HAPPY THANKSGIVING!
Message from our Supreme President
Michael J. Horvath

After waiting an additional year, twelve Group Presidents attended the Group Presidents meeting held October 1, 2022, at the Hilton in Scranton, PA, the site of the 34th Quadrennial Convention, August 5-8, 2023. The meeting allowed the Presidents to discuss issues they are concerned about within their Group and the Society. The meeting offered the Presidents the opportunity to ask questions to myself and Supreme Secretary, Scott T. Pogorelec, F.I.C. which allowed all to hear the same answer or message.

The Presidents heard from the Chairperson of the Governance Committee, Sister Kathleen Watkins. Sister Watkins explained the purpose of the Governance Committee, how it was going about its work, the areas of concern, where they were obtaining their data and their timeline. Sister Watkins read the list of areas they were examining and asked the Presidents to submit their concerns and questions to her for the Committee to research.

The Presidents decided they have work to do after the meeting and gave themselves six goals to meet in 2023. The Presidents said they will mention the goals at their Group’s annual meetings to let the membership know what the goals are which can help with communications between the Society, the Groups and membership.

I attended the Pennsylvania Fraternal Alliance’s annual meeting held October 16-18, 2022, in Hershey, PA. This annual meeting brings together many of the Fraternal societies doing business in Pennsylvania to hear from speakers that advise the fraternal world on what is happening and could affect the societies structure in the Commonwealth of Pennsylvania.

I want to congratulate the Slovak Catholic Sokol 2022 Fraternalist of the Year (FOTY), our Sokolka from Group 3, Sister Judy Manyak. For all who know Judy she can be described many ways, true fraternalist and leader, mother figure, a dedicated Sokol, never wavering Catholic, Group 3 worker and organizer, wife, mother, grandmother, and many other titles. However, I will add the First Lady of Group 3 and the leader of the First couple of Group 3. I first met Judy 40 years ago when she and her husband Roger were organizing the Eastern Districts Basketball and Volleyball tournaments and then leading Group 3 as Physical Fitness Directress at the (Continued on page 9)
Greetings from the Home Office! As we are fully engulfed in the fall season, this time of year gives us an opportunity to show gratitude to those that sometimes get lost in the shuffle of your daily lives. It is easy to go about your business with work and family and forget about those that sacrificed and have sacrificed for you to go about that business.

The Thanksgiving season gives us the opportunity to reflect on those who have served to defend our American way of life. Veterans Day is dedicated to all American veterans, both past and present, to thank them for their selfless service to our country. Historically, this day was known as “Armistice Day” and was first celebrated to mark the end of World War I in 1918, which officially ended at the 11th hour of the 11th day of the 11th month. Veterans and soldiers not only fight for our country and strive to keep it safe, but they also protect the people of the countries they are stationed. They make considerable sacrifices during their service and display great courage and valor. While an extra holiday is always welcomed, it should be spent recognizing those brave men and women who put their lives on the line to protect our freedom. There are many ways to show your gratitude towards America’s service men and women, but here are a few easy ones that would only take a moment of your day:

1. Donate to the USO
2. Proudly display your American Flag
3. Volunteer at a VA Hospital
4. Send a care package to our soldiers through an organization such as, Operation Gratitude
5. Teach your children about Veterans Day and how thankful they should be for the service from our men and women
6. Simply say “thank you” to a veteran
7. Support your local VFW

Please take the time to show gratitude to those that serve. It is an important part of being a Slovak Catholic Sokol Member.

Brother President and I were extremely pleased with the discussions that took place at our Group Presidents Meeting at the Hilton Scranton in Scranton, PA on October 1st, the site of our 34th Quadrennial Convention. Among the many items that were discussed was our Fraternal Programs, Assembly/Wreath involvement, and the general direction of the organization. We implemented an “open forum” to hear all our Group Presidents’ voices and concerns regarding the society. It was an extremely productive meeting that fostered many new thoughts and ideas. As I have said before, we are all in this together, and we need the help of our local leaders and members to strengthen our wonderful organization. Thank you to all the Group Presidents who were able to attend!

On November 4th we will be celebrating our 2021 Fraternalist of the Year, Michael T. Matras. With the interruptions of Covid, we needed to postpone a few times, but we cannot wait to celebrate such an important member of our organization! Congratulations again Brother Mike!

I would also like to congratulate our 2022 Fraternalist of the Year, from Group 3, East Douglas, MA, Judith Manyak. We could not be prouder to announce this news and show how appreciative we are of Judy! She is a pillar of our society and so very deserving of this award. A beautiful writeup is the next edition of the Falcon will be upcoming. Congratulations Sister Judy!

I know that there are many local Assembly/Wreath functions planned for the Fall Season. I urge all our Assembly and Wreath Officers to announce the event in our publication and to follow up after the event with brief articles and photos. It is important for everyone in our organization to see and hear from our active local lodges.

Later this month on November 24th, we will have another opportunity to give thanks as we celebrate our American Holiday of Thanksgiving. Historically, Thanksgiving has been a celebration of our blessings throughout the year. As you are with your Family on this special day, take some time, sit back, and reflect on the good in your life. Reflect on the people around you and how much each of them means to you. Be thankful. On behalf of my beautiful wife, Maggie, our sons Reid and Cole, and my entire Family, I wish you a happy and healthy Thanksgiving Holiday. May God bless you!

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

JUDITH MANYAK SELECTED AS 2022 FRATERNALIST OF THE YEAR

Longtime and dedicated Group 3 activist Judith Manyak of East Douglas, MA has been selected as our 2022 Fraternalist of the Year. She is a member of Assembly 28. Full announcement will be published in the December issue of the Slovak Catholic Falcon.
National Gratitude Month in November encourages us to embrace the power of gratitude.

Gratitude is more than simply saying “thank you.” Gratitude’s amazing powers have the ability to shift us from focusing on the negative to appreciating what is positive in our lives. Practicing daily gratitude gives us a deeper connection to ourselves, the world around us, and to our Creator.

Everything in our lives has the ability to improve when we are grateful. Research has shown that gratitude can enhance our moods, decrease stress, and drastically improve our overall level of health and well-being. On average, grateful people tend to have fewer stress-related illnesses and experience less depression and lowered blood pressure, they are more physically fit, they are happier, have a higher income, more satisfying personal and professional relationships, and will be better liked. Grateful kids are even more likely to get A’s in school.

If everyone practiced daily gratitude, we could change ourselves and the planet for the better. Everyone would be much happier. Love would grow and hate would decrease. And the world would know true peace.

What are you waiting for? Give gratitude a try! You’ll be happier you did.

HOW TO OBSERVE NATIONAL GRATITUDE MONTH

Celebrating the month can be done in several ways.

• Start a gratitude journal. Write about someone or something you’re thankful for every day. You’ll find your appreciation for those around you grows deeper and fonder the longer you keep it. When you read back on what you’ve written, you’ll be able to reflect on the relationships and their accomplishments.

• Share your gratitude with others. Letting someone know you’re grateful for their care, service, or friendship often lifts their spirits or lifts a burden.

• Show your appreciation by giving back to your community, neighborhood, or favorite organization.

Sokol Calendar

SUNDAY, NOVEMBER 6

GROUP 3 ANNUAL MEETING at 10:00 a.m. at the Sokol Hall on Rt 16 Douglas, MA. Coffee and danish will be provided. All members are encouraged to attend this important meeting where Group 3 President Kevin Conway will provide an update from the Group Presidents meeting he will be attending in October. We will also discuss upcoming events and plans for the next year. – Christine Manyak, Group 3 Secretary; Kevin Conway, Group 3 President

GROUP 7 ANNUAL MEETING. Mass at 11:00 a.m. at St. Robert Bellarmine Parish at St. Aloysius Church in Wilkes Barre, PA. Luncheon and meeting to follow in the school hall. All members are welcome! If you will be attending the mass/meeting we are asking for donations(canned goods) for a Thanksgiving basket for the church.

TUESDAY, NOVEMBER 15

GROUP 15 ANNUAL MEETING via Zoom at 7:00 p.m.

