to see it as just a normal event in your life that will prepare you to create an extraordinary future. This will make you abnormally successful.

COMPARISON is the thief of joy. Embrace your uniqueness, be grateful for what you have and live the life only you were created for.

Don’t put a period where God put a comma. Keep writing your story. The best is yet to come.
Greetings from the Home Office! I hope that all our members are starting to get outside to enjoy the warmer temperatures. As we conclude Memorial Day Weekend, this time of year gives us the opportunity to remember and be thankful for all those who have sacrificed for us.

On May 30th, we celebrated Memorial Day. It is a day in which we recognize all the men and women who have paid the ultimate sacrifice for our country. As Slovak Catholic Sokol members, we appreciate and remember those who have paid that sacrifice. I urge all our members to pay your respects to our current soldiers and veterans alike. A simple “thank you” can go a long way.

On Friday, June 14th, we at the Home Office celebrate an important day. It is a day that has become an annual tradition here. June 14th is “Flag Day” in the United States of America. Flag Day is important because we honor the American flag on the day of the first Flag Resolution, June 14, 1777. The Maritime Committee of the Continental Congress passed the Flag Resolution- “Resolved: that the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation.”

It is people like Dave Latimer who remind us that honoring our nation’s flag is still important. Latimer is a retired Navy vet and the Commander of an American Legion Post in Wisconsin. Each year, the American Legion holds a ceremony on Veterans Day to pay tribute to our veterans and properly retire any used flags brought to the post. Latimer said, “This is an opportunity to demonstrate our respect for the Nation’s Colors. Most Americans do not know how the flag should be properly displayed and most people have no clue how to respect the flag when it is no longer serviceable. This flag is more than a piece of cloth but a living entity, it represents you and me. As long as that flag is flying, we have freedom.” Well put, I would say.

Please take the time out of your day to honor our flag. Our veterans fought for this flag and all it represents. We should honor them by showing our respect.

I would also like to take this opportunity to congratulate Donald Papcun of S-036, Detroit, MI on receiving the Frank S. Petruff Memorial Sports Award at our 76th International Bowling Tournament held in Brook Park, OH. Brother Don is certainly deserving of this tribute as he has been a loyal attendee for many years at our sporting events and he usually is the participant traveling the furthest! Congratulations again and all the best to you Brother Donald!

In this issue we are fortunate to see the smiling faces of our 2022 Scholarship Recipients. On behalf of our Organization and our Board of Directors, I would like to congratulate all our winners. We hope that you continue to make us all proud and continue to be wonderful ambassadors of the Slovak Catholic Sokol.

I would like to take this opportunity to thank all the members of the Slovak Catholic Sokol who helped once again support our Family’s project, “Reid and Cole Fill 70”. Through your generosity, we were able to deliver seventy Easter baskets to the Boys and Girls Club of Passaic, NJ. We are already looking forward to next year’s project!! Thank you again!

Finally, I would like to wish all our Sokol Dads a Happy Father’s Day, which we will celebrate on June 19th! Happy Father’s Day Dad! May God bless you all!

Stay safe, stay strong, and STAY POSITIVE!

Zdar Boh!
COLLEGE SCHOLARSHIP GRANTS – $1,000 each

KAYLA HVOZDOVIC
University of Tennessee
Knoxville
Group 7, Assembly 59
Wilkes-Barre, PA

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

CLAUDIA MATTHEW
Ohio State University
Group 7, Assembly 59
Wilkes-Barre, PA

MATTHEW SILINSKIE
King’s College
Group 7, Assembly 86
Port Griffith, PA

NICOLE SILINSKIE
King’s College
Group 7, Assembly 86
Port Griffith, PA

MARIA TRAGLIA
DeSales
Group 7, Assembly 86
Port Griffith, PA

JOLENE ULICHNEY
Old Dominion
Group 7, Assembly 59
Wilkes-Barre, PA

ZACHARY BEBLAR
Indiana University of PA
Group 9, Wreath 14
Johnstown, PA

DANIELLE CALPIN
University of Nebraska at Omaha
Group 9, Wreath 14
Johnstown, PA

GRAYDEN HOGAN
Penn State University
Group 10, Assembly 72
Catasauqua, PA

LAURA MATLON
Minnesota State/Mankato
Group 11, Wreath 47
Minneapolis, MN

CAMILLE GRIFFITH
Albright College
Group 12, Assembly 261
Reading, PA
2022 SLOVAK CATHOLIC SOKOL SCHOLARSHIP GRANTS

EMIL SLAVIK MEMORIAL SCHOLARSHIP – $2,000

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

GAVIN WATKINS
Seton Hill University
Group 14, Assembly 16
Pittsburgh, PA

DOCTORS LESKO MEDICAL MEMORIAL – $1,000

SKYLER MANYAK
University of New Hampshire
Group 3, Wreath 18
East Douglas, MA

YENCHA SCHOLARSHIP GRANT – $1,000

SARAH PAVLIK
University of Pittsburgh
Group 14, Wreath 22
Pittsburgh, PA

S.K.S. MEMORIAL SCHOLARSHIP GRANT – $1,000

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

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

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

PAGE MATEY
Robert Morris University
Group 14, Wreath 22
Pittsburgh, PA
This year marks the 50th anniversary of the first presentation of scholarship grants to our deserving young members in support of their quest for a good education. From our earliest years, the Slovak Catholic Sokol has promoted education among our youth. Since 1972, a total of $1,755,500 in scholarship grants have been awarded to 2,483 of our members, certainly an enviable record. This year, we are pleased to introduce the recipients of our 2021 Slovak Catholic Sokol Scholarship Grants. Our congratulations and fraternal best wishes go out to all of them. Happy future and Zdar Boh!
2022 INTERNATIONAL GOLF TOURNAMENT
TREASURE LAKE GOLF RESORT, DUBOIS, PENNSYLVANIA
AUGUST 12TH - 14TH

The longer days and warmer weather means we are in golf season and closer to our Slovak Catholic Sokol 67th International Golf Tournament which will be held August 12th-14th at Treasure Lake Golf Resort, DuBois, Pennsylvania. The GCU and FCSU members will be joining us in our annual golf tournament.

