THIS YEAR WE CELEBRATE
117 YEARS OF DEDICATED
FRATERNAL SERVICE TO OUR
MEMBERS AND TO THE
SLOVAK-AMERICAN COMMUNITY.
One hundred and seventeen (117) years ago 46 Slovak immigrants established our organization on July 4th, 1905, in Passaic, NJ. They created a fraternal benefit society founded for the Slovak Catholic community to bond together with ideals of “For God and Nation” our Motto and “A Sound Mind in a Sound Body” our Slogan. These saying proved to new immigrants and first-generation Slovak Americans that they were joining an organization they could trust and that provided them financial security for them and their families. This new society also would help them become American citizens and offered them a way to stay connected to their traditions and culture they left behind in Slovakia. The Society finally provided them with the creating a new family unit to replace the one they left behind in Slovakia.

So, This July 4, 2022, let us celebrate our beginning as the Slovak Catholic Sokol’s birthday, On the same day that we celebrate with us. “Na zdravie”.

On Sunday, June 5, 2022, I attended Assembly 78 of Group 10 their Reunion in Bethlehem, PA. I was invited to the Reunion by Assembly 78’s President, Fran Blanar, and its officers to represent the Supreme Assembly at the gathering. Supreme Director of Sports and Athletics, James C. Matlon also attended, together we reflected on the history of Assembly 78 and Group 10 and how active they were in participating in our fraternal activities. I want to thank Brother Blanar for the invitation, the warm traditional Slovak welcome, bread and salt, given to myself and Brother Matlon in Peace.

I would encourage all Assemblies, Wreaths, and Groups to try and do the same, hold a Reunion for your members to bring members to remember the past, live in present, and believe in the future. The calendar is telling us the summer of 2022 is officially here but with some of the past days it was like November or March. Once July arrives, we might be looking for some cool days. This summer is a mixed bag of stories about vacation. I heard rentals can be 50% more than last year. We hear airfare prices are much higher and then there are the shortage of pilots, staffing issues, weather, and flight delays and cancelation problems that only the experience and...
HOPE
by Scott T. Pogorelec, F.I.C.

Hope. It is surely what the Continental Congress was full of on July 2, 1776, in Philadelphia, PA as they took their final vote for independence. It is amazing to think of the thoughts going through their heads during this momentous time. While some of us agonize over decisions in our lives, many pale in comparison to the decision these men had to make, to form a nation or not.

This week, we will celebrate the 246th anniversary of our nation’s birth. It is always important to look back and reflect on the history surrounding this special day. On July 2, 1776, the Continental Congress partook in a formal session to vote on the independence of our Nation. The rest of the day and the next were spent debating over the form and content of a declaration drafted by Thomas Jefferson. Not too different than when our Bylaw Committee presents at our Conventions! Several changes were made, and the final document was adopted on July 4, 1776. As President of the Congress, John Hancock was the first to sign and on July 8th, the Declaration was first read publicly in Philadelphia. By August 2, 1776, fifty members of Congress had signed the document and over the next several months, others followed suit. The Declaration of Independence is the most important document in our history and July 4th allows us to celebrate it.

Independence is the most important document and over the next several months, members of Congress had signed the document. By August 2, 1776, the 129th anniversary of American independence, to enable their dreams to become reality. In addition to our Sokol traditions of good sportsmanship and fraternality, our organization also addressed the need to provide financial security to its members. This year’s Fourth of July, we will celebrate the 117th anniversary of our organization’s founding. Many societies have been founded among various immigrant groups, but few have survived and prospered over the years. It is with immense pride that we continue to promote the high ideals of fraternality which inspired our organization’s founders 117 years ago. Generations of Sokol members have worked and promoted our great society and today we are financially sound and hope for your continued support.

Being financially sound gives us the ability to promote our wonderful sports and scholarship programs. In a recent issue, we introduced over fifty young members of our organization who were recipients of our scholarship grants. Our founders would be proud of our current efforts in promoting the education of our youth. It may be cliché, but they truly are our future.

As our sports season is underway, the Group leaders of our organization will be heading to Kutztown University for our 2022 International Clinic from July 14th-17th. They will be preparing for our 50th International Slet to be held in 2023 at Kutztown University. This event is our organization’s oldest and most revered sports gathering. I wish all our leaders well in preparing our youth for this beautiful event.

On a sad note, our organization lost former Supreme Officer, Lt. Col. Dennis J. Zifcak, who passed away on June 12th surrounded by family. Brother Dennis served as a Supreme Officer and member of the Board of Directors for 16 years. He brought experience and honor to the position, and he will be missed.

Until next time, I hope all our members are enjoying a pleasant and relaxing summer and I hope to see many of you at our upcoming events. Also, Happy Birthday to my son, Cole William, who turned three on June 25th! Happy Birthday Buddy!

Stay safe, stay strong, and STAY POSITIVE!!

Zdar Boh!
Thoughts from our Supreme Chaplain,
Rev. Andrew S. Hvozdovic

IN GOD WE TRUST

“In God We Trust” is the official motto of the United States. It was adopted by the U.S. Congress in 1956, replacing E pluribus unum, which had been the de facto motto since the initial 1776 design of the Great Seal of the United States.

While the earliest mentions of the phrase can be found in the mid-18th century, the origins of this phrase as a political motto lie in the American Civil War, where Union supporters wanted to emphasize their attachment to God and to boost morale. The capitalized form “IN GOD WE TRUST” first appeared on the two-cent piece in 1864; it was not printed on paper currency until 1957 and on some post stamps until 1954. A law passed in July 1955 by a joint resolution of the 84th Congress (Pub.L. 84–140) and approved by President Dwight Eisenhower requires that “In God We Trust” appear on all American currency. Two years later, the phrase was used on paper money for the first time — on the updated one-dollar silver certificate that entered circulation on October 1, 1957. The 84th Congress later passed legislation (Pub.L. 84–851), also signed by President Eisenhower on July 30, 1956, declaring the phrase to be the national motto.