SATURDAY, NOVEMBER 19

GROUP 12 ANNUAL MEETING in Reading, PA at the Sokol Hall meeting room beginning at 11:00 am. This will be followed by lunch at Mimmo’s Restaurant. Please contact Joann Antosy at 610-790-4086 if you are planning to attend. – Joann Antosy, Group 12 Secretary

The weekend of August 26-28 was filled with fun, fellowship and faith at the Sts. Cyril & Methodius Slovak Festival in Sterling Heights, MI. The weather was great .... so the crowds were large! There was Slovak foods, Slovak music and Slovak dancers. There were also many tents with raffles and games of chance. The Bake Sale was an enormous success. You always want to come early because it is always a sell out of the delicious baked goods. Many of the baked goods came from recipes of past Slovak grandmothers and other Slovak relatives.

Group 16 Detroit/Rossford and Assembly 36 took part in the Kids Carnival Tent. Approximately 50 kids toys were purchased to pass out as prizes for success on the many games available to try your luck.

Music was provided by Millie’s Polka Band. Dancers from the Sarisan Slovak Folk Ensemble, Slovak Domovina Dancers and the Malina Czech Children’s Folk Ensemble provided beautiful & talented performances. – Andrea Ames Papcun, President, Group 16 Detroit/Rossford
MINUTES OF THE SUPREME BOARD OF DIRECTORS
QUARTERLY MEETING HELD IN INDEPENDENCE, OH

FIRST SESSION
Saturday, September 17, 2022 – 7:00 p.m.
Supreme President, Michael J. Horvath, Called to Order the First Session of the Quarterly Meeting of the Supreme Board of Directors at 7:00 p.m. on Saturday, September 17, 2022, and greeted all the members of the Board.
Supreme Chaplain, Rev. Andrew S. Hvozdovic, offered the Opening Prayer.
Supreme Secretary, Scott T. Pogorelec, F.I.C. took the Roll Call and the following members responded:
Supreme Chaplain ..........................Rev. Andrew S. Hvozdovic
Supreme President ..........................Michael J. Horvath
Supreme Vice-President......................Edward D. Moeller
Supreme Secretary ..........................Scott T. Pogorelec, F.I.C.
Supreme Treasurer ..........................James F. Knis
General Counsel ............................John D. Pogorelec, Jr., Esq.
Chairperson of the Supreme Auditors ..........James G. Jerek
Supreme Director of Sports and Athletics ....James C. Matlon
Supreme Physical Directress ......................Katie Swift
Supreme Physical Director ......................Martin Degnan
The record will show that nine members are present, with Brother President called upon Mr. Thomas Calimano, PNC Institutional Asset Management, for the Investment Report.
Mr. Calimano discussed the portfolio’s current asset allocation, reviewed the historic and the year-to-date cash flows, the long-term growth of the portfolio, the effects of the equity and fixed income market’s performance, and provided an overall relationship review.
Mr. Calimano reviewed PNC’s outlook for the financial markets and the economy with the Board. Additionally, he reviewed the investment strategies recently implemented in both the equity and fixed income portfolios.
Brother Calimano addressed various questions from the Board and President Horvath entertained a motion to accept the report, so moved by Chairperson of the Supreme Auditors, James G. Jerek, seconded by Supreme Vice-President, Edward D. Moeller.
Brother President entertained a motion to adjourn for the evening, so moved by General Counsel, John D. Pogorelec, Jr., Esq. and seconded by Supreme Physical Director, Martin Degnan.

SECOND SESSION
Sunday, September 18, 2022 – 9:00 a.m.
Supreme President, Michael J. Horvath, Called to Order the second session of the Quarterly Meeting of the Supreme Board of Directors at 9:00 a.m. on Saturday, September 18, 2022, and greeted all the members of the Board.
Supreme Chaplain, Rev. Andrew S. Hvozdovic, offered the Opening Prayer by leading the Directors in the Prayer to Practice the Golden Rule.
Supreme Treasurer, James F. Knis, led the Board members in reciting the Pledge of Allegiance to the Flag.
Brother President welcomed the Board Members and noted the reason we were in Independence, OH for the Q3 Meeting was to attend St. Andrew Abbey’s Centennial Celebration. The Slovak Catholic Sokol and many of our Brother/Sister Fraternals have long been supporters of the Abbey and have contributed to their success over the years and we look forward to continuing our wonderful relationship well into the future.
President Horvath informed the Board that they all have received the Minutes from our last Board meeting held virtually on June 23, 2022, and published in the August 1, 2022, issue of the Slovak Catholic Falcon. Brother President entertained a motion for their acceptance, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Chairperson of the Supreme Auditors, James G. Jerek.
Brother President asked our Supreme Secretary if any Communications were received.
Brother Secretary reported that one communication was received from Amy Blasco, Group 7 President, wishing the Board well during their deliberations.
President Horvath then asked our Supreme Secretary to give a brief overview of the Membership/Sales Report.
Brother Secretary gave the Board a brief overview of our life and annuity business to date, agency update, and the current agent sales campaigns. He also informed the Board of the various advertising efforts that have currently been in place and will be expanded upon in the new year. He also updated the Board on the membership campaign, Drive to Fifty, centered around our 50th International Slet.
Several questions were presented and addressed to the satisfaction of the Board and President Horvath thanked Brother Secretary for presenting the report. President Horvath then asked for a motion to accept the report, so moved by Supreme Chaplain, Rev. Andrew S. Hvozdovic and seconded by Supreme Treasurer, James F. Knis.
Brother President then called upon Director of Sports and Athletics, James C. Matlon, for the Physical Fitness Board Report.
Brother Matlon and Brother Degnan reported that the 2022 International Clinic finally took place at Kutztown, University from July 14th-17th after being postponed for two years due to COVID-19. The SPFB members arrived on Wednesday and the next day, 23 Physical Directors, Directress and Assistants from eight groups arrived at Kutztown University. When the initial drill practices were completed on Friday afternoon, the Clinic participants were able to spend a relaxing and fun filled night at Dorney Amusement Park. Saturday evening was the Clinic Exhibition at Keystone Gym attended by members from the nearby groups including Supreme President, Michael J. Horvath and Supreme Secretary, Scott T. Pogorelec. It was a successful Clinic, and the Group leaders will return home to teach the new drills in preparation for our historic 50th International Set in July 2023.
The 67th International Golf Tournament was held at Treasure Lake Resort Golf Course, August 12th through the 14th.

(Continued on page 6)
MINUTES OF THE SUPREME BOARD OF DIRECTORS QUARTERLY MEETING

We had a total of 146 golfers, 105 from the Slovak Catholic Sokol, 38 from FCSU and 3 from the GCU. We had warm and sunny weather for the entire weekend. The golfers and guests enjoyed the Friday evening hospitality at the Lakeview Lodge in Treasure Lake. On Saturday afternoon Fr. Thomas Nasta, FCSU National Chaplain, celebrated Mass followed by Luigi's catered buffet at the Silver Course Pavilion. Linda Frank from Youngstown, Ohio was the recipient of the 2022 Frank S. Petruff Memorial Sports Award. This year we had had 15 first time golfers including eight golfers from Massachusetts who had a wonderful time. The Slovak Catholic Sokol golfers placed first in all six flights and had the best scratch scores in five flights. The 2022 golf tournament article including pictures and flight leaders were published in the September issue of the Falcon. Pictures from the golf tournament were also posted on Facebook. The scores for the tournament are on our web site and will be published with additional pictures in the October issue of the Falcon. We would like to thank all the Supreme Officers who participated in the 2022 golf tournament including Supreme Treasurer, James Knis and Chairperson of the Supreme Auditors, James G. Jerek who volunteered to hand out water on the Silver course on Saturday. Assistant Director of Sports and Athletics, Frank Laury and Supreme Physical Fitness Board Member, Kristen Popik, worked the tournament and made sure all the scores were posted on a timely basis on Saturday and Sunday.

