



*Za Boha a národ*

*For God and Nation*

# **Slovak Catholic Falcon**

## **Slovenský katolícky sokol**

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

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

VOLUME CXII

PASSAIC, NJ, DECEMBER 1, 2023

NUMBER 5182



# **POŽEHNANÉ VIANOČNÉ SVIATKY**

## Message from our Supreme President Michael J. Horvath

**O Holy Night!** This simple title of a wonderful Christmas Carol accurately describes what we will be experiencing and celebrating on December 24, the eve to our Glorious Holyday, Christmas Day. The lyrics of this song explain what Christmas does for all of humanity. Let us sing with our voices this song since our world needs Christ in our lives for the weary world needs to rejoice His birth and every lasting Peace.

There is no other holiday that expresses love and family more than Christmas. The first Christmas shows us the way the family is the unit of love and caring. This has continued throughout the centuries when on Christmas Eve and Day families and friends come together to show their love for one another and celebrate the birth of our Lord and Savior, Baby Jesus.

Everyone has rich traditions and customs that were handed down to them from their families; their great-grandparents, grand-parents, and par-

ents, from wherever they originated from, especially from Slovakia, our Motherland. These traditions and customs we follow from Christmas Eve supper, Vilija, with all the foods that we enjoy just once a year. These foods might differ since they come from the all over Slovakia, but all have special meaning and purpose; to prepare us to celebrate Christmas Day.

Then on Christmas Day we are blessed to be able to enjoy Christmas Day Mass and hear the many songs of Christmas sung that open our hearts, put pleasant thoughts in our mind and smiles on our face. Then after Mass we go home or to a family or friend's house to enjoy Christmas Day dinner, some that we have not seen since last year. At this Christmas gathering we are amazed to see how big the children have grown since last year and are delighted to see the new babies, which light up any heart just as Baby Jesus did for us two millennia ago. Make this Christmas better than the past Christmas', by remembering the reason for Christmas and try to live its meaning of peace and love every day. For the past eight years you have giv-

(Continued on page 4)



## AGNES EVANKO SELECTED AS 2023 FRATERNALIST OF THE YEAR

Longtime and dedicated Group 5 activist Agnes Evanko of Canton, OH has been selected as our 2023 Fraternalist of the Year. She is a member of Assembly 180.

She has been a life-long member of Assembly 180 and has participated since her youth at all levels of the organization in various capacities.

Agnes Evanko currently serves as Assembly 180 Vice-President and

has been for the past 25 years. Agnes has also held the following positions: Assembly 180 Physical Directress – 10 years; Group 5 Assistant Physical Directress – 15 years; Group 5 Physical Directress – 14 years and Supreme Physical Fitness Board – 8 years.

In 1983 Agnes received an award from Supreme Physical Directress Kathy Smolkowicz on behalf of the Supreme Physical Fitness Board for her dedication to the youth of our organization.

She attended International Slets first as a participant in her youth, moving on to leading the female members of Group 5 as Assistant Physical Directress and Physical Directress and finally moving to Supreme level as member of Supreme Physical Fitness Board.

In 1963, Agnes teamed with Ann Dureska to take the Women's Double title at the International Bowling Tournament.

She has represented Assembly 180 at five Quadrennial Conventions.

Assembly 180 has monthly service projects to support a variety of charitable causes in the Canton area. Agnes can be counted on to participate in these events whether it is with a monetary donation, donation of food or school supplies, or her time to tie fleece blankets for local hospital or shelter. For the December project, she is one of Santa's elves helping to wrap Christmas gifts for the parish Christmas Giving Tree which supports local families in need, making their holiday a little brighter. She also volunteers to support any Assembly or Group fund raiser, selling tickets to family and friends.

Prior to the closing of Sacred Heart of Jesus Slovak parish Agnes Evanko was a volunteer for weekly bingo. She also was a member of the kitchen crew for their annual Slovak Day festival and the Christmas/Easter nut roll sale. Upon the closing of Sacred Heart church Agnes became a member of St. Mary's parish where she became involved with the bereavement team helping to supply deserts for the meals after a funeral. She has always been supportive of reverse raffle events the parish holds as fund raisers for their various outreach programs. Agnes also supports the food pantry run by the parish to serve families in the neighborhood surrounding the church. Additionally, Agnes can be counted on to lead the Rosary during calling hours for our departed members. Agnes has been a volunteer at the McKinley Presidential Library & Museum for more than 25 years.

Agnes has served as a mentor to a number of Assembly 180 members who have gone on to hold Assembly, Group, and Supreme offices. Her spirit of fraternalism and volunteerism are great examples to the younger members of the assembly, showing that you can continue to participate throughout your life. Agnes also volunteers to support assembly or group fund raisers or events, such as track and field meets, bowling tournaments, dinners; in a variety of capacities assisting in whatever needs done.

Congratulations to Sister Agnes on this well-deserved honor!

**FROM THE DESK OF THE SUPREME SECRETARY  
SCOTT T. POGORELEC, F.I.C.  
MERRY CHRISTMAS**



I would first like to take this opportunity to wish all our members a very Merry Christmas. Remembering the true meaning and significance of Christmas is sometimes overlooked amid all that is going on in our lives during this busy time. We need to remind ourselves that Christmas is about the celebration of the birth of Jesus Christ and not just another day off or a holiday. This special time allows us the opportunity to enjoy the excitement and emotion of the holiday season, especially through the eyes of our little ones.



Christmas is about the celebration of the birth of Jesus Christ and not just another day off or a holiday. This special time allows us the opportunity to enjoy the excitement and emotion of the holiday season, especially through the eyes of our little ones.

I would first like to recognize and congratulate our 2023 Fraternalist of the Year from Group 5 and Assembly 180, Agnes Evanko. Sister Agnes has been and continues to be extremely active at all levels of our organization. There is a beautiful writeup in this edition of the Falcon and as you can see, Sister Agnes is so very deserving of this award. Congratulations again, Agnes, and we look forward to celebrating you!

As the year 2023 comes to an end, I would like to express my thanks and gratitude to all our members for making this year another successful one. I would especially like to thank our Supreme President, Michael J. Horvath, our Board of Directors, and our Supreme Officers for all your efforts and hard work in promoting our wonderful organization. I would also like to thank our Group Officers, Assembly Officers, and Wreath Officers for your dedication to our Society. Your efforts throughout the year allow us to thrive as the Slovak Catholic Sokol. A fraternal benefit society like ours is really an extension of our own family. It is what our founders had in mind in 1905 and it is what our organization has become. I ask you to continue those efforts and look for ways to increase membership and participation. You have been and will always be our best promoters. We not only provide outstanding financial security with our insurance and annuity products, but we also offer so many fraternal benefits geared to our members. It is who we are, a family.

This time of the year also gives us a chance to reflect on the past year and look forward to the New Year ahead. I urge all our members to evaluate your personal life insurance needs, as well as the needs of your family. You can help strengthen our organization while also protecting your family and friends. Membership in the Slovak Catholic Sokol is a wonderful gift for a child or grandchild. Allowing them to be part of another strong "Family" is truly an enduring gift.

In conclusion, I would like to formally thank the people that make the Slovak Catholic Sokol engine go. The Home Office Staff work tirelessly for our Society and rarely get the recognition they deserve. Thank you for all your hard work and Merry Christmas to you and your Families. On behalf of my beautiful wife, Maggie, our sons, Reid and Cole, my entire family, the Board of Directors, and our Home Office, I would like to wish everyone a Merry Christmas and a blessed New Year! Peace be with you and Zdar Boh!

Stay safe, stay strong, and STAY POSITIVE!

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Stay safe, stay strong, and STAY POSITIVE!

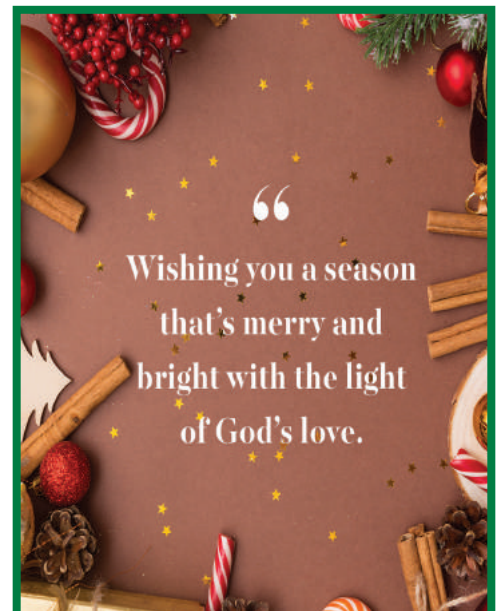
**HOLIDAY OFFICE HOURS**

In observance of Christmas, the **HOME OFFICE WILL BE CLOSED** for business on **MONDAY, DECEMBER 26<sup>TH</sup>**. Likewise, to commemorate the New Year's observance, the Home Office will be closed for business on **MONDAY, JANUARY 2<sup>ND</sup>, 2024**.

**SLOVAK CATHOLIC FALCON PUBLICATION DATE**

The next issue of the **SLOVAK CATHOLIC FALCON** will be that of **JANUARY 1, 2024**. **DEADLINE** for all photos and information for this issue will be **DECEMBER 22, 2023**.

The next **SLOVAK CATHOLIC SOKOL NEWSLETTER** will be posted on our website on **DECEMBER 15, 2023**.