Several states have also mandated or authorized its use in public institutions or schools; while Florida, Georgia and Mississippi have incorporated the phrase in some of their state symbols. The motto has also been used in some cases in other countries, most notably on Nicaragua’s coins.

The motto remains popular among the American public. According to a 2003 joint poll by USA Today, CNN, and Gallup, 90% of Americans support the inscription “In God We Trust” on U.S. coins; and a 2019 student poll by College Pulse showed that 53% of students supported its inclusion in currency. Some groups and people in the United States, however, have objected to its use, contending that its religious reference violates the Establishment Clause of the First Amendment. These groups believe the phrase should be removed from currency and public property, which has resulted in numerous lawsuits. This argument has not overcome the interpretational doctrine of accommodationist, which allows government to endorse religious establishments as long as they are all treated equally, and that of “ceremonial deism”, which states that a repetitious invocation of a religious entity in ceremonial matters strips the phrase of its original religious connotation. The New Hampshire Supreme Court, as well as Second, Fourth, Sixth, Eighth, Ninth, and Tenth Circuits have all upheld the constitutionality of the motto in various settings. The Supreme Court has discussed the motto in footnotes but has never directly ruled on its compliance with the Constitution.

2022 SLOVAK CATHOLIC SOKOL FRATERNALIST OF THE YEAR

The Slovak Catholic Sokol is currently accepting nominations for the 2022 Slovak Catholic Sokol Fraternalist of the Year Award. We encourage all Groups, Assemblies and Wreaths to nominate a member in your area who exemplifies what true fraternalism is to either your Group, Wreath, Assembly or Community. We ask that the nominee be someone who shows significant involvement in his or her local Assembly, Wreath or Group.

How has that nominee promoted the Slovak Catholic Sokol over the years? What parish or religious activities have they been involved in? How about Community Volunteer Efforts? I am sure there are numerous candidates that all our Groups, Wreaths and Assemblies have that fit this description. The Board of Directors will review all applications received and will announce a winner. That individual will be honored with a banquet in their honor and will also receive a small token of our appreciation.

Nomination forms can be attained on our website slovakcatholicsokol.org. Completed nomination forms can be returned to me at the following address: Edward D. Moeller, Supreme Vice President, Slovak Catholic Sokol, 2821 Waterman Avenue, Pittsburgh, Pa 15227 or emailed to vp@slovakcatholicsokol.org. Nomination forms must be received by September 1, 2022.

MESSAGE FROM OUR SUPREME PRESIDENT

(Continued from page 2)

hardy travelers can endure. Covid is still playing a role of what we can and cannot do when we do travel. Gas prices are not making it any easier even for day trips. So, whatever you have planned or are planning for vacation, stay calm, give yourself plenty of time, put the suntan lotion on, be safe and relax. Enjoy your vacation!

The Supreme Physical Fitness Board has finalized the plans for the Clinic. I am ready to meet with the Board and Group Directors and Directresses to hear from them their expectations for the 50th Slet and what they think future Slets will look like.

With God’s Blessing to All!
Stay Healthy and Safe!
Zdar Boh!

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: imatlon@slovakcatholicsokol.org
Mailing Address: James Matlon, 6 Academy Drive
East Whippany, NJ 07981

2022 SLET

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

IN GOD WE TRUST

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The Slovak Catholic Federation is accepting articles for its 2023 edition of the “Dorbý Pastier” Good Shepherd.

The Good Shepherd is a collection of literary articles submitted by contributing authors on all things Slovak, Catholic, faith, cultural and heritage, the arts, and personal essays or other topics the writer wishes to share with the readers. The Good Shepherd also serves as the only source for contact information for the Church in Slovakia, and those Slovak clergy and religious in the United States, as well as religious congregations, and places of worship. The articles come from authors in the United States, Slovakia and the Slovak Diaspora from around the world.

Anyone wishing to submit an article for publication can submit their articles to Sister Barbara Sable, SSCM, Villa Sacred Heart, Danville, PA 17821 or barbarasable@hotmail.com. The Deadline for submitting an article is June 30, 2023. The articles submitted need to be double spaced typed in doc format and in Times New Roma font.

Any questions regarding the Good Shepherd, the articles, etc. can be sent to Michael Horvath, msjhm185@aol.com, Chairperson, Slovak Catholic Federation Communications Committee.
The 76th Annual Slovak Catholic Sokol International Bowling Tournament was held on Friday May 13th and Saturday May 14th, 2022, at the Brookgate Lanes, Cleveland, Ohio. The combined bowling tournament included members from the Greek Catholic Union (GCU) Fraternal Society, the First Catholic Slovak Union (FCSU) and for the first time, members of the National Slovak Society (NSS).

Crown Plaza Hotel was the host hotel for the 2022 Bowling Tournament and was minutes away from Brookgate Lanes.

The four fraternal organizations combined with 27 Men’s Team and 9 Women’s Teams, for a total of 144 bowlers. The annual sporting event began Friday with team bowling beginning at 7:00 p.m.. The playing of the National Anthems of the United States and Canada kicked off the event. All of the bowlers received a souvenir coffee mug from the fraternal societies.