Confirmed sights for the 2023 Sports Program:

May 19-20, 2023 Bowling AMF Airport Lanes Buffalo, NY
July 12-16, 2023 50th Slet Kutztown University Kutztown, PA
August 18-20, 2023 Golf Canfield, OH

President Horvath then called upon Chairperson of the Supreme Auditors, James G. Jerek, for the 2022 Semi-Annual Audit Report.

Brother Jerek reported that the Audit for the first six months of 2022 was conducted at the Home Office in Passaic, NJ on August 9-10, 2022. Brother James proceeded to review the report and addressed several questions from the Board members. Brother Jerek expressed his thanks to the Supreme Secretary and the Home Office staff for their cooperation and appreciates the continued efforts of the various Boards to control and reduce many of the expenses.

After a lengthy discussion, Supreme President, Michael J. Horvath asked for a motion to accept the report, so moved by Supreme Treasurer, James F. Knis, seconded by Supreme Chaplain, Rev. Andrew S. Hvozdovic. Approved

Counsel reported that there are two items to report on:
1. Brother John updated the Board on the sale of the print shop in the rear of the Home Office Building.
2. Brother John also updated the Board that the existing lease with Little Achievers Daycare has been renewed for another five-year period.

After a brief discussion regarding the above items, President Horvath entertained a motion to approve the report, Chairperson of the Supreme Auditors, James G. Jerek, seconded by Supreme Physical Director, Martin Degnan. Approved

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

The Board members were informed by Brother Secretary that our 2021 Fraternalist of the Year presentation will be held on Friday, November 4, 2022, in Greensburg, PA honoring Michael T. Matras, the 2021 Fraternalist of the Year. The Board of Directors wishes to again extend their congratulations to Brother Mike on this well-deserved honor. The Board also voted on the 2022 Fraternalist of the Year and the announcement will be made in an upcoming issue of the Falcon.

Supreme Vice-President, Edward D. Moeller, also updated the Board on the reading program and scholarship recommendations that will be considered. Acknowledged

The Supreme President questioned the Board members regarding the Annuity Interest Rate for the fourth quarter of 2022. After a discussion, considering the investment yield and the current fiscal environment, General Counsel, John D. Pogorelec, Jr., Esq., made a motion to increase our three short-term annuities, seconded by Supreme Treasurer, James F. Knis. Approved

After discussions with our Supreme President, Michael J. Horvath, the Supreme Secretary informed the Board members that the date for the next Supreme Board of Directors meeting will be December 3rd and December 6th, 2022 with travel dates being December 3rd and December 6th, 2022, at a site to be determined. Acknowledged

Having completed all the business on the agenda, Supreme President, Michael J. Horvath, entertained a motion to adjourn, so moved by Supreme Vice-President, Edward D. Moeller, seconded by Supreme Director of Sports and Athletics, James C. Matlon. Approved

Supreme Chaplain, Rev. Andrew S. Hvozdovic, offered the Closing Prayer for all those in need as well as for all the ill and deceased members of the Organization, especially Richard Jozwiak, Dolly Hussar, and former Supreme Officer, Dennis J. Zifcak.

The meeting was adjourned at 2:30 p.m. Zdar Boh!
Assembly 59, Wilkes-Barre, PA, held the annual Andrew “Butch” Hvozdovic Golf Tournament on Sunday, July 10, 2022, at the Hollenback Golf Course in Wilkes-Barre, PA. Forty-Four Sokol members and friends golfed to support the tournament named after Assembly 59’s long time President Group and National Officer Andrew “Butch” Hvozdovic, father of our Supreme Chaplain Reverend Andrew Hvozdovic.

It was a perfect day to golf in the Captain and Crew Format where everyone had a perfect round of golf. After the round of golf, the golfers had a meal and time to tell their stories of the drive that went straight, the other, not their own, golf balls they found in the woods, the short and long iron shots that were short or over the green and the putts that almost went in. All-in-All, everyone had a wonderful time.

This Golf Tournament not only brought Sokol and friends together but is also raise $300.00 for the St. Vincent de Paul Soup Kitchen in Wilkes-Barre, PA.
**SLOVAK CATHOLIC FEDERATION**

**2023 “DOBRY PASTIER” – GOOD SHEPHERD**

The Slovak Catholic Federation is accepting articles for its 2023 edition of the “Dobrý 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 Roman 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.

**CHRISTMAS PARTY GROUP 6**

A Christmas Party will be held on Sunday, December 4 at the Clubhouse Grille in Belle Vernon, PA. The party will start at 3:00 p.m. with dinner and door prizes awarded. Members are free to attend and cost for a guest is $30.00.

For reservations, please contact either Terri Gardner at 724-929-8675 or Anna Mae Warnick at 724-736-4032. Looking forward to seeing you there!

– Terri Gardner, Secretary

**Introducing our newest member**

Our Supreme President Michael Horvath (top picture) and Supreme Chaplain Rev. Andrew S. Hvozdovic as National President of the Slovak Catholic Federation gave greetings during the banquet celebrating the 100th Anniversary of the Saint Andrew Svorad Benedictine Abbey, Cleveland OH on Sunday, September 25.

Ava Marie Oros, born November 24, 2021, is the daughter of Joseph and Allison Oros of Sinking Springs, PA. She was enrolled as a member of Wreath 155 in Reading, PA.

**SLOVAK EMBASSY IN WASHINGTON, D.C. DEDICATES ŠTEFÁNIK MEMORIAL**

Slovak honorary consul Joseph Senko and his wife Albina, attended the unveiling ceremony of the Milan Rastislav Štefánik memorial.

On September 8th, the Slovak Embassy in Washington, D.C. held an unveiling ceremony of the Milan Rastislav Štefánik memorial located near the entrance of the building.

Milan Rastislav Štefánik was a Slovak astronaut, scientist and inventor, photographer, military aviator, brigadier general of the French armed forces, organizer, diplomat, politician and statesman. He had the greatest merit in shaping the Czech-Slovak foreign resistance during the First World War. He played an important role in organizing Czech-Slovak legions and mediating contacts with French state officials. Together with Tomáš Garrigue Masaryk and Edvard Beneš was a key person in the founding of Czechoslovakia. Štefánik was the vice-chairman of the Czechoslovak National Council, the Minister of War in the Provisional Czechoslovak Government and subsequently also in the newly formed Czechoslovakia.

At the dedication ceremony, 30 roses, commemorating the 30-year anniversary of Slovakia’s existence as an independent state, were distributed to attendees, who each went forward and laid the rose at the base of the memorial. The memorial will enhance the experience of visitors to the Slovak Embassy in Washington and their appreciation for this great Slovak patriot.

– Joseph Senko
HOW TO SIGN UP FOR ELECTRONIC FALCON

At the group presidents’ meeting, all group presidents were tasked with three goals. One is to gather emails for people who may not be getting the electronic Falcon or other correspondence.

If you are not receiving the monthly Falcon or Newsletter and you are not receiving emails regarding upcoming events, reach out to your group president.

If your “older” parents, grandparents, aunts, or uncles do not have email, call 1-800-886-7656 and ask to have the information mailed to them.

The 50th Slet is coming up. It is going to be a big year for Sokols! You don’t want to miss the important information.

Zdar Boh!
Kathleen Shoberg Watkins

Message from our Supreme President

(Continued from page 2)

Slets. She is still going strong and still is Group 3’s Directress participating in the 2022 Clinic at Kutztown University this past July. With Judy becoming the Society’s 2022 Fraternalist she now has another first, she and her husband become the first wife and husband to be Slovak Catholic Sokol Fraternalists of the Year. I ask all members to send Congratulations greetings to Judy on her well-deserved award. Congratulations again!

I want to extend a Happy Thanksgiving to all our members and their families. Enjoy the big days whatever you do. I will be with family giving Thanks and having a great meal prepared by the many hands of the family and then settle down to watch some football games. Remember, Be Happy for your family and friends, Be Thankful for what you have in life and Give of what you have to help others that need help.

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

Members of Fraternal Societies of North Eastern Pennsylvania (FSNEPA) at the October meeting for the annual Make a Difference Day. This annual activity supports the Domestic Violence Service Center in Luzerne County. The Societies make a monetary donation and gives personal care items the Center needs for their clients. Those attending the meeting also heard a presentation on CyberSecurity from a representative from Morgan Stanley.