We are looking forward to hosting a wonderful weekend of fraternalism and sportsmanship. The participants and guests for the Golf Tournament will stay at the Fairfield Inn & Suites, Hampton Inn or at Treasure Lake Golf Resort.

Over the years, this event has become much more than a golf outing, evolving into a true fraternal family event. Many of our members now attend the tournament with their family, which has added to the richness of the event and true fraternal camaraderie.

Please return your application and fee as soon as possible to my home address: 6 Academy Drive East, Whippany, NJ 07981-1801.

Website www.slovakcatholicsokol.org under Sports Programs.

Zdar Boh!
James C. Matlon
Supreme Director of Sports and Athletics

RULES AND REGULATIONS

1. Every contestant must be a member of the Slovak Catholic Sokol/GCU/FCSU in good standing for at least one (1) year or three (3) months with Single Premium Life Insurance.

2. (A) The golf tournament will consist of six (6) flights as listed below before applying 75% to handicap:
   - “A” Flight 0 to 12 Handicap
   - “B” Flight 13 to 20 Handicap
   - “C” Flight 21 and over
   - “D” Flight Callaway System
   - “S” Flight Senior, 62 years and over
   - “W” Flight Women, Callaway System
   (B) Maximum Handicap per round: Men – 40 & Women - 50.
   (C) Only the Slovak Catholic Sokol /GCU/FCSU Handicap will be accepted for all flights.

3. The tournament shall be held with prevailing U.S.G.A. rules.

4. Callaway Flights: Golfers who do not have a handicap (handicaps are determined after two years or four rounds) of Tournament play. The Callaway Modified System will be used with two blind holes each round to calculate the daily handicap.

5. (A) All handicaps are subject to review and possible re-rating by “Handicap Committee”. In the case of ties, lowest handicap will be declared flight winner.
   (B) Women golfers will compete in a separate flight with a Modified Callaway System.

6. All play will be 36 holes: 18 to be played on Saturday August 13th and 18 on Sunday, August 14th.

7. Entry Fee is $15.00 and Tournament Expense is $15.00.

8. Prizes: There will be a Champion in each flight and the prize money will be awarded according to the number of entries received for each flight.

9. Foursomes will be paired at the discretion of the Tournament Committee. Participants wishing for special twosomes & foursomes, please indicate your golf partners on the golf tournament entry form.

10. Penalty for being tardy at the starting tee will be according to U.S.G.A. rules.

11. Entries will close with a Postmark Date of July 15th, 2022. All tournament fees must accompany Golf Entry Form.

12. Make checks payable to:
    Slovak Catholic Sokol Sports Account

13. Mailing address:
    James Matlon
    6 Academy Drive East
    Whippany, NJ 07981-1801
Slovak Catholic Sokol/GCU/FCSU
67th International Golf Tournament Entry Form
August 12th-14th 2022
Treasure Lake Golf Resort – DuBois, PA
Golf Practice Reservations: Gold Course - (814) 913-1482 & Silver Course (814) 913-1480
U.S.G.A. 36 Holes Men-5 Flights - Women-1 Flight

ENTRY DEADLINE: JULY 15th 2022
Every golfer must fill out a form and all fees must accompany this entry form.

Name: ___________________________________________ Phone: ( ) ____________________________
Address: ________________________________________________________________
City/State/Zip: ____________________________________________________________
Email: ___________________________________________ Certificate # _________________________
Assembly/Wreath____________________

Golfer Signature ______________________________________________________________________
I hereby certify that the name on this application is a bona-fide member of this Assembly/Wreath in good standing.

Assembly/Wreath President or Secretary __________________________________________________

____ I have participated in two previous SCS/GCU/FCSU Golf Tournaments
____ I have not participated in two previous SCS/GCU/FCSU Golf Tournaments
____ Men: I am 62 years or older and wish to enter the Senior Flight and have participated in at least two previous SCS/GCU/FCSU Golf Tournaments

Tournament Start Times: 8:00 AM Saturday & 8:00 AM Sunday
Preferred Doubles Partner: ____________________________________________________________

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All hotel reservations to be made directly through the Fairfield Inn & Suites, DuBois, PA, 814-371-2260 or Hampton Inn, DuBois, PA 814-375-1000
REPORTS OF THE SUPREME OFFICERS FOR 2021

REPORT OF THE SUPREME DIRECTOR
OF SPORTS AND ATHLETICS

As the Supreme Director of Sports and Athletics, and in compliance with the Bylaws of the Slovak Catholic Sokol, I hereby submit my 2021 Annual Activity Report.

The first event of the year was the annual Supreme Physical Fitness Board zoom meeting held on January 16th, to discuss the scheduled activities for 2021 and possible changes that might have to be made due to the COVID-19 pandemic. I participated in the scheduled zoom on February 6th and March 6th to discuss having a Sokol FamilyFest at SNPJ Camp in July 2021, and moving the 50th International Slet to July 2022.

I participated in the Board of Directors 1st quarter meeting via zoom call that was held on March 19th. The Board of Directors voted to cancel the 75th International Bowling Tournament scheduled for May 14th and 15th at Brookgate Lanes in Cleveland, Ohio because of the indoor gathering restrictions due to COVID-19. In March I finalized plans for golf, lodging and banquet facilities for our 2022 Golf Tournament at Treasure Lake Resort in DuBois, Pennsylvania.

I participated in SPFBB zoom calls on April 17th, May 8th, 15th, June 12th, 19th, and July 1st, to finalize the scheduled activities and lodging for our first Sokol FamilyFest at SNPJ Camp in Enon Valley, PA. I participated in the Board of Directors zoom call on June 15th to approve the expense allocation for our Sokol FamilyFest. I participated in our 2nd Quarter of Directors zoom call that was held on June 24th.

