

*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

To all of the members, local officers and Supreme Officers of the Slovak Catholic Sokol, I would like to offer you a very happy new year and wish you all the very best in coming



year ahead. Have you made any resolutions yet? What things will you do differently in the coming year, that you have not tried or changed in the past? Regardless, I hope you have a

safe, healthy and happy 2025.

As I look back over the years, when I prepared my first official article each January, I noticed the only constant in those updates was change. After all, several years ago during COVID our society was challenged due to the declining membership, cash surrenders reaching all-time record highs and operational costs that were not offset by new revenue. Our solvency ratio was reasonably good but our sales for new life and annuity business was struggling due to the pressures that many families experienced from the global Pandemic. Today, our membership has stabilized, life and annuity sales have improved and the overall financial health of our society is improving through cost reduction efforts and new sales growth.

That said, we continue to look for new ways to reduce cost and grow revenues. With this in mind, at our Board of Director meeting last month we put forward a series of new initiatives to meet these 2025 financial needs and expectations including virtualizing most of our Supreme Officer meetings, reducing the number of monthly publications from 12 to 6 and focusing on our tope sales professionals to generate more revenue from life and annuity policies. As well, we will be auditing and evaluating our professional advisors to ensure we are maximizing our value and return for the society.

Our athletic and fraternal program was also discussed at length

and the Supreme Physical Fitness Board will solicit our local leaders to ensure we have explored all ideas and gain their input for our future events. We want to maintain our program but recognize our youth have lots of options in their local communities. We hope we can continue to provide an opportunity to compete at our National Slets but we must have the participation to support our financial commitment. I want to thank our Supreme Physical Fitness board for their new ideas, new facilities and a youthful spirit to our society. Thank you for your tireless commitment and sacrifice to our focus on health, fitness and fraternalism.

During our deliberations, we selected the 2024 Fraternalist of the Year and this year's selection is Martin Degan, who sadly passed away a few months ago. However, he made a significant impact to our society and his local community throughout his lifetime. We look forward to meeting with his family and celebrating his generous life and contributions to our society.

As 2024 comes to a close, I think back on the past year and reflect on all the family and friends we have lost. In our family, we lost our uncle and my godfather who was typical of many elders in our families that loved the Slovak Catholic Sokol and participated at many bowling and golf tournaments. He was active in our local Toronto group and cherished the friendships he gained over the years especially Tom Muldoon and the bowlers from Lilly PA. John Gombita was a unique individual who dedicated his life as a fire fighter, an architect and family man who loved his Slovak heritage and Catholic faith. May he rest in peace.

In closing, from our family to yours, we hope you all had a wonderful Christmas holiday season. May you continue to experience good health, happiness and prosperity in the coming year and hope all of our members have a safe, joyous and memorable New Year!

May God Bless you all and Zdar Boh!

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## FROM THE DESK OF THE SUPREME SECRETARY SCOTT T. POGORELEC, F.I.C.

### HAPPY NEW YEAR!



Greetings from the Home Office and Happy New Year! I hope that everyone had a wonderful Christmas! It is a magical time and seeing it through the eyes of children is surely something special. We pray that 2025 will be one of good health, happiness, and prosperity for all! The New Year will mark our organization's 120th Anniversary. Not many institutions can boast of more than a century of success with outstanding fraternal and sporting activities, along with our stable financial strength. It was on July 4, 1905, that a group of your Slovak immigrants met in Passaic, NJ and established our great organization. Our founders, along with generations of hard-working members, have built our Society which today has over 26,000 members with assets of nearly \$90 million. I wonder if our founders would ever believe how successful their venture would become!



New year's resolutions are something you hear quite often during this time of year. Exercise more, complete jobs around the house, and save more money are a couple that come up quite often. Allow me to give you one that will not only make you feel good about yourself, but also benefit your community and our wonderful organization. Try to make a commitment this year to get more involved in your local Assembly/Wreath and/or Group. Local level functions are the cornerstone of the Slovak Catholic Sokol. It is through these events and our national fraternal

functions that our message is delivered to our current members and potential members. We would especially like to see our younger members take a more prominent role in creating and assisting at your local level. Creating a Facebook page for your Assembly/Wreath or Group would be a wonderful start that can possibly kickstart some interest and participation at your local events. As we all know, this can be done very easily by the younger generation! For our youth, especially those who have received so much from the Slovak Catholic Sokol through scholarships or the ability to participate at our national functions, what better way to give back than to help at your local level. If you need assistance or are looking for ideas, please feel free to contact me at the Home Office and I would be glad to help.

During this time of year, we should also look at our individual life insurance needs as well as that of our family. Life insurance can be a financial blessing in the event of a lost loved one. The purchase of it can mean saving your home, sending your kids to college, or preserving the quality of life of your family. If your children do not have a policy yet, it is a wonderful time to get them one. Since premiums are based on age, the younger the child is, the lower the premium will be. In addition to the financial protection, the child enrolled by their parent or grandparent will enjoy the many benefits our society offers such as our sporting activities and our scholarship grants. If you have any questions, please contact the Home Office and we would be glad to assist you.

We are looking forward to a successful fraternal year in 2025 and we realize that we need to continue to evolve. Change is not something that happens easily, but it is necessary, especially in a volatile fiscal environment. We will continue to keep our members abreast of any changes that may come. One change to note will be the publication going to a bi-monthly. We will be able to expand the Falcon with more content every two months, but, as always, we will rely upon our membership to supply that content. Please continue to send in details of any local events you may be having and/or are attending.

As seen in this issue, I am proud to announce that Martin Degan will be posthumously awarded the 2024 Fraternalist of the Year. As we all know, Brother Marty was a fixture at many Sokol events, usually helping in any way we could. He will be missed immensely by our organization, and we are proud to be able to recognize his many years of service to the Society. Congratulations to the entire Degan Family and we look forward to celebrating Marty later this year.

Until next time, stay safe, stay strong, and **STAY POSITIVE!** Zdar Boh!

#### **SLOVAK CATHOLIC FALCON PUBLICATION DATE**

The next issue of the **SLOVAK CATHOLIC FALCON** will be that of **MARCH 1, 2025**. **DEADLINE** for all photos and information for this issue will be **FEBRUARY 22, 2025**.

The next **SLOVAK CATHOLIC SOKOL NEWSLETTER** will be posted on our website on **JANUARY 15, 2025**.

**Note: The Falcon will be a bi-monthly publication starting January 1, 2025.**

Thoughts from our Supreme Chaplain,  
Rev. Andrew S. Hvozdovic  
**THE JUBILEE YEAR 2025, THE YEAR OF HOPE**



A Jubilee Year in Catholic tradition is a time of renewal, reconciliation, and restoration, inviting individuals and communities to deepen their relationship with God and with one another. It is a sacred opportunity to reflect, reset, and embrace a renewed sense of purpose.