UNITED SLOVAK SOCIETIES OFFER SCHOLARSHIP GRANTS IN LORAIN, OH

The United Slovak Societies of Lorain, Ohio will again make available non-renewable, $1,000.00 scholarship awards, to eligible high school seniors who will graduate in 2023. Applicants must maintain a GPA of 3.5 or better and enjoy membership of at least 5 years in any of the local Slovak Fraternal Lodges in Lorain.

The lodges include Wreath 111 of the Slovak Catholic Sokol, First Catholic Slovak Union, First Catholic Slovak Ladies Association, and the National Slovak Society. To obtain rules and an application, please visit www.americanslovakclub.com or contact the scholarship coordinator, Sue Naeltiz, at snaelitz@hotmail.com. Deadline for applications is May 30, 2023.
DRIVE TO 50 SALES CAMPAIGN

CELEBRATING THE 50TH INTERNATIONAL SLET

The Slovak Catholic Sokol will be reaching a significant milestone within the SOKOL World – We will be hosting and presenting our 50th International Slet (Gymnastic and Track and Field Meet).

To help celebrate this Golden Occasion we have created the DRIVE TO 50 Sales CAMPAIGN. This campaign is designed to benefit and reward our membership, our groups, and recommenders.

BENEFITING MEMBERSHIP & GROWTH

For more than 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
MINUTES OF THE ANNUAL MEETING OF GROUP 5

The 2022 annual meeting of Group 5 “Jan Holly” was held on Sunday October 9, 2022 utilizing Zoom meeting technology. The meeting was called to order at 1:06 p.m. by the President, Kathy Figard. Treasurer Karen Hutnick led the group in an opening prayer followed by the Pledge of Allegiance led by Joe Underation.

President Figard welcomed all members and thanked them for taking the time to join the zoom meeting for what she hoped would be a successful meeting. She also was hopeful the semi-annual meeting would be held in person. She indicated the 2021 annual minutes, agenda and officers’ reports were e-mailed to everyone. All committee business would be brought to the floor directly for discussion and disposition.

The roll call of officers was then taken by Secretary Sue Blosser. A total of 8 active and 1 Honorary officer were on-line including President Kathy Figard, Secretary Sue Blosser, Treasurer Karen Hutnick, Sports Director Joe Underation, Physical Directress Jayme Blosser, Physical Fitness Board Members Julie Laury, Rose Croy, John Moynihan and Honorary officer Sue Ann Seich. Six members were attending as delegates: Frank Laury, Joe Moynihan, Sue Moynihan, Jessica Hutnick, Jim Knis, and Michelle Knis. A total of 15 Group 5 members were in attendance on the zoom meeting.

The 2021 annual minutes were distributed to all via email. A motion was made to approve the minutes as written by Karen Hutnick, seconded by Rose Croy. Motion approved.

Officers’ reports were the next order of business. A motion was made by Jayme Blosser and seconded by Joe Underation to accept the 3 officers’ reports that were sent via email (President, Secretary and Directress) as one. Motion approved.

President: Kathy Figard reported she coordinated with the Secretary in setting up the annual meetings as a zoom call. Due to Covid-19 not a lot was done as a group this year, but remains very active in Assembly 180. She attended the Group Presidents meeting in Scranton, PA and will give more details under new business. Secretary: Sue Blosser reported she had submitted the minutes from the 2021 annual meeting to the Home Office as well as sent notices to officers and the Falcon to notify members of the annual zoom meeting. Physical Directress: Jayme Blosser reported she was in contact with the Supreme Physical Directress, Katie Swift, throughout the year and attended all zoom meeting regarding the clinic and Slet. She attended the International Clinic July 14-17 in Kutztown, PA. She also sent a Group 5 Facebook notice advertising the Slet in 2023.

Officers reports from the meeting included: Treasurer: Karen Hutnick had deposited all 4 assessment checks received from the home office and had no expenses paid out. A motion from Jim Knis, seconded by Jessica Hutnick to approve the treasurer’s report was made. Motion approved. Sports Director: Joe Underation reported due to Covid no activities were held this year; he had called several bowling alleys but could not find a venue. He reported attending the International Golf Tournament and represented Group 5. He also attended the newly formed Central District Golf Tournament held in Youngstown, Ohio. He commended Jim Jerek of Group 17 for hosting a very nice event. Over half the golfers were from Group 5. A motion to accept his verbal report was made by Sue Blosser, seconded by Rose Croy. Motion approved. Physical Fitness Board Member: Rose Croy reported there were no activities due to Covid, but is very active Assembly 180 meetings and their service projects. A motion to accept her verbal report was made by Sue Blosser, seconded by Michelle Knis. Motion approved.

OLD BUSINESS

Directress Jayme Blosser reported on the Clinic. There are several exciting changes for this upcoming 50th Anniversary Slet. A recap included: A new 30 and over age group and 45 and older age group were added to the Slet. The participant must compete in at least 2 events. There will be no gymnastic meet at the Slet this year. A $5000 policy is needed to compete. A 7 year old can compete as long as they turn 8 by August 31st, 2023. New drilling format is Junior and Seniors will be drilling together as one team. Team drill is optional for the 30 and older participants, but they must know the mass drill. There will be a minimum of 3 participants to hold an event. A 3 on 3 basketball tournament for juniors and volleyball tournament for seniors will be held at the same time. The group will be fined if the qualification papers are not turned in on time. There was talk at the Clinic about new girl drill uniforms, but not finalized. Kathy Figard asked Jayme to find out about this and when they will need to be purchased. Sue Ann Seich asked if the new rules were printed in the paper, Jayme did not believe they were. Jayme will send, via email, the rules and regulations that she received at the Clinic to all in attendance. Jayme also reported at the Clinic, the Supreme Physical Fitness Board distributed pins to all the male participants in honor of Steve Underation, to carry on the torch that he so nicely carried while representing the Slovak Catholic Sokol, his heritage and his longevity with the organization. The pins represent keeping his memory alive and his honor burning brightly. Jayme made a plea to the group that she will need help with drill practices with the girls. Airfare and rental cars are currently outrageous and she will not be able to fly into town as often as she would like. She needs an assistant or 2 to help. The Drills are complicated and with having the juniors and seniors drilling together it will take more than just her to coordinate. She has contacted several past participants to help, but has not found an assistant. She is asking for members to help her out in finding someone. Jayme doesn’t know how many girls are interested in the upcoming Slet at this time but will keep the information on the Facebook Page. Jim Knis reported that other groups are having difficulties as well. Jayme reported that she will continue to update Group 5 as she gets more details regarding the upcoming Slet.

COMMITTEES

Physical Fitness Board:

Fund raising – Rose Croy volunteered to take charge of
the lottery calendar for a fund raising project. She asked for addresses to help send out the calendars to all the wreaths and assemblies. She also suggested the time frame for selling the tickets. After a discussion it was decided to hand out the calendars at the bowling tournament in April, sell them through May and begin the lottery calendar for June and July. A motion to sell lottery calendars was made by Sue Blosser, seconded by Jim Knis. Motion passed.

2023 Slet Practices – Jayme Blosser stated practices will begin in March. All participants will get a video of the drills prior to March for them to learn on their own.

2023 Slet Uniforms – If new drill uniforms for the girls are needed, it was approved to buy them. Group 5 tee shirts will be ordered by Julie Laury closer to the Slet.

2023 Slet Transportation – There was a lengthy discussion on who would arrange the vans/busses for the Slet participants. Jim Knis stated he will look into it. Karen Hutnick will look at previous Slet expense receipts to see if she could determine the provider(s) for past trips.

2023 Group 5 Track elimination meet – After a discussion, it was decided to have the meet on Sunday May 7, 2023 at Norton High School track, giving the group plenty of time to complete the elimination forms before the deadline on May 15, 2023.

2023 Group 5 Bowling and Golf Tournament – Joe Underation stated he will reach out to bowling allies and golf courses for potential days. He also suggested combining our group tournaments with the central district tournaments. This was received with a lukewarm response, but more discussion would be at the semi-annual meeting.