I held a conference call on July 12th with Basil Wahal from the GCU and Kevin Collins from the FCSU to address any questions on our combined golf tournament at Treasure Lake. I attended the Sokol FamilyFest that was held at SNPJ Camp from July 14th to 18th. We had a total of 64 members enjoy the camp, including seven Fitness Board Members and two members from the Board of Directors. I also arranged the golf outing for participants of the FamilyFest at nearby Seven Oaks Country Club on Friday morning. On Sunday morning I reviewed and paid all of charges for the Sokol FamilyFest. The financial report was submitted to the Home Office on September 29th.

The 66th International Golf Tournament was held at Treasure Lake Resort in DuBois, PA, with 150 golfers participating. The Slovak Catholic Sokol had 78 golfers, FCSU 54 golfers and GCU 18 golfers. Prize money totaling $5,636 was mailed out to the 56 winners in August. The article on the golf tournament was published in the September issue of the Falcon. The tournament results and pictures were published in the October edition of the Falcon. I would like to thank Frank Laury for his help to make the golf tournament a success. I had a follow-up conference call with the FCSU and GCU on August 11th to answer any questions on the 2021 tournament and to help promote the 2022 International Golf Tournament.

I participated on the Board of Directors zoom call on August 12th and the Fitness Board zoom call on August 21st to recap the Sokol FamilyFest and our International Golf Tournament.

I participated in a SPFBB zoom call on September 14th, to discuss a possible mini-clinic in conjunction with the annual Fitness Board Meeting.

I participated in the Board of Directors 3rd Quarter 2021 zoom meeting on Wednesday, Friday September 24th. The Fitness Board had zoom calls on November 17th and 21st to discuss the SCS Bylaws and moving our Clinic to July 2022 and the 50th International Slet to July 2023.

I participated in the 4th Quarter Board of Directors Meeting that was held in Sarasota, Florida on December 5th and 6th. The Board of Directors confirmed the Fitness Board request to have the Clinic in July 2022 postpone the 50th International Slet until July 2023, both at Kutztown University.

I would like to thank all of the members of the Supreme Physical Fitness Board for their help and participation in the multiple zoom calls in 2021. I am looking forward to the 76th International Bowling Tournament in May 2022 after having been postponed for the past two years.

Please keep in your prayers all of our family members and friends that have been affected by life changing events due to the COVID-19 pandemic.

Zdar Boh!
James C. Matlon
Supreme Director of Sports and Athletics

REPORT OF THE SUPREME PHYSICAL DIRECTOR

In accordance with the Bylaws of the Slovak Catholic Sokol, I hereby submit my annual report for 2021.

2021 Yearly Activities

January - March
I attended the Supreme Physical Fitness Board meeting via Zoom on January 16th. Final preparations for the 2021 calendar year events were discussed in length, with special attention to the Covid concerns and what events to schedule/re-schedule. The SPFBB also discussed options for any alternative events that we may look to hold for members. One of the events discussed was an outdoor family camping event, which we would look into utilizing the SNPJ Recreation Center in Pennsylvania. The SPFBB scheduled additional Zoom meetings over the course of the next few months to organize a Sokolfest event to be held at SNPJ.

Prior to the annual Physical Fitness Board Meeting, I had coordinated with Katie Swift and James Matlon the review material that would be covered through the course of our SPFBB meetings.

I attended the Board of Directors meeting on March 19th via Zoom where numerous timely and relevant topics on membership, financials, and also the state of Covid. Decisions were made to opt out of holding the Intl Bowling tournament and the Intl Clinic for safety reasons of our members.

April - June
I attended the SPFBB Zoom meetings to coordinate the Sokolfest event to be held in July of 2021. Over the course of the next few months I worked with Tim at SNPJ to discuss financials, lodging facilities and the dining options available through their facility. The SPFBB held Zoom meetings in April, May and June to finalize all of the details.

I attended the June 24th Board of Directors meeting held via Zoom. We continually discussed the state of Covid, and determined that we could potentially hold the Intl Golf tournament to be held at Treasure Lake.

July - September
I worked with the SPFBB board to wrap up any loose ends pertaining to the Sokolfest. We held one last Zoom call to discuss attendees, events and financials.

I attended the August 21 SPFBB Zoom call to recap Sokolfest and potential events similar to that one.

I attended the September 21 Board of Directors Zoom confer-
ence call. We reviewed membership, financials and the fraternal events that were held.

**October - December**

I was in contact with Kutztown University multiple times to update Honey Svoboda, the Kutztown events coordinator, to keep her informed of our update in scheduling for our Clinic and Slet. The BOD and SPFB made the decision to hold the International Clinic the summer of 2022 and the 50th International Slet in the summer of 2023. The University was very understanding and accommodating to our updated schedule due to the Covid pandemic.

This concludes my annual report for the office of Supreme Physical Director. I hope to see many of you at the scheduled 2022 summer of 2023. The University was very understanding and accommodating to our updated schedule due to the Covid pandemic.

John M. Underation, Supreme Physical Director

**REPORT OF THE SUPREME PHYSICAL DIRECTRESS**

The activity year of 2021 for the Supreme Physical Fitness Board has continued to be a challenge with the worldwide pandemic still ravaging through the world. I, with the help of the board members, were able to host several events via zoom and in person.

According to the Bylaws of the Slovak Catholic Sokol I am submitting my 2021 annual report:

All year long I continued to be in constant contact with members of the Supreme Physical Fitness Board. I consistently updated facebook, instagram and emailed Group Directors, Directress, Group Presidents and Group Sports Directors. I also submitted several articles to the Falcon throughout the year.

Due to Covid-19 we were unable to host the International Clinic or International Slet. The SPFB felt as though a fraternal event involving the youth was needed. After many meetings, discussions and planning, we were able to plan an amazing event at the SNPJ Recreation Facility. The event included, karaoke, hiking, bonfires, cornhole, swimming, sports and much more. We are hoping to have more family events such as these in the future.