**Thoughts from our Supreme Chaplain,  
Rev. Andrew S. Hvozdovic  
WHERE GOD IS BORN,  
HOPE IS BORN**

“Behold, the virgin shall be with child and bear a son, and they shall name him Emmanuel,” which means “God is with us.” (Mt. 1:23)

*This reflection is adapted from the Christmas message  
of Pope Francis in 2015.*

Christ is born for us, let us rejoice in the day of our salvation! Let us open our hearts to receive the grace of this day, which is Christ himself. Jesus is the radiant “day” which has dawned on the horizon of humanity. A day of mercy, in which God our Father has revealed his great tenderness to the entire world. A day of light, which dispels the darkness of fear and anxiety. A day of peace, which makes for encounter, dialogue and, above all, reconciliation.



On this day, Jesus, the Savior, is born of the Virgin Mary. We see the sign which God has given us: “a baby wrapped in swaddling clothes and lying in a manger.” Like the shepherds of Bethlehem, may we too set out to see this sign, this event which is renewed yearly in the Church.

Christmas is an event which is renewed in every family, parish and community which receives the love of God made incarnate in Jesus Christ. With the shepherds, let us bow down and worship God’s goodness made flesh!

Where God is born, hope is born. He brings hope.

Where God is born, peace is born; and where peace is born, there is no longer room for hatred and for war.

Where God is born, hope is born; and where hope is born, persons regain their dignity.

Yet even today, great numbers of men and woman are deprived of their human dignity and, like the child Jesus, suffer cold, poverty and rejection. May our closeness today be felt by those who are most vulnerable.

Where God is born, mercy flourishes. Today, then, let us come together to rejoice in the day of our salvation. As we contemplate the Crib, let us gaze on the open arms of Jesus—the merciful embrace of God. We hear the voice of the Child who whispers to us: “Peace.”

**Message from our Supreme President**

(Continued on page 2)

en me the privilege and honor to serve you and our great Slovak fraternal benefit society as President. I enjoyed guiding and leading the Society these past eight years and did my best to ensure all was done to grow the Society and keep it financially sound and to do the right things to protect the Society. On January 1, 2024, I will pass on the leadership of the Slovak Catholic Sokol to our new President, Brother Larry M. Glugosh, and the new Supreme Assembly. May we all welcome them and give them our support for the next four years as they work to

keep our Society moving in the direction of membership and financial growth.

On behalf of the Supreme Assembly and from me and my wife Suzanne and daughters Heather, Jennifer and her husband, Carl and their daughter, Kelci, and Megan and her husband James, and their sons Jonathan, Seamus and Andrew, we wish all Slovak Catholic Sokol members and friends a Very Merry Christmas, Vešelé Vianoce, and a Happy New Year, Šťastný Nový Rok.

With God’s Blessings to All!

Stay Safe and Healthy now and always!  
Dakujem and Zdar Boh!

**Slovak Catholic Falcon  
Slovenský Katolícky Sokol**

ISSN:0897-8107

Established April 15, 1911

Official Publication  
of the Slovak Catholic Sokol

Issued Monthly

Editorial Staff:

Livia Karak

Daniel F. Tanzone

Annual Subscription Rates:

United States \$40.00

All others countries \$45.00

POSTMASTER: Send address changes  
to

Slovak Catholic Falcon

P.O.Box 899, 205 Madison Street

Passaic, NJ 07055

Member of the Catholic Press Association  
and the

Slovak Newspapermen’s  
Association of America

Proprietor and Publisher

SLOVAK CATHOLIC SOKOL

P.O.Box 899

205 Madison Street

Passaic, NJ 07055

HOME OFFICE HOURS:

MONDAY THROUGH THURSDAY

9:00 a.m. – 4.30 p.m.

FRIDAY

9:00 a.m. – 2:00 p.m.

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Slovak Catholic Sokol Public Group

## ANNUAL SLOVAK HERITAGE FESTIVAL IN PITTSBURGH, PA



(L-r): Michael Horvath, President, Slovak Catholic Sokol; Professor Michael Kopanic, Jr., The University of Maryland Global Campus and Greg Felton, NSS National Sales Director.



The University of Pittsburgh held its annual Slovak Heritage Festival on Sunday, November 5, 2023. Fraternal and leaders of the Slovak-American community met for a breakfast meeting to discuss the present activities and future plans of the Slovak Program at the University of Pittsburgh. Attendees included Michael Horvath, President, Slovak Catholic Sokol, and Sokol Brother Dr. Michael Kopanic, Jr. from the University of Maryland Global Campus. Dr. Renáta Kamenárová serves as the Director of Slovak Studies Program, the only university program in North America where students can take Slovak language and culture classes and opt to receive a Minor in Slovak Studies.

## THE SLOVAK HERITAGE SOCIETY OF NORTHEASTERN PENNSYLVANIA CELEBRATED 40<sup>TH</sup> ANNIVERSARY



The Slovak Heritage Society of Northeastern Pennsylvania celebrated their 40<sup>th</sup> Anniversary at their Annual Meeting at The Café Route 315, Wilkes-Barre, PA. Twenty-seven members were in attendance. Chairman, Elaine Palischak gave a report on the activities that were held during the year. She also announced activities planned for next year. Anna Hudock and Michael Stretanski gave a presentation on the history of the society.

The first activity will be held on Sunday, December 3, 2023. The Feast of St. Nicholas will be celebrated at St. Ignatius of Loyola Church, 339 North Maple Avenue, Kingston, PA at 2:00 p.m. The church is handicapped accessible. An afternoon filled with song and storytelling of past Slovak Christmas traditions will take place. Refreshments will be served followed by fellowship. Everyone is invited to participate free of charge; a free-will offering will be accepted. For further information, call Anna Hudock at 570-510-1655.

Pictured, are board members of the Slovak Heritage Society of Northeastern Pennsylvania along with their Chaplain, Rev. John Albosta. Seated, left to right are: Anna Hudock, Rev. John Albosta, Elaine Palischak, and Dorothy Sullivan. Standing, left to right are: Robert Zavada, Michael Stretanski, Helen Bacumpas, and Anthony Palischak. Absent was Constance Plewniak.

Rev. Andrew S. Hvozdic, Supreme Chaplain of the Slovak Catholic Sokol was in attendance at the celebration.

### 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. – Kathleen Shoberg Watkins

## \$62,000 IN S.C.S. SCHOLARSHIP GRANTS AVAILABLE TO ELIGIBLE MEMBERS IN 2024

We are pleased to announce that the Slovak Catholic Sokol will make available a total of \$62,000 in scholarship grants to eligible members in 2024. Previous recipients of Slovak Catholic Sokol scholarship grants may reapply for a 2024 grant; however, per Convention mandate - a student may receive a maximum of two (2) Slovak Catholic Sokol scholarship grant awards and a maximum of one (1) in each of the other categories.

A total of 30 Slovak Catholic Sokol college grants of \$1,000 each, two Theodore and Mary Jane Rich Memorial Scholarships one for a male and female in the amount of \$2,000 each, two Emil Slavik Memorial Scholarships one for a male and female in the amount of \$2,000 each, one The Doctors' Lesko Medical Memorial Scholarship in the amount of \$1,000, one Krista L. Glugosh Memorial Scholarship in the amount of \$1,000, one Yencha Scholarship in the amount of \$1,000 and three Slovak Catholic Sokol (SCS) Memorial Scholarship in the amount of \$1,000.

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

### College scholarship eligibility requirements:

#### **SLOVAK CATHOLIC SOKOL (a total of 30, \$1,000 grants will be awarded)**

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

#### **THEODORE AND MARY JANE RICH (one male and one female grant in the amount of \$2,000 will be awarded)**

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

#### **EMIL SLAVIK (one male and one female grant in the amount of \$2,000 will be awarded)**

- Same requirements as for SCS scholarship AND
- Both parents must be members of the Slovak Catholic Sokol

- Must be majoring in liberal arts, the sciences, pre-law, pre-medical or business curriculum.

#### **THE DOCTORS' LESKO MEDICAL MEMORIAL SCHOLARSHIP (1 grant in the amount of \$1,000 will be awarded)**

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

#### **KRISTA L. GLUGOSH MEMORIAL SCHOLARSHIP (1 grant in the amount of \$1,000 will be awarded)**

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

#### **YENCHA SCHOLARSHIP (1 grant in the amount of \$1,000 will be awarded)**

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

#### **SLOVAK CATHOLIC SOKOL MEMORIAL SCHOLARSHIP (3 grants in the amount of \$1,000 will be awarded to the applicant that best exemplifies the spirit of volunteerism)**

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

The process of applying for any of the above college level scholarships is completely on-line. Applications and instructions are **ONLY** available on our website @ [www.slovakcatholicsokol.org](http://www.slovakcatholicsokol.org)

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

Andrea Tadlock  
Supreme Vice-President  
Chairperson of the Scholarship Committee  
[vp@slovakcatholicsokol.org](mailto:vp@slovakcatholicsokol.org)

### **DEADLINE FOR SUBMISSION OF ALL SCHOLARSHIP APPLICATIONS IS MARCH 31, 2024**

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

## SLOVAK CATHOLIC SOKOL COLLEGE SCHOLARSHIP- TIPS FOR SUCCESS

I just wanted to take a moment to highlight the recent changes made to the Slovak Catholic College Scholarship Program. We will continue to use a completely on-line process as we have had few issues with the process over the past several seasons. With the help of our technical webmaster, we have redesigned the application process and you should find it to be much more user friendly. You will find the on-line application on our website at [www.slovakcatholicssokol.org](http://www.slovakcatholicssokol.org) beginning December 1, 2023.

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

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

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

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

### 1. ANSWER ALL QUESTIONS ON THE APPLICATION

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

### 2. INCLUDE ALL REQUIREMENTS FOR THE APPLICATION- I.E. PHOTO; TRANSCRIPT; ESSAY

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

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

### 3. SUBMIT ALL REQUIRED ELEMENTS PRIOR TO THE DEADLINE

The application is clear and I just want to prevent a waste of your time and energy. Failure to include/complete any of the above items will result in the application being disqualified. To be honest, it is not easy for our committee when we need to disqualify applicants for simple yet important missing requirements.