**5 Themes of Hope in 2025**

1. Renewed Faith Amid Challenge. The world has faced unprecedented challenges in recent years, including the global pandemic, social unrest, environmental crises, and political divisions. Declaring 2025 as the Year of Hope provides a spiritual framework to look beyond despair and focus on God's enduring presence, encouraging believers to trust in His providence.

2. Reconciliation and Forgiveness. Hope thrives where forgiveness and reconciliation flourish. The Jubilee emphasizes healing broken relationships—within families, communities, and nations. It inspires individuals to act as instruments of peace and agents of change, restoring bonds of love and trust.

3. Solidarity and Global Responsibility. Hope is not just an individual virtue but a collective mission. The Jubilee invites the global community to unite in addressing urgent issues like poverty, inequality, and climate change, reinforcing the belief that collective action rooted in hope can bring about meaningful transformation.

4. Pilgrimage and Renewal. Jubilee Years traditionally encourage pilgrimage to sacred sites, such as the

Holy Doors in Rome, symbolizing a journey of conversion and renewal. The act of pilgrimage reflects humanity's shared journey toward God and eternal hope, reminding us of the importance of perseverance in faith.

5. Celebration of Grace and Mercy. The Jubilee Year highlights God's mercy, which is the foundation of hope. It reminds believers that, despite personal and societal failings, God's love and forgiveness are boundless, inviting all to begin anew.

**Living the Spirit of the Jubilee Year**

To reflect on and live the Year of Hope:

- Prayer and Contemplation: Dedicate time to prayer, asking for hope to fill your heart and guide your actions. Reflect on Scriptures that emphasize hope, such as Jeremiah 29:11 or Romans 15:13.
- Acts of Kindness and Service: Spread hope through concrete actions—support the needy, volunteer, and engage in works of mercy.
- Environmental Stewardship: Contribute to a sustainable future, honoring Pope Francis's call in *Laudato Si'* to care for creation.
- Reconciliation: Seek and offer forgiveness, embodying the spirit of Jubilee in relationships.

In this Year of Hope, may humanity rediscover the strength that comes from trusting in a future anchored in God's promises. It is a time to dream boldly, act compassionately, and live joyfully as bearers of hope in a world yearning for renewal.

**WREATH 39 SCHOLARSHIP NOTICE**

In keeping with our Sokol Fraternal spirit and our slogan "A sound mind in a sound body" and to support our youngsters in their quest for higher education or Wreath will once again offer a scholarship grant to a deserving member. The scholarship honors the memory of all our dedicated members who have labored on behalf of our Wreath 39 since it's founding in 1912 under the guidance of the late Father Matthew Jankola.

Our beloved member Ann D. Knapik instituted this Scholarship to have Wreath 39 that she was eternally dedicated to, forge forward and continue to encourage our youth to

further their love of learning through higher education, enhance their spiritual growth, instill active fraternal participation, and promote the importance of helping others in their community. Hopefully our receipt will continue to labor on behalf of the high ideals of Sokol Fraternalism and will learn the importance of making a difference in our local community.

Wreath 39 Scholarship grant is available to a deserving young member of our Wreath. Members need to have a minimum of a \$3,000 insurance policy and must be a senior in high school or be enrolled and/ or accepted as a full-time student at

an accredited college, university or professional school. Applications are available by contacting our Scholarship liaison Larry Wells at his email of: [lawman1156@gmail.com](mailto:lawman1156@gmail.com) Deadline for completed application is May 31<sup>st</sup>. In July the Wreath 39 scholarship selection committee will meet to make their decision. The check will be made out directly to the college and presented to the recipient in September.

Best of luck to all our Sokol applicants!

Zdar Boh!

**Bob Sheehy, President**  
**Larry Wellsm, Treasurer**

## MARTIN DEGNAN AWARDED POSTHUMOUSLY AS THE 2024 FRATERALIST OF THE YEAR



Our former Supreme Assistant Physical Director Martin Andrew “Marty” Degnan has been selected posthumously as the 2024 Fraternalist of the Year.

He passed on Wednesday, October 2, 2024. He was born on April 18, 1968.

Marty was a 1986 graduate of the former Bishop Hoban High School, Wilkes-Barre, where he previously served as an assistant baseball coach. He later furthered his education by attaining a bachelor’s degree in English from King’s College.

Marty loved people and worked for many years in hospitality. He previously served as bar tender for the North End Slovak Citizens’ Club; the former Bobby’s Place in North End; Senunas’ Bar on North Main Street and worked at the Young Men’s Christian Association, downtown. Most recently he was employed as a cook at Chacko’s Family Bowling Center in Wilkes-Barre.

He was a member of Assembly 59, Group 7, Father Joseph Murgas, in Wilkes-Barre, PA where he served as vice president and physical director. He was a member in the North End Slovak Citizens Club, North Wilkes-Barre and the Polish American

Veterans Club of Plains Township.

Marty was active in local and international events, in the Groups’ reunions, flower fundraisers, comedy club nights, bus trips and Sokol Day. He was an alter boy in his younger years and he took part in the church’s youth group activities. He would help the Group in their activities for the church, like shopping for food baskets and Christmas presents and delivering them to the families. Marty also worked at the YMCA for many years and always took part in their fundraisers for the United Way and volunteered for fundraising activities.

He was a dedicated Sokol for the past four decades. He was always willing and able to lend a hand in his own Group, Assembly and International level. Marty held various positions on the Physical Fitness Board for over 20 years. The Sokol family was truly a huge part of Marty’s life and he was very proud of his membership.



Members of the Board of Directors met in Fort Myers, FL for their quarterly meeting on December 7, 2024. Directors shown on the above photo include, from the left (first row): Supreme Chaplain, Rev. Andrew S. HvozdoVIC; Supreme Director of Sports and Athletics, Kathleen Watkins; Supreme Vice-President, Andrea M. Tadlock; General Counsel, John D. Pogorelec, Esq.; Supreme Physical Directress, Katie Swift. Second row: Supreme Physical Director, Dusan Dorich; Chairperson of Supreme Auditors, James C. Matlon; Supreme Secretary, Scott T. Pogorele, FIC; Supreme Treasurer, Michael J. Horvath and Supreme President, Larry M. Glugosh.