 Listed below are the many virtual events and meetings I attended and organized:

**January-March, 2021**

- Hosted Sokol Happy Hour via zoom
- Hosted the annual SPFB Ladies meeting via zoom

**April-June, 2021**

- Hosted SPFB Meeting via zoom
- Hosted SPFB meeting via zoom
- Hosted SPFB meeting via zoom
- Attended Virtual BOD Meeting via zoom

**July-September, 2021**

- Worked and Participated at the SNPJ Sokol Family Fest
- Worked at the Annual Group 7 Sokol Day in Plains, PA.
- Hosted SPFB meeting via Zoom
- Hosted SPFB meeting via Zoom
- Hosted SPFB meeting via Zoom
- Hosted SPFB meeting via Zoom
- Hosted SPFB meeting via Zoom
- Hosted SPFB meeting via zoom

**October-December, 2021**

- Hosted SPFB meeting to discuss bylaw 7.3 and each person’s stance to be represented by the Supreme Directress and Sports Director at the Board of Directors meeting
- Hosted SPFB meeting via Zoom
- Hosted SPFB meeting via Zoom
- Hosted SPFB meeting via Zoom
- Hosted SPFB meeting via Zoom
- Hosted SPFB meeting via Zoom

Respectfully Submitted,
Katie Swift, Supreme Physical Directress

**REPORT OF THE SUPREME ASSISTANT PHYSICAL DIRECTOR**

In accordance with the Constitution and By-Laws of the Slovak Catholic Sokol, I submit my Annual Report as Supreme Assistant Physical Director.

**January-March, 2021**

- Attended the virtual events and meetings hosted by the Physical Fitness Board.

**April-June, 2021**

- Attended the virtual SPFB meetings
- Attended the first Sokol Family Fest Camping event held at SNPJ Camp grounds. Attended the virtual SPFB meetings.

**July-September, 2021**

- Attended the Group 7 Annual Meeting
- Attended the Group 7 Annual Meeting in Wilkes-Barre, PA
- Attended the Group 7 Annual Meeting
- Attended the annual SPFB Ladies meeting

**October-December, 2021**

- Attended the virtual SPFB meetings.
- Attended the celebration dinner of Nancy Fedor being named the Slovak Fraternalist of the Year.

As always, I would like to thank all the officers and members of the Slovak Catholic Sokol for making the most of another difficult and trying year during this ongoing pandemic. The first Sokol Family Fest was an incredible event to attend and be a significant part of. Also, having the chance to celebrate Nancy’s achievements and life was a memorable evening for all those who attended.

Zdar Boh!
Martin Degnan, Supreme Assistant Physical Director

**REPORT OF THE SUPREME ASSISTANT DIRECTOR OF SPORTS AND ATHLETICS**

**January 16th:** Physical Fitness Board Annual Zoom Meeting.
**February 6th:** Fitness Board Zoom Call to discuss the SNPJ
**Upcoming Camp February:** Article Recapping International sporting events and results from 2020

**March 6th:** Fitness Board Zoom Call for updates and discussions on SNPJ Camp April 17th: Fitness Board Zoom Call for updates and discussions on SNPJ Camp
**May 15th:** Fitness Board Zoom Call for updates and discussions on SNPJ Camp

- June 12th - 13th: Fitness Board Zoom Call for updates and discussions on SNPJ Camp
- June 19th/24th: Fitness Board Zoom Call for updates and discussions on SNPJ Camp July 1st: Fitness Board Zoom Call for updates and discussions on SNPJ Camp
- July 12th: International Golf Tournament Conference Call
- July 14th-18th: Worked and Participated at the SNPJ Sokol Family Fest, at the camp we head up numerous activities for campers to participate in, including corn hole, Kam Jam, Golf, Social gatherings and games, pool party, Karaoke, camp fire sing alongs and so much more.
- August 5th-9th: Worked the 66th International Golf Tournament

(Continued on page 14)
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 116 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:

Slovak Catholic Sokol
P.O.Box 899
205 Madison Street
Passaic, NJ 07055

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_____-_____-__________

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
1.25% 1.75% 2.00% 2.10% 2.20% 2.50% 2.75%

● SPA Single Premium immediate Annuity

3.00% – 10 Years % Greater ● 2.75% Less than 10 Years
at Treasure Lake PA. Duties included, picture taking for teams and action photos, score card calculations, setup and tear down of awards banquet, Prize and award handouts, and follow up article on the Golf Outing.

August 21st: Fitness Board Zoom Call.
August 22nd: Published article for the 66th International Golf Tournament.

Sincerely,
Frank P. Laury III
Supreme Assistant Director of Sports and Athletics

REPORT OF THE SUPREME ASSISTANT PHYSICAL DIRECTOR

In accordance with the Constitution and By-Laws of the Slovak Catholic Sokol, I submit my Annual Report as Supreme Assistant Physical Director.

January-March 2021  Attended the virtual events and meetings hosted by the Physical Fitness Board.
April-June 2021  Attended the virtual SPFB meetings
Attended the Group 7 Annual Meeting in Wilkes-Barre, PA
July-September 2021  Attended the first Sokol Family Fest Camping event held at SNPJ Campgrounds.
Attended the virtual SPFBB meetings.
Worked at the Annual Group 7 Sokol Day in Plains, PA
October-December 2021  Attended the virtual SPFBB meetings.

Attended the celebration dinner of Nancy Fedor being named the Slovak Fraternalist of the Year.
As always, I would like to thank all the officers and members of the Slovak Catholic Sokol for making the most of another difficult and trying year during this ongoing pandemic. The first Sokol Family Fest was an incredible event to attend and be a significant part of. Also, having the chance to celebrate Nancy’s achievements and life was a memorable evening for all those who attended.