On Friday evening beginning at 6:00 p.m., the bowlers were treated to a hospitality buffet at Brookgate Lanes allowing ample time to eat and socialize before the tournament. Supreme Director of Sport and Athletics, James Matlon welcomed all of the bowlers. Basil Wahal, Fraternal Communications Director from the GCU, Kevin Collins, FCSU Vice President and Fraternal Activities Director and Pam Blum, NSS Fraternal Activities Coordinator, coordinated the lane assignments for all 36 teams.

Friday night team tournament winners include: Female Division first place from the SCS/GCU Team 2+2 Barber-ton Bowlers: Karen Bakita, Carol Macko, Diana Brasheer and Jean Karaffa with a combined scratch score of 1929. Second place GCU Team 412: Patricia Niskach, Patricia Kutzfara, Barbara Wahal and Melanie Basl with a combined scratch score of 1841. Finally, third place team winners from SCS with a scratch score of 1742 awarded to Heather’s Heroes with Heather Horvath leading her team members: Kelly (Hilda) Palchanis, Bernadette (Nadeja) Jacob and Amy (Svetlana) Degnan-Blasco. Way to go ladies!

Women’s Team Handicap Results include members from SCS in first place, Heather’s Heroes with a score of 2360. Second place was awarded to SCS/GCU Team 2+2 Barber-ton with a score of 2331. Rounding out the Division, Girls Roll, FCSU Team with a total score of 2291.

The Men’s Team Division Scratch First Place Winners from FCSU, Slovak Lanes: Rusty Groner, Ryan Trifilletti, Jerry Hromada and Gino Delmonico with a score of 2551. Second place winners from FCSU, Smith Team: Vernon C Smith, Nathan Richnafsky, David Smith and Vernon E Smith, with a score of 2467. Third place winners Lodge #302 from GCU: Jack Arrowood, Mike Karaffa, Bryan Karaffa and Michael Cimperman, with a score of 2454.

Men’s Team Handicap Results include: First place winners from GCU, CPRL Mixed Mens: John Kutzfara, Matthew Basl, Michael Patak and John Niskach with a score of 2990. Second place was awarded to Smith Team overtaking Lodge #302 for scores of 2977 and 2955 respectively.

On Saturday morning, bowlers returned to the Brookgate Lanes for the Doubles and Singles competition.

Scratch Women’s Doubles winners include Diana Brasheer and Jean Karaffa with first place honors with an actual score of 1026; while Maryann (Sophia) Mangiafico and Barbara Wahal took second with a score of 987. Third Place winners Patricia Niskach and Melanie Basl scored 971.

In the Women’s Handicapped Doubles Division, the dynamic duo of Patricia Niskach and Melanie Basl bowled a combined score of 1211 ahead of the second-place team Diana Brasheer and Jean Karaffa who bowled a combined handicap score of 1194 Third place trailed behind by a 12-pin difference. Kelly Policicchio and Carol Ungvarskey scored 1182.

The Men’s Double Scratch Division winners include: First Place Adam Digon and John Niskach for a total of 1339 pins; Second Place with a 5-pin difference goes to the Risko brothers, Gary and Brian for a combined score of 1334; and Third Place Winners with 5 less pins were Robert Sir Louis and Alex Sir Louis for a score of 1329.

In the Men’s Double Division with Handicap, Clay Cato and Chris Barca claimed first place with a 1 pin difference against the second-place duo consisting of Joseph Anderson and Michael Patak for scores of 1523 and 1522 respectively. Third place was awarded to Justin Francis and Supreme Physical Director, Marty Degnan bowling a 1511 combined.

Although the Pytel family and the Babik Woman’s Double Teams did not place, Dave Pytell and his three sons enjoyed fraternizing with Edith Babik and her three daughters!

In the Women’s Singles Scratch Division, Melanie Basl placed first with a 4-pin difference over Jean Karaffa with scores of 584 and 580 respectively. Third place award goes to Barbara M. Wahal with a score of 525. Women’s Handicap Singles Division resulted in Nicole Nasta taking first place with a score of 654, Melanie Basl in second with a score of 638 and finally, Jean Karaffa placed third with a total score of 625.

In the Men’s Singles Scratch Division, scores yielded the following winners: Alex Sir Louis- First place with a score of 752; second place winner – Brian Risko with a score of 742 and third place winner with a score of 689 was Michael Cimperman. In the Men’s Handicap Division winners include: First place winner Alan J. Novotney rolled for a total of 839, Second place goes to Tom Skrtich with a score of 821 and third place went to Alex Sir Louis with a score of 812.

In the Women’s Division for All-Events scratch score, Jen Karaffa had the top score, 1702 followed by Melanie Basl with a 1660 and Third Place, Barbara Wahal with a 1577. The All-Events Handicap, Nicole Nasta was awarded first place with a total score of 2159, with a 3-pin win over Karen Bakita for second place with a total score of 2156. Third place recognition goes to Jean Karaffa with a total score of 2143.

In the Men’s Division, scratch score, Brian Risko fin-
ished in First Place with a 2205., second place went to Alex Sir Louis with a 2097 and third place, Michael Cimperman with a 2031. The Men’s division for All-Events with handicap resulted in Brian Risko placing first with a score of 2358: Second place was awarded to Tom Skrtich for a score of 2342 and Third place honors goes to Michael Cimperman with a total score of 2301.

The most prestigious All Events Actual Scores was awarded to Jean Karaffa and Brian Risko. Congratulations to these two fine bowlers.

One of the highlights of the tournament was cheering on Brian Risko as he studied the lanes attempting to bowl a perfect 300 game. His 10-frame strike streak ended 2 pins shy of a perfect game with 298 as the final score. Congratulations Brian on your efforts and athleticism.