### SOKOL CALENDAR

**SATURDAY, FEBRUARY 15, 2025**  
**SLOVAK BALL** at The Royal Manor in Garfield, NJ. Limited tickets are available. Special price until November 30<sup>th</sup>. Early Bird Tickets: \$180, Young Adult (25 and under): \$130. Starting December 1<sup>st</sup> ALL Tickets: \$200. For more information, visit our website: [SlovakAmericanCC.org](http://SlovakAmericanCC.org).

**SUNDAY, MARCH 3, 2025**  
**GROUP 2 ANNUAL MEETING** at the Holy Name of Jesus Parish Center following the 10:00 a.m. mass. All members to meet in the back of the church to march in as one body. Luncheon and dessert will be provided. All members are welcome to attend and assist in planning upcoming events and activities. Please RSVP to Secretary Darlene Knapik-Musial 1-203-209-1536.

## \$63,000 IN S.C.S. SCHOLARSHIP GRANTS AVAILABLE IN 2025

### “John J. Yanosick Memorial Scholarship”

We are pleased to share exciting news regarding our scholarship program. A new scholarship has been established in memory of John J. Yanosick, affectionately known as “Uncle Jack.” He was a dedicated member of the Slovak Catholic Sokol from Group 14 and Assembly 16, and he enjoyed working with the Sokol youth. This new scholarship, the “John J. Yanosick Memorial Scholarship,” aims to support our members in achieving their academic aspirations. We extend our gratitude to his wife, Joan Yanosick, and the South Side Sokol Club for establishing the new scholarship.

### “Krista L. Glugosh Memorial Scholarship” Change

We have made a change to the “Krista L. Glugosh Memorial Scholarship.” The eligibility criteria have expanded to include applicants majoring in computer science, information technology, or related fields. We are grateful to the Glugosh family’s commitment to fostering academic pursuits in technology among our members.

The Slovak Catholic Sokol is delighted to announce that \$63,000 will be available in scholarship grants for eligible members in 2025. Previous recipients may reapply for a grant in 2025; however, please note per a Convention mandate, that each student can receive a maximum of two Slovak Catholic Sokol scholarship grants and only one grant in each of the other categories.

A total of 30 Slovak Catholic Sokol college grants of \$1,000 each, one Krista L. Glugosh Memorial Scholarship for \$1,000, 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 for \$1,000, one Yencha Scholarship for \$1,000, one John J. Yanosick Memorial Scholarship for \$1,000, and at least three Slovak Catholic Sokol (SCS) Memorial Scholarship for \$1,000.

The collegiate application process is ONLY ONLINE on the Slovak Catholic Sokol website. Please take the time to review the application process and the required documentation to meet eligibility. You can find instructions, frequently asked questions (FAQ), and the application at [https://www.slovakcatholicsokol.org/family\\_scholarships.asp](https://www.slovakcatholicsokol.org/family_scholarships.asp).

### DEADLINE FOR SUBMISSION OF ALL SCHOLARSHIP APPLICATIONS IS MARCH 31, 2025

**Applicants may submit one application to be considered for all scholarships for which they are eligible. We strongly encourage applying for multiple scholarships, but please be aware that only one grant will be awarded per applicant.**

### 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?”

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

- The same requirements as the SCS scholarship
- AND
- Majoring in a curriculum focusing on computer science, information technology, or related subfields.

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

- The same requirements as the SCS scholarship
- AND
- One parent must be of Slovak ancestry.
  - Must be majoring in a medical curriculum.

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

- The same requirements as the 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)**

- AND
- The same requirements as the SCS scholarship
  - Majoring in a nursing or medical curriculum.
  - One parent must be of Slovak ancestry.

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

- AND
- The same requirements as the SCS scholarship
  - Majoring in a liberal arts curriculum.

**THE JOHN J. YANOSICK MEMORIAL SCHOLARSHIP (1 grant in the amount of \$1,000 will be awarded)**

- AND
- The same requirements as the SCS scholarship
  - Group 14 scholarship candidates will be given preference.

**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)**

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

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**Catholic High School and Catholic Grade School Grants**

In addition to our college grant program, we make available 18 Catholic High School Grants in the amount of \$500 each and 36 Catholic Grade School Grants in the amount of \$250 each. You can find the applications online at [https://www.slovakcatholicssokol.org/family\\_scholarships.asp](https://www.slovakcatholicssokol.org/family_scholarships.asp) or in each of the next few issues of the Falcon.

If you have questions in regards to the Slovak Catholic Sokol Scholarship Program, please contact:

Andrea M. Tadlock

Supreme Vice-President

Chairperson of the Scholarship Committee

[vp@slovakcatholicssokol.org](mailto:vp@slovakcatholicssokol.org)

**SLOVAK CATHOLIC SOKOL COLLEGE SCHOLARSHIP TIPS FOR SUCCESS**

I'm excited to share great news about the Slovak Catholic Sokol College Scholarship! We've improved our online application process, making it more user-friendly and informative. You can start applying online at [https://www.slovakcatholicssokol.org/family\\_scholarships.asp](https://www.slovakcatholicssokol.org/family_scholarships.asp) from **December 1, 2024, through March 31, 2025.**

To help you put your best foot forward, here are a few friendly tips for a successful application:

1. **Take some time to explore the application process online and check the eligibility requirements for each scholarship.** This will help you identify which scholarships you can apply for.
2. **Prepare your essay(s) beforehand** so you can easily upload them when applying online.
3. **Have a wallet-size (2x3) headshot photograph ready in jpeg format** to submit with your application.
4. When you fill out the online application, **please answer ALL questions.** If something doesn't apply to you, simply put N/A. For example, if you're fully independent from your parents and they can't claim you on their tax returns, enter N/A in the parent income field.
5. **Don't forget to request your official transcripts** from your university or college after your fall term wraps up. Make sure the transcripts are sent to the Chairperson of the Scholarship Committee by email or mail:  
Andrea M. Tadlock  
Supreme Vice-President  
[VP@slovakcatholicssokol.org](mailto:VP@slovakcatholicssokol.org)  
100 Fletcher Farm Rd  
Vermontville, NY 12989

I encourage you to apply for all the scholarships you qualify for to enhance your chances of receiving one! Just so you know, applicants can only receive one scholarship each year.

**Make sure all your required documents are submitted by the DEADLINE of March 31, 2025.** It's a good idea to submit everything early to ensure your application, essay(s), photograph, and transcripts are all received on time. If you're mailing documents, remember they must be postmarked by the deadline.

Although not every applicant will receive a scholarship this year, we encourage you to apply again next year if it doesn't work out this time! If you have any questions, please don't hesitate to contact me at [vp@slovakcatholicssokol.org](mailto:vp@slovakcatholicssokol.org).