Stipends

A review of the current stipends for all officers was presented by Karen Hutnick. After a discussion, a motion was made by Sue Blosser, seconded by Jessica Hutnick to keep the same stipends/salaries as in years past but since not many activities were held this year give the Physical Director and Directress and the Assistant Director their full stipend for attending the clinic and half the stipend to the President, Secretary and Treasurer. Motion approved.

Resolutions

Jayme Blosser wants to appreciate David and Daniel Underation for attending their first clinic and made their dad, Steve, proud and handled themselves with dignity.

Jessica Hutnick wants to appreciate Jayme Blosser in her persistence in keeping the Group 5 girl drillers ready and prepared for the Slet.

Grievances/New Motions/Petitions

Kathy Figard acknowledged the lack of communication regarding the Central District Golf Tournament in Youngstown, Ohio. Most members did not know of the event until the Falcon highlighted the event. Joe Underation stated it was advertised only at the National Golf Tournament weeks prior.

NEW BUSINESS

A motion by Sue Ann Seich, seconded by Sue Blosser to donate $250 to the SCS Scholarship fund in the name of Dolly Hussar. Motion passed.

Kathy Figard recapped the Group Presidents Meeting in Scranton PA. Scranton is where the 2023 SCS Convention will be held. The following highlighted points were mentioned: At the convention, Sunday will be a more productive day than usual, possibly having mass on site instead of a cathedral, delegate forms will be sent mid-January from the home office, update email addresses of all members to the home office, the home office needs contacts for all wreaths and assemblies, tax exempt status for the SCS could be in jeopardy so all groups/wreaths/assemblies need to write articles and post pictures of their events, and each group should send a name for the Fraternalist of the Year. Other noteworthy issues of the Group Presidents were from the Governance committee of the Convention. The committee is getting suggestions from other fraternal groups, looking at our bylaws and the wording of the bylaws. The print shop at the home office is being sold to the plumbing group that has rented it for years. Finalizing the plans has taken time due to rezoning issues. Also mentioned at the meeting, if groups/wreaths/assemblies do not have activities or meeting, should they get their allotments? Further information will be printed in the Falcon.

There was discussion as to the Group 5 Facebook page and who can update it and add new material. It was decided that Jayme Blosser would become an administrator of the page to update drill practices, meetings and tournaments. It was also decided to keep the Facebook page private.

A motion was made to send a donation of $100 to the Slovak Catholic Federation by Kathy Figard, seconded by Sue Blosser. The donation helps to fund the seminars in Rome. Our Supreme Chaplain, Fr. Andy, is currently the president of the SCF. Motion approved.

SueAnn Seich made a motion seconded by Kathy Figard to send a donation to the Benedictine Abbey for their 100th anniversary in recognition of our long-time Chaplain Fr. Pastirik. Motion approved.

A motion by Jessica Hutnick, seconded by Sue Ann Seich for the group to purchase any necessary supplies, ie props for drill, as he/she needs. Motion passed.

Frank Laury updated the group on the upcoming national tournaments:
International Bowling Tournament – May 19-20 in Buffalo, NY
50th Anniversary Slet – July 13-17 – Kutztown, PA
International Golf Tournament – August 18-20 – Youngstown, OH

DECEASED MEMBERS

Kathy Figard reported there were 27 deceased Group 5 members this year. Sister Kathy led the group in a Hail Mary and Our Father, honoring our deceased members.

With no further business, Kathy reminded everyone that communication between officers would be key for events this year. The day’s activities ended with a prayer by Karen Hutnick. The meeting was adjourned on a motion by Sue Ann Seich, seconded by Julie Laury at 3:15 p.m.

Zdar Boh!
Respectfully submitted,

Sue Blosser
Group 5 Secretary
**SLOVAKIA CONSIDERS EACH CASE INDIVIDUALLY WHEN GRANTING HUMANITARIAN VISAS**

Slovakia considers each case individually when granting humanitarian visas. Foreign Affairs Ministry spokeswoman Juraj Tomaga has told TASR in reaction to the recent decision of several European countries not to grant such visas to Russians fleeing the partial mobilisation in their country.

“The category of humanitarian visas is not a precise definition. In fact, there is only the granting of visas in the humanitarian interest, and currently the Slovak Republic assesses each case individually, irrespective of the country of origin. In the case of this visa category, the Foreign Affairs Ministry is not the sole decision-making body,” the spokesman clarified.

He also pointed to the fact that the processing of visa applications in Russia has become more difficult since the country decided to reduce the number of staff in Slovak representative offices. “This has had an impact on the absorption capacity of our consular service in the country,” he added.

Slovakia thus hasn’t joined the Czech Republic, Lithuania, Latvia and Estonia, which have decided not to grant humanitarian visas to the Russians in the meantime.

**LEGENDARY DEFENCEMAN ZDENO CHARA RETIRES FROM NHL AFTER 24 SEASONS**

Slovak ice-hockey player Zdeno Chara announced his retirement from the National Hockey League (NHL) after 24 seasons.

The 45-year-old defenceman announced his decision on Instagram. “After 25 seasons of professional hockey, 1,680 NHL regular season games, 200 Stanley Cup play-off games, and hundreds of international games, I am proud to announce my decision to retire from the National Hockey League,” Chara wrote.

Drafted by the New York Islanders in 1996, Chara spent the first four seasons of his career in the NHL with the club. In June 2001, he was traded to the Ottawa Senators, remaining with the club for four seasons. When he became a free agent in 2006, Chara signed with the Boston Bruins, for which he played for 14 consecutive seasons as the captain of the team. In late stages of his career, the defenceman signed a one-year contract with the Washington Capitals in December 2020 before rejoining the Islanders in the 2021-22 season, which turned out be his last in the league.

Chara, known around the NHL as ‘Big Z’ for his height of 2.06 metres, making him the tallest individual to skate in the league, finished his career as a member of the Bruins as he signed a one-day contract with the organisation on Tuesday. “I am honored to return to TD Garden … and officially finish my career with the team that has meant so much to me and my family,” he added on Instagram.

The Trenčín native played a total of 1,680 games in the NHL, the most ever played by a defenceman in the league, during which he scored 209 goals and notched up 471 assists. In addition, he managed to win the Stanley Cup with the Bruins in the 2010-11 season.

**CENTRAL BANK FORECAST: SLOVAKIA WILL PROBABLY FALL INTO RECESSION IN 2023**

Slovakia’s gross domestic product is expected to grow by 1.8 percent this year, but in 2023 the country is likely to fall into recession, with GDP falling by 1 percent, Slovak central bank (NBS) governor Peter Kazimir reported on Wednesday, September 28, presenting the autumn forecast of economic and monetary developments.

In addition, the institute expects inflation to reach 18 percent next year, and even 22 percent if it comes to the worst.

“We assume that our economy will not grow next year, but on the contrary will decline by 1 percentage point,” said Kazimir. In June, NBS forecast GDP growth of 1.4 percent in 2023, with inflation reaching approximately 11 percent.

The autumn prognosis was mainly influenced by rising energy prices and uncertainty concerning further developments on world markets, as well as the war in Ukraine. NBS has therefore drawn up three scenarios.

The middling scenario estimates that energy charges for households could double. If gas and electricity prices are stabilised at a lower level, however, the Slovak economy could avoid recession next year and grow by several tenths of a percent. This optimistic scenario comes close to the Finance Ministry’s latest forecast, which expects Slovak GDP to grow by 0.6 percent. The pessimistic scenario prognosticates a GDP decline of more than 4 percent.

According to Kazimir, the situation could improve in 2024, with NBS predicting GDP to grow by more than 3 percent and inflation to fall in that year, albeit the latter would still be higher than in previous years.

The good news, according to NBS deputy governor Ludovit Odor, is that so far there are no signs of a decline in foreign demand. The unemployment rate should also remain unchanged, not diverging from a rate of 6 to 7 percent for the next two years. The gradual ageing of the population and the departure of older workers from the labour market are already contributing to this.