After the bowlers finished with doubles and singles on Saturday afternoon, a Roman Catholic Mass was celebrated by Fr. Tom Nasta of the FCSU at the Crown Plaza Hotel prior to the banquet. A sit-down meal was provided for bowlers and guests with the option to choose from Broiled Cod Milanese, Roast Pork Loin, or Chicken Parmesan as the main entrée. Salad, bread and butter, potatoes and vegetables accompanied the main course. Dessert, coffee, and a three hour open bar was provided to the bowlers and guests.

Dignitaries from each fraternal organization welcomed bowlers and offered opening remarks. Joe Stefka President and CEO of NSS, Mike Horvath President of SCS, Andrew Rajec, President of FCSU and Mike Karaffa National Director of GCU commented on the success of the event, the fraternalism displayed throughout as well as the enthusiasm to come together and bowl after a two-year hiatus.

Father Joe Repko offered a blessing before the delicious meal was served. After dinner, James Matlon congratulated all bowlers and asked for a moment of silence for members and family members lost since the last bowling tournament in 2019. A prayer for a quick end to the war in Ukraine and for their Slovakian neighbors who have taken refugees was also offered.

The final event of the evening was the announcement of the Frank S. Petruff Memorial Sports Award presented each year to a member of our organization who has been very active at the Assembly, Group and National level promoting and participating in the International Bowling Tournaments. On behalf of his Uncle and Godfather Frank Petruff, Gary Pitoniak and our President Mike Horvath presented the Frank S. Petruff Memorial Sports Award to Don Papcun from Assembly 36, Detroit, Michigan. Don humbly accepted the award and showcased a photo of himself with his four brothers and father winning the Team Event at our 1982 Bowling Tournament. Congratulations to Don on this well-deserved recognition. The program concluded with the singing of “Hej Slovaci” led by Tom Ivanec, FCSU Regional Director for Ohio.

The rest of the evening was spent socializing between fellow members of the four fraternal societies. On Sunday morning the bowlers and guests headed home reflecting on the eventful weekend looking forward to the 2023 Bowling Tournament.

Zdar Boh!

Nancy L. Kropolinsky
Supreme Assistant Physical Directress

(Continued on page 10)
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 camaraderie 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. If you have any questions pertaining to the event, please call or text me at (973) 647-8551. Email jmation@slovakcatholicsokol.org. Application and fee deadline for the tournament is July 15th (postmarked).

The full golf package is only $295.00 double occupancy and $415.00 single occupancy. The golf package includes the tournament entry fee and prize money, three full rounds of golf with cart, two nights lodging, with breakfast at the hotels on Saturday and Sunday. The golf package also includes the Friday night hospitality and a Saturday dinner. (All taxes and gratuities are included).

For our members who may not require the lodging and meal package, there is a golf only package for $160.00, which includes entry fee and tournament expense fees. The non-golf weekend package rate is $140 which includes lodging and breakfast if you stay at the Fairfield Inn or Hampton Inn.

Each golfer must make his or her own hotel arrangements by contacting the Fairfield Inn and Suites at (814) 371-2260 or Hampton Inn at (814) 375-1000.

Golf reservations for the practice round on Friday should be made with the Gold Course, (814) 913-1482 or the Silver Course, (814) 913-1480.

The Friday evening Hospitality will be held in the Lakeview Lodge at Treasure Lake Resort. The golf banquet will be full buffet dinner on Saturday evening at Luigi’s Villa, 800 W. Weber Avenue, DuBois, PA. There will be a $25.00 charge for members who would like to purchase additional dinner tickets.

Father Thomas Nasta, the Chaplain from the FCSU will celebrate Mass on Saturday at 4:00 PM at the Silver Course Pavilion.

A brief program will follow dinner on Saturday and we will announce the tournament leaders and the closest to the pin winners. Our Supreme Secretary, Scott T. Pogorelec will present the Frank S. Pettruff Memorial Sports Award for 2022.

This will be a great fraternal event, and we hope to see you at Treasure Lake Resort this August.

Entry forms may also be found on the Slovak Catholic Sokol 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. A Golf Banquet will be held on Saturday evening at Luigi’s Villa 800 W. Weber Avenue, DuBois, PA 15801.

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 application.

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

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 #: ____________________________

**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
76th International Bowling Tournament

Perrysopolis, PA team included, l-r, Clarence “Buffalo” Checkton, Alan Novotney, Craig Kordich and Bernie Seruga

Group 5, East Canton, OH team, l-r, Joe Burfield, Don Papcun, Ryan Burfield and Matt Burfield

Girls Roll team, l-r, Phyllis Johnson, Nicole, Nasta and Caroline Gemol

Barberton OH Bowlers, l-r, Karen Bakita, Carol Macko, Diana Brashear and Jean Karaffa

Heather’s Heroes from Group 7, Wilkes-Barre, PA, l-r, Heather Horvath, Kelly Palchanis, Amy Degnan-Blasco and Bernardette Jacob

Brain Overload team, l-r, Joann Antosy, Deborah Unger, Patricia Latshaw and Kathleen Smolkowicz
Tribute to Tirpak team from Group 7, l-r, Gary Blasco, Jeff Jacob, Dave Iskra, Jr. and Tony Rasimas

Paul’s Gang from Group 1 included, l-r, Donald Salmanowitz, Gary Pitonak, Marc Kudlacik and Robert Mosloskie

Macko Strong team, l-r, Don Macko, Chris Macko, Robert Macko and Dan Dawson

The 4 Hoseman team from Group 7, l-r, Jeremy Francis, Justin Francis, David Iskra, Jr. and Marty Degnan