Wishing you the best of luck, and Zdar Boh!

**Andrea M. 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, 2025** with a clear, small (2"x3" wallet size) head and shoulders photograph.

Application is also available on the Internet @

[https://www.slovakcatholicsokol.org/family\\_scholarships.asp](https://www.slovakcatholicsokol.org/family_scholarships.asp)

### 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 2025-2026 school year.

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

**DEADLINE FOR RECEIPT OF THIS APPLICATION IS MARCH 31, 2025. Return completed application to:  
SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 0705**



# 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, 2025** with a clear, small (2"x3" wallet size) head and shoulders photograph.

Application is also available on the Internet @ [https://www.slovakcatholicsokol.org/family\\_scholarships.asp](https://www.slovakcatholicsokol.org/family_scholarships.asp)

### 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 2025-2026 school year.

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

**DEADLINE FOR RECEIPT OF THIS APPLICATION IS MARCH 31, 2025. Return completed application to:  
 SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 07055**

## “Sokol Forward Spotlight”

### ♥ Group 14



### ♥ Group 14 ♥ Global Community Support: Brother’s Brother Foundation

Group 14 stands as a beacon of hope and compassion, proudly supporting the Brother’s Brother Foundation (BBF) in Pittsburgh, PA. This incredible organization is driven by a profound mission: to provide healthcare, infrastructure, disaster response, and educational resources to some of the most vulnerable communities around the globe. Founded by the visionary Dr. Robert A. Hingson in 1958, BBF began its journey to eradicate smallpox, measles, cholera, and other devastating diseases—a testament to the power of determination and human kindness.

In times of crisis, BBF has shown unwavering commitment and leadership. In the aftermath of Hurricane Helene, they mobilized swiftly, delivering two trucks filled with essential supplies—water, nutritional shakes, and hygiene kits—to the resilient residents of Asheville, North Carolina, and Macon, Georgia. Their tireless efforts extend beyond U.S. borders, aiding civilians in war-torn regions of the Middle East and Ukraine, as well as responding to the devastating wildfires in Hawaii. The Brother’s Brother Foundation exemplifies what it means to stand in solidarity with communities in need, embodying the spirit of humanity and compassion.

This November, Group 14 is proud to join the fight for recovery and resilience, contributing to the BBF relief fund. They are making a difference in the lives of those affected by Hurricanes Helene and Milton in Florida, North Carolina, and Georgia. Let us be inspired to lend our support and courage to one another, fostering a sense of community and hope in every corner of the world. With each act of kindness, we can illuminate the path toward a brighter future for all.

**Group 14, thank you for helping those in need after a natural disaster. Your Sokol Spirit shines bright through compassion and kindness. May God continue to bless you in your good works!**

If you’d like to submit an entry to be the monthly ‘Sokol Forward Spotlight,’ please send me an email by the **1<sup>st</sup> of each month** to vp@slovakcatholicsokol.org and

include the following information:

- ♥ **Group, Assembly, or Wreath Number with city and state**
- ♥ **The name of the charity or volunteer activity**
- ♥ **A description of the volunteer or charitable activity**
- ♥ **The date(s) of the activity**
- ♥ **The frequency of the activity**
- ♥ **How long the members have supported charity or participated in the activities**
- ♥ **Pictures of the event**

I am looking forward to sharing your Sokol Spirit. Thank you for all that you do and keep Sokol Forward!

**Andrea M. Tadlock**  
*Supreme Vice-President*

## 2025-2026

### GROUP 12 SCHOLARSHIP

Group 12 is thrilled to announce the creation of the Group 12 Scholarship, designed to empower our members pursuing higher education at accredited colleges, universities, or professional schools for the 2025-2026 academic year. We are dedicated to supporting Group 12 members in achieving their dreams and aspirations. **The application process is now open and will remain available until April 30, 2025.** The Group 12 Scholarship Committee will select the deserving recipient in May, who will be honored with the award in July. This recipient will also be invited to celebrate their academic achievements with us at the Group 12 meeting in the Fall, whether in person or virtually.

High school seniors and current college undergraduate, graduate, or professional school members are encouraged to visit <https://form.jotform.com/243497381045158> to review the scholarship qualifications and apply for the 2025-2026 Scholarship.

For any inquiries regarding the Group 12 Scholarship, reach out to Andrea Tadlock at [atadlock1969@gmail.com](mailto:atadlock1969@gmail.com). Good Luck to all the applicants and Zdar Boh!

#### The Group 12 Scholarship Committee

**Find us on Facebook:**  
**Slovak Catholic**  
**Sokol Public Group**  
**Get quick updates on the latest events**  
**going on in our organization**

## RECONNECT WITH YOUR SLOVAK HERITAGE AND HOMELAND

Let 2025 be the year you discover your homeland and reconnect with your family roots. Travel through the ever-changing landscapes. Rediscover the traditions you remember from childhood. Learn about Slovakia's history and why so many families left this beautiful country to settle in America. Walk your family's village streets and reconnect with the family who stayed behind.

Enjoy all of this and more – festivals, castles, outdoor heritage museums, the Tatry mountains – as a part of the popular fall Slovakia Heritage Tour, September 12-21, or the new spring Slovakia Heritage Tour, June 20-29, 2025.

"No matter how many generations their family has been in the States, Americans still have a longing to reconnect with their roots...the people, places, and lives that came before. It's in our DNA," said Judith Northup-Bennett, a Slovakia travel consultant who helps people with their Slovakia travel plans. Northup-Bennett founded the Slovakia Heritage Tour in 2011 with Peter and Jane Blazicek of Best Slovakia Tours who now operates the tour.

Northup-Bennett said people love the relaxed pace of the small-group tour that people can personalize to meet their own travel plans. They have a very good success rate in working with travelers before the tour on genealogical research and reconnecting with relatives that stayed in Slovakia. "People like getting off the beaten-track where they can experience their own family history as well as tour Slovakia and meet Slovaks today."

For more information on these tours operated by Best Slovakia Tours and to discuss your personal family travel plans, please contact Judy Northup-Bennett at Slovakia Heritage Tours, 978-544-5144, [slovakia-heritagetours@gmail.com](mailto:slovakia-heritagetours@gmail.com) or text 978-894-6622. For a day-by-day itinerary and photos of past tours, visit [www.slovakiaheritage.com](http://www.slovakiaheritage.com)

## WINTER FUN FACTS

\* The average snowflake falls at about 3 mph.



\* One inch of snow will produce just less than 1/10 of an inch of water when melted. Ten inches of snow will melt down to only 1 inch of water.

\* While the winter solstice is the shortest day of the year, seasonal lag means that the coldest period usually follows the solstice by a few weeks.

