

Za Boha a národ

For God and Nation

Slovak Catholic Falcon

Slovenský katolícky sokol

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MESSAGE FROM OUR SUPREME PRESIDENT LARRY M. GLUGOSH

A few weeks ago we celebrated our national holiday in Canada called Family Day. It occurs on the 3rd weekend in February and is a national event to honor and celebrate our



families. The idea originated in 2009 and a bill was passed to create this national holiday. The February date was selected by the Canadian government to align with President's Day in the United States, since our countries are often linked with national holidays.

On this day, we give thanks to our many blessings with our families. It is a wonderful opportunity to reflect upon our cherished heritage and embrace some quality time and experiences with our family members. Many individuals took advantage of the holiday weekend to plan for their future by investing in their children's education fund or buying a 401K fund for their retirement. Hopefully some of our members even added some more insurance for their families. I sincerely hope all of our members enjoyed their long weekend activities, regardless of what side of the Canada/US border you reside.

As we enter March, we have many Slovak Catholic Sokol programs

available for our family members. In particular, our annual scholarship program is open to all grade school, high school and college students. Over the years we have provided thousands of dollars in financial support in order to aid our members for their academic endeavors and needs. Remember your application must include a picture, your academic transcripts and a brief outline about our society and how you have participated in our programs. Kindly send your applications to our Supreme Vice President Andrea Tadlock on or before the deadline on March 31st and we will announce the recipients next month.

As we are in the Lenten season, I would ask that each of you take a moment to thank God for the most important blessing of all, which is our supportive and caring family and friends. They are the people who constantly give us strength, purpose and meaning. Let them know how important and special they are in your life and never take them for granted. We never know when we might lose the privilege and opportunity to share these special moments and memories.

May God bless all of you as we give thanks for our many countless blessings. On behalf of my entire family, we would like to wish everyone a joyous, safe and spiritual Easter holiday season.



Professor Michael Kopanic (left) with Michael Horvath, Slovak Catholic Sokol Treasurer, at the University of Pittsburgh on February 4, 2024. Unfortunately, Slovakia's President Zuzana Čaputová was not able to come to the university, as she came down with Covid-19 and all her Sunday, February 4th appearances were cancelled. But they were given a nice tour of the Nationality Rooms at the Cathedral of Learning, including the Czechoslovak Room.

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Slovak Catholic Sokol Public Group

FROM THE DESK OF THE SUPREME SECRETARY SCOTT T. POGORELEC, F.I.C. SPRING IS NEAR



Greetings from the Home Office! We are still dealing with some occasional winter weather, but for the most part, it has been a fairly tame winter here in New Jersey. March always seems to bring some surprises, though. Hopefully, with our seasonal change to Daylight Savings Time combined with the warmer temperatures, we will have more hours to enjoy our outdoor activities.



This past February 14th was a special day on many fronts for our organization. Yes, it was Valentine's Day and I hope that all our members enjoyed the flowers, candy, and chocolate from all your special Valentines. But as a Slovak Catholic Fraternal, it also represented two other notable events.

Ash Wednesday also fell on February 14th, which brought us the beginning of Lent. Lent is a special time for prayer, penance, and sacrifice as we prepare for the celebration of Easter. The forty days of Lent commemorate the forty days Jesus spent fasting in the desert where he encountered temptation from the Devil. Lent allows us the time to ponder and strengthen our relationship with the Lord. I urge all our members to use this valuable time to reflect and to remember to

be thankful for all that you have.

As a Slovak Fraternal, February 14th is always a day that is circled on our calendars. It is the Feast Day of Sts. Cyril and Methodius, who brought the gift of faith to our ancestors. We honor Sts. Cyril and Methodius, who are called the "Apostles of the Slavs" for their tireless work in spreading the Gospel throughout Eastern Europe in the 9th Century.

I again would like to thank all of you who continually promote our organization. As you gather to celebrate the Easter holiday, I ask you to look within your own family and circle of friends to find new members to share the Sokol experience with. Enrolling a new baby is an inexpensive way to give that child a financial head-start in life. And if you think about all we offer with benefits, scholarships, etc., that policy will be paid for in no time. If you have any questions, please contact me at the Home Office at 800-886-7656 or email me at scott@slovakcatholicsokol.org, and I would be glad to assist you.

Finally, on behalf of my beautiful wife, Maggie, our sons, Reid and Cole, and my entire Family, I offer you prayers and fraternal well wishes for a joyous Easter holiday. Have a great month of March and good health to all! Stay safe, stay strong, and STAY POSITIVE!

Zdar Boh!

SOKOL CALENDAR

SATURDAY, MARCH 2

ASSEMBLY 11 ANNUAL MEETING at the home of Financial Secretary Therese M. Buc, 9024 Del Prado Drive, Palos Hills, Illinois, beginning at 2 p.m. If you plan to attend please call Assembly 11 President Joe Seliga at (312) 342-8292.

SUNDAY, MARCH 17

The traditional **SLOVAK STATIONS OF THE CROSS AND LENTEN HYMN SING** sponsored by the Slovak Heritage Society of Northeastern Pennsylvania will be held at St. Ignatius Loyola Church, 339 North Maple Avenue, Kingston, PA. The church is handicapped accessible via elevator. The service will begin at 2:00 pm. with congregational singing of Lenten Hymns. The Stations of the Cross in Slovak led by members of the Society will follow. The service will conclude with Benediction with Rev. Andrew S. Hvozdevic, V.F. presiding. Refreshments will be served after the service. A free will offering will be accepted. For further information, call Anna Hudock at 570 510-1655.

SATURDAY, APRIL 6

1ST QUARTER MEETING OF THE BOARD OF DIRECTORS at the Home Office in Passaic, NJ.

SUNDAY APRIL 7

SEMI-ANNUAL MEETING OF GROUP 6 MSGR. ANDREW HLINKA (Perryopolis) at 1:00 p.m. at the Clubhouse Grille (Cedarbrook Golf Course), Rostraver, PA. Reservations must be made by Monday, March 18. Please contact Terri Gardner at 724-929-8675 or Anna Mae Warnick at 724-736-4032.

SLOVAK CATHOLIC SOKOL – 2024 BOWLING TOURNAMENT

The 78th Annual Slovak Catholic Sokol International Bowling Tournament will be held on Friday and Saturday, May 17th and 18th, 2024 at the Bowlero Lanes in Pittsburgh, PA. The GCU and the NSS will be joining us again this year. All bowling information can also be found on the website. The submission deadline is **April 15, 2024.**

Bowlero Lanes Pittsburgh
2440 Noblestown Road
Pittsburgh, PA 15205

The lodging for bowlers and guests will be at the Doubletree by Hilton Hotel

Pittsburgh -Greentree. The rate is \$119 plus tax for Thursday, Friday, and Saturday night.

DoubleTree by Hilton Hotel Pittsburgh - Greentree

600 Mansfield Avenue

Pittsburgh, PA 15205

412-922-8400 (use block code: Fraternal Societies Bowling Tournament)

Schedule:

Friday, May 17th

5:00PM - hospitality (including food and beverages) at the bowling alley

6:30PM - team events begin

Saturday, May 18th

9:00AM and 12:30PM - doubles and singles events begin

4:30PM - mass in the reception room at hotel

5:30PM - reception begins (2-hours)

Cost:

\$23.00 per event

\$5 for all events

\$35.00 for the Saturday evening reception

(Continued on page 5)

THE POWER OF WALKING: A SIMPLE PATH TO PHYSICAL AND MENTAL WELL-BEING

Walking can unlock numerous health benefits for both the body and the mind. As one of the most natural forms of exercise, walking requires no special equipment, can be done almost anywhere, and is suitable for people of all ages and fitness levels. 72 Sokol members know the benefits of walking and have turned in their miles for the 2023 year. Collectively, members walked over 60,759.11 miles, which is almost three times around the world! A tie for third place is awarded to Nathan and Evan Radtke from Group 4 with 2800 miles walked. Second place walking award goes to Cindy Walkowiak from Group 14 with a total of 2802 miles walked. Our First Place Walking Champion is Rich Walkowiak from Group 14 logging 3053 miles around Pittsburgh. The advantages of walking are numerous and incorporating this simple activity into your daily routine can lead you to a healthier and more balanced life.

Physical Benefits:

- **Cardiovascular Health:** Regular brisk walking helps reduce the risk of heart disease, lower blood pressure, and improve overall cardiovascular health.
- **Weight Management:** Walking can contribute significantly to weight management. It helps burn calories and can be a crucial component of any weight loss program.
- **Joint and Muscle Health:** Unlike high-impact activities, walking is gentle on the joints and muscles. It promotes flexibility and helps maintain joint function.
- **Improved Posture and Balance:** Walking engages various muscle groups, including those in the core. This helps improve posture and balance, thereby reducing the risk of falls.