Lilly Team 2 from Lilly, PA team, l-r, Ed Wilk, Francis Risko, Gary Risko and Brian Risko

Atomic Drop team, l-r, Thomas Ivanec, Justin Strekal, John Moynihan and Joe Moynihan
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

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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
50th INTERNATIONAL CLINIC IS JUST AROUND THE CORNER

It has been a long time since we have met in person to hold our International Clinic. Covid has kept us away from each other for far too long, but we are finally meeting. In a few short weeks the 50th International Clinic will be upon us. This year’s Clinic will be held July 13-17 at the picturesque campus of Kutztown University in Kutztown PA. With the Supreme Fitness Board arriving on July 13 to make sure everything is 100% for the arrival of Group’s participants on July 14. It has been 10 years since we were at the campus for our events. With all the drills on SCS Google drive account all participants will be familiar with the drills for next year’s Slet. With the drills being available on Google drive prior to the Clinic, the format of this year’s Clinic will be like that of the 2018 Clinic. With everyone having a working knowledge of the drills by the time they arrive in Kutztown University for the Clinic, the time in gym classes will be spent only to polish off the drills. This will allow for more time to be spent for various seminars.

The seminar topics will include insurance, sports, forms, first aid, fraternal youth activities, membership and team building activities. These seminars will enable our clinic participants to return to their local Group with a better overall understanding of the Slovak Catholic Sokol. This will only serve to make them better leaders of the youth, who are the future of our organization.

At this year’s Clinic both the Supreme Physical Fitness Board and the Clinic participants will be housed at Golden Bear South. The Physical Fitness Board will be arriving on Wednesday July 13 by 11:00 am, with the participants arriving on Thursday July 14. Registration for the Clinic participants will be held in the lobby of Golden Bear South between 8:00 a.m. and 11:00 a.m. The dorm is air conditioned, so you do not need to bring a fan. Linen will be provided but if you wish to bring your own pillow be free to do so.

Participants are required to bring their drill uniforms for pictures and the exhibition program.

As at previous Clinics keep the following rules and regulations in mind:

1. The only advertisement on any clothing allowed is Slovak Catholic Sokol.
2. No alcohol whatsoever is allowed during the Clinic.
3. Anyone found in possession of alcohol will be sent home immediately at their Group’s expense.
4. All participants must remain on campus for the duration of the Clinic.
5. No one is to leave the campus without the permission of the Supreme Physical Director or Directress.

In case of emergency the participants can be reached thru Katie Swift 412 303 3338 or Marty Degnan 570 881 2754. Or Kutztown University Public Safety & Police Services: Non-Emergency 610 683 4002; Emergency 610 683 4001.

As with every Clinic there is a lot of hard work to be done, but with everyone’s participation this will prove to be both a memorable and successful Clinic. Anyone needing help with any Clinic matters can contact Marty at 570-881-2754 email Mcoach1986@aol.com or Kati: 412-303-3338, katieannswift@gmail.com

Supreme Physical Board is looking forward to meeting all the Clinic participates and especially new leaders from the groups.

Wishing everyone a safe trip to Kutztown University.

ZDAR BOH!

Dusan Dorich
Supreme Assistant Physical Director

2022 SLOVAK CATHOLIC SOKOL INTERNATIONAL CLINIC
JULY 14TH – 17TH, KUTZTOWN UNIVERSITY, KUTZTOWN, PA

WEDNESDAY, JULY 13TH
TIME
11:00 a.m. - 1:00 p.m.
1:00 p.m. - 6:00 p.m.
6:00 p.m.

EVENT
Arrival of Supreme Physical Fitness Board
Work Detail
Supreme Physical Fitness Board Meeting

PLACE
Golden Bear South
TBD
Common Room of Golden Bear

THURSDAY, JULY 14TH
8:00 a.m. - 11:00 a.m.
11:00 a.m. - 11:45 a.m.
12:00 noon - 1:00 p.m.
1:30 p.m. - 4:45 p.m.

Registration
Meeting with the Clinic participants
Lunch
Clinic participants opening meeting/drills

5:00 p.m. - 6:00 p.m.
6:30 p.m. - 10:00 p.m.

Dinner
Group photo
Clinic participants – seminars:
(basketball, volleyball, Slet, medical forms, insurance)
Team building activity

Golden Bear South
Golden Bear South
South Dinning Hall
Men – Fieldhouse
Women – Keystone Gym
South Dinning Hall
Tuttle South
2022 INTERNATIONAL BOWLING TOURNAMENT S.C.S. PRIZE LISTING

<table>
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<tr>
<th>Bowler</th>
<th>Prize</th>
<th>Event</th>
<th>Prize</th>
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<td>$37.00</td>
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All of the results and complete prize listing from the 2022 International Bowling Tournament has been posted on our website.
KIDS’ CORNER “Detský kútik” - - July 2022

What is Canada Day?

Canada Day is a holiday similar to the United States’ Fourth of July. It takes place on July 1. It is a celebration of the joining of three colonies within the British Empire, which happened on July 1, 1867. It is sometimes known as “Canada’s birthday,” but it was actually called “Dominion Day” until 1982 when Canada passed the Canada Act, which gave Canada more freedom to pass amendments and laws without getting consent from the British government.

Some of the ways in which Canada Day is celebrated is similar to the ways Americans celebrate Independence Day. There are fireworks, carnivals, parades, barbecues, air shows, and musical concerts.

There are also citizenship ceremonies held for new citizens. There is no official way to celebrate Canada Day, but the largest celebrations are usually found in Canada’s capital, Ottawa, Ontario. Even when Canadians move to other places in the world, they still celebrate Canada Day in their own ways.