The bank also looked at the approach taken by companies and examined whether they have been taking advantage of the current situation and raising prices above the necessary level. It found their margins to be constant, however.

**SLOVAKIA, CZECH REPUBLIC, HUNGARY & AUSTRIA TO TACKLE ILLEGAL MIGRATION JOINTLY**

Slovakia, the Czech Republic, Hungary and Austria want to find solutions to illegal migration together, said Slovak Interior Minister Roman Mikulčík following a meeting with his counterparts from the Czech Republic, Hungary and Austria in Bratislava.
The four countries intend to take measures in a way that will maintain free movement within the Schengen area. They want to cooperate with the European Commission (EC), with which negotiations are due to be conducted, when targeting illegal migration and are calling for better protection of the Schengen external borders and more active involvement on the part of Frontex. Measures aimed at preventing smuggling should also be harmonised.

“We agreed that the EC, in cooperation with our countries, will negotiate much more intensively with the countries of the Western Balkans in order to address illegal migration where it occurs,” said Mikulec.

In cooperation with the EC, the countries also want to call on Frontex to deploy its available forces, 1,500 people, to the external Schengen border. According to Mikulec, Slovakia also offered Hungary police officers to protect the Hungarian-Serbian border.

Return policy was also a topic of the discussion. “We need to have tools and together we’ll pressure the EC to deal with re-admission agreements with third countries. Because if they don’t work, then bilateral re-admission agreements won’t be effective either. We need to be able to efficiently return migrants, if we catch them in any of our countries, to the country they came from,” pointed out Mikulec.

Checks on the Slovak-Czech border, which the Czech Republic introduced due to a large increase in illegal migration, will probably not end after ten days, stated Czech Interior Minister Vit Rakusan, emphasising that this isn’t a step aimed against Slovakia.

**DEFENCE MINISTER NAD MEETS NEW US AMBASSADOR TO SLOVAKIA GAUTAM RANA**

Defence Minister Jaroslav Nad received new US Ambassador to Slovakia Gautam Rana at the Defence Ministry on Monday, October 3.

On this occasion, Nad confirmed Slovakia’s interest in continuing intensive bilateral cooperation with the United States as the country’s strategic partner in the field of defence and security.

“The Russian invasion of Ukraine and its impact on the security of the whole Euro-Atlantic area represents a dramatic change to the security environment. Russia’s aggressive actions mean a challenge and a threat to Slovakia and the security of all allies,” stated Nad. At the same time, they underline the need for effective international cooperation in strengthening the collective defence of allies, including in the field of information security.

The two officials also touched the issue of modernisation of the infrastructure and equipment of the Slovak Armed Forces, in which the USA is a key partner. This can be attested by the procurement of F-16 fighter jets and UH-60M Black Hawk multi-purpose helicopters, as well as the recent provision of a USD 200 million grant for the procurement of military equipment.

Ambassador Gautam A. Rana presented his credentials to President Zuzana Čaputová on September 28, 2022.
KIDS’ CORNER “Detský kútik” – November 2022

TURKEY JOKES

Why was the turkey sent to the principal's office? Because he used fowl language!

What did the little turkey say to the big turkey? "Peck" on someone your own size!

What do you call a crazy turkey? A cuckoo bird!

What's the key to a great Thanksgiving dinner? The tur-KEY!

Why do turkeys go gobble, gobble? Because they never learned good table manners!

What do turkeys like to eat on Thanksgiving? Nothing, they’re already stuffed!

Why did the turkey eat his meal so quickly? Because he was a gobbler!

How do you make a turkey float? Get two scoops of ice cream, add some root beer and a turkey

HAPPY BIRTHDAY TO YOU!!!!
Alexandra Bond  11/6
Isabella Brill 11/21

Why Do Celebrate Veterans Day?

Veterans Day is a day for Americans to respect and thank our veterans. Veterans Day is a day for Americans to coax the courage and yield of every single United State veterans, both male and female. A few Americans don’t have the foggiest idea about the reason we salute our veterans every year on Nov. 11. It is basic that all Americans know the significance and history of this day so we can respect our servicemen and ladies appropriately.
KIDS' CORNER "Detský kútik" — November 2022

Veterans Day
Word Search

Find and circle all of the words. They may be horizontally, vertically, or diagonally placed and some may be backwards!

Name: ___________________________ Date: ______________________

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

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KIDS’ CORNER “Detský kútik” -- November 2022

BUILD YOUR OWN

Turkey
COLOR, CUT AND ASSEMBLE
ALL YOU NEED TO KNOW ABOUT COOKING THANKSGIVING DINNER

- Buy one pound per person, or a pound and a half per person if you’d like to make sure you have leftovers.
- Allow one day for every four pounds of turkey (i.e. a 12-pound turkey will need three days to defrost). Thaw your turkey in the fridge and make sure to put it in a bowl or on a platter because it may drip. It will defrost faster if you remove the neck and giblets from the cavity as soon as possible. (You may need to defrost it for at least a day first before you can do so.)
- A large turkey should not be defrosted at room temperature. Thorough cooking would kill microbes, but not necessarily all the toxins they may have produced. And the skin may start to go rancid.
- According to the Agriculture Department, fresh turkey can be kept in the refrigerator for up to two days. A frozen turkey will last for up to a year if kept frozen continuously.
- The Agriculture Department and the Centers for Disease Control and Prevention recommend cooking stuffing separately from the turkey. The concern is that cold or frozen stuffing, sometimes sold already stuffed into packaged birds, won’t reach a high enough temperature to be eaten safely. To be safe, take its temperature; like the turkey, it must reach 165 degrees.
- A rack allows the heat of the oven to circulate around the turkey; also, if the turkey is resting on the bottom of the roasting pan, the skin there will be flabby and moist. You don’t need a specially designed rack for your roasting pan, but you need something to lift the bird above the bottom of the pan. Balls of aluminum foil work perfectly well; you can also use upside-down ramekins.
- Do not baste the turkey for the first hour. You want the heat of the oven to do its work tightening the skin of the turkey and helping to seal in the juices that will run at the breast. Afterward you can baste on the half hour, using the fat and liquid in the bottom of the roasting pan to burnish the skin and, some say, to help keep the entire bird juicy within.
- “Wake up” the flavor of his turkey by including citrus, such as lemon, limes and oranges, in a seasoning rub: Coat the turkey in peanut oil and season with salt, pepper, smoked paprika and freshly chopped garlic. Then add enough lemon and orange zest to cover the bird. Save the fruit itself for your cocktails later! When you roast (or grill) the bird with citrus zest the skin gets nice and crispy and it also adds the much needed acidity to really elevate the flavor of the dish. Hint: When zesting citrus, be sure to stop zesting before you get to the bitter white pith below the colorful skin. A Microplane is useful for this.
- The creamiest mashed potatoes start with the kind of potatoes you choose. Select Yukon Gold potatoes, which have a naturally creamier consistency than other potatoes. The creamy nature of the potato allows you to use half of the amount of milk and butter as you’d use for other potatoes.
- For perfect individual servings of stuffing, make a big batch of your favorite stuffing, then bake it in mini muffin tins.
- Turn pan sauce into turkey gravy without using flour or starch. Put the strained and reduced sauce in a pan or skil-let set over medium heat and whisk in fine dry bread crumbs — about 1 teaspoon for each cup of sauce. You’ll have a delicious and natural-tasting gravy in no time — and it will be LUMP-FREE!
- Swapping out bacon for nuts. To mimic the fat and crunch of bacon, sauté nuts in a little oil until they are toasted and crispy and add to roasted vegetables — they are a welcome delight.
- You’re going to want to make extra cranberry sauce for cranberry parfaits. Fold together cream and cranberry sauce to blend. Dollop into parfait glasses. Sprinkle over granola. Repeat to make a few layers.

SECRET INGREDIENTS TO PERK UP YOUR THANKSGIVING FEAST

SWEET POTATOES

For a sweet and interesting twist to the typical recipe for sweet potato casserole, try adding 2 to 3 roasted bananas. Bananas add a creamy sweetness and complexity of flavor. It’s also a great use for overripe bananas. Simply pop the desired number of bananas into an oven at 350 degrees F and roast them in their skins for 10 to 15 minutes. The skins will turn black and the flavor will become more concentrated. Once the bananas have cooled, mix them directly into your mashed sweet potatoes along with traditional spices such as ground ginger, cinnamon and brown sugar.