Mental Health Benefits:

- **Stress Reduction:** Walking has a calming effect on the mind and is an effective way to alleviate stress.
- **Boosted Creativity:** Walking has

(Continued on page 16)

Introducing our newest member



Rose Jean Richnavsky from Galloway, OH, born August 3, 2023, daughter of Aaron and Rachel Richnavsky, is a member of Wreath 153, Parma, OH.

SLOVAK CATHOLIC SOKOL MUSEUM DONATIONS OCTOBER – DECEMBER 2023

We are pleased to acknowledge the following donations which were received during the period October through December 2023 for our Slovak Catholic Sokol Museum located at our home office in Passaic, NJ.

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

DONATIONS RECEIVED

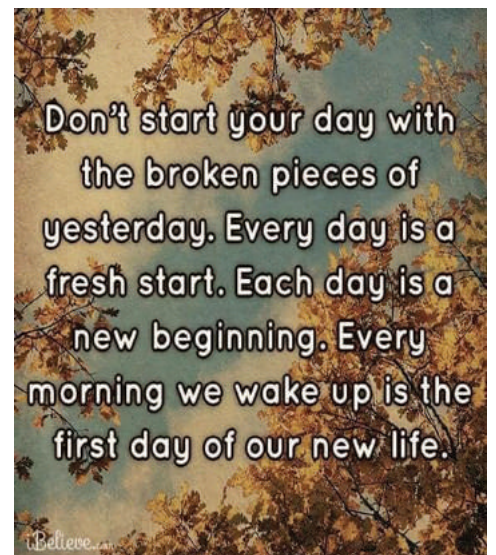
In Memory of	Donated By	Amount
Deceased Members of Group 7, Wilkes-Barre, PA	Group 7	\$100.00
Group 12 Members who Passed Away in 2023	Group 12 Reading, PA	100.00
Marge and Joe Pramik	Celeste Oprean	100.00
Total Donations this Quarter: \$300.00		
Total donations for 2023: \$1,125.00		

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

SLOVAK CATHOLIC FALCON PUBLICATION DATE

The next issue of the SLOVAK CATHOLIC FALCON will be that of APRIL 1, 2024. DEADLINE for all photos and information for this issue will be MARCH 22, 2024.

The next SLOVAK CATHOLIC SOKOL NEWSLETTER will be posted on our website on MARCH 15, 2024.





Greetings Group Officer,

A friendly reminder that Join Hands Day is May 4, 2024. This day of volunteering started 24 years ago to inspire adults and youth to volunteer together in their community. Supporting your community and passing

the volunteer spirit to our Sokol members of all ages is an excellent opportunity. I am reaching out to encourage each Group to participate in this day to spread the joy of volunteering in your communities. The activity does not have to be complicated. It can be simple to plan and organize. Below are a few ideas to get you started:

Conduct yard work for neighbors, churches, or Sokol members needing assistance.

Deliver meals to shut-in Sokol or church members.

Visit a local senior assistance center and spend time with the residents. Enjoy their company and potentially participate in or lead activities such as reading, playing games, playing music, singing, etc.

Help a local shelter.

Have a family-style picnic at a senior community center.

Clean up a local park, natural/bike trail, local landmark, etc.

Work with a local Scout Troop to prepare local cemeteries for Memorial Day by placing flags on soldier grave sites.

Contact your local Catholic churches and/or schools to see if they need assistance.

If your members are far apart, create an online challenge and have them post their activity to your social media sight.

There are no limits to what you can do!

This is an excellent time to start planning with your young leaders and recruiting participants as the Lenten season begins. Take the spirit of our Lord Jesus Christ's passion and share His love with your community.

After completing your activities, please send me your pictures and videos at vp@slovakcatholicsokol.org; I will publish them in the Sokol Falcon and post them on Slovak Catholic Sokol social media. Volunteering is a beautiful experience for those on the receiving end and those giving. I cannot wait to see what our Sokol members do to spread the joy!

Please don't hesitate to reach out if you have any questions.

May God bless you! Zdar Boh!

Andrea M. Tadlock, *Supreme Vice President*

S.C.S. BOWLING TOURNAMENT

(Continued from page 3)

The total for each bowler participating in team, doubles, singles, all-events and the Saturday night reception is \$109.00. As part of our outreach program organized by our Supreme Vice President Andrea Tadlock, we will be raffling off a gift basket to support Children's Hospital of Pittsburgh. We will also be accepting monetary donations. Details to follow in the Falcon, on the website, and on Facebook.

If you have any questions, please send me an email at kathyw323@gmail.com or text or call me at 412-225-8233.

I will see you all in Pittsburgh!

Kathleen S. Watkins

Supreme Director of Sports and Athletics

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

EASTER JOY FOR EVERYDAY LIFE

More than just a day, the Church gives us a seven-week Easter season to celebrate. Yet sometimes our everyday lives feel so heavy that celebration is not a part of them. Critical illness in the family, loss of a job, dis-
appointment in a relationship and the burdens of everyday life can make it a challenge to feel particularly joyful – even in the Easter season.



But the joy we are being invited into this season is beyond what we see in our everyday lives. It's true that Jesus says "Come to me and bring me your burdens" but we usually can't believe it. Maybe we don't want to believe it. If I really allow Jesus to come into my heart the way he wants to, will he ask me to change my life in ways that are too hard? How do I share the chaos of my life with Jesus? If I keep him at arm's length, my life might be difficult, but at least my problems are familiar. What would it cost me to let go and change my life?

We know our own faults and failings so well. Too well. We begin to believe that Jesus loves the way we love – with all of our human limits. How could Jesus love us and accept us the way we are right now? Maybe when we fix a few things about our lives, love our spouse a little better, stop being so critical of family members, stop drinking, stop nagging, love a little more... when we are perfect, then Jesus will love us.

If we can overcome our fears, the real power of letting Jesus into our hearts is how free our hearts will become. Suddenly, we are not afraid, not burdened and simply ready to serve with Jesus.

Jesus loves us - right now. At this moment, Jesus holds each one of us in his warm and loving gaze and loves us so freely at a depth that our human minds can't take in. Whether we comprehend this or not, Jesus loves us endlessly and waits for us with his arms open, ready to hold and support us.

As we receive his embrace and feel the peace and joy of Easter wash over us, we can look over his shoulder, and see beyond to those in need who now wait for us. That's when we realize that the real joy in our lives is putting aside our own faults, challenges and difficulties for a while and entering into the lives of others.

Pope Francis said at Easter, we leave ourselves behind and encounter others by "being close to those crushed by life's troubles, sharing with the needy, standing at the side of the sick, elderly and the outcast."

We are being missioned as Easter People. We find peace in Jesus' love for us and now we share it with others. We find ourselves standing side by side with Jesus, looking together at those we are being sent to love. That is where the real joy of Easter waits for us.



GCU, NSS & SCS COMBINED NATIONAL BOWLING TOURNAMENT

FEBRUARY 2024 NEWSLETTER

The GCU, NSS Life & Slovak Catholic Sokol Joint Bowling Tournament is fast approaching and we are pleased to offer you the following details:

Bowling... All bowling will take place at AMF Bowlero Pittsburgh Lanes 2440 Noblestown Rd, Pittsburgh, PA 15205. The phone number is (412) 922-4622 and website is <https://www.bowlero.com/location/bowlero-pittsburgh>

Hotel... The DoubleTree by Hilton Pittsburgh-Greentree located at 500 Mansfield Avenue, Pittsburgh, PA 15205 has a block of guest rooms available for \$119/night + tax for Thursday thru Saturday nights. You can reserve your room by calling **412-922-8400** and using Block Code:

Fraternal Societies Bowling Tournament. You can also scan the link on the back of this newsletter with your smartphone to go directly to the hotel reservation page for this event.

Application Format... Each society will receive applications from their own members, so that membership requirements can be verified. If you need additional applications: GCU members please contact: Basil Wahal-GCU Bowling Coordinator, 724-683-3924 or bwahal@GCUusa.com. Slovak Catholic Sokol members please contact: Kathy Watkins-Supreme Director of Sports and Athletics, 412-225-8233 or kathyw323@gmail.com. NSS Life members please contact Bethany Bonnar at 724-770-2093 or bbonnar@nsslife.org. **Application deadline is April 15, 2024.**

Team Event... The format will again be 4-Bowler Teams (Mens & Womens Only-No Mixed Teams), and team members may combine and send only one application if all fees are included. If bowlers are unable to fill all 4 positions on a team, we will assist you.