Zdar Boh!
Martín Degnan
Supreme Assistant Physical Director

REPORT OF THE SUPREME ASSISTANT PHYSICAL DIRECTRESS

In accordance with the by-laws of the Slovak Catholic Sokol, I hereby submit my annual report for 2021. The focus for the year was to promote activities prompting members to remain connected even though being physically apart. Communications, Happy Hour, and offerings of souvenir coffee mugs and certificates for involvement continued to remain a theme throughout the year. Our desire to spend time together was evident by the attendance at the first Family Fest at SNPJ, with over 80 members and guests attending throughout the weekend. The willingness of members of the Physical Fitness Board to volunteer time to organize events paired with attendees volunteering to assist with activities and contribute to the fun and excitement of the weekend only symbolizes the fraternalism the Slovak Catholic Sokol aims to attain. I would like to personally thank all those individuals who jumped in wherever, whenever to make that weekend a most memorable, fraternal occasion.

January 7  Attended the annual Supreme Physical Fitness Ladies’ Zoom meeting to provide update on Group Directress’ communications

January 15  Attended Sokol Happy Hour

January 16  Attended Annual Supreme Physical Fitness Board meeting via Zoom to plan 2021 sport events and recommendations
February 5  Attended Sokol Happy Hour
February 6  Attended Supreme Physical Fitness Board meeting via Zoom to present information regarding SNPJ facilities
March 5  Attended Sokol Happy Hour
March 6  Attended Supreme Physical Fitness Board meeting via Zoom to discuss preliminary details of Family Fest at SNPJ
April 1  Submitted an article in the Slovak Catholic Falcon pertaining to positive and negative energy
April 17  Attended Supreme Physical Fitness Board meeting via Zoom to discuss assignment of responsibilities for Family Fest at SNPJ
May 8  Attended Supreme Physical Fitness Board meeting via Zoom to receive update on attendees for Family Fest and review draft itinerary of planned events
May 15  Attended Supreme Physical Fitness Board meeting via Zoom to review draft itinerary and assignment of responsibilities
June 9  Attended Supreme Physical Fitness Board meeting via Zoom to finalize plans for Family Fest at SNPJ
June 28  Met Supreme Physical Director, Katie Swift at SNPJ to coordinate final plans and details for Family Fest with SNPJ personnel
July 15-18  Co-ordinated events with Supreme Physical Director, Katie Swift for Family Fest at SNPJ which included: Swimming, Walking Trail, Bonfires, attended Breakfast, Lunch and Dinner, Craft Activities, Adult evening Socials, Children Team Building Competitions
August 21  Attended SPFB meeting to recap 2021 events and encourage Facebook postings of events
September 21  Attended Supreme Physical Fitness Board meeting via Zoom to discuss 2022/2023 Clinic and Slet
November 17  Attended Supreme Physical Fitness Board meeting via Zoom to discuss Bylaw 7.3
November 21  Attended Supreme Physical Fitness Board meeting via Zoom to discuss Bylaw 7.3
Zdar Boh!
Nancy Kropolinsky
Supreme Assistant Physical Directress

SUNDAY, JUNE 26 – The semi-annual meeting of Assembly 163, Donora, PA starting at 1:00 p.m. at Dorothy’s Place, Donora, PA. All members are urged to attend.

JULY 14-17, INTERNATIONAL CLINIC at the Kutztown University, Kutztown, PA.

SUNDAY, JULY 24 – 90TH SLOVAK-AMERICAN DAY PICNIC at the Croatian Soccer Park, in Franklin, WI. Free admission. Holy Mass at 12 noon. Hot food, homemade bakery and refreshments available, including beer and soda available to purchase. Vendors will be available including Slovak/Czech handmade jewelry, glass ornaments and crafts available to purchase. Complimentary golf cart transportation available at the park for the “Young at Heart”. Music for dancing - The Ed Hause Band. Cultural Presentation by Tatra Slovak Dancers.
President Zuzana Caputova on Thursday, May 5th received Slovak experts at the Presidential Palace upon their arrival from Ukraine where they’re helping document suspicions of war crimes and crimes against humanity.

“It was the first mission of its kind in Slovakia’s modern history. We were the second country after France to bilaterally help Ukraine map the crimes that happened there and that are still happening there,” stressed Caputova. The head of state presented thank-you medals to everyone in the expert group.

All eight members of this team worked together. “We worked to record everything that could be seen. From the objects that were next to the bodies to the signs of violence,” said forensic doctor Norbert Moravansky. They handed over 72 described cases to the Ukrainian Prosecutor General’s Office.

“What we set as a standard was adopted by the Ukrainian side, which until then relied only on sampling,” added forensic anthropologist Radoslav Benus. They were mapping the situation in the Kiev and Chernihiv regions.

EUROPEAN COMMISSION SENDS SLOVAKIA €193.6 MILLION TO COPE WITH REFUGEE CRISIS

The European Commission has sent additional advance payments from REACT-EU resources worth almost €193.6 million to the accounts of the Slovak Finance Ministry. The additional advance payments are intended for the member states most affected by the refugee crisis.

In particular, the European Commission sent €107.7 million for the Operational Programme Human Resources, €66.3 million for the Integrated Regional Operational Programme and €19.6 million for the Operational Programme Effective Public Administration.

HEGER MEETS OUTGOING US AMBASSADOR

Premier Eduard Heger received outgoing US Ambassador to Slovakia Bridget Brink on Friday, May 13. He praised the excellent cooperation, both in the field of bilateral relations, as well as in the transatlantic area.

Premier Heger thanked the ambassador for a strong alliance within NATO, as well as for providing the ground-to-air missile system Patriot to Slovakia. “This step strengthened Slovakia’s defence at the time when Russia invaded our eastern neighbour, Ukraine,” stressed Heger.

Brink will assume the post of US Ambassador to Ukraine soon. The premier wished her good luck in her new post. “On behalf of Slovakia, I would like to reiterate that we will continue to use all available tools to help Ukraine in the fight to preserve its sovereignty and territorial integrity. Together with our partners in the European Union and NATO we will cooperate in ending the fighting as soon as possible and bringing peace to Ukraine so that it could begin its recovery,” added Heger.
ANNOUNCING THE KIDS’ CORNER SUMMER READING PROGRAM!!!!