\* Around 12 percent of Earth's land surface is covered in snow and ice.

## SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERATION

Thank you everyone who supported the 2024 Saints Cyril and Methodius Appeal. It is with great pleasure to announce that 195 donors gave \$28,318 to the 2024 Appeal. Here is a breakdown of donors and the amount given:

Parish Collections.....	8	\$ 5,481.94
Slovak Fraternal Organizations (including Home Office donations).....	50	\$ 8,960.00
Clergy and Religious of Slovak Heritage .....	28	\$ 4,920.06
Individual Donations .....	110	\$ 8,971.00

A direct mailing for the 2025 Appeal will be sent in January to local district and branch leaders from the four Catholic Slovak Fraternal Organizations, members of the Slovak Catholic Federation, and previous donors. Your support is needed each year because money collected in the Appeal goes to help pay for the operating costs of the Pontifical Slovak Institute and College of Saints Cyril and Methodius in Rome.

Anyone wishing to contribute to the 2025 Appeal but did not receive a letter asking for a donation is asked to fill out the information in the box at the bottom of this article and mailing it along with your check payable to the Slovak Catholic Federation to the address provided. Donations in any amount are deeply appreciated and are acknowledged. **Gifts received after November 30, 2025 will be credited toward the 2026 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. Hvozdic, 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 Church, Penndel, PA, serves as First Vice President of the Federation and is the Appeal Coordinator.*



### 47<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*



# KIDS' CORNER "Detský kútik "

## January 2025

January

f	n	d	q	w	b	a	d	l	h	i	c	e	b	a
i	t	q	e	h	s	n	h	v	k	l	z	c	d	f
r	i	y	k	b	l	i	z	a	r	d	j	e	q	
e	m	g	r	l	h	m	g	x	v	z	i	k	l	i
p	h	z	i	f	g	i	t	w	c	q	s	z	m	z
l	p	y	r	i	b	t	h	g	r	s	n	o	b	t
a	f	f	r	o	s	t	a	f	l	k	o	h	c	o
c	c	s	r	l	e	c	s	m	h	w	o	r	k	
e	q	s	t	a	e	n	f	m	a	k	m	q	h	y
r	q	d	k	f	d	s	n	o	w	b	a	l	l	j
j	x	s	v	q	z	p	f	p	a	e	n	m	r	z
b	p	k	s	c	j	b	y	d	d	t	i	e	p	m
o	h	o	t	c	o	c	o	a	s	t	n	d	a	b
f	s	t	s	z	o	l	s	a	c	o	l	d	h	d
q	w	o	c	d	o	v	d	b	u	s	r	p	p	r

blizzard	fireplace	
cold	hot cocoa	frost
snowman	sled	snowball
mittens	ice	



# Happy New Year!!



HAPPY BIRTHDAY

Jordan Bajus	01/03
Andrew Ziska	01/12
Harper Toth	01/21
Edward Gambriel	01/30

### Send me your January Word Search for a Chance to Win a Prize!!

If you want to win a **\$25 gift card**, send me a copy of your word search by **January 31<sup>st</sup>**. I'll randomly select a winner from all the entries I receive. **GOOD LUCK!!**

Send your completed entry by email to [vp@slovakcatholicsokol.org](mailto:vp@slovakcatholicsokol.org) with your name, group, address, and email address.



## KIDS' CORNER "Detský kútik" January 2025

### Martin Luther King Jr.

Dr. King was born in 1929. He grew up in Atlanta. His father was a preacher. He wanted to be one too.

Martin went to college and got married. He was a pastor in Alabama. There were many unfair laws. These laws were unfair to Black Americans. He wanted all people to be treated fairly. He led peaceful protests.

Dr. King was a very good speaker. He spoke to large groups of people. He told them about his dream. He dreamed that all people would be treated fairly. He wanted all people to live together in peace.

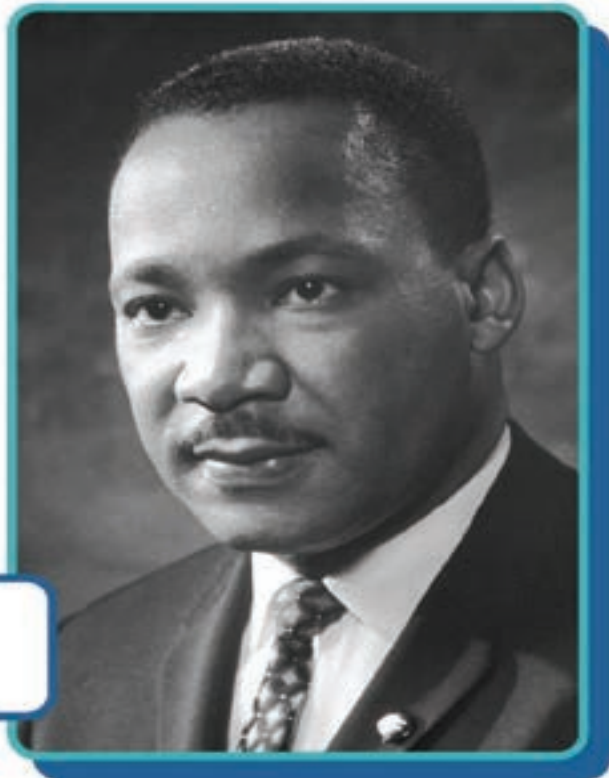
He won the Nobel Peace Prize in 1964. He was killed in Tennessee in 1968.

Martin Luther King, Jr.  
Day

January 20<sup>th</sup>

National Day of  
Service

We celebrate his life  
every January.



## LECTURE ON SLOVAK CULTURE IN WASHINGTON ATTRACTS SURPRISE GUEST

By Ken Bombara\*

On the eve of the 2024 U.S. presidential election, November 4, an audience at the Slovak Embassy in Washington, D.C. enjoyed a delightful presentation of Slovak cultural heritage as well as an unexpected visit by a high-level government official.

A lecture and presentation entitled, "Slovak Intangible Cultural Heritage: Music, Traditions and Instruments," was led by Prof. Juraj Hamar. Prof. Hamar is a recognized musicologist, ethnologist, and expert on traditional Slovak folk music. Currently head of the Department of Aesthetics at Comenius University in Bratislava, he is also general director of the Slovak Folk Art Institute (SL'UK), where his scientific work focuses on the research of Slovak folk songs and musical instruments. Prof. Hamar was in Washington after doing a similar presentation the day prior at the University of Pittsburgh Slovak Heritage Festival.