Lastly, apply for all college scholarships for which you qualify in order to give yourself the best chance at receiving

## MINUTES OF THE ANNUAL MEETING – GROUP 6, MSGR. ANDREW HLINKA

The Annual Meeting of Group 6, Msgr. Andrew Hlinka was held on October 22, 2023 at the Clubhouse Grille at Cedarbrook in Rostraver, PA.

The meeting was called to order at 1:10 p.m. by President Anna Mae Warnick who welcomed all in attendance, then lead the group with opening prayers and Grace. Buffet lunch was then served. After lunch President, President Anna Mae Warnick once again welcomed all in attendance and requested all contact information be confirmed as correct. Minutes were read by Secretary, Terri Gardner from the semi-annual meeting held on April 23, 2023. Minutes were approved and recorded into record.

**Old business** – Anna Mae requested information regarding the history of all the Assemblies and Wreaths, she asked everyone to continue gathering the information. She reported to the group about the convention that was held this year. Officer reports were given and recorded into record.

**New business** – A Christmas Party was discussed and agreed that at this late date to hold a Holiday Party in January with tentative date of January 14, 2024. Election of officers were held and voted on. Officers will remain the same - President, Anna Mae Warnick; Vice President, Dorothy Rudinec; Secretary, Terri Gardner and Treasurer, Mary Erdley. Mark Mattros will remain Sports Director.

A tentative date of April 7, 2024 is planned for our next meeting at the Clubhouse Grill. Motion was made and seconded to adjourn the meeting at 2:45 p.m. Motion carried with closing prayers led by President Anna Mae Warnick.

– Terri Gardner, Secretary

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Slovak Catholic  
Sokol Public Group

Get quick updates on the latest events  
going on in our organization

ing something. There were several applicants who limited themselves to a particular scholarship. Competition was fierce for the larger \$ scholarships, but there seems to be more opportunity with the other scholarship offerings.

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

Good luck and Zdar Boh!

**Andrea Tadlock**

Supreme Vice-President

Chairperson of the Scholarship Committee

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

As a fraternal benefit, the Slovak Catholic Sokol is pleased to offer \$500.00 grants to one young Sokol or Sokolka in each of our organization's nineteen Groups. These 18 Grants are available to any qualified Sokol member currently attending a Catholic High School.

### ELIGIBILITY

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

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

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

### APPLICATION

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

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

This application must be **received** on or before, **March 31, 2024** with a clear, small (2"x3" wallet size) head and shoulders photograph.

Application is also available on the Internet @

[www.slovakcatholicsokol.org](http://www.slovakcatholicsokol.org)

### DISQUALIFICATION

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

### ACKNOWLEDGMENT

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

### RETURN OF GRANT

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



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

Group # \_\_\_\_\_ Assembly/Wreath # \_\_\_\_\_ Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_ Date of Birth \_\_\_\_\_ Current Age \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_ High School Phone (\_\_\_\_\_) \_\_\_\_\_  
area code area code

S.C.S. Insurance Certificate # \_\_\_\_\_ Face Amount \_\_\_\_\_

S.C.S. Insurance Certificate # \_\_\_\_\_ Face Amount \_\_\_\_\_

S.C.S. Insurance Certificate # \_\_\_\_\_ Face Amount \_\_\_\_\_

Father's name \_\_\_\_\_ Are you a member? \_\_\_\_\_

Mother's name \_\_\_\_\_ Are you a member? \_\_\_\_\_

Parent's S.C.S. Insurance Certificate # \_\_\_\_\_ Face Amount \_\_\_\_\_

Parent's S.C.S. Insurance Certificate # \_\_\_\_\_ Face Amount \_\_\_\_\_

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

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

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

I, \_\_\_\_\_ Principal of \_\_\_\_\_  
(Principal's signature) (Name of School)

Catholic High School, verify that \_\_\_\_\_  
(Name of student)

is a student at the above school and will be attending \_\_\_\_\_ Grade in the 2023-2024 school year.

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

**DEADLINE FOR RECEIPT OF THIS APPLICATION IS MARCH 31, 2024. Return completed application to:**  
**SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 07055**



# SLOVAK CATHOLIC SOKOL CATHOLIC GRADE SCHOOL GRANTS

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

Application is also available on the Internet @ [www.slovakcatholicssokol.org](http://www.slovakcatholicssokol.org)

### ELIGIBILITY

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

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

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

### APPLICATION

This application must be **received** on or before, **March 31, 2024** with a clear, small (2"x3" wallet size) head and shoulders photograph.

### DISQUALIFICATION

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

### ACKNOWLEDGMENT

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

### RETURN OF GRANT

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



## SLOVAK CATHOLIC SOKOL CATHOLIC GRADE SCHOOL GRANT APPLICATION

Group # \_\_\_\_\_ Assembly/Wreath # \_\_\_\_\_ Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_ Date of Birth \_\_\_\_\_ Current Age \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_ School Phone (\_\_\_\_\_) \_\_\_\_\_  
area code area code

S.C.S. Insurance Certificate # \_\_\_\_\_ Face Amount \_\_\_\_\_

S.C.S. Insurance Certificate # \_\_\_\_\_ Face Amount \_\_\_\_\_

S.C.S. Insurance Certificate # \_\_\_\_\_ Face Amount \_\_\_\_\_

Father's name \_\_\_\_\_ Are you a member? \_\_\_\_\_

Mother's name \_\_\_\_\_ Are you a member? \_\_\_\_\_

Parent's S.C.S. Insurance Certificate # \_\_\_\_\_ Face Amount \_\_\_\_\_

Parent's S.C.S. Insurance Certificate # \_\_\_\_\_ Face Amount \_\_\_\_\_

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

If yes, what year? \_\_\_\_\_

School verification (to be completed by Grade School Principal)

I, \_\_\_\_\_ Principal of \_\_\_\_\_  
(Principal's signature) (Name of School)

Catholic Grade School, verify that \_\_\_\_\_  
(Name of student)

is a student at the above school and will be attending \_\_\_\_\_ Grade in the 2023-2024 school year.

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

**DEADLINE FOR RECEIPT OF THIS APPLICATION IS MARCH 31, 2024. Return completed application to:  
SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 07055**



## PRESIDENT APPOINTS NEW GOVERNMENT

President Zuzana Caputova on Wednesday, October 25 appointed Slovakia's new government, which will be headed by Premier Robert Fico (Smer-SD).

The governing coalition consists of Smer-SD, Voice-SD and the Slovak National Party (SNS).

The list of the ministers for Smer includes Robert Kalinak (deputy prime minister and defence), Ladislav Kamenicky (finance), Richard Takac (agriculture), Juraj Blanar (foreign affairs), Boris Susko (justice) and Jozef Raz Jr. (transport).

The ministers for Voice-SD are as follows: Erik Tomas (labour), Zuzana Dolinkova (health), Richard Rasi (investment), Peter Kmec (deputy prime minister for the recovery plan), Denisa Sakova (deputy prime minister and economy), Tomas Drucker (education) and Matus Sutaj Estok (interior).

As for SNS, Tomas Taraba has taken charge of the Environment Ministry, while Martina Simkovicova has become Culture Minister. The party is also set to staff the leadership of a new sport and tourism ministry, which is expected to be established in January 2024.

## FICO STRESSES NEED TO FOCUS ON TRADITIONS AND HOLIDAYS IN SCHOOLS

Premier Robert Fico (Smer-SD) said that he'd like Slovak schools to take more account of traditions and national holidays following his meeting with Education Minister Tomas Drucker (Voice-SD) on Thursday.

Fico at the same called for more active communication between secondary schools and employers, a change in the admission of students to institutions of higher education and the need to reconsider the qualification requirements and specialisations of universities.

"[Slovakia] has one of the highest number of public holidays in the EU, but we see them only as days off, and we don't exactly see them as [opportunity for] fostering some healthy patriotism and self-esteem. Education could play a rather important role in this," said Fico.

With regard to secondary schools, Fico noted that he would like to see supply adapted to the needs of the labour market. According to him, the manner of admitting students from secondary schools to universities should also be addressed. "I don't think that universities are meant for C-grade students. I don't think that an individual has the right to get into a university just because they chose a university at which there are no entrance exams," remarked Fico.

The prime minister added that the need for higher education should be reconsidered in cases in which quality secondary education is sufficient, noting that many people

go to university to get a diploma and not to work in their field of study.

## GOVERNMENT ALLOCATES €1.5 MN IN AID FOLLOWING EARTHQUAKE IN EASTERN SLOVAKIA

The government at its meeting on Thursday decided to allocate €1.5 million to help villages and various entities after the recent earthquake in eastern Slovakia, which the cabinet noted was the strongest in Slovakia since 1930, TASR learnt on the same day.

"The total amount of damage is approximately €16 million, of which approximately €10 million of damage was caused to public buildings and approximately €6 million to houses. The earthquake on October 9, 2023 damaged more than 800 houses, 19 nursery and primary schools, dozens of municipal offices and cultural centres, churches, parish buildings and other religious buildings," wrote the government in the submitted documents.

The allocated subsidy is to be released from the 'General Treasury Management' section of the state budget.

Labour Minister Erik Tomas (Voice-SD) said that the approved funds are only the first round of aid, allocated on the basis of a list compiled by Presov self-governing region.