If you love to read….this is just the program for you. From June 16th-August 25th keep track of the name and author of each book that you read, and have your parents verify each with a signature. If you are not reading on your own yet, it is perfectly OK to have a parent, grandparent, babysitter….etc. read to you. Try to read books that not only interest you, but challenge you as well. I will need the completed reading lists returned to me no later than September 10th. Include your name, address, Group number and age so that I can recognize you in the paper.

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

Do me a favor and highlight your favorite books on the list!!! I love to share the titles with other children….Good luck and have fun reading!!!! Please send your completed reading lists to:
Edward Moeller– 2821 Waterman Avenue, Pittsburgh, PA 15227. If you prefer to do it on-line…you can e-mail it to me at vp@slovakcatholicsokol.org

**Non-Readers**
- Level 1 16 books
- Level 2 24 books
- Level 3 32 or more books

**Early Readers** (sounding out most words)
- Level 1 8 books
- Level 2 16 books
- Level 3 24 or more books

**Intermediate Readers** (40+ pages each)
- Level 1 8 books
- Level 2 12 books
- Level 3 16 or more books

**Advanced Readers** (100+ pages each)
- Level 1 4 books
- Level 2 8 books
- Level 3 12 or more books
HAPPY BIRTHDAY TO YOU!!!!!!

Alexander Roman 6/5
Isabella Salman 6/6
Jason Salman 6/6
Daniel Fesko 6/20

SEND YOUR BIRTHDAY DATES TO ME
vp@slovakcatholicsokol.org

Honor thy Father

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HOLE SPONSORSHIP AT OUR 2022 SLOVAK CATHOLIC SOKOL GOLF TOURNAMENT

Hole Sponsorship Opportunity
Sign Dimensions 24” X 18”
Cost $50.00

It is a great fraternal way to promote your Group, Assembly/Wreath, business, or family to over 150 golfers the weekend of August 12th through the 14th, 2022.

The Golf Tournament will be held at Treasure Lake Resort, DuBois, Pennsylvania.

Send the information that you want printed on your sign via email or regular mail.

Please send a check for $50.00 made payable to: Slovak Catholic Sokol Sports Account

DEADLINE: JULY 15, 2022
Email: jmatlon@slovakcatholicsokol.org
Mailing Address: James Matlon, 6 Academy Drive East Whippany, NJ 07981

Come celebrate with the Slovaks of Western Pennsylvania on Thursday, July 21, 2022, for the 99th Annual Slovak Day in Kennywood Park in West Mifflin, PA. Events will focus on the culture, food and spirit that is uniquely Slovak.

The festivities begin at 12:30 p.m. with games and treats for the children. The Slovak kitchen will also be open serving all the traditional favorites. Music in the food pavilion will be provided by George Batyi and friends from 1 p.m. until 3:30 p.m. At 4 p.m.

The Eucharistic celebration will take place. This year’s main Celebrant will be the Most Reverend Larry J. Kulick, Bishop of the Greensburg Diocese. Bishop Kulick, grew up in South-Western PA., in Leechburg, PA., where he attended St. Martha’s Slovak Parish. He takes great pride in his Slovak religious & cultural traditions. He was ordained and installed as the 6th Bishop of the Greensburg Diocese on Thursday, February 11, 2021 at a special Mass in Blessed Sacrament Cathedral in Greensburg, PA. He will be joined by clergy from the Pittsburgh, and Greensburg, Dioceses.

The Slovak Day festivities conclude with a performance by the Pittsburgh Slovaks.
After the Mass Slovak Sing-a-long will follow and Pittsburgh Slovaks will perform at the Main Pavilion Stage.
Everyone must have a ticket to enter the park. Ticket prices are as follows: for anyone under age 60 the price is $30, if you are age 60 and over the price is $27. There are no senior discounts this year. To order tickets make a check payable to: W. PA SLOVAK DAY and mail to: Sue Ondrejco, 234 Ilion St., Pittsburgh., PA 15207. Tel.: 412-421-1204.

Deadline for ordering tickets is July 14, 2021.
There is something for everyone at the 99th Annual Slovak Day in Kennywood Park: rides, games, food, ethnic vendors, music and entertainment. Join in the festivities on July 21st, and renew your Slovak spirit.
Contact: Sue Ondrejco at (412) 953-4853; Email: Sue.ondrejco@gmail.com
A small group of Wreath 93 members reached out for Join Hands Day by volunteering their time at Camp Awana. While there Friday night, May 6th and all day Saturday, May 7th, they worked closely with all different generations helping prepare the camp for the summer, which included cleaning the infirmary, washing windows, cleaning the bathrooms, raking leaves and even helping prepare a meal for the volunteers to eat. A special thank you to Riana, Juliana, Carissa and Lisa Hoeck for their time.

Join Hands Day, observed across the United States on the first Saturday in May, is about uniting the older generation with the younger generation in a day of volunteering.

Happy Father’s Day to all fathers and men that have the honor of being a father or are father figures. You provide so much to not only your family but to all who reach out to you for help. May your day be blessed and surrounded by family and friends wishing you the best the day can offer. The staff at the Home Office celebrates Flag Day to show the Society’s support for the Flag and what it stands for. Let us follow the Home Office’s lead and do what we can to display the flag of our nation on Flag Day.

The Supreme Physical Fitness Board has held several meetings to prepare for the upcoming Clinic this July. The Supreme Physical Fitness Board is under new leadership. Brother Martin Degnan has assumed the position of Supreme Physical Director and will work with the other members of the Supreme Physical Fitness Board on organizing the 2022 Clinic and 50th Slet planning. Let us congratulate Brother Degnan and give him the support he needs to organize the Clinic and Slet.

To all fathers of the Slovak Catholic Sokol, Father’s Day is a good day to ask yourself, do I have enough insurance to protect my family. If you feel you do not have enough insurance contact our Supreme Secretary, Scott T. Pogorelec, F.I.C. for assistance.

Stay safe and Healthy,
With God’s Blessings to All!
Zdar Boh!