Additional Actual Prize Money... In an effort to increase participation from higher average bowlers, the GCU Board of Directors has again pledged an additional \$1,000.⁰⁰ to be used to pay actual score prizes across all tournament events. This will not have any affect on the handicap prizes which will continue to be paid as in the past.

Squad Time Assignments... There will be only one squad time for both the team event. Team bowling will take place on **Friday, May 17 at 6:30 PM**. The doubles & singles squads are scheduled for **Saturday, May 18 at 9 AM AND 12:30 PM**. If there are less than 120 bowlers enter in the Singles and Doubles events, there will only be one squad bowled at 10 AM.

Friday Evening Hospitality... All bowlers (and pre-paid guests) are welcome to join in for food and fraternalism on Friday, May 17. The hospitality buffet will be served at Bowlero Pittsburgh Lanes beginning at 5 PM.

Saturday Evening Bowlers' Cocktail Reception... In the interest of fraternal camaraderie and to celebrate the GCU, NSS & SCS Combined National Bowling Tournament, a reception for bowlers and their guests will take place on Saturday evening May 18 at 5:30 PM at the DoubleTree Hilton Greentree Hotel. The evening will include hot and cold hors d'oeuvres and a two hour open bar. Guests are

welcome at a fee of \$65 per guest. Bowlers must complete the enclosed Hospitality Questionnaire form if they plan to attend the reception. There is also a space to register any guests that will accompany bowlers for the reception. Payment must accompany requests.

Saturday Cocktail Reception Fee... Bowlers planning to attend the reception on Saturday, May 18 the fee is listed on their respective organization's applications and payment can be included with the bowling application. Bowlers have the option of not participating in the reception on Saturday, May 18. If you do not plan to attend, please do not pay the reception fee with your entry fees.

Food & Beverage Reservations... Must be made in advance so we can be precise in our attendance guarantees. We have enclosed a Hospitality Questionnaire to complete and return with your application no later than **April 15, 2024**. This will enable us to prepare for the proper number of attendees.

Membership Requirements... Membership requirements for each organization are available on the reverse side of the individual society bowling applications.

Forms on Each Organization's Website... Remember, if you need extra applications, all of the forms for the National Bowling Tournament are available on your organization's website: GCU— www.GCUusa.com; NSS Life—www.nsslife.org or Slovak Catholic Sokol—slovakcatholicsokol.org.

Early Departure Fee... The DoubleTree Greentree Hotel has the following policy: In the event a guest who has requested a room within your block checks out prior to the guest's reserved checkout date, the hotel will add an early checkout fee in the amount of one room night and tax to that guest's individual account. Guests wishing to avoid an early checkout fee should advise the DoubleTree by Hilton Pittsburgh Green Tree at or before check-in of any change in planned length of stay. **Individual Cancellation...** Failure to cancel a guaranteed reservation 48 hours prior to arrival date will result in a charge equal to one night's room and tax from the date of arrival.

We'll be in Touch... An additional newsletter will be forthcoming with the complete bowling and event schedule, prize list and other important information. Plan now to have a great tournament!



No applications will be
accepted after
April 15, 2024

ENTRY BLANK—78th ANNUAL
A JOINT TOURNAMENT OF GCU, NSS & SLOVAK CATHOLIC SOKOL
“USBC MORAL SUPPORT CERTIFIED”
AMF Bowlero Pittsburgh Lanes ♦ Pittsburgh, PA
Friday, May 17 & Saturday, May 18, 2024

No applications will be
accepted after
April 15, 2024

*Please note: Bowling Fees must accompany this application for the bowlers to be registered in the tournament.
League bowlers must submit a copy of their league average sheet with their application.*

BOWLER INFORMATION (LIST CAPTAIN FIRST)	SCS TOURNAMENT INFORMATION
Name: _____ Address: _____ Phone: _____ CERT/POLICY# _____ E-mail: _____	Highest Avg. 2022-23 _____ USBC No. _____ Team: _____ Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application: <input type="checkbox"/> Team <input type="checkbox"/> Doubles <input type="checkbox"/> Singles <input type="checkbox"/> All Events
Name: _____ Address: _____ Phone: _____ CERT/POLICY# _____ E-mail: _____	Highest Avg. 2022-23 _____ USBC No. _____ Team: _____ Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application: <input type="checkbox"/> Team <input type="checkbox"/> Doubles <input type="checkbox"/> Singles <input type="checkbox"/> All Events
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Name: _____ Address: _____ Phone: _____ CERT/POLICY# _____ E-mail: _____	Highest Avg. 2022-23 _____ USBC No. _____ Team: _____ Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application: <input type="checkbox"/> Team <input type="checkbox"/> Doubles <input type="checkbox"/> Singles <input type="checkbox"/> All Events

Please check one: ☐ Men's Events ☐ Women's Events

DOUBLE & SINGLES EVENTS—SATURDAY, MAY 18

☐ 9 AM ☐ 12:30 PM

TEAM EVENT—FRIDAY, MAY 17

Hospitality Meal Served 5 PM at Bowlero Pgh. Lanes Bowling Begins at 6:30 PM All Teams

Team Name: _____

(Please place team bowlers in the order they will be bowling.)

1. _____
2. _____
3. _____
4. _____

1. _____

2. _____

1. _____

2. _____

Make Entry Fee payable to: Slovak Catholic Sokol Sports Account

Mail to: Kathy Watkins, 7019 Highland Creek Drive, Bridgeville, PA 15017.

BOWLING FEE AS WELL AS ENTRY MONEY MUST ACCOMPANY THIS BLANK.

FORMS MUST BE SUBMITTED WITH COMPLETE INFORMATION.

INCOMPLETE FORMS WILL BE RETURNED TO TEAM CAPTAIN AND MUST BE RESUBMITTED.

Financial Totals for this Application	
Entry Fee for Each Event	
Prize Fee-\$10. ⁰⁰ + Bowling Fee-\$8. ⁰⁰ + Tournament Fee-\$5. ⁰⁰ = \$23. ⁰⁰	
Optional Events	Reception + Bowling Entry
All Events-\$5. ⁰⁰ Reception-\$35. ⁰⁰	\$109. ⁰⁰ per person
___ Singles Event @ \$23 ea. = \$ _____	
___ Doubles Event @ \$23 ea. = \$ _____	
___ Team Event..... @ \$23 ea. = \$ _____	
___ All Events @ \$5 ea. = \$ _____	
___ Reception @ \$35 ea. = \$ _____	
Total Enclosed \$ _____	

Important to All Tournament Entrants Read Carefully Information Given Below Rules and Regulations of Annual Slovak Catholic Sokol Bowling Tournament

The purpose and aim of our organization in sponsoring annual bowling championships is to promote good sportsmanship, fraternalism and national interest in the Slovak Catholic Sokol.

As you know, each year the Supreme Assembly, recognizing the great importance of bowling in our organization, donates \$60.00 to the prize fund for each team entry entered in the International Tournament. This financial contribution on the part of our organization is added to the regular prize fee collected by the bowlers. All prize fees collected will be refunded 100% in prizes.

In order to successfully operate our tournaments, we must have cooperation and exact adherence to all entry rules and regulations which govern teams and individuals.

Please read these rules carefully. Do not overlook any detail. Comply with all requests at time entry blank is being filled out and when sending it in with the proper money order, certified check or check. Be sure you have the bowlers affidavits as of all sanctioned league averages for 21 games or more in accordance with our rules governing averages. This will speed up the mailing of prizes after results have been checked. Remember that false information will result in forfeiture of all rights to prizes.

RULES AND REGULATIONS

1. The Slovak Catholic Sokol Championship Tournament is open to all members of our organization, both male and female (no juniors) who are in good standing and have been members for at least (3) three months SPL or (1) one year for all other policies, prior to the date of tournament with a minimum of \$3,000.00 coverage. Policy Holders - no Social Members. As mandated by the 2007 Convention, all new members enrolled after January 1, 2008 will require a new minimum of \$5,000.00 of insurance coverage to participate in the programs after January 1, 2020.

2a. All members of the competing teams must be members of the same Assembly or Wreath. There is no limit to the number of teams from each Assembly or Wreath.

2b. An Assembly or Wreath not having enough bowlers to make up a team may combine with another Assembly or Wreath to make up a team.

3. Doubles teams may be from any Assembly or Wreath for both Men and Women Divisions.

4. All participants must be certified by the respective Assembly or Wreath Financial Secretary and may enter only once for each division.

5. High Score recognition automatically extended to USBC members. Eligible nonmembers can qualify for high score recognition at their option by paying a \$5.00 participation fee. Affiliated membership is \$21.00.