## FICO: CULTURE MUST RETURN TO SPIRIT OF NATIONAL TRADITIONS AND HERITAGE

The Culture Ministry must return to a spirit of and strengthening of the cultural traditions and heritage of the Slovak nation, Premier Robert Fico (Smer-SD) and Culture Minister Martina Simkovicova (a Slovak National Party nominee) concurred following the premier's visit to the ministry on Monday.

Fico views the Culture Ministry as extremely important for Slovakia. In this connection, he asked the minister to ensure that the ministry under her leadership pays a great deal of attention to making visible the legacy of the most important milestones, events and figures in the history of Slovaks. "Please, pay attention to the traditions of Great Moravia and Saints Cyril and Methodius, to the revolutionary years 1848 and 1849, to important Slovak figures. Don't forget such significant events and dates as July 17, the Day of the Adoption of the Declaration on the Sovereignty of Slovakia," he said.

Fico expects that the philosophy of the ministry will be completely different from that of the previous three years and that the ministry will return to the "spirit of the Slovak nation". He expressed his belief that the team chosen by the new minister will be able to carry this out. "Though smaller and working under difficult financial conditions, this ministry can do more for Slovakia than several other ministries put together," stated the premier. He admitted that

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

some questions concerning the area of culture await rather tough discussions, mentioning the public-service mission of public-broadcaster RTVS as one these.

Simkovicova confirmed accord in the vision of the ministry's activities. She also views focusing on national culture and its traditions while respecting the cultures of other nations to be the basis. "However, respect for other cultures doesn't mean mixing them with the Slovak one. If we are to be recognised as a nation with its own culture, let's put our figures, our traditions, our history in the foreground," she said, stating that the ministry will contribute towards reducing the polarisation of society.

### **POLL: PELLEGRINI HAS BIGGEST CHANCE OF WINNING PRESIDENTIAL ELECTION IN 2024**

Of the potential candidates, Voice-SD chairman Peter Pellegrini has the best chance of winning next year's presidential election, according to the results of a poll carried out by Ipsos agency for Dennik N daily between November 2-7.

Pellegrini would have advanced to the second round with former foreign affairs minister Ivan Korcok, who has already collected the signatures required to take part in the presidential race.

According to the survey, 19 percent of voters would have definitely voted for Pellegrini in the first round of the election. Next came Korcok (14 percent), Prosecutor-General Maros Zilinka and former Supreme Court chair Stefan Harabin (8 percent each), another former foreign affairs minister Jan Kubis (3 percent), and scientist Robert Mistrik (2 percent), who stepped down from the last presidential election before the vote and endorsed incumbent head of state Zuzana Caputova.

According to the survey, 40 percent of the respondents would have voted for Pellegrini in the second round, while Korcok would have garnered 26 percent. Eighteen percent of voters wouldn't have been able to decide, and 16 percent wouldn't have participated in the second round of the presidential election.

In addition to Korcok, Kubis has also announced his candidacy and is still collecting signatures. Pellegrini is considering standing, but hasn't yet made an announcement. Stefan Harabin has again shown interest in the post of head of state, while others are also being mentioned in the media but haven't announced their candidacy yet.

### **GOVERNMENT APPROVES MANIFESTO**

The government of Prime Minister Robert Fico (Smer-SD) at its session on Monday, November 13 approved its manifesto, with the document now set to be submitted to Parliament so that the cabinet can ask MPs to express their confidence in it.

"The government manifesto has an ambition to respond to circumstances and events that significantly affect the political, economic, financial, social and legal situation and the position of the Slovak Republic in the world," the document reads.

According to the manifesto, the new government favours a strong social and rule-of-law oriented state based on the principles of a well-functioning and, to a necessary extent, regulated market economy. The government declared that it will restore partnership dialogue at all levels and treat the partners' legitimate demands with respect.

At the same time, the cabinet wants to take the necessary steps to make Slovakia a modern and effective state that will place emphasis on social security, a good competitive business environment, improving the quality of education and health care, and strengthening public confidence in justice and the rule of law. "However, important national socio-economic objectives will not allow the new Slovak government to increase defence spending further," the cabinet remarked.

In addition, the government wants to stop abuse of the security forces for political purposes and bring calm to a polarised society, pay attention to national self-esteem, strengthen Slovakia's sovereignty, statehood and healthy patriotism, and boost respect for state symbols and cultural traditions.

"The government of the Slovak Republic will continue to support solutions to the conflict in Ukraine that are based on the principles of international law, including Ukraine's independence, sovereignty and territorial integrity within its internationally recognised borders and its inherent right to self-defence," reads the manifesto.



Breathtaking photo of the Northern Lights above the High Tatras in Slovakia on November 6, 2023.

– Photo: Jan Šulík

## MINUTES OF THE ANNUAL MEETING OF GROUP 5

The 2023 annual meeting of Group 5 "Jan Holly" was held on Sunday November 12, 2023, at the Barberton Sokol Club. The meeting was called to order at 10:24 am by the President, Kathy Figard and led the group in an opening prayer. The Pledge of Allegiance was led by Marty Zemanek.

President Figard welcomed all members and thanked them for taking the time to come to the meeting. She indicated the 2023 semiannual meeting minutes; agenda and six 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 taken by Secretary Sue Blosser. A total of 10 active and 2 Honorary officers were in attendance including President Kathy Figard, Vice President Marty Zemanek, Secretary Sue Blosser, Treasurer Karen Hutnick, Sports Director Joe Underation, Assistant Sports Director Helen Zemanek, Physical Director Daniel Underation, Assistant Physical Director David Underation, Physical Fitness Board Members Julie Laury and Rose Croy, and Honorary officers Sue Ann Seich and Agnes Evanko. Officers Jayme Blosser, John Moynihan and Logan Laury were excused. Nine members were also in attendance as delegates: Frank Laury, Joe Moynihan, Sue Moynihan, John Underation, Josh Underation, Ben Underation, Helen Boyd, Jim Knis and Michelle Knis. A total of 21 Group 5 members attended the meeting.

Officers' reports were the next order of business. A motion made by Sue Blosser and seconded by Sue Moynihan to accept the 6 officers' reports that were sent via email (President, Secretary, Treasurer, Directress, and 2 Physical Fitness board members) as one. President Kathy Figard reported a list of activities including prepared tickets for the annual calendar raffle fund raiser, hosted the semiannual meeting, participated in the Gr 5 bowling tournament, coordinated the purchasing of delegates of the convention Group shirts, represented Gr 5 at the 34th Convention and attended the OH Fraternal Alliance Sessions representing SCS. Treasurer Karen Hutnick reported attending the Gr 5 annual and semiannual meeting. Karen also attended the Bowling tournament and banquet. She deposited all checks received and paid all expense thru October 31, 2023 for Group 5.

Secretary Sue Blosser wrote the 2022 annual Gr 5 meeting minutes as well as the 2023 semiannual minutes turning both in the home office to be printed in the Falcon. Announcement of the meetings were sent via Facebook and email. Physical Directress Jayme Blosser reported that she organized several drill practices and spent several weekends in Ohio. She also recapped the girls attending the Slet and their accomplishments. She attended the Convention representing Group 5. Physical Fitness Board Member, Rose Croy, reported attending the annual and semiannual meetings, participated in the Group bowling tournament, distributed and collected calendars for the lottery calendar fund raiser and attended the Convention. Physical Fitness Board Member John Moynihan reported attending the bylaws meeting prior to the Convention, represented Gr 5 at the National Convention and attended the semiannual Group meeting.

Motion approved.

Officers' reports from the meeting included: Vice President: Marty Zemanek reported he attended the National Convention representing Group 5, congratulated the athletes of Group 5 for bringing home the Flag at the 50th Int'l Slet, and attended the Gr 5 bowling tournament and helped in scoring results. A motion from Sue Moynihan, seconded by Julie Laury to approve the vice presidents report was made. Motion approved. Sports Direc-

tor: Joe Underation reported he organized and held the Group 5 bowling tournament and banquet. He also attended the Golf Tournament held in Youngstown, Ohio. A motion to accept his verbal report was made by Sue Blosser, seconded by Joe Moynihan. Motion approved. Assistant Sports Director: Helen Zemanek attended the Group bowling tournament and the Convention in August. She also reported that she will be resigning from the position. A motion to accept the verbal report made by Agnes Evanko, seconded by Joe Underation. Motion passed. Physical Director: Daniel Underation held several drill practices, attended, and competed in the Slet, attended and competed in the Group bowling tournament and played golf in Youngstown at their tournament. A motion by Helen Zemanek to accept the verbal report, seconded by Rose Croy. Motion passed. Assistant Physical Director: David Underation reported his assisting in drill practices, attended and competed at the Slet. Bowled in the Group 5 tournament and played golf in Youngstown. A motion to approve the verbal report was made by John Underation, seconded by Helen Zemanek. Motion passed. Physical Fitness Board Members: Julie and Logan Laury reported attending the Group semiannual meeting as well as participating in the bowling tournament and helped the sports director. They attended the Gr 5 elimination meet but it was cancelled due to the bad weather and low turnout. Julie ordered the Gr 5 Slet T-shirts. In addition, Julie housed the junior girls for a weekend for drill practice and reserved the gym for both girl and boy drill practices. Julie also attended the Convention and the International golf tournament. A motion to accept both reports was made by Michelle Knis, seconded by Sue Moynihan. Motion passed.

### OLD BUSINESS

2023 semiannual meeting minutes were sent via email for review to all delegates. President Kathy Figard asked if there were any questions, updates, or corrections to the minutes. Joe Moynihan made a motion to accept the minutes as written, seconded by Rose Croy. Motion passed.

Rose Croy gave a report on the Calendar Raffle fundraiser. 184 tickets were sold at \$10 each, there were nine winners with a total payout of \$475. Leaving a profit of \$1365. A lengthy discussion was held on how to sell more tickets to cover more of the Group. Suggestions to hand out tickets to Slet competitors, sell at international tournaments, or sell tickets electronically were discussed.