Message from our Supreme President
(Continued from page 15)
SLOVAK AMBASSADOR HONORS RETIRING PROFESSOR STOLARIK

On Thursday, May 12, 2022 at 6:30 p.m., Mr. Vit Koziak, the Ambassador of the Slovak Republic to Canada, held a reception at the Slovak Embassy in honor of Professor M. Mark Stolarik. Prof. Stolarik will be retiring on July 1, 2022 as Chairholder, Chair in Slovak History and Culture at the University of Ottawa after 30 years of service to the University (50 years of employment in a professional capacity). The Dean of the Faculty of Arts supported Prof. Stolarik’s application to the Board of Governors of the University for the title “Professor Emeritus.” In return, Prof. Stolarik promised the Dean that he would mentor his successor, Professor Roman Krakovský (Ph.D., Sorbonne), a specialist on the history of Slovakia and Central Europe.

The reception was attended by around 60 members of the Ottawa and Montreal Slovak communities, as well as friends and students of Professor Stolarik. Ambassador Koziak then outlined Stolarik’s contributions to the Slovak community, both at the university and in other capacities. He also read various greetings and appreciations sent to the Ambassador by Stolarik’s colleagues and grateful students who could not attend. The Ambassador then presented to Prof. Stolarik the Medal of Daniel Rapant, the founder of modern Slovak historiography. The medal was bestowed upon Prof. Stolarik by the Matica slovenská (Slovakia’s oldest cultural institution) for his work in promoting Slovak history and culture at the University of Ottawa and in the Western World. After this Ambassador Koziak introduced Professor Eda Kranakis from the Department of History and Support it.

The reception ended with an address by Ambassador Koziak thanking all those present at this, the first official reception at the Embassy of the Slovak Republic to Canada in 2022. He also invited the attendees to help themselves to a smorgasbord of Slovak food and drink and to personally meet and speak with the retiree. The reception lasted until 9:00 p.m.

SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERATION

The Saints Cyril and Methodius Appeal is in its 44th year raising money to assist the Pontifical Slovak College of Saints Cyril and Methodius in Rome with its day-to-day operations. The Appeal relies upon the generosity of individual donors in addition to collections taken up in personal parishes of Slovak ancestry. A direct mailing asking for donations was sent in January to local district and branch leaders from the four Catholic Slovak Fraternal Organizations, members of the Slovak Catholic Federation, clergy with Slovak ancestry, and previous donors.

As of May 20, the 2022 Appeal has received $23,203.70 from 175 donors. Among the 53 donations received from various Catholic Slovak Fraternal Branches and Districts, Assembly 11, Assembly 23, Assembly 24, Assembly 34, Assembly 48, Assembly 78, Assembly 82, Assembly 86, Assembly 104, Assembly 162, Assembly 180, Group 6, Group 7, Group 9, Group 12, Group 14, Group 18, Wreath 1, Wreath 14, as well as the Home Office of the Slovak Catholic Sokol have donated a combined total of $2,150. Donations to date have also been received from 4 parishes, 31 clergy and religious, and 87 individuals. On behalf of the Pontifical College, thank you for your continued generosity and support.

All wishing to contribute to the 2022 Appeal is asked to fill out the information in the box at the bottom of this article and mailing it along with your check payable to the Slovak Catholic Federation to the address provided. Donations in any amount are deeply appreciated and are acknowledged. Gifts received after November 30, 2022 will be credited toward the 2023 Appeal. Thank you again for your generosity and support.

The Slovak Catholic Federation was founded in 1191 by Rev. Joseph Murzas, founding Pastor of Sacred Heart of Jesus Slovak Church, Wilkes-Barre, PA. The Federation brings together one banner both individuals of Slovak heritage as well as Catholic Slovak Fraternal Organizations for cultural, religious and educational needs. Serving as Moderator is the Right Reverend Gary Hoover, O.S.B., Abbot of St. Andrew Svorad Abbey, Cleveland, OH. National President is Reverend Andrew S. Hvozdovic, V.F., Supreme Chaplain of the Slovak Catholic Sokol and Pastor of Our Lady of Victory Parish, Harveys Lake, PA and Gate of Heaven Parish, Dallas, PA Reverend Thomas A. Nasta, National Chaplain of the First Catholic Slovak Union and Parochial Vicar with Senior Priest status at Our Lady of Grace Church, Penndel, PA, serves as First Vice President of the Federation and is the Appeal Coordinator.

44TH ANNUAL SS. CYRIL AND METHODIUS APPEAL

Name ____________________________

Address ____________________________________________

City ____________________________ State __________ Zip _________________

Amount $_________

44th ANNUAL SS. CYRIL AND METHODIUS APPEAL

Please make check payable to Slovak Catholic Federation and mail to: Reverend Thomas A. Nasta, National First Vice President, Slovak Catholic Federation, Our Lady of Grace Church, 225 Bellevue Avenue, Penndel, PA 19047-4052
**SEMI-ANNUAL MEETING OF GROUP 6**

The semi-annual meeting of Group 6, Msgr. Andrew Hlinka was held on Sunday, April 24, 2022 at Caparella’s Restaurant in Uniontown, PA. The meeting was called to order at 1:15 p.m. President Anna Mae Warnick led the group in opening prayer then proceeded to saying Grace after which roll call was taken. 26 members were in attendance.

The group enjoyed a delicious meal after which the meeting continued. Secretary Terri Gardner read the minutes from previous meeting held on October 24, 2021. Motion made, then seconded to accept minutes as read; minutes then accepted into record.

President Anna Mae Warnick provided information regarding the history of Assemblies and Wreaths and when joined the Group. She also requested each Assembly and Wreath to provide information to put together with the history of the Group. She also requested a list of 50 year members.

Election of officers was discussed and asked everyone to consider running for an office. Also discussed was how to get more people involved and to attend the meetings which included possibly having different committees, an example were history and informational.

At 2:47 p.m. motion was made and seconded to adjourn the meeting.