Prof. Hamar is an enthusiastic performer of music on folk instruments, and he regularly performs at concerts and cultural events both in Slovakia and abroad. For this lecture he focused on an overview of the Representative List of Intangible Heritage that is compiled by UNESCO (United Nations Educational, Scientific and Cultural Organization). Countries submit a list of items for the List which are reviewed for inclusion. The purpose of the list is to promote preservation of cultural treasures thus contributing to international cooperation and understanding. Prof. Hamar focused on seven Slovak items that have been approved for the List, and he presented videos or personally demonstrated the items (<https://www.unesconadosah.sk/nehmotne-dedicstvo-unesco>). These included:

- Fujara and fujara music
- (village of) Terchová music
- Bagpipes and bagpipe culture
- Traditional puppetry in Slovakia
- Horehronie polyphonic singing
- Blue print fabric process
- Tinkering
- Falconry

In addition to performing on the fujara, flutes, and bagpipe (one that is a little different than what you are used to from Irish/British culture), Prof. Hamar turned to an amusing demonstration of Slovak puppetry, including the famous 'Gašparko,' who accompanied him from Slovakia. The audience was treated to an informative lecture and really a tour-de-force of Slovak traditional culture.

As the audience assembled for the performance, they were a bit surprised as in walked the Chief Justice of the Supreme Court of the U.S., John G. Roberts, with his wife Jane, who sat down in the front row. The Chief Justice had received an invitation from the Slovak Embassy and decided to accept it, perhaps seeking a slight break from the focus on the imminent presidential election. As is generally known, the Chief Justice has Slovak ancestors on his moth-

er's side that came from the Spiš region. Prof. Hamar even performed a song from the region for the Chief Justice.

After the presentation, Amb. Radovan Javorčík hosted a reception for the attendees, many of whom interacted casually with the Chief Justice. It is nice to know that the evening prior to a momentous presidential election, the head of one of the three branches of the federal government (the Chief Justice) chose to spend his time with the Slovaks and Slovak culture.

*\*Ken Bombara is a member of the Board of Advisors, and past Chairman, of Friends of Slovakia.*



Ambassador Javorčík (left) shares a laugh with Chief Justice Roberts (right)



Exhibit of Slovak fujara, flutes, bagpipe, and blueprint fabrics.



Prof. Hamar plays an accordion.



Prof. Hamar demonstrates the fujara.



Famous Slovak puppet, Gašparko.

## MINUTES OF GROUP 1 OFFICERS' MEETING HELD ON OCTOBER 26, 2024

Group 1 Officers' Meeting was called to order by President John Pogorelec, Jr. at 12:30 pm.

The Opening Prayer was said by Group 1 Vice President/Treasurer John Termyna.

Roll Call of Officers was conducted by Group 1 Secretary Peter Walentowicz with the following members present: John Pogorelec, Jr., John Termyna, Peter Walentowicz, Joseph Krzysik, Eric Topczij and Louis Smiriglio.

Group Secretary Peter Walentowicz read the minutes of the previous meeting.

A motion to accept the minutes was made by Joseph Krzysik and seconded by Eric Topczij. The motion passed.

The Treasurer's Report was given by John Termyna.

A motion to accept the Treasurer's Report was made by Secretary Peter Walentowicz and seconded by Lou Smiriglio. The motion passed.

In his President Report, Group President John Pogorelec, Jr. thanked everyone who helped make the Annual Group I Golf Tournament a tremendous success.

There was nothing under Old Business.

Under New Business, the passing of long time Group I Secretary and Editor Emeritus of the Slovak Catholic Sokol Newspaper Daniel Tanzone was brought up by President John Pogorelec, Jr.

Also under New Business, President Pogorelec raised the subject of the Annual General Meeting of Group 1. The President suggested that it be held at Saints Cyril and Methodius Roman Catholic Church in Clifton, New Jersey and that it be catered by Henry's Deli. Eric Topczij and Louis Smiriglio both suggested that the Annual Group I General Meeting be held in January of 2025. Secretary Walentowicz suggested that the Group 1 General Meeting occur immediately following the 10:30 a.m. Mass on Sunday, January 12, 2025 and that the Mass be celebrated by Group I Chaplain Fr. Richard Bay since the Slovak priests from the Oratory of Saint Philip Neri in West Haverstraw, New York who normally celebrate the 10:30am Sunday Mass are unable to do so on the second Sunday of the month.

A discussion of the Annual Slet proceeded along with Group I's medal take.

We also discussed the makeup of the Physical Fitness Board of Group I.

Every year a long standing, dedicated Sokol is awarded Fraternalist of the Year. Eric Topczij made a motion to nominate Joe Krzysik as the Group I nominee to be Sokol Fraternalist of the Year. Vice President John Termyna seconded the motion. The motion passed.

There being no further business to discuss, Vice President Termyna made a motion close the meeting. It was seconded by Joseph Krzysik. Motion passed. The Secretary said the Closing Prayer. The Meeting was adjourned at 1:22 p.m. – **Peter Walentowicz, Secretary**

## START EATING HEALTHIER THIS YEAR

**Cook a big batch of grain or beans once a week.** Then you can use that as a base for other healthy meals throughout the week. A single pot of quinoa can turn into everything from a veggie bowl to breakfast cereal.

**Drink your coffee and tea black.** No cream, no sugar. You'll get used to it.

**Harness the power of secret (healthy) ingredients.** For instance: Swap half (not all) of the potatoes in mashed potatoes for cauliflower — they'll still taste like delicious mashed potatoes, but will be way less of a starch-bomb.

**Roast instead of fry.** Roasting at high temperatures still gives food a flavorful crispy outside with less oil. This goes for pretty much everything, from chicken fingers and french fries to vegetables.

**Start observing meatless Mondays.** Cooking without meat forces you to get more creative and eat more vegetables.

**Always pick non-processed snacks.** Stick with fruits and veggies, nuts, or food you made yourself. Even when it has more calories, you'll get more nutritional snacks and you will avoid all the junk that comes in processed food (fat, sugar, salt, artificial dyes, preservatives, etc.).

**When you're at a bar or a party, have a glass of water in between every drink.** This is a great way to stay hydrated and consume fewer liquid calories.

**Bring lunch to work.** Anything you make yourself is likely to be healthier than what you'd buy instead.

**Make smarter snacking choices.**

**Eat all the vegetables on your plate before you eat anything else.** Add a regular salad course to your dinner every day.

**Use at least half whole-grain flour in baking recipes.** You will be surprised at the number of treats that taste just as good (or better) with whole grain flour as they do with plain old all-purpose. You'll get more fiber, more protein, and less of an empty-calorie crash. Changing flours can change the structure and texture of what you are making, so start by subbing just part of the flour and see how it works.