6. There will be at least one prize for each (10) ten entries in each event, and each (20) twenty entries for All-Events for Men and Women.

7. All-Events (optional), shall be handicap. This prize fund is a separate entry (\$5.00) and no tournament expense fee is assessed for this. Only those entrants paying this fee are eligible. Please indicate All-Events entries by placing an "X" before names in Team Entry space on Entry Form side.

8. Prize fee will be \$10.00 per bowler per event. Cost of bowling and tournament expenses \$13.00 per bowler per event. Total = \$23.00 per event.

9. No entry money will be returned for any reason.

10. The United States Bowling Congress rules and regulations apply to all bowlers.

11. The Championship in both Men's and Women's Divisions will receive individual championship shirts. In the event of a tie for championship, lowest team handicap will receive shirts, cash prizes will be divided equally.

12a. Handicap (Men) allowed will be 85% of the difference between 240 and last season's 2022-2023 highest sanctioned league average of at least 21 games. Bowlers who have no established average will use their highest sanctioned league average of at least 21 games as of January 1, 2024. A male bowler whose current average of 21 games or more at time of entry is (10) pins or more higher than the previous season's average must use his current average. Male bowlers who have no established average for this year or last year will be listed as 175 average and will be handicapped accordingly. If the bowler does not have a sanctioned average over the last two years, but has competed in the Joint Fraternal Tournament, the most recent 5 year history of Joint Fraternal Tournaments will be used. If none of the above apply, the average of 175 for men will be used. Male bowlers with an average over 240 will receive no handicap and will bowl scratch in the tournament.

12b. All participants will be governed by rating requirements of USBC Rule 319e. Average to be adjusted accordingly. Failure to use the current average shall disqualify score if submitted average is lower than correct average thereby resulting in a lower classification of more handicap. Prize winnings shall be based on the submitted average if it is higher. However corrections in averages may be permitted up to the completion of the first game of a series.

12c. Handicap (Women) allowed will be 85% of the difference between 200 and last season's 2022-2023 highest sanctioned league average of at least 21 games. Bowlers who have no established average will use their highest sanctioned league average of at least 21 games as of January 1, 2024. A female bowler whose current average of 21 games or more at time of entry is (10) pins or more higher than the previous season's average must use her current average. Female bowlers who have no established average for this year or last year will be listed as 150 average and will be handicapped accordingly. If the bowler does not have a sanctioned average over the last two years, but has competed in the Joint Fraternal Tournament, the most recent 5 year history of Joint Fraternal Tournaments will be used. If none of the above apply, the average of 150 for women will be used. Female bowlers with an average over 200 will receive no handicap and will bowl scratch in the tournament.

13. Teams wishing to bowl all nine games as Team, Double and Singles in one day or a specific day or time must submit that request at time of entry. (Only if necessary)

14. List team names in order of lineup to bowl. The USBC substitute rule will be used in the event it is necessary. Average certification must accompany entry form.

15. All teams must bowl according to the published schedule. In order to ensure your choice of schedule time, send entries in early.

16. Bowlers have 48 hours from completion of tournament to notify manager of error in score. **Bowlers must include a copy of their league average sheet with their application.**

17. Every consideration will be granted to request date/time preferences for out-of-town teams and individual bowlers. The success of the tournament depends upon all participants.

19. Bowlers need not report information as required by USBC (Rule 319d provision) for tournament prize winnings.

**ENTRIES CLOSE
MIDNIGHT, April 15, 2024**

\$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

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

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.slovakcatholicsokol.org beginning December 1, 2023.

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

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).

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.

Application is also available on the Internet @

www.slovakcatholicsokol.org

DISQUALIFICATION

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

ACKNOWLEDGMENT

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

RETURN OF GRANT

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

SLOVAK CATHOLIC SOKOL 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

RECAP OF THE 2023 INTERNATIONAL BOWLING AND GOLF TOURNAMENT

The 77th Slovak Catholic Sokol International Bowling Tournament was held on May 19th-20th at the Airport Lanes in Buffalo New York. The combined Bowling Tournament included bowlers from the Slovak Catholic Sokols, Greek Catholic Union (GCU), First Catholic Slovak Union (FCSU), and the National Slovak Society (NSS). Friday Evening Supreme Director of Sport and Athletics, James Matlon welcomed all of the bowlers and the American, Canadian, and Slovak national anthems were played, and then bowling commenced. Working the tournament from the SCS Supreme Fitness Board was James Matlon, Frank Laury and Kristen Popik. In attendance was also representatives from the other fraternal organizations, including Basil Wahal, Fraternal Communications Director from the GCU, Joanne Fibbi, Fraternal Activities Director for the FCSU, and Pamela Blum, Fraternal Activities Coordinator for NSS. Friday night team tournament winners included: Female Division Scratch, first place from the SCS & GCU- Team 2+2 Barberton Bowlers: Karen Bakita, Carol Macko, Diana Brashear, and Jean Karaffa with a total score of 1914. Second place Scratch Team 412 members from the GCU: Patricia Niskach, Patricia Kutzfara, Barbara Wahal, and Melanie Basl with a combined score of 1811. Women's Team Handicap Results: first place was Lady Canucks from FCSU, Nicole Zoldak, Ruzena Kapitan, Christine Tokarasky and Anne Mitro, with a score of 2330. Second place is awarded to SCS & GCU team 2+2 Barberton with a score of 2325. Third place goes to GCU 412 Team with a total score of 2234.

The Men's Team Division Scratch First Place Winners from GCU, John Adamcik, Ryan Labanik, Jeff Siesky, and Mark Cherpak with a score of 2588. Second place winners from SCS-Lilly #1: Francis Risko, Edward Wilk III, Gary Risko, and Brian Risko, with a score of 2342.

Men's Team Handicap Results include: First place winners from GCU with a score of 2936. Second place was awarded to Assembly 59 Wilkes Barre, PA from the SCS, team members consisting of: Marty Degnan, Michael Horvath, Frank Lipski, and Tony Rasimas with a score of 2884. Finally in third place from SCS team Assembly 162- Clifton, NJ, team members: Al Pogorelec, Frank Pavlica, Steve Pogorelec, and John Termyna with a score of 2826. The Tournament continued on Saturday morning for the Doubles and Singles competition. Scratch Women's Doubles winners include Karen Bakita and Carol Macko from SCS with a first place score of 1036, while Patricia Kutzfara and Barbara Wahal from GCU took second with a score of 1031.

In the Women's Handicapped Doubles Division, the SCS Team of Karen Bakita and Carol Macko won the Women's Handicap; the two bowled a combined score of 1264. The second-place team from the FCSU, Rozena Kapitan and Ann Mitro bowled a 1262 combined handicap score. Third place goes to Heather Horvath and Kelly Palchanis, from the SCS who bowled a score of 1227.

The Men's Double Division Scratch winners include: first place from the FCSU, John Grottenhaler and Tom Silay for a total of 1221, second place goes to Luis Palos and Jerry Hromada also from the FCSU, with a combined score of 1205;

and third place winners from the SCS, Frank Lipski and Tony Rasimas with a score of 1199.

In the Men's Double Division with Handicap, Dave Matty and Clarence Checton, from the SCS claimed first place with a score of 1467. Second place ended in a tie with John Grottenhaler and Tom Silay, from the FCSU as well as Marc Kudlacik and Robert Mosloskie from the SCS both obtaining a score of 1446. In the Mixed Doubles Division, Rick and Carol Ungvarsky finished in first place with a score of 1368. In the Women's Singles Scratch Division, Jean Karaffa from the GCU, placed first with a 5-pin difference over Nicole Zoldak, from the FCSU with scores of 534 and 529 respectively. Third place award goes to Melanie Basl, from the GCU with a score of 528. Women's Handicap Singles Division resulted in Anne Mitro, from the FCSU, taking first place with a score of 656, Nicole Zoldak in second with a score of 655. Christine Tokarsky, from the FCSU, placed third with a total score of 630.

In the Men's Singles Scratch Division, the following winners: Jerry Hromada, from the FCSU, with a scratch of 679, second place goes to John Niskach, from the GCU, with a score of 671, and third place went to Cory Shedlock from the SCS, with a score of 655. In the Men's Handicap Division, winners include: John Tokarsky from the FCSU, first place with a score of 827, second place winner John Niskach, from the GCU with a score of 773, and third place winner with a score of 767 was David Iskra Jr., from the SCS.

In the Women's Division for All-Events with Handicap, Ruzena Kapitan from the FCSU is awarded first place with a total score of 1888. Second place goes to Anne Mitro, from the FCSU, with a total score of 1879. Third Place goes to Patricia Kutzfara from the GCU, with a total score of 1876. The Men's division for All-Events with handicap resulted in SCS President Michael Horvath placing first with a score of 2293, Dave Matty from the SCS placing second with a score of 2253, and Tony Rasimas from the SCS placing third with a score of 2220.