CRANBERRY SAUCE

Another great way to perk things up is to add a little texture. When making your favorite cranberry sauce recipe, add dried cranberries too. They lend a surprising sweet chewiness, which complements the cooked fresh cranberries. Punch up your favorite recipe at the end of the cooking time by stirring in up to 1 cup of the dried cranberries. Once you add them, remove the pot from the heat to cool. Dried cranberries are very sweet, so you may want to lower the sugar in your original recipe.

PUMPKIN PIE

What is Thanksgiving without pumpkin pie? You make it every year, but this Turkey Day staple doesn’t have to be boring. Give your favorite recipe a warm punch by adding 3/4 teaspoon black pepper! Black pepper is a warming spice, so it blends together nicely with other pumpkin pie spices. Adding the black pepper complements and intensifies the other fall flavors, such as cinnamon, clove and ginger. Oils within the peppercorns are released when they are crushed and lend a very subtle peppery heat.

SPICED NUTS

Instead of placing a bowl of loose nuts and fruit out, why not mix up the usual by serving this assorted array of spiced nuts? They’re simple to make—just roast the nuts in the oven with a variety of herbs and seasonings, and you’re sure to impress your company.
IT’S A TIME TO REORGANIZE AND RE-ENERGIZE

It’s November and you all know what that means. Group annual or semi-annual meetings are taking place. It’s a time to reorganize and re-energize within your Group. If you’ve never been to a meeting, I encourage you to attend one this year and make your voice heard. Maybe even think about an elected office or becoming part of a board. We all need to do our best to promote and grow the organization from the ground up and this means getting involved and not sitting by to let others take an active role in your Group.

Besides the meetings that are being held, I’d like to address the leadership of our programs, the Directors, Directresses, and the Sports Directors. In the past year we’ve finally been allowed to hold our normal sporting events pretty much without restrictions. I attended the International Bowling Tournament and while the turnout was encouraging, the numbers were a bit low regarding previous tournaments. The International Golf Tournament was another tremendous success with new golfers attending and the veterans returning. But for me, the best part of this past summer was being able to finally meet with the Physical Fitness Board and the Group Directors/Directresses and their Assistants in person to conduct our Annual Clinic. Being at a familiar location in Kutztown University and their always helpful Event Staff, the Clinic was a wonderful time to be together. And while the attendees did their best to master the new drill routines, there was still time to have meaningful discussions and even a little bit of fun.

One of the discussions centered around the upcoming 50th International Slet next year. If you haven’t read or been informed, the Board introduced new age groups to promote more of our veteran participants to come back this year and every year after to compete, renew old friendships and make the Slet a more family event. But the question always is...How do we accomplish this? For beginners, NOW is the time to start. Having a Thanksgiving get together to collect clothing/food for your local shelters gets people involved. A children’s Christmas party brings the younger and older Group members to meet new and familiar faces. Right now our Group leaders should be planning events to gather your members and drum up excitement for the upcoming year and eventual Slet. Get the old Slet programs out of storage. Pull out the photo albums and yearly review books and check out the pictures form the past. Show your videos from the past and get the vets to reminisce and newbies to see how fun the Slet can be.

During the Clinic, the Board posted daily pictures of the Clinic on our Facebook page. We noticed comments, suggestions and likes from a few of our past participants. The ones that stick with me are the challenges between people to participate once again. And so as a lifelong Sokol and Slet competitor, I’m anxious to see who will follow through and be there next summer. If you’re not sure who to contact within your Group, please contact the Fitness Board and we can point you in the right direction. We, as a Board, would like to see the next Slet be our biggest and best yet. Zdar Boh!

Marty Degnan, Member of Physical Fitness Board

SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERATION

Thank you to the Home Office and all the Assemblies, Groups, Wreaths, and Members of the Slovak Catholic Sokol who donated to the 44th Annual Saints Cyril and Methodius Appeal. The final totals will not be known for a few weeks, but as of October 16, 2022, the Appeal has received $28,898.87 from 208 donors. Money raised goes to assist the Pontifical Slovak College of Saints Cyril and Methodius in Rome with its day to day operations.

A solicitation for the 44th Annual Appeal is being prepared and will be mailed sometime in January. This mailing is sent to members of the Slovak Catholic Federation, clergy with Slovak ancestry, Branches and Districts of Slovak Catholic fraternal societies, and previous donors. On behalf of the Pontifical College, thank you everyone for your continued generosity and support.

Anyone wishing to donate to the 2022 Appeal is asked to fill out the information in the box at the bottom of this article and mail 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. The 45th Annual Appeal runs from December 1, 2022 to November 30, 2023. 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’s 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 Parish, 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 $____________

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
Life insurance is always a perfect gift for that special loved one. It’s a gift that will last a lifetime. It cannot be lost, stolen, broken or squandered away. It is economical, worth something immediately and appreciates in value over the years.

Of course it is a Slovak Catholic Sokol life insurance policy or annuity plan. By providing your child, grandchild or other members of your family and friends with a Sokol insurance policy, you have a number of advantages which should be considered. It is first and foremost a lifetime of insurance protection at a cost that can never be replicated. It also creates a cash value account that may be used for future college expenses or some other of life’s emergencies. And, you will have also protected loved one’s insurability which means that no matter what happens to their health in the future, they will always be insured under the policy you purchased for them.

Another important fact about life insurance is that it is the cornerstone of any financial plan. By purchasing a policy today when rates are low, you will have started that special child or grandchild off on the right road to financial success.

And in addition, the Slovak Catholic Sokol offers a number of fraternal benefits. Our athletic and gymnastic programs emphasize our belief in both physical and mental health, as well as our commitment to our fraternal way of life. Each year, our organization provides scholarship grants to our members. As a firm believer in the Catholic school system, we provide grants to students attending Catholic grade school and high school. We also offer a generous number of college scholarships as well.

So why not purchase that life insurance policy or annuity plan now so that the new year can start that loved one on the road to financial success. Give a call to our Home Office at 1 800 886-7656. We will provide you with all the rates and applications or see your local Assembly or Wreath officers.

Sokol life insurance policy makes a wonderful birthday gift, first Holy Communion, Confirmation or graduation gift as well. Think about it and start that favorite loved one on the road to financial success.

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**IN MEMORIAM**

**SEPTEMBER 2022**

<table>
<thead>
<tr>
<th>ASSEMBLY/ WREATH</th>
<th>MEMBER</th>
<th>AGE</th>
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<tbody>
<tr>
<td>Assembly 11</td>
<td>Fred Olszowka, Orland Park, IL</td>
<td>84</td>
<td>July 24, 2022</td>
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<td>Assembly 11</td>
<td>Anna Binkley, Schenectady, NY</td>
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<td>August 25, 2022</td>
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<td>Marianne L. Meland of Palatine, IL</td>
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<td>Assembly 16</td>
<td>Edward Brizek, Pittsburgh, PA</td>
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<td>Assembly 24</td>
<td>Joseph T. Ofsonka, Morristown, NJ</td>
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<td>Karen Barthak, Boonton, NJ</td>
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<td>Assembly 28</td>
<td>Louis P. Somers, East Douglas, MA</td>
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<td>Zelda Faye Kleya, Jacksonville, FL</td>
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<td>George E. Machak, Warren, MI</td>
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<td>Assembly 36</td>
<td>Mary Kopicki, Macomb, MI</td>
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<td>Joseph P. Petronek, Bellaire, OH</td>
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<td>Lawrence Demchik, Norristown, PA</td>
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<td>Irene Petras, Bethlehem, PA</td>
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<td>Alex L. Duh, Bethlehem, PA</td>
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<td>Anna Bahil, Akron, OH</td>
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<td>Francis J. Walko, Campbell, OH</td>
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<td>Martin J. Milich, Youngstown, OH</td>
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<td>Wreath 1</td>
<td>Helen M. Phillips, Jupiter, FL</td>
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<td>Xia Yang, St. Paul, MN</td>
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<td>Louise Stana, Youngstown, OH</td>
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<td>Stephanie Grabovac, Whiting, IN</td>
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<td>Carol Ann Rohal, Homestead, PA</td>
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<td>Erma R. Ovbo, Viroqua, WI</td>
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<td>Chai Cha Thao, LaCrosse, WI</td>
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<td>Wreath 111</td>
<td>Matthew D. Prager, Scarborough, ME</td>
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<tr>
<td>Wreath 155</td>
<td>Megan E. Bruno, Sinking Springs, PA</td>
<td>32</td>
<td>August 30, 2022</td>
</tr>
</tbody>
</table>