Zdar Boh!
Respectfully submitted,
Terri Gardner

---

**RESOLUTION**

Considering the war in Ukraine
So be it proclaimed by the members of the Slovak Catholic Federation

We join in solidarity with people of good will to promote the ideals of a democratic republic, that of justice and peace to the peoples of Ukraine.

We hope and pray for the people of Ukraine and Russia that hostilities will cease, and they will be able to live peacefully side by side as sovereign nation states.

We resolve to act with courage, wisdom, and clarity in support of Justice and Peace, lest silence might be misinterpreted, and peoples are not confused and disheartened.

We resolve to continue to make world order safe for its peoples and those refugees can exist and be afforded human dignity in this time of turmoil and war.

Therefore, be it resolved that together we pray for refugees, for the peoples of Ukraine and Russia and the hope for peace in our world.

Signed this day the 4th day April in the year of our Lord 2022 in Danville, PA.

-- Andrew S. Hvozdovic
National President
Slovak Catholic Federation
ZDRAVÁ A PESTRÁ STRAVA

Za zdravú stravu sa považuje strava s primeraným množstvom zdravých cukrov, tukov a bielkovín. Strava má byť peštrá, ideálne pripravená doma a nemala by pozostávať z polotvorov.

Hrňať orechov denne môžete predchádzať srđcovým choróbarom. Najzdravšie sú vlašské orechy.


Konzumujte nízkotučné, prípadne sójové alternatívy či rastlinné mléka, ktoré môžu pomôcť znížiť hladinu cholesťerolu. Využite aj aj zvýšenú spotrebu nápojov sladených náhradami sladidlami.

Ideálne je konzumácia morčacieho, kuracieho, jahniacieho mäsa a ryby. Nezabúdajte, že veľké množstvo tukov sa vyvíja aj v ušiach, masle a rybe. Ideálne je skonzumovať 5 až 7 porcií denne. Vhodný je pre bibitie prípadne sójové alternatívy.

Kvalitná horká čokoláda a kakao môžu znížiť LDL cholesterol. Chtenie „zlý“ cholesterol v krvi pred oxidáciou, ktorá je časťou príčinou srđcových chorôb. Pri výbere čokolády sme mali sa súhlasť po produktoch s vysokým obsahom kaka (75 až 85% alebo vyšším). Konzumáciu cukru by sme mali nahladať medom.

Lesné plody sú skvelým zdrojom vlákniny, vitaminu C či antioxidantov. Čiernokrúte sa pomáhajú vo všetkom, od boja proti rakove do zdravia organizmu. Okrem citlivého matiká a minerálnych vod môžete aj iné nápoje, ktoré vedia pomôcť prehrievanie všetkých orgánov, předovšetkým v žalude.


Prvá dáma USA Jill Bidenová počas stretnutia v Prezidentskom paláci v Bratislave.

- Foto: Prvadi, Ivan Majerský

Manželka amerického prezidenta Jill Bidenová v sobotu, 7. mája precestovala na Slovensko, aby mu vyjadrila uznanie za nasadenie a solidaritu pri riešení migračnej vlny vyvolanej vojnovou situáciou na Ukrajine.

Po príchode do Bratislavy stretla s pracovníkmi amerického velvyslanectva. V nedelji 7. mája odsedlovala na východné Slovensko. Do Košíc sa strela s primátorom Jaroslavom Polačkem a predsedom Košického samosprávneho kraja Rastislavom Trnkom. Navštívila križové centrum pre ľudí utekajúcich z Ukrajiny a strela sa so slovenskými a ukrajinskími matkami i deťmi pri príležitosti Dňa matiek.

Na hraničnom priechode Vysné Nemecké sa strela s predsedom vlády Eduardom Hegerom, jeho manželkou a ministrom vnútra Romanom Mikulcom. Spolu navštívili dobrovoľníkov a predstavitelôv zložiek, ktoré zabezpečujú východnú hranicu a pomáhajú utečencom z Ukrajiny.

V pondelok 9. mája sa strela aj s ďalšími členmi slovenskej vlády a prezidentkou Zuzanou Čaputovou.

Ako uviedla slovenská hlava štátu, Spojeným štátom americkým je vďačná za podporu a spoluprácu. „Som veľmi potešená vzájomným porozumením a spoluprácou a aj z tohto miesta chceme podať podporu Spojeným štátom americkým," uviedla pri stretnutí pred novinármi Čaputová.

„Počas mojej návštevy krášnej krajiny som sa osobne presvedčila, že Slovensko zdiera rovnaké hodnoty ako Spojené štáty americkej,“ napisala do knihy hostí Prezidentského paláca manželka amerického prezidenta ako spomienku na jej návštevu Slovenska. „Ako priatelia, partneri i spojenci môjho života, zdieľame i odhodlania pomôcť ľuďom v núdzi. V tomto stojíme pri Slovensku tak, ako stojíme pri ukrajinském řecku,“ zdôraznila vo svojom zápise.

Bidenová tiež opisala svoje stretnutie s utečencami z Ukrajiny na východnom Slovensku. „Považovala som za potrebné podporiť ľudí z Ukrajiny, po hororoch a brutalite, ktorú zažili,“ povedala Bidenová pred rokovaním so slovenskou vládou.

Svoju stvrdhovú cestu do Európy začala Bidenová v piatok 6. mája návštevou amerických vojakov pôsobiacich na základni v Rumunsku.
VIETE, ŽE...
Our Ever-Popular, 304-Page Sokol Cook Book is Now in its Fourth Edition

Just $15.50 which includes postage and handling

Sokol Assemblies and Wreaths can order a case of 12 cook books for just $170.00

Place your order today!

Make check or money order payable to:
Slovak Catholic Sokol
P.O. Box 899 – 205 Madison Street
Passaic, N.J. 07055

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

NAME_________________________________________
ADDRESS______________________________________
CITY, STATE & ZIP_________________ _______________
NUMBER OF BOOKS______________________________

(Effective January 1, 2015)

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 online at http://slovakcatholicsokol.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.

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

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