HAPPY BIRTHDAY TO YOU!!!!!!
Andrew John Michel 7/8
Michael Phillips III 7/12
Travis Watkins 7/18
Edye Spangler 7/20
Andrew Peterson 7/28

Holiday Stories

Independence Day

Story by Andrew Franks

Independence Day is always on July 4th. It celebrates our country’s decision to become free from England.

Long ago, America was not its own country. We were 13 colonies owned by England. The people then did not think they were being treated fairly. They wanted to make their own rules. They wanted to be free.

On July 4th, 1776, our Founding Fathers decided we must be free. They wrote the Declaration of Independence. This was the beginning of our fight for freedom. It was a long and hard fight, but America defeated England. Because of that, we are still free today!
KIDS’ CORNER “Detský kútik” - - July 2022

4th OF JULY WORD SEARCH PUZZLE

Find and circle the words in the word search puzzle and number the pictures

1. American flag
2. USA
3. Statue of Liberty
4. patriot
5. parade
6. eagle
7. fourth of July
8. liberty bell
9. patriotic hat
10. balloons
11. stars
12. cake
13. barbecue
14. cupcake
15. picnic
16. fireworks
17. firecracker
18. sparkler
19. rocket
20. cannon

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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
UP TO 25% OF SLOVAKS WOULD CHANGE JOBS IF THEY COULDN'T USE HOME OFFICE

As many as a quarter of Slovaks would change jobs if they lost the opportunity to work from home, but this would lower their chances of being hired by almost half of companies, according to a survey called ‘Hybrid Work Model as a New Standard’ conducted by Focus agency for Microsoft on a sample of 1,071 white-collar employees at the turn of 2021/2022.

According to the survey, more than two thirds of non-manual employees worked from home (68 percent) during the COVID-19 pandemic, compared to only 20 percent beforehand. More than half (57 percent) of those who worked at home would prefer to work in an office after the pandemic but only for four days a week. The remaining 43 percent of employees who worked from home would like to work from home for up to three days a week.

As many as 81 percent of the people polled said they would even be willing to work remotely for a company outside their town or city if they only needed to go to work in person once a month.

“The survey showed that for most employees who had the opportunity to work from home during the pandemic, this way of working is becoming a new standard. During a ‘non-COVID’ time, it would have taken incomparably longer for both management and employees to introduce such a change and adapt to it. The pandemic has significantly reduced the social time needed to introduce hybrid work,” said sociologist Martin Slosiarik of Focus research agency.

CAPUTOVA AFTER RETURNING FROM UKRAINE: PEACE OF VITAL INTEREST TO SLOVAKIA

Peace in Ukraine is of vital interest to Slovakia, President Zuzana Caputova stated at a press conference on Wednesday June 2nd following her return from a visit to Slovakia’s eastern neighbour on the previous day.

According to the president, the visit was meant to once again express Slovakia’s support for a country that is defending itself against Russian aggression. In addition, she held talks on bolstering cooperation between Bratislava and Kiev with representatives of Ukraine and took the floor of the Verkhovna Rada – Ukraine’s Parliament.

“If Russia doesn’t stop at Ukraine, it will stop at nothing. That’s why we have to take an interest and help Ukraine to defend itself,” said the president.

Caputova described her visit to Ukraine as one of the most emotional experiences of her life. “I witnessed great suffering and great pain. We visited the suburbs of Kiev and saw many bombed-out civilian buildings. It was clear there that the damage was caused by targeted destruction by Russia and not by stray missiles,” she said.

At the same time, the president confirmed that Slovakia should soon supply Ukraine with domestic-made Zuzana howitzers. “There’s a commercial contract between Ukraine and a Slovak company. Just yesterday, the final issues were agreed and fine-tuned,” she claimed.

Apart from military aid, Caputova and the Ukrainian representatives discussed Slovakia’s assistance to Ukraine in terms of exporting goods and grain and buying fuel.

The president noted that she’s cautious about using the term genocide in regards to the situation in Ukraine. “The use of this term should be determined by a court. But I can say that all the signs that we can see in Ukraine make it appear as if genocide were really happening there,” she remarked.

BRIEFING BEFORE RUSSIAN EMBASSY TO MARK 100 DAYS OF RUSSIAN INVASION

House Defence and Security Committee chair Juraj Krupa and MP Monika Kozelova held a briefing in front of the Russian Embassy in Bratislava on Saturday, June 4 to mark the 100th day of the Russian military aggression in Ukraine.

“Despite all the problems this war has caused also to us, whether it is the inflation or other problems, it is in our vital interest to support Ukraine,” claimed Krupa. He added that it’s necessary to persevere, so that Slovakia wouldn’t “be next”.

Krupa pointed out that Slovakia belongs among the top 10 countries of the world in terms of both humanitarian and military aid extended to Ukraine. “Believe it when I say that this is perceived in quite a positive light abroad. Of course, in Ukraine as well,” he said, adding that Ukraine has a right to choose freely what kind of path it wants to take in the future.

Statements by Russian President Vladimir Putin, according to whom the Ukrainian nation doesn’t exist and needs to be de-Nazified are beyond the pale for Slovakia and cannot be tolerated.

The lawmakers also brought before the Russian Embassy 100 photographs showing the reality of the military conflict.

PRESIDENT TESTS POSITIVE FOR NOVEL CORONAVIRUS

President Zuzana Caputova tested positive on June 8th for coronavirus and has therefore cancelled her work programme for the coming days and a working business trip abroad.

The president was scheduled to travel with her Polish counterpart Andrzej Duda to Portugal and Italy to support the granting of candidate status for Ukraine’s accession to the European Union in joint talks with the Portuguese president and prime minister, and the Italian president.