**Drink seltzer instead of soda.** Stick with seltzer or water and dress it up with lime or lemon, fruit or fresh herbs.

**Eat savory proteins and vegetables for breakfast instead of carbs and sweets.** This kind of food will keep you full longer.

**Use smaller plates.** Large plates make you think you have a relatively smaller amount of food, so you'll feel less satisfied and want more. So game your own brain by serving rich food on little dishes.

**When you're cooking eggs, use twice as many whites as yolks.** Going all-egg-white on a scramble, omelet or frittata isn't much fun for anyone, but you can cut out a lot of saturated fat and still end up with some-

thing delicious by ditching around half the yolks and adding extra whites instead.

**Eat as many colors as you can every day.** Bright colors in fruits and vegetables usually signify concentrated nutrients (vitamins, minerals, antioxidants, etc.), which are very good for you. The more different colors you eat, the more diverse the range of nutrients you're getting.

**Sneak seeds into everything.** Good choice are chia seeds, pumpkin seeds, flax seeds and quinoa.

**Have a piece of fruit with breakfast instead of a glass of juice.**

**Try to eat meals that are at least half vegetables even for breakfast.** Add sauteed spinach or kale to an egg sandwich. Dress hearty greens with vinaigrette and top with a poached egg or make a quinoa, veggie, and egg white scramble. Make mini frittatas with spinach and sun-dried tomatoes for a healthy breakfast to go.

### NO-COOK OVERNIGHT OATS

This overnight oats recipe is super easy to put together the night before you want to eat it and will last in your refrigerator up to three days. The oats get softer the longer they soak.

#### Ingredients for 2 servings

- 1 banana, sliced
- 1½ teaspoons chia seeds
- 1 cup of whole rolled oats (not instant)
- 1 cup of unsweetened almond milk (or any unsweetened nut milk)
- 1 teaspoon organic maple syrup (100% real maple syrup), or raw honey
- ¼ teaspoon high-quality vanilla extract

#### Instructions

You'll need a mason jar or glass container with a secure fitting lid.

In a separate container, mix your nut milk, natural sweetener and vanilla extract. Set aside.

In your mason jar, layer the ingredients as follows: 3-4 slices of banana, ½ teaspoon chia seeds, ½ cup oats, then repeat two or three times until there is a 1 inch gap between the top of the ingredients and top of the mason jar. Pour milk mixture over the oats leaving about ½ inch gap at the top to allow your oats to expand as they soak. Stick a knife or fork to the bottom of the jar a few times to make sure the milk soaks all the way through.

Cover tightly and refrigerate overnight, or at least six hours to let the oats absorb the almond milk.

You can get creative with this recipe and use berries instead of bananas, flax instead of chia, or any unsweetened nut milk or nut butter that you fancy.



## SLOVAK TRADITIONS AND CUSTOMS ON THE NEW YEAR

The last day of December is called Silvester in the Slovak calendar. It is because this day is the name day of those men named Silvester. The day is devoted to the memory of Pope Sylvester I, whose life is unknown to us. In the past, magical powers were attributed to the night of December 31<sup>st</sup> - January 1<sup>st</sup>. During this night evil forces could do the most harm. People drove them back by cracking a whip, sounding trumpets loudly, etc. Today they use fireworks instead, and at midnight they celebrate the arrival of the New Year with a toast.

People in Slovakia like to celebrate the New Year's Eve usually in a hotel, in the mountains, or at home with their relatives or friends and by watching TV shows. They also attend Silvester dances or go and welcome the New Year by watching fireworks and making a toast to the New Year in the city or town squares. Slovakia follows the Gregorian calendar with January 1 as the first official day of the new calendar year.

Bratislava is the capital and largest city of Slovakia and therefore it is clear that the biggest celebrations of the arrival of the New Year take place right here.

The official New Year's Eve program of the city of Bratislava takes place on Hviezdoslavo námestie (Hviezdoslav Square) in the historical center of the city.

The final minutes of the old year will help visitors count down the oversized light timepiece on Námestie Ludovíta Štúra (Ludovít Stur Square). The midnight New Year's fireworks are fired at midnight from a ship on the Danube River. In addition to fireworks, the official program also includes a light and laser show, which takes place on Námestie Ludovíta Štúra.

Like other countries, Slovakia has its traditional New Year's customs. The last day of the year is called the "old year" (stary rok) or Silvester. The first day of the year is called the "New Year" (Novy rok).

The tradition of celebrating the arrival of the new year began only after World War II. Until then, all entertainment was banned until the feast of the Three Kings.

The habits of the "old year" also included sweeping garbage into the corner of the room, but not out of the house. It was so that someone would not be "swept away" from the house, which meant that he would not die.

It was also interesting that a very rich dinner, similar to Christmas Eve dinner, was served on this day. It differed only in that meat dishes were also served on New Year's Eve.

As on the last day of the old year, on the first day of the new year, Slovaks in the past observed various customs and traditions. New Year's traditions and customs in Slovakia were supposed to protect homes and families from disasters, contribute to well-being, and bring happiness.

One of these traditions was also cleanliness and

order throughout the home, so it will be the whole year. The garbage was not taken out for fear that no one in the family would die, but also so that happiness would not be brought out of the house.

A tradition that is still observed today is a visit to the church and the Holy Mass. Slovaks thank you for the new year and meet together and wish you all the best for the new year.

During the first day of the year, children walked around the village wishing everyone a happy new year: "We wish you a happy new year that God has given us to survive the old year and live to see the new one!"



### New Year Quotes to Ring In 2021

*"Tomorrow is the first blank page of a 365-page book. Write a good one."* – Brad Paisley

*"The new year stands before us, like a chapter in a book, waiting to be written."* – Melody Beattie

*"New year—a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours."*  
– Alex Morritt

*"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called opportunity and its first chapter is New Year's Day."* – Edith Lovejoy Pierce

*"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending."* – Carl Bard

What's making headlines in our ancestral homeland



**News and Views  
from Slovakia...**

### **NEW TRAIN SERVICE BETWEEN BRATISLAVA AND KIEV LAUNCHED**

A rail connection between Slovakia and Ukraine is improving, with a new train service from Bratislava to Kiev being launched on Sunday, December 14, ZSSK passenger carrier spokesman Dominik Drevicky has informed TASR.

The first direct train from Ukraine was welcomed in Cierna nad Tisou (Kosice region) on Sunday morning, said Drevicky.