Marty Zemanek suggested selling all the gymnastic equipment since gymnastics will no longer be competed at the Slet. Jim Knis made a motion to sell all the gymnastic equipment and give the profits to Assembly 167. Seconded by Joe Underation. Motion passed. Daniel Underation will take charge of selling the equipment.

Recap of the Slet was started by Jim Knis, recapping all the events and awards that were received, especially winning the International Flag. He gave kudos to the Supreme Vice President, Ed Moeller, for being the volleyball referee during the International Volleyball game at the Slet. A recap of the female competitors by Jayme Blosser was read by Sue Blosser. Jayme had a detailed list of all the winners, stating all female competitors placed in several track events as well as 7 of the 9 girls placed in individual drill. Frank Laury finished the discussion by giving an inside look at possible changes to the 30 and older age group, to keep the older competitors coming back to future Slets.

President Kathy Figard gave a recap of the Convention, stating the minutes were in the Falcon if anyone wanted to read them

in entirety. She mentioned the 3 proposals that were the highlight of the convention, but all were defeated. No changes to the structure of the organization were made.

**COMMITTEES**

Resolutions and Appreciation:

-Thanks to Jayme Blosser and Daniel Underation for the great job at the Slet and coordinating all the drill practices and Group meetings.

-Thanks to Julie Laury for all her help with Jayme and coordinating the drill practices and offering her house for a slumber party for the junior drillers.

-Thank you to Jim Knis for buying food at Angie's during the weekend drill practice.

-Thank you to Lisa Underation for preparing the food for the Group celebration.

Grievances/New Motions/Petitions

Sue Blosser mentioned that her niece Kristina Freeman was having brain surgery to remove a tumor on November 20, 2023. Joe Underation made a motion to give \$500 to Kristy Freeman to offset medical expenses. Seconded by Frank Laury. Motion carried.

Joe Underation discussed how to advertise the selling of the calendar tickets, whether more via email or handout to Slet participants.

Stipends:

Kathy Figard recapped the stipends for all positions both in a Slet year and non Slet year. A motion to keep all the stipends the same was made by Josh Underation, seconded by Marty Zemanek. Motion passed.

Physical Fitness Board:

Fund raising – continue with the selling of the calendars for the Group fundraiser.

The Group bowling tournament will be held at AMF Riveira Lanes in Fairlawn either April 7 or 14, 2024. The tournament will continue to be a fun event, teams can be mixed or all female or male.

The Group golf tournament will try to be held in 2024 looking at scheduling in the fall. The Central district golf tournament hosted by Group 17 will continue.

**NEW BUSINESS**

Sue Ann Seich made a motion to up the stipend for the President to \$150 per year and the Secretary to \$140, retroactive to 2023. Motion seconded by Josh Underation. Motion passed.

President Kathy Figard announced the 2023 Fraternalist of the Year is a well-deserved member of Group 5, Agnes Evanko. The awards dinner will take place in the spring of 2024.

The treasurer's report was audited by Frank and Julie Laury, they reported that the numbers all matched up and were very organized. The treasurer's report was then handed out to all delegates and reviewed by treasurer Karen Hutnick. A motion to pay Slet expenses in full was made by Rose Croy and seconded by Sue Ann Seich. Questions answered, Motion passed. John Underation added a discussion to put some of the Group money into a CD or money market, since our current account earns no interest. A motion made by John Underation and seconded by Jim Knis, to put money into a CD or money market, the amount at the discretion of the Treasurer. Motion carried. John Underation made a motion to accept the treasurer report, seconded by Sue Ann Seich. Motion passed.

Frank Laury updated the Group on the upcoming national tournaments:

International Bowling Tournament – May 17-18, 2024, in

Pittsburg at Bolaro Lanes

International Golf Tournament – August 9-11, 2024 – at Treasure Lake

Election of 2024-2028 officers was the next order of business. Motion by Jim Knis, seconded by Sue Ann Seich to keep all Group 5 officers the same as the current officers was made. Motion failed.

The following are the new Group 5 officers for 2024-2028:

President – Kathy Figard

Vice President – Marty Zemanek

Treasurer – Karen Hutnick

Secretary – Sue Moynihan

Sports Director – Joe Underation

Assistant Sports Director – John Underation

Physical Director – Daniel Underation

Assistant Physical Director – David Underation

Physical Directress – table to semiannual meeting

Assistant Physical Directress – table to semiannual meeting

Physical Fitness Board members – Rose Croy, Julie Laury, John Moynihan, Josh Underation

Honorary Group 5 officers – Sue Blosser, Helen Zemanek, Logan Laury

**DECEASED MEMBERS**

Kathy Figard reported there were 29 deceased Group 5 members this year. Sister Kathy had the delegates bow their heads and a prayer honoring our deceased members was read.

With no further business, Kathy reminded everyone of the Group 5 celebration following the annual meeting. A closing prayer was said by Kathy Figard. The meeting was adjourned on a motion by Marty Zemanek, seconded by Helen Zemanek. Meeting adjourned at 11:58 a.m.

Zdar Boh!

Respectfully submitted,

**Sue Blosser**

*Group 5 Secretary*



## Celebrate Christmas ... Slovak Style

by Larry G. Kozlowski

Submitted by Professor Michael Kopanic, Jr.

Slovakia is a small territory, a tiny and independent country (since January 1, 1993) in the heart of Europe, rich in heritage, traditions, and folklore. Slovakia is a place where eastern and western cultures mixed together.



“Celebrate Christmas ... Slovak Style” is a unique collection of Slovak customs, traditions (Christmas Eve Dinner Menus Recipes and Symbolism), folklore, recipes: (Potato Pancake, Potato Dumplings & Cheese, Dumplings & Fried Cabbage, Honey Cakes, Pagáč - Filled Dough, Hot Brandy, Sour Mushroom Soup with Dumplings, Baked Fish, Filled Dumplings - Pirohy, Bread Biscuits - Bobalky, Sweet Rolls - Koláče Filled

Cookies - Rožky, Christmas Bread - Vianočka, Rye Bread, Roast Goose, Jellied Pig’s Feet, Spiced Wine, Carnival Crullers - Cieregy, Roast Pork & Sauerkraut, Bishop’s Bread, and many more holiday favorites. Learn of the custom of the “Up-Side Down” Christmas Tree, make Slovak Straw Christmas Ornaments or a paper Slovak Nativity Creche for under your holiday tree. Keep your precious Slovak heritage alive and celebrate the priceless treasures of Slovak Christmases of the past with an inspiration for Slovak Christmases of the future. Enjoy a \$10.00 Christmas Special with an order of 3 books!

“Celebrate Christmas ... Slovak Style”

\$14.00 Each  
Slovak Heritage Special  
3 Books For \$30.00  
--Free Shipping--

Larry G. Kozlowski  
525 Beatty Road  
Monroeville, Pa. 15146  
e-mail: lgk505@aol.com

Lawrence Kozlowski, was honored as the 2021 recipient of the Western PA Slovak Cultural Association’s Lifetime Achievement Award, for his lifelong service to the Slovak American community and his lasting contributions to promote Slovak language, culture and heritage in western Pennsylvania.



Group 7 Annual Meeting was held on Sunday November 5, 2023 at St. Robert Bellarmine Parrish, Wilkes-Barre, PA. Fr. Richard Cirba celebrated Mass for the living and deceased member of Group 7, which was followed by a luncheon and the meeting. Pictured are (l to r): Fr. Andrew Hvozdovic, Sue Horvath, Gary Blasco, Amy Degnan Blasco, Pam Lipski, Frank Lipski, Jenn Kuren, Fr. Richard Cirba, Dawn Palchanis, Heather Horvath, Marty Degnan and Rob Palchanis. Also attending: Kelly Palchanis and Tony Rasimus.

## THE FEAST OF ST. NICHOLAS IN SLOVAKIA

To give and not to expect anything in return is the meaning of Saint Nicholas Day (Sv. Mikuláš) which is celebrated in Slovakia on December 6. Children especially look forward to the morning of December 6<sup>th</sup> as they can find sweets and fruits in their boots that they carefully polish the evening before and then place under the window.



Many events take place in Slovakia in connection with St. Nicholas Day, mostly featuring cultural programs. People wear costumes of St. Nicholas and hand out packages with sweet treats to children.

The day commemorates Bishop Nicholas who was born in Asia Minor at the beginning of the 4<sup>th</sup> century as a child of wealthy parents. As an adult, he served in Turkey as a bishop, allegedly against the will of his father. He became well-known for his generosity. Bishop Nicholas helped the poor, the ill and those suffering without expecting any credit for it.

## RADITIONAL SLOVAK RECIPES FOR CHRISTMAS

### BOBALKY

- 2 cups water
- 3 Tbsp plus 1 Tbsp sugar
- 2 teaspoons salt
- 5 tablespoons canola oil or butter
- 2 packages active dry yeast
- 6 cups all-purpose flour
- 1/2 cup poppyseeds
- 1/2 cup honey



In a medium saucepan, bring to boil 2 cups water, 3 tablespoons sugar, salt and oil. Cool to lukewarm. Meanwhile, dissolve yeast in 1 tablespoon sugar and 1/2 cup warm water. Place flour in the bowl of a stand mixer or a large bowl. Add lukewarm water-sugar mixture and yeast mixture. Combine thoroughly and knead until smooth, about 7 minutes in the mixer and at least 10 minutes by hand. Cover and let rise until doubled. Punch down dough and turn out onto a lightly floured surface. Roll dough to 1/2- to 1-inch thick and cut into pieces that will result in 1-inch balls when rolled between the palms of the hand. Place on a parchment-lined or well-floured cookie sheet with dough ball sides touching. Heat oven to 375 degrees. Let rise, covered with oiled plastic wrap until nearly doubled. Bake 15-20 minutes or until lightly browned. Cool completely. Meanwhile, grind poppyseeds in a mortar and pestle with a little water or milk and set aside. When bobalky are cool, break the balls apart and place in a colander. Pour just enough boiling water over bobalky to soften but not turn them into mush. Drain well. Pour warm honey and ground poppyseeds over all. Stir lightly and serve immediately.