“We want to support Ukraine’s candidate status with President Duda before the vote at the leaders’ summit in Brussels. I’m very sorry that I can’t finally join President Duda,” said Caputova. She proposed the joint initiative during the Polish president’s recent visit to Bratislava.
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 June 22, the 2022 Appeal has received $25,594.87 from 181 donors. Among the 56 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 166, Assembly 291, 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 $2,200. Donations to date have also been received from 6 parishes, 31 clergy and religious, and 88 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 goodness and generosity.

The Slovak Catholic Federation was founded in 1911 by Rev. Joseph Murgas, founding Pastor of Sacred Heart of Jesus Slovak Church, Wilkes-Barre, PA. The Federation brings together under 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, Harvey 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, Pennadel, PA, serves as First Vice President of the Federation and is the Appeal Coordinator.

44TH ANNUAL SS. CYRIL AND METHODIUS APPEAL

Name ____________________________
Address __________________________
City _____________________________ Zip ________________
State ____________________________ Zip ________________

Amount $ ________________

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, Pennadel, PA 19047-4052

LIBRARY OF CONGRESS
FEDERAL LIBRARY
FEDERAL ARCHIVES

OBITUARIES

LT. COL. DENNIS J. ZIFCAK
December 18, 1945 - June 12, 2022

Lt. Col. Dennis J. Zifcak, 76, passed away Sunday, June 12, 2022 after an illness.

He is survived by his 2 children Donna Hardy of Uxbridge, and Brian and his wife Nicole Zifcak of Auburn; his partner Patricia Shalbey with whom he lived; 3 grandchildren Kevin Hardy, Anderson Zifcak, and Jackson Zifcak; 2 brothers John D. Zifcak of Douglas and Francis M. Zifcak of Arlington, TX; a sister Katherine Vassar of Uxbridge; and several nieces and nephews. He was sister of the late Mary E. Albin. Born in Northbridge, MA on December 18, 1945 he was the son of Francis A. and Mary (Gonsorcik) Zifcak and lived in Uxbridge since 1978.

Mr. Zifcak worked as the Director of Human Resources and Benefits for EMC in Hopkinton. He was a 1964 Graduate of Douglas Memorial High School and Embry Riddle Aeronautical University in Florida. He was a US Army Vietnam Veteran, serving as a Helicopter Pilot and received the Purple Heart, the Air Medal, a Bronze Star, and the Distinguished Flying Cross. He later served in the National Guard. A member of Joseph Michna VFW in Douglas he took great pride in his military accomplishments, and participated in annual Memorial Day Parades as a Flag Bearer. Always a family man, he loved spending time with his grandchildren and attending their sports events. An avid golfer he annually played in the Veterans Inc. Golf Tournament. He spent winters in Florida and often spent time relaxing in Maine. He served 16 years as a Supreme Officer and Member of the Board of Directors of the Slovak Catholic Sokol.

He will be remembered as a true gentleman who put everyone else first, and was always willing to help others.

His funeral and Celebration of his Life was held Saturday, June 18 in St. Denis Church in Douglas, MA. Burial was in Arlington National Cemetery.

Memorial donations in his memory may be made to Veteran’s Inc., 69 Grove St., Worcester, MA, 01605.

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.
MARY MARGARET STARR
AUGUST 19, 1956 - MAY 25, 2022

Campbell Mary Margaret Starr, 65, passed away on May 25, 2022, with her loving family by her side.

Mary Margaret was born August 19, 1956, in Youngstown, OH, the daughter of Lewis Michael Starr and Pauline (Huzicka) Starr, the youngest of four children. She was a 1974 graduate of Campbell Memorial High School where she ran track and threw both discus and shot put on one of the first female Campbell Memorial track teams. Mary Margaret attended Youngstown State University and graduated with a Bachelor’s degree in marketing. She began her career in retail marketing, but the majority of her career was with Dearing Compressor & Pump where she worked for 38 years. She began as their Service Administrator and progressed to become Manager of Purchasing until her retirement in August, 2020.

She was a devoted parishioner of Christ the Good Shepherd Parish in Campbell, OH. Mary Margaret performed the duties of sacristan, eucharistic minister and also decorated the church for all religious holidays. She served as Vice President of the St. John the Baptist Cultural Society, was a member of the Altar & Rosary society, served on the Parish Council, Parish Finance Committee, and was also President of St. John’s Catholic Cemetery Board of Directors for many years. Mary Margaret volunteered at both the St. Vincent DePaul food pantry at Christ the Good Shepherd as well as the St. Vincent DePaul Soup Kitchen in Youngstown, twice a week, truly enjoying her time there.

Mary Margaret was such an influential part of so many people’s lives sharing her love, kindness, generosity and compassion. She was full of life, had an infectious laugh and was an amazing listener. She had the ability to connect with all generations. Mary enjoyed many activities such as swimming, golf, bocce, playing games of chance, attending the Symphony, sporting events.

She was a active member of Wreath 54 in Campbell, OH and participated in many of Slovak Catholic Sokol golf outings. Mary Margaret loved traveling both here and abroad but her greatest enjoyment was spending time with her family & dear friends. She will be deeply missed and always remembered by her brothers, Gregory (Roseann) Starr of New Mexico and Gilbert (Mary Agnes) Starr of Girard, her sister-in-law Pat Starr of Cleveland, her cousin Gerald Petras, nine nieces and nephews and three great nieces and nephew. She was preceded in death by her parents and her brother L. Michael Starr.

Visitation was held on Wednesday, June 1st at Wasko Funeral Home in Campbell, OH. Mass of Christian Burial was June 2nd at the Christ the Good Shepherd Parish in Campbell.