In the Women's Division Scratch All-Events, Jean Karaffa from the GCU was awarded first place a total score of 1572. Second place went to Patricia Kutzfara from the GCU with a total score of 1570. Third place recognition went to Melanie Basl from the GCU with a total score of 1531. The Men's division for Scratch All-Events: Greg Grys from the FCSU placed first with a score of 1923, John Adamcik from the GCU placed second with a score of 1920, and Tony Rasimas from the SCS placed third with a score of 1914.

After Bowling concluded, Father Nasta of the FCSU celebrated Mass for the bowlers. The bowling banquet followed Mass. Supreme Director of Sport and Athletics, James Matlon, welcomed everyone to the banquet and introduced all the Supreme Officers present in the other Slovak organizations that participated as well as the member of the Slovak Catholic Sokol that were in attendance. This included Assistant Director of Sports and Athletics Frank Laury, President Michael Horvath, Honorary Officer Steve Pogorelec Sr., Supreme Director Marty Degnan, and Supreme Physical Fitness Board Member Kristen Popik. At the Banquet, Kathleen Smolkowicz was awarded the Frank S. Petruff Award for her dedication and participation

in the International Bowling tournaments. Congratulations to this fine young lady! The weekend had awesome food, fun and fraternalism! Thanks to all that made it a success!

The 68th International Golf Tournament was held in Canfield, Ohio at The Kennsington Golf Club and Flying B Golf Course in Salem, Ohio on August 18-20. The Supreme Fitness board members working the Tournament were Jim Matlon, Frank Laury, Kristen Popik and Rob Palchanis. Chairperson of the Supreme Auditors James Jerek and Supreme Treasurer James Knis also helped with the beverage cart, keeping the golfers hydrated! Nancy Kropolinski and Kristen Popik also volunteered their help with scoring and supply runs. When all the golfers completed their round of golf on Saturday they attended Mass starting at 4:00 p.m. which was held by Father Thomas Nasta, National Chaplain of First Catholic Slovak Union. The awards dinner was held at the Kennsington Banquet hall. The facility was fabulous 5 Star complex! That night we recognized the leaders, and closet to the pins were awarded. On the Kennsington Course on hole #8, Zach Oravetz and on hole # 17, Derek Loehle. The winners on the Flying B course on hole #3, Ryan Burfield and on hole # 16, David Degol. The last award for the evening was the Frank S. Petruff Memorial Sports Award that is given to an individual that Exemplifies Qualities of Dedication- Leadership- Sportsmanship. The past winners that were present included Thomas P. Muldoon, Jr., Loretta Smith, John S. Hornacek, Robert R. Palchanis, Jr., and Edward Baker. The winner of the 2023 Frank S. Petruff Memorial Sports Award went to Donald J. Koval from Group 7 Wilkes-Barre, PA. On Sunday the closet to the pin winners were (For Kennsington Course it was Nick Sweitzer on hole #8 and for hole #17 it was Ken Hlebovy. For the Flying B Course on hole #3 it was Kyle Karaffa and hole # 16 it was Nate Keagy.

The 2023 Golf Tournament had 165 participants, 109 from the SCS, 52 from the FCSU and 4 from the GCU. This year we added an additional Senior Flight for the men over 62, a total of 7 flights. The "A" flight winner is John Rosa from FCSU with a score of 136 and the best "A" flight scratch score, and second place finish, David Degol from FCSU with a score of 151. "B" flight winner is John E. Pastorek, Jr. from FCSU with a score of 136 and the best scratch score for "B" flight is Jerry Hromada from FCSU with a score of 171. Pete Underation from the SCS finished in 2nd Place in the "B" flight with a score of 141. "C" flight winner and best scratch score is John Grottenthaler, from the FCSU with a score of 136 and 180. Jay Macko from the SCS finished in 2nd Place in the "C" flight with a 142 score. "Callaway" flight winner and best scratch score is Shawn Adam from FCSU with a score of 142 and 149. Thomas Hamrock from the SCS finished in 2nd Place in the "Callaway" flight with a score of 144. "Senior 62-69" flight winner is Paul Macko from SCS with a score of 133 and the best scratch winner is Vincent Pisano from SCS with a score of 156. Joe Burfield from the SCS finished in 2nd Place in the "Senior 62-69" flight with a score of 137. "Senior Flight 70+" flight and scratch winner is Robert Hritz from SCS with the score of 144 and 162. Keith Shedlock from the SCS finished in 2nd Place in the "Senior 70+" flight with a score of 145. "Woman's Flight" winner is Terri Palchanis from SCS with a score of 151 and the best scratch winner is Stephanie Skorupka from SCS with

a score of 200. Loretta Smith from the SCS finished in 2nd Place in the "Women's" flight with a score of 152. The tournament went very smoothly, and I want to acknowledge the hard work and dedication Supreme Director of Sports and Athletics Jim Matlon put into this tournament! I hope in the future we get an opportunity to come back to Kennsington Golf Resort!

FYI: The 2024 Bowling Tournament will be held May 17th-19th at Bowlero Pittsburgh Lanes and the Golf will be held August 9th-11th at Treasure Lake in Dubois Pennsylvania.

In Conclusion I would like to say It was an Honor to be the Supreme Assistant Director of Sports and Athletics and part of the Supreme Fitness Board for the last 16 years! I met so many good people and made so many friendships! I would like to thank Jim Matlon for all of his hard work and caring dedication to the organization. I would like to thank our Supreme Secretary Scott Pogorelec for his support and help at so many of the International Events! Scott has always been a leader on and off the field as we would say! I would like to thank Ed Moeller who alway would step in and help out when I needed him. I would like to thank my wife Julie for introducing me to the Slovak Catholic Sokols exactly 40 years ago and for all her dedication, commitment and love to the organization through the years! She is my Champion! Good luck to the New Supreme Fitness Board and the future of our Organization! I finally get to golf in the International Tournament again!!!

God Bless! Zdar Boh!

Frank P. Laury III

CELEBRATE EASTER ... SLOVAK STYLE BY LAWRENCE G. KOZLOWSKI MICHAEL J. KOPANIC, JR., PH.D.

If you are interested in carrying on Slovak Easter traditions, I highly recommend the 33-page booklet by Larry Kozlowski.



The author covers the period from pre-Lenten Fašiangy celebrations, Lent (pôst), St. Joseph's Day, Palm Sunday (Kvetná neďela), Holy Week (Veľký týždeň), and Easter Sunday (Veľká noc). There are even directions on how to weave palms and make a plaited whip for Easter Monday. The booklet concludes with a blank family tree and a place to write down your own Eastern recipes.

"Celebrate Easter ... Slovak Style" is a unique collection of Slovak customs, traditions (Easter Basket Blessing Symbolism), folklore, recipes (Rezanky, Čeregi, Palacinky, Pirohy, Halubky, Halušky, Pagač, Syrek, Paska, Chren, Klobasi, Kolačky, Rožky, Babovka, Pečene & more), and folk arts (Easter Whips, Palm Weaving & Egg Decorating). Keep your precious Slovak heritage alive and celebrate the priceless treasures of Slovak Easters past and is an inspiration for Slovak Easters of the future.

"Celebrate Easter ... Slovak Style" \$13.75 Each - --Free Shipping

Slovak Heritage Special - 3 Books for \$30.00

To order, please write: [e-mail: lgk505@aol.com](mailto:lgk505@aol.com)

Lawrence G. Kozlowski, 525 Beatty Road, Monroeville, PA 15146



Hospitality Questionnaire GCU, NSS & SCS Joint Bowling Tournament

*Please complete and return this questionnaire
with your bowling application.*

Bowler Name: _____

Friday Evening Buffet (*Free for Bowlers*)

_____ I will have a guest at the Friday Evening Buffet at Bowlero-Pittsburgh Lanes on Friday, May 17, 2024. Enclosed is my payment of \$15 per guest for the Friday Buffet.

Friday Buffet Guest _____

Friday Buffet Guest _____

Saturday Evening Bowlers' Cocktail Reception

Hot & Cold Hors D'oeuvres and two-hour Open Bar.

_____ YES, I will attend the Bowlers Reception at the Doubletree Greentree Hotel at 5:30PM ON SATURDAY, MAY 18, 2024. I HAVE INCLUDED PAYMENT OF \$35 WITH MY BOWLING APPLICATION.

_____ I WILL HAVE A GUEST(S) AT THE BANQUET ON SATURDAY, MAY 18. ENCLOSED IS MY PAYMENT OF \$65 PER GUEST FOR THE RECEPTION.