### NUT AND POPPY SEED ROLL

- 1 (1/4 oz. pkg.) env. dry yeast
- 1/4 c. warm milk
- 3 c. all purpose flour, plus extra for rolling
- 1/2 tsp. salt
- 1/4 lb. butter (1 stick)
- 1/4 c. sugar
- 2 egg yolks
- 1/2 c. sour cream



#### WALNUT FILLING:

- 1 lb. ground walnuts
  - 3/4 c. sugar
  - 4 tbsp. melted butter, plus extra for greasing sheet and brushing
  - 1/4 to 1/2 c. warm milk
  - 1/2 tsp. vanilla or maple flavoring
- Mix all ingredients together.

#### POPPYSEED FILLING:

- 1 pound poppy seeds
- 2 cups milk
- 1 1/2 cups sugar
- 1/2 stick butter
- 1 cup raisins

Combine all ingredients in a saucepan. Simmer for 30 minutes. Let cool entirely before using as a filling. Dissolve yeast in warm milk. Combine flour, salt, butter, and sugar. Add eggs, sour cream and yeast mixture; mix well to a stiff dough. Cover and let rise for at least one hour. Punch dough down; divide into 3 portions. Combine filling ingredients in a large bowl; mix to blend. On a

lightly floured surface, roll out each portion to 1/4 inch thickness, spread with nut filling and roll as for jelly roll, guiding the dough with a hand at each end. Place each roll seam side down on lightly greased cookie sheet. Cover and let rise 1 hour. Bake in a 350 degree oven for 30 minutes or until golden brown. Brush with melted butter after baking. Makes 3 nut rolls.

### MUSHROOM SOUP

- 1 (4 ounce) package dried oyster mushrooms
- 1 (4 ounce) package dried shiitake mushrooms
- 1 (8 ounce) package white button mushrooms
- 7 (14 ounce) cans sauerkraut juice
- 2 cups water (or to taste)
- 1 (12 ounce) noodles
- 1/4 cup butter
- 1/2 cup flour



Remove dried mushrooms from packages and soak in water to re-hydrate. Wash button mushrooms and coarsely chop. Do the same with the re-hydrated mushrooms. Pour the kraut juice and water into a large pot. Add mushrooms. Bring to a boil and simmer for a minimum of two hours. Cook pasta till al-dente and set aside. Once the soup has simmered for at least two hours, make the roux. Melt the butter in a small skillet. Add the flour. Cook until the flour has thickened and you have a nice blond-like color. Add the roux to the soup. Have pasta in one bowl and soup in another. Scoop some noodles into your bowl and add the broth on top.

### SAURKRAUT SOUP

- 1/2 pound smoked pork or ham
- 1/2 tsp allspice or nutmeg
- 2 bay leaves
- 1 tsp caraway seeds
- 2 cups sauerkraut
- 2 small onions, sliced thinly
- 4 tsp paprika powder
- 2 clove garlic, minced
- 1/2 cup dried mushrooms
- 2 Hungarian or Polish-style smoked sausage (1 small or 1/2 large)
- 1 tsp sugar
- 1 Tbsp vinegar
- 1 tsp dried marjoram



to taste Plain yogurt, sour cream or cream (for garnish)  
Add smoked ham, 7 cups water, bay leaf, pepper, allspice, and 1 tsp salt to a pot. Bring to a boil, turn heat to low, cover with lid and simmer for 30 minutes. In frying pan, heat 1-2 Tbsp oil and sauté onions until translucent, but not brown. Mix in 2 tsp paprika. Remove from heat. Add sauerkraut to the pot, with a little bit of the juice. Stir in the onions, mushrooms and garlic. Cover with and simmer for another 30 minutes. Remove ham from soup. Cut meat from bone (if any) and cut off any of the thick pieces of skin. Chop up the meat into small pieces. Return ham to pot and simmer another 20 minutes. Cut up the sausage and add it to the pot along with the vinegar, sugar and marjoram. Cook for another 5-10 minutes. Add a little more vinegar, salt, pepper, and/or sugar to adjust to your taste. Serve with a dollop of sour cream, plain yogurt, etc. over top.



# KIDS' CORNER "Detský kútik"

## December, 2023



HAPPY BIRTHDAY TO YOU!!!!

Scarlett Monahan	12/12
Aiden James McCoy	12/15
Riana Hoeck	12/24



### Christmas Spirit

By: 365greetings.com

The wind is blowing with the cold breeze air,  
 The children are singing everywhere,  
 The laughter and joy are always shared,  
 These are signs that Christmas spirit is in the air.

The love that we give will always be felt,  
 The messages we convey will also be sent;  
 The poor and the needy will now be fed,  
 These are signs that Christmas spirit is not yet dead.

The people everywhere are having fun,  
 The fathers are bonding with their son,  
 The quarrels and fights are already done,  
 These are signs that Christmas spirit is not yet gone.

*Why do the bells of Christmas ring?  
 Why do little children sing?*

*Once a lovely shining star,  
 Seen by shepherds from afar,  
 Gently moved until its light,  
 Made a manger's cradle bright.*

*There a darling baby lay,  
 Pillowed soft upon the hay;  
 And its mother sung and smiled:  
 "This is Christ, the holy Child!"*

*Therefore bells for Christmas ring,  
 Therefore little children sing.*





# KIDS' CORNER "Detský kútik"

## December, 2023

### HAPPY HOLIDAYS WORD SEARCH



Created by  
Sue Lindlauf  
Grand Forks Herald  
2011

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- |              |                |                 |            |
|--------------|----------------|-----------------|------------|
| 1. Happy     | 5. Family      | 9. Shopping     | 13. Santa  |
| 2. Holidays  | 6. Friends     | 10. Candy canes | 14. Songs  |
| 3. Christmas | 7. Presents    | 11. Cookies     | 15. Movies |
| 4. Vacation  | 8. Decorations | 12. Milk        | 16. Fun    |



# KIDS' CORNER "Detský kútik"

## December, 2023

### M&M Christmas Story



As you hold these candies in your hand and turn them, you will see....

The M becomes a W, an E, and then a 3.

They tell the Christmas story it's one I'm sure you know.

It took place in a stable a long, long time ago.

The E is for the East where the star shone oh so bright.

The M is for the Manger where the baby Jesus slept that night.



The 3 is for the Wisemen bearing gifts, they say they came.

W is for Worship, Hallelujah

Praise to His name.



So as you eat these candies or share them with a friend, remember the Spirit of Christmas and never let it end!

Merry Christmas

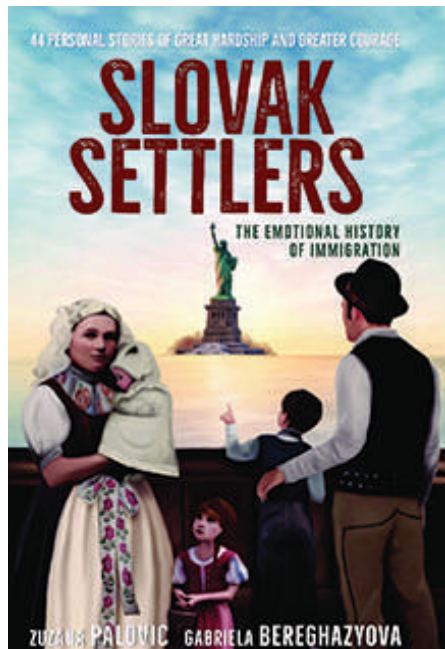


## A BOOK REVIEW OF SLOVAK SETTLERS

by Michael J. Kopanic, Jr., Ph.D.,  
University of Maryland Global Campus

Palovic, Zuzana, and Bereghazyová Gabriela, *Slovak Settlers: An Emotional History of Immigration, Senica, Slovakia: Global Slovakia, 2023, 863pp. ISBN: 978-1-7374054-4-3.*

The newest book published by Global Slovakia, *Slovak Settlers*, offers readers a new perspective on the immigration of Slovaks to the New World. It is the first book of its kind that aims to appeal to a broader popular audience, mainly the descendants of Slovak immigrants.



It was edited by Zuzana Palovic and Gabriela Bereghazyová, with the assistance of Professor M. Mark Stolarik, Professor Paul Magocsi, Ondrej Mihál of Canada, Professor Martin Javor of Prešov University in Slovakia, and yours truly, Professor Michael Kopanic.

After a well-written first part about emigration from Slovakia and immigration abroad, it presents 44 authentic stories by authors who tell the story of how their families lived in Slovakia, their emigration experiences, and their adaptive experiences in the Americas after they immigrated.

In the words of the authors, “their destinies reveal a timeless story of shared dreams and hope that should never be forgotten.”

The book does an admirable job of summarizing Slovak emigration and immigration history but contains no table of contents nor an index in the back, and captions for pictures are the back of the book.

Still, the book reads quite well, and I highly recommend it, as it is one of the best summaries of Slovak immigration for the general public. Reading the stories can inspire one to delve into investigating the genealogy and background of one’s own family.

To purchase a copy, one may go to the Global Slovakia website, where it is purchasable for \$80.00. It is not money wasted, and surely you will enjoy it. It can make an excellent Christmas gift.