IN MEMORIUM

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Olivový olej sa vyrába z rozdrvených a vykôst-kovaných zelených olív. Ide o výnimčný zdroj fenolov, kyseliny linoleovej, olejovej a vitamínu E, ktoré patria ku kľúčovým antioxidantom.

Spodporuje u starších ľudí enzymy panikreasu, ktoré zlepšujú funkcie tráviaceho systému. Redukuje plyn, nadúvanie, pálenie záhy, nevolnosť, a kŕče v brchu.

Panenská verzia oleja z olív má výraznú antioxidantnú aktivitu. V lúskom tele sa vplyvom nesprávnej výživy, ale aj horšieho životného prostredia tvoria takzvané zdravé tuky. Arnika, ktorú používajú u starnúciho kôru a v bruchu.

Olivový olej pomáha aj v boji proti zápalovým reakciam, ktoré zlepšujú stav kardiovaskulárnych orgánov. Antioxidantná aktivita olivového oleja je kľúčová pri ochrane srda pred ischemickou chorobou. Výskumy ukazujú, že žliadné konzumácie ovplyvnia takzvaný oleokantal. Ide o látku, ktorá blokuje enzýmy, ktoré blokuje enzýmy, ktoré zlepšujú stav kardiovaskulárnych orgánov.

Seniori vytrvalým ochorením zvárajú trýba s viacerými zdravotnými problémami vo vyššom veku.

Olivový olej pomáha aj pri prevencii astm, ktoré zlepšujú stav kardiovaskulárnych orgánov. Antioxidantná aktivita olivového oleja je kľúčová pri ochrane srda pred ischemickou chorobou. Výskumy ukazujú, že žliadné konzumácie ovplyvnia takzvaný oleokantal. Ide o látku, ktorá blokuje enzýmy, ktoré zlepšujú stav kardiovaskulárnych orgánov.

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ÚSTAV PAMÁTI NÁRODA VÍTA ROZSUDOK V KAUZE ČESKÉHO EXPREMIÉRA A. BABIŠA

Ústav památi národa (ÚPN) víta urobotné rozhodnutie Krajského súdu v Bratislave zamietnutie žalobu Andreja Babiša v kauze jeho evidencie vo zväzkoch komunistického ŠtB. Naťačí sa, že Babiš je v zväzkoch ŠtB evidovaný oprávnený. Pre TASR to uviedla právnická ÚPN Adela Martinikovcová.

“Aj napriek skutočnosti, že sa niešla najmä procesná otázka, tváreme na tom, že Ústav památi národa disponuje dostatkom archívnych dokumentov, ktoré potvrzujú právnu postoj na jeho evidencie. Andreja Babiša v zväzkoch ŠtB bezpečnosti,” skonštovala Martinikovcová.


VIETE, ŽE...

... to boli práve muži, ktorí nosili obuv na podpátku ako prví? Ano, pár centimetrov navýšenie v rámci obuvi sa obliekovalo už v starovekých civilizáciách Ríma či Grécka, ale aj u Blízkom východe. Kým u starovekých Rimanov a Grékov boli podpátky domenou mužov hercov, pár tisíc kilometrov ďalej sa stali neoddeliteľnou súčasťou bojovej garderóby. Jazdci na koňoch sa taktiež často vstávali na koních na sociálnej sieti... – sme.sk

ACH, TÁ NAŠA SLOVENČINA!

Vybrať najlepší look vojvodkynie... - pravda.sk
...s pečenými zemiakmi a jogurtovým dišom. - varecha.sk
...TOP 7 odborov. Medical advisor ... Regulatory affairs manager... Drug Safety Specialist... - pravda.sk

Počas pečenia si vytvoríme dressing... - pravda.sk
...má vymazať časti statusu na sociálnej sieti... - sme.sk
Lúdci lákajú rôzmi benefitmi, či zaberú, nevedia. - sme.sk

Brifing ministerky V. Remišovej. - teraz.sk
...Kendall Jenner je vraj single. - pravda.sk
...v luxusných second-handoch... - pravda.sk
...o ktorej pravidelné pišu lifestyleové a šobuzínské rubriky... - pravda.sk

Štátna akcová spoločnosť Konštrukta Defence, patriaca pod rezort obrany, uzatvoriť kontrakt na komerčný predaj samo-hybnych húfnic Zucchini 2 pre Ukrajinu. Dodaných jej bude osem kusov. Minister obrany Jaroslav Nad ocenil, že vďaka tomuto kontraktu získaného Múzeum moderného umenia Lešť sa moci vypovedať prešovskému samosprávcu. – pravda.sk

KRÁTKE SPRÁVY ZO SLOVENSKA

Pre príslušníkov zahraničných ozbrojení, ktorí na Slovensku posúdili žalobu, má rozhodnutie NÁTO v reakcii na východný agresívny Ruskia na Ukrajine, vybudú vo výcvikovom priestore Lešť a na letisku Sliač kontajnerového ministerstva a stanovou kemping. Ministerstvo obrany (MO) v návrhu spresnilo, že ubytovacie kapacity formou kontajnerov a stanov má vo výcviku v rámci ziskaného nájazdu najefektívnejšieho rošíenia, uvádza sa v materiáli. Minister obrany Jaroslav Na (OLANO) po rokovaní vlády uviedol, že podobná infraštruktúra sa bude v nasledujúciach mesiacoch a rokoch budovať aj v ďalších vojenských priestoroch. „Takáto potrebné zázemie tam nemáme, je potrebné, musíme ho budovať,“ zdôraznil.

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(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 on line 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.

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