SATURDAY GUEST _____

SATURDAY GUEST _____

SATURDAY GUEST _____

_____ NO, I WILL NOT ATTEND THE RECEPTION ON SATURDAY, MAY 18, 2024.

**RETURN THIS FORM WITH YOUR BOWLING APPLICATION BY
APRIL 15, 2024.**

THANK YOU!

THE POWER OF WALKING

(Continued from page 3)

been linked to increased creativity and cognitive function.

- Better Sleep: Regular physical activity, such as walking, promotes better sleep quality.

It is never too late to get started. If you're new to walking as a form of exercise, turn walking into a social activity by inviting friends or family to join you. This not only promotes physical health but also strengthens social bonds. The Walking Program can be used as a Group, Wreath, or Assembly social activity. Send a photo and summary capturing the following monthly themes to be eligible for rewards:

- March- In observance of National Women's History week, grab your girlfriends and take a walk.

- April- In observance of Easter, walk near or in a field of flowers.

- May- Join Hands Day- the first Saturday in May is about uniting the older generation with the younger in a day of volunteering. Add a walk to your volunteering activity.

- June- Father- Son walk in recognition of Men's Health Month.

- July- Is National Ice Cream Month. After your walk, treat yourself to some ice cream.

- August- Taking a walk is a great way to honor yourself during National Wellness Month.

- September- In observance of International Day of Peace, September 21, promote peace by taking a walk with your loved ones.

- October- Take a walk in a Pumpkin Patch to celebrate National Pumpkin Seed Day.

- November- Walk with gratitude and thankful intentions.

- December- Take a Wintry Walk.

Include the type of organization (Group, Wreath or Assembly), contact person and address, and a photo. See monthly contest descriptions in another section of this publication. Send pictures and the summary to Nancy Kropolinsky 1853 Wingate Road, Youngstown, Ohio 44514 or post on Face Book to be eligible for monthly prizes.

I hope you have a happy and healthy year and hope to see you at this year's events!

Zdar Boh!

Nancy Kropolinsky

Supreme Assistant Physical Directress



KIDS' CORNER "Detský kútik"

March 2024



Slovak Words=Slovenské slová

By Dr. Michael Kopanic

Detský kútik [dyet-ski] [koo - teek] = Kid's corner

Palm Sunday = **Kvetná nedeľa** [Kvet-naah nye-dyeh-lah] literally it means, Blossom Sunday

Holy Week = **pašiové týždeň** [pah-sheo-veh teezh-den] The "ň" is like 'ny' in "canyon."

Holy Thursday = **Zelený štvrtok** [zeh-leh-nee shtver-toke] Literally, Green Thursday

Good Friday = **Veľký piatok** [Vell-kee pyaah-toke] Literally, Great Friday

Easter = **Veľká Noc** [Vell - kaah notes] - Literally, it means „Great Night," i.e. when Jesus rose from the dead.

Happy Easter = **Veselá veľká noc** [Veh-se-lah vell-kaah notes]



Happy Birthday to You!

Korah Roman	3/1
Joshua Kuchera	3/9
Jackson Tarantini	3/11
Anjalina Misra	3/17
Chercheng Vang	3/19
Lucas Golden	3/25



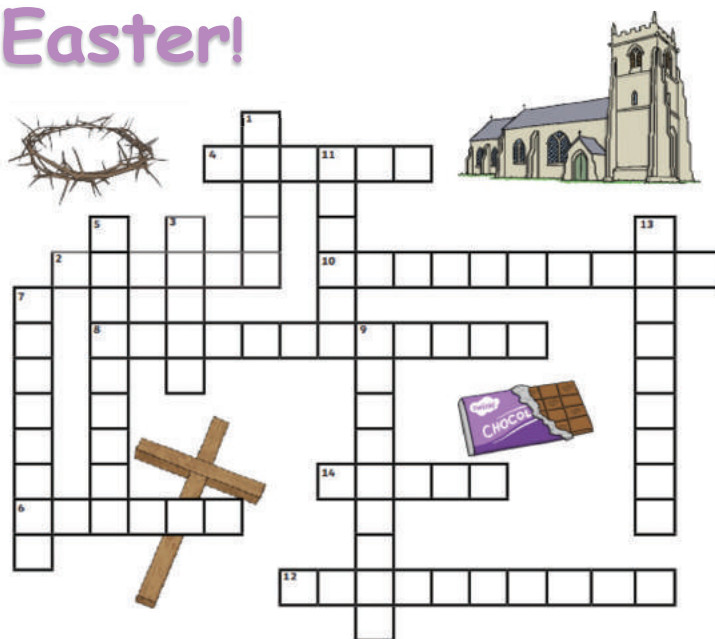
Happy Easter!

Across

- 2 On his head, Jesus wore a crown of these. (6)
- 4 Jesus final meal with his disciples is known as the Last _____. (6)
- 6 Lent leads up to _____. (6)
- 8 Jesus' _____ is remembered on Easter Sunday. (12)
- 10 When Jesus entered Jerusalem on a donkey, people waved these. (4, 6)
- 12 Jesus was arrested in this garden. (10)
- 14 Lent last for _____ day. (5)

Down


- 1 This disciple betrayed Jesus. (5)
- 3 Jesus was nailed to the _____. (5)
- 5 During Lent, alms are given to _____. (9)
- 7 The week before Easter is _____. (4, 4)
- 9 This candy is often given up during Lent. (9)
- 11 This color cloth is placed on the altar during Lent. (6)
- 13 Lent begins on this day of the week. (9)







KIDS' CORNER "Detský kútik"

March 2024



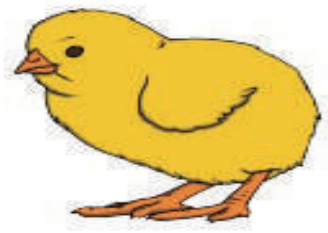
Easter


Riddles

Can you solve these Easter-themed riddles?

My first's in TRADITION and SING, but not TIME.
 My second's in CELEBRATE, PARADE and CHIME.
 My third is in SUNDAY and SHINE, also SKIES.
 My last is in SECRET, but not CLUES or PRIZE.






MY first is in PETAL and STALK, also FLOWER.
 My next is in RAIN, but not WIND or SHOWER.
 My third is in FAMILY, MUSIC and MAY.
 My last is in BONNET and BOW, not HOORAY.

My first is in BISCUIT and also in BUNNY.
 My next is in RAINY, but not FINE or SUNNY.
 My third is in SMILE and also in SING.
 My fourth is in CHICK, not FEATHER or WING.
 My fifth is in GARDEN and EGG, also GATE.
 My last is in TRAIL and TREAT, also in ATE.

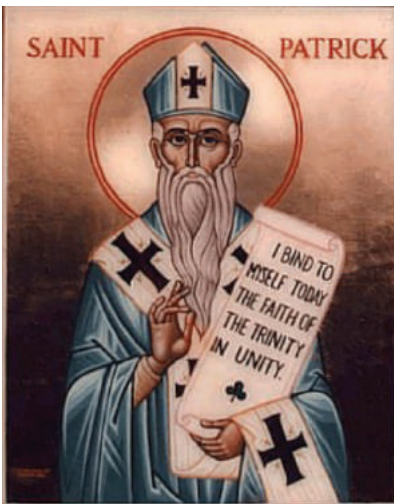
What Easter-themed word can you make from these letters?





KIDS' CORNER "Detský kútik "

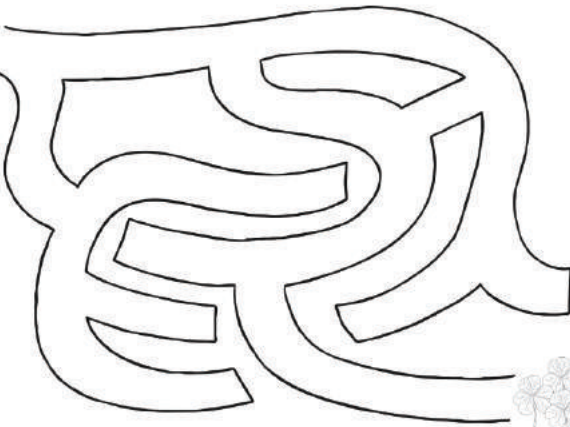
March 2024



Saint Patrick Fun Facts

- St. Patrick was not Irish. He was born in Scotland or Wales in 385 AD.
- St. Patrick was a slave. Irish raiders kidnapped him at the age of 16; he escaped 6 years later and spent 12 years in an English monastery.
- He used the Shamrock to preach the Trinity.
- St. Patrick's original color associated to him was blue.
- There are 34 million Irish Americans compared to over 4.2 million citizens who live in Ireland.