<https://www.globalslovakia.com/books>



Professor Michael Kopanic, Jr. receiving a copy of the *Slovak Settlers* book from Dr. Zuzana Palovic in Senec, Slovakia, on July 28, 2023.



Group 5 International Flag winners group party was held after their yearly meeting on November 11, 2023, in Barberton Ohio. All Group 5 members were invited whether they attended the Slet or not. A good turnout of over 30 members were in attendance. The group shared a meal of chicken fingers, cabbage rolls, green beans, macaroni and cheese and rolls and butter all prepared by or ordered by Lisa Underation. Water, soda and libations were available as well. Following the meal, Assembly 180, treated everyone to a Sundae bar and it was quite a hit. Also in attendance was Nancy Kropolinski, the Supreme Assistant Directress and member of Group 17, who handed out Christmas ornaments to all in attendance. The ornament was created and made specifically for Group 5, the winners of the International Flag.

## SERVANT LEADERSHIP AWARD

On October 29, 2023, the Sisters of Saints Cyril and Methodius in Danville, PA awarded the Servant Leadership Award to 20 outstanding high school Juniors and Seniors from the Diocese of Harrisburg PA, the Diocese of Scranton, PA and the Archdiocese of Baltimore, MD. The ceremony took place at the Basilica of Saints Cyril and Methodius in Danville. Since 2003, the Sisters of Saints Cyril and Methodius have honored nearly 1,300 teens in the Dioceses of Albany (NY), Bridgeport (CT), Charleston (SC), Chicago (IL), Gary (IN), Harrisburg (PA), Milwaukee (WI), New York (NY), Pittsburgh (PA), Scranton (PA), St. Louis (MO), Stratford (CT), Syracuse (NY), and Trenton (NJ) with the Servant Leadership Award.

The Servant Leadership Award recognizes distinguished high school Juniors and Seniors who are joyful witnesses, compassionate proclaimers, and enthusiastic builders of the Kingdom of God. The focus of the award is on teens who remain active in their faith and parish beyond confirmation, and who actively in their parish, school and community.

Receiving the award were: Brady Backhaus, Hannah Bartholomew, Victoria Bartholomew, Ethan Brown, Luke Campbell, Julia Desciak, Lillian Grace Dessecker, Anna Garpstas, Meredith Hickey, Alyson Lenker, Emily Maag, Alexa Michele Maher, Gabrielle Marie Marciniak, Paige J. Mattucci, Landon Mark Mazur, Kaiden Daniel Miller, Yeilyn Alicia Melara Ramirez, Jessa Robert, Anastasia Schlegelmilch, and Georgiana Elizabeth Snyder.

Each teen was given the opportunity to select one person as a mentor who has encouraged them to generously use their time and talents as a follower of Jesus. Among the mentors were parents, grandparents, teachers, guidance counselors, scout masters, youth ministers, and pastors, who have been role models of servant leadership as a way of life in their family, parish, and community.

During the ceremony the Sisters of Saints Cyril and Methodius also honored six adults who received the Father Matthew Jankola Lifetime Servant Leadership Award. Father Jankola was a priest from the Diocese of Scranton who was instrumental in recognizing the need for Religious Sisters to educate children, and founded the Sisters of Saints Cyril and Methodius in 1909. The award is given to individuals who have demonstrated a lifetime commitment to servant leadership and have excelled areas of the mission of the Sisters of Saints Cyril and Methodius. This year the Sisters presented the 2023 Father Matthew Jankola Lifetime Servant Leadership Award for Education to Sister Suzanne Duzen, SS.C.M.; for Elder Care to Vicki James and Cindy Hornberger; for Evangelization to Reverend Andrew Stahmer; for Ecumenism to Sister Maria Theresa Hronec, SS.C.M.; and for Care for the Earth to Dorothy Grimm.



Juniors and Seniors who received Student Leadership Awards in person.

## 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 made donations to the 45th Annual Saints Cyril and Methodius Appeal. The final totals will not be known for a few weeks, but **as of November 20, 2023, the Appeal has received \$24,975.51 from 203 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 46th 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 2024 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 46th Annual Appeal runs from December 1, 2023 to November 30, 2024. Gifts received after November 30, 2024 will be credited toward the 2025 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. Hvozdevic, 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.*

❖  
**46<sup>TH</sup> 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



## OCTOBER 2023

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 9	John S. Vitka, Shelton, CT	85	October 5, 2023
Assembly 11	Edward J. Palenik, Romeoville, IL	95	August 17, 2023
Assembly 16	Frank Galla, Verona, PA	89	September 28, 2023
Assembly 36	Richard L. Zabel, Three Oaks, MI	92	October 5, 2023
Assembly 54	Margaret Sheppeck, Renfrew, PA	97	September 28, 2023
Assembly 59	Lorraine L. Shurmanek, Wilkes Barre, PA	89	October 17, 2023
Assembly 64	Joseph J. Svetz, Erie, PA	83	October 4, 2023
Assembly 78	Joyce Rozsa, Allentown, PA	90	November 20, 2022
Assembly 79	Robert S. George, Lilly PA	76	October 4, 2023
Assembly 108	Ronald Pasquale, Boardman, OH	67	October 6, 2023
Assembly 162	Paul Kvortek, Edison, NJ	93	July 19, 2020
Assembly 162	Ronald Pelikan, Saddle Brook, NJ	78	August 1, 2023
Assembly 163	Rose A. Harper, Donora, PA	76	October 13, 2023
Assembly 167	Rose Marie Kondik, Barberton, OH	85	September 7, 2023
Assembly 167	John S. Homacek, Barberton, OH	82	October 6, 2023
Assembly 179	Kenneth Sivak, Gibsonia, PA	63	October 30, 2023
Assembly 188	Cyril Yashur, Castle Rock, CO	82	May 27, 2023
Assembly 295	John S. Slepecki, Virginia Beach, VA	94	August 23, 2023
Assembly 299	Ana Bernstein, Brooklyn, NY	86	October 9, 2023
Assembly 312	Anna Marie Vallovic, Massillon, OH	93	September 16, 2023
Assembly 312	Joseph Kacmarcik, Saddle Brook, NJ	97	May 25, 2023
Assembly 312	Calvin W. Larkin, Wanamassa, NJ	91	May 26, 2023
Assembly 312	Barbara Risko, Toms River, NJ	88	October 5, 2023
Wreath 1	Eleanor Burke, Waterbury, CT	78	October 16, 2023
Wreath 13	Bernadette Ovecka, Upper Darby, PA	80	October 16, 2023
Wreath 15	Beverly Jones, Charleroi, PA	92	October 4, 2023
Wreath 22	Patricia M. Crawford, Pittsburgh, PA	79	October 24, 2023
Wreath 34	Carolyn Dill, Sylvania, OH	94	October 5, 2023
Wreath 81	Cathleen Wesselhoft, Lowell, IN	80	September 18, 2023
Wreath 81	George A. Baran, Whiting, IN	86	October 4, 2023
Wreath 85	John Marticek, Carnegie, PA	88	October 12, 2023
Wreath 93	James A. Hansen, Milwaukee, WI	86	October 10, 2023
Wreath 93	Kenneth W. Undelhofen, Wisconsin	87	October 16, 2023
Wreath 155	Miriam A. Lisa of Reading, PA	84	October 29, 2023

## ŠTEDROVEČERNÝ STÔL SYMBOLIZUJE HOJNOŠŤ



Počas štedrej večere sa pod biely ľanový obrus sa kládli peniaze alebo hrsť ovsu či jačmeňa, aby sa v budúcom roku rozhojnili.

Na tento deň sa aj v časoch biedy odkladala ušetrená múka, cukor, strukoviny, mak, sušené ovocie, lekvár, med, masť na vyprážanie šišíek aj sladké víno. Večera mala obsahovať aspoň deväťero jedál. Ak bolo jedla dostatok, rodinu čakal priaznivý rok.

Cez deň sa nejedlo nič, alebo len málo, pretože až do Druhého vatikánskeho koncilu v roku 1965 platil na Štedrý deň prísny pôst. Deťom rodičia za sebazaprenie sľubovali, že večer uvidia zlatú hviezdu, krokvu alebo prasiatko. Pôstny obed zvyčajne tvorili zemiaky bez masťi s riedkou nevaranou kapustnicou.

Výber štedrovečerných jedál ovplyvňoval charakter krajiny. Jedálne lístky sa rôznili v horských a nížinatých oblastiach, v ovocinárskych, vinohradníckych a pastierskych regiónoch, v meste a na dedine. K viac-menej univerzálnym jedlám patrili obľátky s medom, kapustnica, zemiaky, varený hrach, fazuľa, opekanec, rezance či iné cestoviny a kompót zo sušených sliviek.

S rôznymi druhmi cestovín boli spojené mnohé pove-ry. Varili sa rezance, pirohy, šúlance, halušky a najmä opekanec, nazývané aj pupáky alebo bobalky. Veľké pirohy a šúlance symbolizovali napríklad veľké obilné klasy. Vodu z opekancov vylievali pod ovocné stromy, aby dobre rodili. Do tradičnej kapustnice sa pridávali sušené hríby a slivky, nie mäso, pretože aj večera mala byť napriek hojnosti pôstna. Z toho istého dôvodu sa v katolíckom prostredí rozšírilo podávanie ryby.