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**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.
SLOVAK CATHOLIC FALCON, NOVEMBER 1, 2022

SLOVENSKO VYROBÍ PRE UKRAIJNU ĎALŠIE HÚFNICE


V priebehu nasledujúcich mesiacov bude v rámci kooperácie sa súhlasom Slovenska a Nemecka a Nórsko začat vývoj výšky 155 mm samohybného kanónového húfnice Zuzana 2 pre Ukrajinu, pričom ich postupné dodávky budú vykonané podľa úsporného plánu do roku 2023.


REZORT OBRANY ZÍSKAL Z FONDOV USA 205,8 MILIÓNA DOLÁROV

Ministerstvo obrany SR získalo z fondov USA 205,8 milióna dolárov. Dvesto miliónov možno použiť na nákup techniky pre Ozbrojené síly SR. Zvyšky sa môžu použiť na antidronovú ochranu a hybridné hrozby. V stredu o tom informoval šéf ministerstva pre Ozbrojené sily SR. Zvyšok je určený na antidronovú ochranu a hybridné hrozby. V stredu o tom informoval šéf ministerstva pre Ozbrojené sily SR. Zvyšok je určený na antidronovú ochranu a hybridné hrozby. V stredu o tom informoval šéf ministerstva pre Ozbrojené sily SR. Zvyšok je určený na antidronovú ochranu a hybridné hrozby.


NOVÝ VEĽVYSLANEC USA NA SLOVENSKU JE GUATAM A. RANA


Veľvyslanec Rana podošiel pôsobitel na základe kooperácie s ruskou armádou vo východnej Európe. V priebehu nasledujúcich mesiacov bude v rámci kooperácie sa súhlasom Slovenska a Nemecka a Nórsko začat vývoj výšky 155 mm samohybného kanónového húfnice Zuzana 2 pre Ukrajinu, pričom ich postupné dodávky budú vykonané podľa úsporného plánu do roku 2023.

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**DOBRE RADY DO KUCHYNE**

- Do vody, v ktorej varíte zemiaky, pridajte trochu tuku, nerozpadnú sa. Kúsok masla či oleja tiež zasúť, že sa zemiaky rýchlejšie uvaria, budú chutnejšie a zachovávajú si i viac vitamínov.
- Keď pripravujete zemiakové placky, nastrúhajte do nich mřeku, cesto nestavnejte a zostane svetlé.
- Staré a nové zemiaky sa vyznačujú rozličným obsahom škrobu a podľa toho s nimi v kuchyni narábať. Staré zemiaky vkladajte pri varení do studenej vody a nové do teplej.
- Do vody, v ktorej pripravujete ryžu, pridajte trochu citrónovej tus.
- Vajíčko vyberte niekoľko hodín pred varením z chladničky, zabráňte tak, aby pri varení praskli.
- Ak pri varení spoznáte, či je vajíčko čerstvé alebo má už starši dátum výroby? Čerstvé vajíčko vo vode klesne ku dnu, menej čerstvé bude stáť a staré vypáva na hladinu.
- Stružkoviny so sertom a koreňe až na konci varenia. Ak to urobíte na začiatku, predĺžite dobu varu.
- Stary a stvrdnutý syr namočte a nechajte ho pri varení. Ako pri varení spoznáte, aromatické zložky syra sa najlepšie rozvinú pri vyššej teplotе.
- Rybu rozmrazujte v mlieku, stratí tak svoj typický pach.
- Struktoviny s mäso skrehne, aj keď nie súcne.
- Prekáža vám tuk vystretilie sa vody.
- Do vody, v ktorej pripravujete ryžu, pridajte trochu citrónovej tus.

---

**ACH, TÁ NAŠA SLOVENČINA! 😬**

Slovák dostal mizerný rating. - pravda.sk
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Igor Matovič v nedeľu večer zverejnil na sociálnej sieti status. - pravda.sk

Technológia prešovskej firmy Seak riadí okolo 800-tisíc svetel po celom svete a ďalej expanduje ... - sme.sk

---

**VIETE, ŽE...**

...najväčší kontinent je Azia a najmenší je Austrália.
...najväčší oceán je Atlantický a najmenší je Arktický.
...najhlbší je Pacifický oceán.
...najväčšia krajina je Rusko a najmenšia je Vaticán.
...najväčšia rieka je Amazon, najdlhšia je Nil.
...najväčšie jazer je Kaspijské more.
...najvyššie vodopády sú Anjelské vodopády vo Venezuele.
...najväčší ostrov je Grónsko.

---

**KRÁTKE SPRÁVY ZO SLOVENSKA**

Ceny zemného plynu vyskocili takmer desaťfoňasobné, nestotá sa, ako to bude s budúcimi dodávkami rastie. Je pravdepodobné, že národná situácia nezvládne mnoho ťažších. Najväčšia európska automobilka oznámila, že pri dlhodobom nedostatku zemného plynu sú na stole všetky možnosti, vrátane odchodu z Česka a Slovenska. Kompenzačné systémy pre priemysel, založené na Slovensku neexistujú a pri nedostatku plynu a jeho vysoké cene sa môže stať, že európske firmy začnú opúšťať región východnej Európy. Táto je totiž energetická kríza môže dotknúť najviac.

---

Štátna tajomníčka Ministerstva zahraničných vecí a európskych záležitostí (MZVEZ) SR Ingrid Brocková sa 9. októbra stretla s predstaviteľom veľvyslanectva Ruskej federácie Kirillum Sapóženkovom. Ruský diplomát bol predvolaný na MZVEZ SR, aby mu bol týmto členom ostrý protest proti opakovaným porušovaniam medzinárodného práva a Charter OSN zo strany Ruskej federácie a jednoznačné odsúdenie nelegitimnej a právne neplatnej exanexi ďalších častí ukrajinského územia zo strany Ruskej federácie. Brocková zdôraznila, že Krym, Donecká, Záporožská, Chersonská a Luhanská oblasť patria Ukrajinu, nesúvisí s nezávislostou Ruskej federácie a jednoznačne nedoporučuje))(oporovanie Charty OSN zo strany Ruskej federácie. Tieto povinnosti bude znova “ako nový”.

---

Predseda vlády SR Eduard Heger sa stretol s novým mimoobchodným a splnomocneným veľvyslancom Spojených štátov amerických na Slovensku J. R. Brockem. Hovorili spolu o aktuálnej energetickej kríze a predseda vlády objasnil novému veľvyslancom Ruskou federáciu a jednoznačné odsúdenie nelegitimnej a právne neplatnej exanexi ďalších častí ukrajinského územia zo strany Ruskej federácie. Brocková zdôraznila, že Krym, Donecká, Záporožská, Chersonská a Luhanská oblasť patria Ukrajinu, nesúvisí s nezávislostou Ruskej federácie a jednoznačne nedoporučuje}(oporovanie Charty OSN zo strany Ruskej federácie. Tieto povinnosti bude znova “ako nový”.

---

Na Slovensku by mohol pribudnúť nový pamätáci deň. Išlo by o Deň obetí pandémie koronavírusu, ktorý by pripadal na 6. marca, deň prvohodného odsúdenia koronavírusu na Slovensku. Vypíňa to z novely zákona o štátich sviatkoch, dňoch pracovného pokoja a pamätácných dňoch, ktorých poslaní Národného rady (NR) SR posunuli do druhého čítania.
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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 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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