To learn more about St. Patrick go to
<https://www.catholic.org/news/saints/story.php?id=45045>



Help
St. Patrick
find the
shamrocks to
preach the
Trinity.



Slovak Catholic Sokol SPFB Monthly Newsletter March 2024



Please join us for the monthly virtual activities. More details for each event will be posted on Facebook. If you have any questions, contact Kathy Watkins at (412) 225-8233 or via email at kathyw323@gmail.com.

Click the Zoom link to join an activity: <https://us06web.zoom.us/j/3823234716?omn=85240907247>

Father Andrew Hvozdovic	Rosary	First Friday of each month at 4:00PM EST	Mar. 1st
Katie Swift	Youth Advisory Committee	7:00PM	Mar. 4 th
Kristen Popik	STEM activities (children 14 and under)	7:00PM (day may vary each month)	Mar. 11th
Nancy Kropolinsky / Chris Antosy	Happy Hour / Games or Trivia	Third Thirsty Thursday of each month at 8:00PM EST	Mar. 21st
Dusan Dorich / Marty Degnan	Slovak History / language	Third Sunday of each month at 9:00PM EST	Mar. 17th
Katie Swift / Janice Matlon	Bible Study	Tuesdays at 8PM EST (every week during lent)	Mar. 5, 12, 19, 26
Zack Manyak	Book Club (will rotate between adult and youth books)	Adult (Feb, Apr, June, Aug, Oct, Dec) – 8:00PM EST Youth (Mar, May, July, Sept, Nov) **Book will be announced on Facebook at beginning of the month.	Mar. 28th

2024 Yearly Calendar of Events

March	May	June	July	Aug	Oct.	Nov.	Dec.
Most Creative Egg contest (14 and under)	Bowling Tourney (17-19) Bowlero Lanes (Pittsburgh, PA) Join Hands Day	Family Weekend / Corn Hole Tourney (Place and time TBD)	Virtual clinic (date TBD) July 20th – National Sokol Sports Day - Each individual or group will do locally (details to follow)	Golf Tourney (9 -11) Treasure Lake, DuBois, PA	Pumpkin Carving Contest (pictures submitted and people will vote on FB)	“Day of Giving” Each group will do locally (details to follow)	Christmas lights and Ugly Christmas Sweater contest (pictures will be submitted and people will vote)

The Walking Program is an ongoing activity. Keep track of your miles so that you can submit them at the end of the year to Nancy Kropolinsky at kropolinskynancy@gmail.com

Earn rewards each month by sending a photo and summary capturing the following monthly themes:

March- In observance of National Women's History week, grab your girlfriends and take a walk.

April- In observance of Easter, walk near or in a field of flowers.

May- Join Hands Day- the first Saturday in May is about uniting the older generation with the younger in a day of volunteering. Add a walk to your volunteering activity.

June- Father- Son walk in recognition of Men's Health Month.

July- Is National Ice Cream Month. After your walk, treat yourself to some ice cream.

August- Taking a walk is a great way to honor yourself during National Wellness Month.

September- In observance of International Day of Peace, September 21, promote peace by taking a walk with your loved ones.

October- Take a walk in a Pumpkin Patch to celebrate National Pumpkin Seed Day.

November- Walk with gratitude and thankful intentions.

December- Take a Wintry Walk.

Sokol Forward Join Hands Day Planning

As we begin the Lenten season, it's a great opportunity to reflect on the Passion of the Lord by volunteering and engaging in charitable activities. This is also a good time to start preparing for Join Hands Day on May 4th. You can invite members of all ages from your Group and brainstorm ideas to help those in need. Let's work together and plan a fun day of helping others. "Sokol Forward" and make a difference! Feel free to contact me at vp@slovakcatholicsokol.org to discuss your ideas.

Zdar Boh!
Andrea M. Tadlock
Supreme Vice President.

STAŇTE SA PODPOROVATEĽMI NÁRODNÉHO PARTNERSKÉHO PROGRAMU



vyhlasuje partnerský program „**Pamätník slovenského vystahovalectva v Bratislave, symbol trvalého prepojenia medzi Slovenskom a slovenskou diasporou vo svete**“

Na Slovensku niet rodiny, ktorej príslušník sa v minulosti či súčasnosti neocitol v emigrácii. V súčasnosti žije vo svete 1 milión dvestotisíc osôb slovenského pôvodu. Aj vďaka nim sme sa stali tým, kým a čím sme.

Nezabúdajme na tých, ktorí museli opustiť svoju vlasť a vlasť svojich predkov!

Ako inšpiráciu a na porovnanie uvádzame, že pamätníky venované problematike migrácie jestvujú v Argentíne, Austrálii, Belgicku, Brazílii, Dánsku, Fínsku, Francúzsku, Holandsku, Írsku, Islande, Izraeli, Japonsku, Južnej Afrike, Kanade, Libanone, Nemecku, Nórsku, Poľsku, Portugalsku, San Marine, Srbsku, Slovinsku, Španielsku, Švédsku, Švajčiarsku, Taliansku, vo Veľkej Británii, v USA.

Ústava Slovenskej republiky, Čl.7a

„Slovenská republika podporuje národné povedomie a kultúrnu identitu Slovákov žijúcich v zahraničí, podporuje ich inštitúcie zriadené na dosiahnutie tohto účelu a vzťahy s materskou krajinou.“

Deklarácia Národnej rady Slovenskej republiky k Slovákom žijúcim v zahraničí, 1999 „Slovensko a Slovenská republika vždy považovali a považujú Slovákov v zahraničí za integrálnu národnú súčasť, ich život a dejiny za súčasť slovenských národných dejín a ich kultúru za súčasť národného kultúrneho dedičstva. Slovenská republika si je vedomá, že Slováci vo svete sú spoločnými duchovnými nositeľmi slovenskej štátnosti, a oceňuje ich prínos ako integrujúceho činiteľa a mostu preklenujúceho hranice medzi materskou krajinou a ich novou vlasťou.“

V júli 2000 v Sade Janka Kráľa na pravom brehu Dunaja bol položený základný kameň budúceho pamätníka. Je ním 4,5-tonový kus neopracovaného červeného mramoru, ktorý venovali Slováci z Maďarska s vytesaným nápisom Základný kameň Pamätníka slovenského vystahovalectva a zahraničných Slovákov. Bratislava, júl 2000, a ktorý slávnostne posvätili zástupcovia Katolíckej cirkvi na Slovensku a Evanjelickej cirkvi a. v. na Slovensku.

Stála konferencia Slovenská republika a Slováci žijúci v zahraničí, ktorá sa v Bratislave koná od roku 1999, navrhovala takéto opatrenia:

V roku 2022 – Vybudovať pamätník slovenského vystahovalectva v nadväznosti na vybudovanie múzea Slovenského vystahovalectva. Zdôvodnenie: V kontexte dlhodobej histórie vystahovalectva zo Slovenska, ktoré je aktuálne aj v dnešnej dobe, je potreba vybudovania pamätníka slovenského vystahovalectva veľmi aktuálna. Indikátor plnenia: pamätník Zodpovedný: Úrad pre Slovákov žijúcich v zahraničí (ÚSZZ) v súčinnosti so Slovenským národným múzeom. Termín: ustanovený podľa výstavby múzea vystahovalectva V roku 2018 – venovať pozornosť dobudovaniu pamätníka slovenského vystahovalectva a Slovákov v zahraničí. V roku 2016 – venovať pozornosť dobudovaniu pamätníka

slovenského vystahovalectva a Slovákov v zahraničí.

V roku 2014 – Delegáti konferencie diskutovali o myšlienke pamätníka a múzea slovenského zahraničia a odporúčajú ÚSZZ pokračovať v ďalšom postupe v spolupráci s krajaňskými organizáciami.

V roku 2007 – podporiť vybudovanie Pamätníka slovenského vystahovalectva

V roku 2006 – Žiadajú, aby vláda Slovenskej republiky podporila zriadenie Múzea slovenského zahraničia a vybudovanie Pamätníka slovenského vystahovalectva.

V roku 2003 – Žiadajú, aby vláda Slovenskej republiky podporila zriadenie Múzea slovenského zahraničia a vybudovanie Pamätníka slovenského vystahovalectva.

V roku 2002 – vybudovať viaczožkový Pamätník vystahovalectva a zahraničných Slovákov.