V dnešnej podobe sa začala ryba konzumovať až v minulom storočí. Dovtedy sa jedli najmä slané a údené ryby. Ryba je zároveň symbolom kresťanstva, odvodeným z doby starovekých prenasledovaní. Grécke slovo ichthys – ryba, znamenalo v tajnej reči kresťanov Ježiš Kristus Syn Boží Spasiteľ – Iesus Christos Then Hyois Soter. Po rybe nasledovala v niektorých oblastiach "Ježiškova kašička", čiže krupicová kaša, ktorú jedla celá rodina z jedného veľkého taniera. Rôzne koláče a zákusky sa pridávali až neskôr – našim predkom ich nahrádzal chlieb, ktorý bol pre nich vzácnosťou.

Vianočné jedlá požívali osobitnú úctu. Zo štedrovečerného stola sa nemohlo nič vyhodiť, odkladali sa aj odrobinky, ktoré vraj pomáhali, keď ochorel dobytok.

## SLOVENSKÉ VIANOČNÉ RECEPTY

### LINECKÉ KOLIEČKA

600 g múka hladká  
300 g maslo  
200 g cukor práškový  
1 bal prášok kypriaci do pečiva  
1 bal cukor vanilkový  
2 ks nastrúhaný varený žltok  
2 ks vajcia  
štipka soľ



#### Postup

Všetky suroviny zmiešame a vymiesime hladké cesto, ktoré dáme do chladničky na 2 hodiny. Cesto rozdelíme na 3 kusy a rozvalkáme na hrúbku 4 milimetre. Dáme na plech a pečieme 12 minút v predhriatej rúre na 165 stupňov Celzia (330 F). Vychladnuté zlepíme lekvárom a poprášime vanilkovým cukrom.

### MEDVEDIE LABKY

325 hladká múka  
200 g práškový cukor  
200 g masla  
2 ks malé vajce  
60 g mleté orechy  
25 g kakao  
trochu kypriaci prášok



#### Postup

Všetky suroviny zmiešame na nelepivé tuhé cesto, naplníme formičky a dáme piecť do predhriatej rúry na 150-180 stupňov C. Pečieme asi 10 minút. Z formičiek vyklápame ešte za horúca a hneď obalujeme v práškovom cukre.

### VANILKOVÉ ROŽTEKY

170 g hladká múka  
110 g maslo  
40 g práškový cukor  
50 g mleté orechy  
1 balíček vanilkový cukor  
práškový a vanilkový cukor na obal'ovanie



#### Postup

Zo surovín vypracujeme cesto, ktoré zabalíme a odložíme na dve hodiny do chladničky. Potom cesto vyberieme a rukami postupne z neho odoberáme kúsky, z ktorých urobíme rožteky, ktoré ukladáme na plech vystlaný papierom na pečenie. Pečieme ich vo vyhriatej rúre pri teplote 150°C (300 F) asi 12 minút. Po upečení ich hneď obalíme v zmesi práškového a vanilkového cukru.

### MEDOVNÍČKY

280 g hladká múka  
140 g práškový cukor  
70 g mleté orechy  
3 ks vajce  
80 g zmäknuté maslo  
1 kávová lyžička mletá škorica  
1 kávová lyžička sóda bikarbóna



#### Postup

Do misy nasypeme múku, sódu bikarbónu, práškový cukor, mleté orechy, pridáme med, dve vajčička, zmäknuté maslo a mletú škoricu. Rukami spracujeme tuhšie cesto, ktoré uložíme na hodinu do chladničky. Rúru medzitým vyhrejeme na 180°C (360 F) a plechy vystelieme papierom na pečenie. Z cesta tvarujeme guľky, ktoré potrieme rozšľahaným vajčičkom a pečieme cca 15 minút. Upečené medovníčky sú mäkké a krásne voňavé.

## 10 SUPERPOTRAVIN PRE VAŠE ZDRAVIE



Cesnak – znižuje krvný tlak a cholesterol, dokonca zabraňuje prechladnutiu a niektorým druhom rakoviny.

Extra panenský olivový olej – zdravé tuky znižujú výskyt srdcovocievnych ochorení a zápalov.



Brokolica – obsahuje vysoké množstvo vitamínu C, dokáže zlepšiť hodnoty cholesterolu a triglyceridov, ktoré spôsobujú kardiovaskulárne ochorenia.

Cibuľa – nachádza sa v nej silný protizápalový antioxidant kvercetin, ktorý znižuje krvný tlak a riziko vzniku rakoviny.



Rajčiny – majú nízky obsah škrobu a cukrov, ale vysoký obsah vlákniny, vitamínu C, betakaroténu a silného antioxidantu – lycopénu. Varením na olivovom oleji sa zvyšuje jeho vstrebávanie.

Jablko – okrem vysokého obsahu antioxidantov a vlákniny sa spája aj so zníženým rizikom kardiovaskulárnych ochorení, cukrovky, astmy a niektorých druhov rakoviny.



Vlašské orechy – majú najvyšší obsah antioxidantov spomedzi všetkých orechov a ako jediné obsahujú významné množstvo omega-3. Existujú aj určité dôkazy, ktoré naznačujú, že by mohli pomáhať odvrátiť srdcovocievne ochorenia.

Cvikla – je nielen bohatá na železo a kyselinu listovú, ale obsahuje aj dusičnany, ktoré pomáhajú znižovať krvný tlak. V niektorých štúdiách sa ukázalo, že zlepšuje výkon pri cvičení.



Špenát – obsahuje veľké množstvo vápnika a vitamínu K, ktoré posilňujú kosti, ale aj vitamín A. Obsahuje takmer toľko železa ako hovädzie mäso.

Losos – olejnaté ryby znižujú riziko srdcovocievnych ochorení, krvný tlak a zmierňujú hromadenie arteriálneho tuku. Losos má vysoký obsah omega-3, vitamínu D, niektorých vitamínov skupiny B a selénu.



**ACH, TÁ NAŠA SLOVENČINA!**



Top 8 drevín na živé ploty.. - [pravda.sk](http://pravda.sk)

Prekvapivý benefit jogy.- [sme.sk](http://sme.sk)

V Banskej Bystrici **upcyklujú** svadobné šaty. - [sme.sk](http://sme.sk)

SNS nomináciu R. Huliaka na šéfa **envirorezortu** nezmení. - [tasr.sk](http://tasr.sk)

ktorý je vhodný ako **snack**. - [pravda.sk](http://pravda.sk)

## KRÁTKE SPRÁVY ZO SLOVENSKA



Nová vláda nebude brániť podnikom pri výrobe a dodávkach zbraní odberateľom, povedal premiér Robert Fico, ktorý dlhodobo vystupuje proti vojenskej pomoci Ukrajine brániacej sa ruskej invázii. Z Ficovho vyjadrenia vyplynulo, že jeho odmietavý postoj sa týka len prípadných dodávok zbraní a munície zo zásob slovenskej armády. Zároveň požiadal ministra obrany vzhľadom na objem doterajších dodávok na Ukrajinu o inventúru vojenského materiálu. Robert Kaliňák chce prehodnotiť politické a komerčné zmluvy.

Ponukové ceny nehnuteľností ďalej klesajú. V porovnaní s predchádzajúcim štvrtrokom sa ceny bývania v treťom štvrtroku znížili o 2,3 percenta a štvorcový meter tak priemerne stál 2 440 eur. V medziročnom porovnaní sú ceny nižšie o 10,1 percenta. Od vrcholu realitného cyklu sa ceny nehnuteľností znížili takmer o dvanásť percent. Vyplýva to z údajov Národnej banky Slovenska (NBS).

Elektrický Land Rover Defender sa bude vyrábať výhradne v Nitre. Pre fabriku je to veľký úspech. Fabrika v Nitre vyrába modely Land Rover Defender a Discovery so spalovacím motorom už od otvorenia závodu v roku 2018. Správu o tom, že Nitra bude mať na elektrický Defender exkluzivitu už oficiálne zverejnila aj samotná spoločnosť Jaguar Land Rover (JLR). Je navyše vysoko pravdepodobné, že slovenská fabrika bude v dohľadnej budúcnosti vyrábať aj ďalšie plne elektrické modely. Do budúcnosti spoločnosť JLR investuje 15 miliárd libier v priebehu piatich rokov, aby zmenila svoje vozidlá na elektrické a do roku 2039 dosiahla nulovú uhlíkovú stopu. To zahŕňa elektrifikáciu luxusných značiek Range Rover, Defender, Jaguar a Discovery a uvedenie deviatich čisto elektrických modelov do roku 2030.

Slovensko sa stalo jednou z víťazných krajín medzinárodnej súťaže Phoenix, ktorej cieľom je podpora odklonu od spaľovania uhlia. Získalo tak grant pre financovanie štúdie o uskutočniteľnosti malých modulárnych reaktorov (SMR), ktorý podporí vláda USA v hodnote do dvoch miliónov eur. V rámci štúdie budú analyzované náklady na výstavbu a prevádzku SMR, pričom bude pripravený harmonogram povolenia procesu a výstavby. "Bližšie posúdime päť slovenských lokalít pre prípadnú budúcu výstavbu SMR, konkrétne areál existujúcich jadrových elektrární Jaslovské Bohunice a Mochovce, areál tepelných elektrární Nováky a Vojany a areál východoslovenskej oceliarne U. S. Steel," uviedol Strýček. Podľa Strýčka ide o začiatok spolupráce s americkými partnermi s ich cieľom posilniť energetickú bezpečnosť a vyrábať energiu čisto a spoľahlivo. Slovensko sa v septembri 2023 stalo jednou z víťazných krajín súťaže Phoenix spolu s Českom a Poľskom. Cieľom projektu je urýchliť prechod na čistú energiu podporou premeny uhoľných elektrární na bezpečné a spoľahlivé SMR.



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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.

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

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

NEW     CHANGE     CANCELLATION

Certificate No. \_\_\_\_\_

Name \_\_\_\_\_

New Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Old Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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