Nežiadame peniaze, len morálnu podporu - formulovanú v znení:

„Podporujeme realizáciu pamätníka!“

Kontakt: e-mail: info@vystahovalectvo.sk; claudio.balaz@gmail.com; probstandrej@gmail.com

TASR POKRAČUJE V PROJEKTE EUROPEAN NEWSROOM, ROZRASTIE SA NA 24 AGENTÚR

Konzorcium európskych tlačových agentúr, ktorého súčasťou je aj Tlačová agentúra Slovenskej republiky (TASR), získalo od Európskej komisie finančnú podporu pre svoj projekt European Newsroom (ENR/Európske pracovisko pre novinárov) na ďalšie dva roky. Do projektu, ktorý koordinuje nemecká agentúra DPA, vstúpila TASR na jeseň 2022. Od tohtoročného februára sa v novom kole do projektu zapojí dovedna 24 agentúr so spravodajstvom v 22 jazykoch.

Cieľom projektu je pracovať na cezhraničných správach a poskytovať obsah národných tlačových agentúr širšiemu európskemu publiku.

“Projekt ENR je unikátnym pracovným spojením významných európskych tlačových agentúr v dobe sociálnych sietí a neoverených informácií vo verejnom priestore. Významné tlačové agentúry zdvihli svoj hlas, aby spoločne informovali o dianí v Európskej únii. Moderná Európa potrebuje informácie z tradičných a rokmi overených zdrojov,” vysvetlil pôsobenie ENR generálny riaditeľ TASR Vladimír Puchala.



MANDLE SÚ VYNIKAJÚCIM ZDROJOM VIACERÝCH VITAMÍNOV A MINERÁLOV

Mandle by nemali chýbať v našom jedálničku počas celého roka. Obsahujú vitamín A, E, B, vápnik, horčík, fosfor, meď, zinok, draslík, mangán, železo, selén a sodík. Prospejú napríklad nášmu mozgu a nervovému systému, pretože obsahujú riboflavin (vitamín B2) a L- kar- nitín, ktoré podporujú zvýšenie aktivity mozgu, tvorbu nových nervových dráh a tým znižujú riziko vzniku Alzheimerovej choroby.



Pre obsah fosforu a vápnika sú mandle výborné pre zdravie našich kostí, zubov a chránia nás pred rizikom vzniku osteoporózy.

Ak ich zaradíme pravidelne do nášho jedálnička pomôžu nám zvýšiť úroveň lipoproteínov s vysokou hustotou (HDL) – tzv. „dobrý cholesterol“ – a zároveň znížiť hladinu lipoproteínov s nízkou hustotou (LDL), tzv. „zlý cholesterol“. Vitamín E pôsobí ako silný antioxidant a chráni nielen našu imunitu, ale znižuje riziko ochorenia srdca a v kombinácii s flavonoidmi tvorí ochranu proti poškodeniu cievnej steny.

Vďaka prítomnosti dvoch veľmi dôležitých mastných kyselín – linolovej a linolénovej pomáhajú mandle pri znižovaní zápalových procesov.

Približne 4–5 mandlí denne nám zabezpečí dostatok vlákniny.

Mandle majú blahodarný vplyv aj na našu pokožku, preto sa ich výťažky často pridávajú do kozmetiky a využíva sa ich hydratačný účinok. Ak potrebujeme znížiť svoju hmotnosť, tiež nám vedia byť nápomocné, keďže spôsobujú pocit sýtosti a bránia tak prejedaniu sa.

JEDEN POMARANČ POKRYJETE DENNÚ DÁVKU VITAMÍNU C

Pomaranče sú výborným zdrojom vitamínu C, čím zvyšujú našu odolnosť voči infekciám. Stačí, ak denne skonzumujete jeden väčší pomaranč (200 gramov) a máte pokrytú odporúčanú dennú dávku tohto vitamínu.

Pomaranče sú jedným z najvýdatnejších zdrojov stopového prvku selénu, ktorý sa tiež účastní na zachovaní prirodzenej imunity. Obsiahnutý je v nich aj vitamín A, B1, B2, B6 a E a minerály – horčík, fosfor, mangán a draslík, ktorý prispieva k prevencii srdcových infarktov a vzniku krvných zrazenín. Vďaka vysokému obsahu draslíka majú tiež pomaranče odvodňujúce a lypolytické účinky, čo znamená, že rozkladajú tukové „vankúšiky“.

Konzumáciou pomarančov možno tiež predchádzať tvorbe obličkových kameňov. Ďalej podporujú trávenie a vstrebávanie živín, najmä železa. Chránia cievy, udržiavajú ich pružné a priechodné, pôsobia ako prevencia rakoviny a mnohých chronických ochorení.

Pomaranče pomôžu udržať pokožku sviežu a znižujú príznaky starnutia. Sú z veľkej časti tvorené vodou, telu teda doplnia i tekutiny. Vôňa pomarančov má vplyv aj na naše duševné zdravie, zmiernujú stres a podráždenosť, pôsobia antidepresívne.



KRÁTKE SPRÁVY ZO SLOVENSKA



V januári zbankrotovalo 616 občanov Slovenska. V medziročnom porovnaní s rovnakým obdobím minulého roka so 448 osobnými bankrotmi to predstavuje nárast o 37,5 percenta. Vyplýva to z analýzy spoločnosti CRIF - Slovak Credit Bureau, ktorá spravuje úverové registre bankových i nebankových inštitúcií. Z celkového počtu 616 bankrotov ich bolo 55 vyhlásených na majetok fyzických osôb - podnikateľov a 561 na majetok nepodnikateľov. Súdly zároveň zrušili 853 konkurzov, ktoré boli vyhlásené v predchádzajúcich obdobiach. Z nich bolo 762 zrušených pre nedostatok majetku dlžníka a 91 konkurzov bolo zrušených po splnení konečného rozvrhu výťažku. V bankrotach stále viac prevažujú muži. V januári ich zbankrotovalo 407, pričom žien 209. Najviac bankrotov bolo vyhlásených v Bratislavskom (121) a v Prešovskom kraji (121), najmenej v Nitrianskom kraji (51). Od roku 2006, keď na Slovensku začal platiť inštitút osobného bankrotu, do konca januára bolo podľa CRIF vyhlásených 78.053 osobných bankrotov.

Český premiér Andrej Babiš neuspel so sťažnosťou na Ústavnom súde (ÚS) SR v kauze jeho evidencie vo zväzkoch komunistickej Štátnej bezpečnosti (ŠtB). Namietať rozsudok Krajského súdu v Bratislave a uznesenie Najvyššieho súdu SR, ÚS však jeho ústavnú sťažnosť odmietol. Senát ÚS vo veci rozhodol na neverejnom zasadnutí 1. februára. Bratislavský krajský súd v júni 2022 zamietol Babišovu žalobu podanú voči Ústavu pamäti národa (ÚPN). NS vlní v auguste dovolanie podané českým premiérom odmietol. Babiš bol vo zväzkoch ŠtB vedený ako agent pod krycím menom Bureš, sám však spoluprácu s ŠtB popiera a trvá na tom, že je vo zväzkoch vedený neoprávnene. V spore o ochranu osobnosti podal žalobu na ÚPN ešte v roku 2012. V kauze rozhodovali súde už viackrát. Vo februári 2018 bratislavský krajský súd žalobu českého premiéra zamietol a NS SR následne odmietol Babišom podané dovolanie. Vo veci sa opätovne muselo konať po tom, ako ÚS SR v novembri 2018 zrušil rozhodnutia krajského a najvyššieho súdu. V roku 2022 bratislavský krajský súd skonštatoval, že pasívne vecne legitimovaným subjektom je Slovenská republika v zastúpení Ministerstva vnútra SR, nie žalovaný ÚPN.

Ázijského komára tigrovaného zaznamenali na Slovensku. Ide o jeden z najnebezpečnejších invázných druhov komára, ktorý prenáša až 22 druhov vírusov, ako je západonílsky vírus, alebo žltá zimnica. Výskyt komára potvrdilo Biomedicínske centrum Slovenskej akadémie vied.

V Prezidentskom paláci sa 20. februára uskutočnil tradičný obed hlavy štátu Zuzany Čaputovej s bývalými prezidentmi SR Rudolfom Schusterom, Ivanom Gašparovičom a Andrejom Kiskom. Čaputová verí, že nová hlava štátu si túto tradíciu zachová. „Som veľmi rada, že sa nám podarilo stretnúť. Nadviazala som tým na tradíciu, ktorú založil prezident Kiska. Je to príjemná chvíľa každý rok,“ povedala médiám Čaputová po skončení obeda.



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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](http://slovakcatholicsokol.org/members/memorialfrmframe.htm)

or simply send your donation to: Michael J. Horvath, SCS Museum Treasurer, 185 Lawrence St., Wilkes-Barre, PA 18702. 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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