The new timetable, effective as of December 15, optimises train times and expands the offer to include new trains on the Kosice - Chop route, with the possibility to transfer to other trains in the Kiev direction. Drevicky specified that passengers will have a possibility to use new international direct trains from Bratislava to Kosice, from where they will continue via Cierna nad Tisou to the Ukrainian town of Chop, where they can transfer to a sleeper train to Kiev operated by the Ukrainian Railways.

Customs checks will be carried out directly on the train in Cierna nad Tisou.

According to Transport Ministry State Secretary Denisa Zilakova, the expansion of rail connection between Slovakia and Ukraine is an important step in support of cross-border mobility, which is the basic pillar of a modern European region. "This cooperation between ZSSK and the Ukrainian Railways shows how international partnerships can contribute to the development of passenger rail transport. I am pleased that such initiatives improve connection and strengthen relations between the two countries. We also view it as help to a neighbouring country, which is in a difficult war situation and its inhabitants have limited travel options," she said.

### **MARCH IN SUPPORT OF SLOVAK CULTURE TAKES PLACE IN BRATISLAVA**

A march from the Slovak National National Uprising Square to the Freedom Square was held in Bratislava on Thursday, December 12, in order to support Slovak culture.

The protest ended with a concert for the future of culture.

The Slovak Cultural Torch, with its protest flame, supports the demands of the Cultural Strike movement. It demands professional and competent management of the Culture Ministry, an immediate end to ideologically motivated censorship and financial stabilisation of the sector.

The Open Culture platform launched the Slovak Cultural Torch event on November 17 and the symbolic torch was carried from Humenne in Presov region to Bratislava.

The protest was also supported by Slovak National Theatre actors in Bratislava.

### **STATE TO OVERSEE MASS RENOVATION OF POLICE STATIONS**

The state will initiate a mass renovation of police stations in Slovakia next year, Interior Minister Matus Sutaj Estok told a news conference held to mark the opening of a new police station in Bratislava's borough of Ruzinov, adding that his ministry is cooperating with Economy Minister Denisa Sakova on the project.

The police station has been located in unsuitable premises until now, said the minister when explaining the reasons for opening the new station.

In addition, Sutaj Estok handed to the Police Corps 52 new civilian police vehicles for investigators. They will serve police departments across Slovakia, said the minister, adding that the Police Corps will receive additional cars this year.

Deputy Director of the Ruzinov-East District Police Department Ladislav Hodur said that 42 police officers work at the station. At the same time, he thanked the ministry for working on the project.

### **KARPATY TUNNEL CONSTRUCTION PROJECT HAS EIA DECISION**

The project for constructing the Karpaty tunnel in the Small Carpathian mountain range has obtained a decision under the environmental impact assessment (EIA) procedure, Transport Minister Jozef Raz (a Smer-SD nominee) and Environment Minister Tomas Taraba (a Slovak National Party/SNS nominee) told a joint news conference on Wednesday, adding that a hydrogeological survey will need to be carried out before the preparation of the project itself.

"The issue of a valid EIA decision for the project is an important step towards one day having a full-value bypass around Bratislava, including its northern part. It's about having a complete bypass and diverting the quarter of a million lorries that pass through Bratislava today away from our capital," said Raz, adding that the tunnel will connect the Zahorie area in western Slovakia with the rest of the country. There are plans to connect it to Austrian and Czech highways in the future as well.

Raz admitted that the ministry will probably have to seek external resources to finance the tunnel's construction. "It's likely that we'll exempt it from a highway toll and the highway stamp system ... Only those who will pass through the tunnel will pay," added the transport minister.

The environment minister also confirmed that an EIA decision for the construction of the Karpaty tunnel project has been obtained. "The ministry has dealt with all the objections," he said, adding that the Environment Ministry defined over 150 comments that will have to be monitored or adjusted while the project is being implemented.

The construction of the D4 motorway between Bratislava's boroughs of Raca and Zahorska Bystrica, including the Karpaty tunnel, has been ranked as a strategic investment. The 11.76-kilometre tunnel should form part of the

Bratislava bypass. The construction costs are estimated at approximately €1.7 billion.

### EUROPEAN COMMISSION OKAYS SLOVAKIA'S DRAFT 2025 BUDGET

The European Commission has approved Slovakia's draft 2025 budget and considers it to be one of the eight best submitted for consideration by the European Union (EU) member states, Finance Minister Ladislav Kamenicky (Smer-SD) stated on Tuesday in Brussels after two days of negotiations between eurozone and EU finance ministers.

The minister specified that the Slovak budget for 2025 had been approved both at the level of euro area finance ministers (Eurogroup) and the finance ministers of all EU countries (Ecofin).

"This budget has been rated as one of the best in the European Union, which is very important for us. We need to improve the condition of public finances," stressed the minister, adding that if the government did nothing, the country's debt would rise to €109 billion, which is about 74.1 percent of GDP. This would mean falling into a debt trap and being dependent on creditors, who, according to Kamenicky, could determine what should be done in Slovakia.

### KALINAK: WE'LL BUY BLACKHAWK HELICOPTERS AND NEGOTIATE SPECIFICATIONS

The Defence Ministry wants to purchase 12 modernised Blackhawk helicopters in preference to the same number of Viper helicopters, Defence Minister Robert Kalinak (Smer-SD) told a press conference on Tuesday at which he assessed the year 2024.

Some time ago, the ministry received an offer for the helicopters worth €150 million without armaments. The ministry was also able to negotiate armaments for the Blackhawk helicopters that Slovakia already owns.

"Even if we pack in all the weapon systems that will go there, even for all the other helicopters, even if we buy active protection, which itself costs millions, we'll reach some half the price of the Vipers," stated the minister.

According to Kalinak, the helicopters' armaments could include a light machine gun, a heavy machine gun, Hellfire missiles or unguided missiles with smart warheads. In addition to combat operations, they could be deployed in rescue work or firefighting.

The defence minister stressed that the helicopters would have a service life of at least 8,000 flight hours, which could mean decades of use, according to the current rate of flying.

Kalinak spoke about the bids for the upgraded Viper and Blackhawk machines at a press conference some time ago. Twelve Viper helicopters with armaments and ammunition could have cost Slovakia about €550 million. The same number of Blackhawks without armaments would cost €150 million. Kalinak stressed at the time that the advantage of the Blackhawks is that Slovakia already owns this type.



Many villages and regions of Slovakia are very popular winter resorts. Jasna is a small village in central Slovakia in the Low Tatras. It is a part of the municipality of Demanovska Dolina. The Jasna area resorts have a total of more than 40 ski lifts on all sides of the Chopok Mountain. It is said that the Jasna resort is the largest ski area in Slovakia, with eight chair lifts and four cable cars. Liptovsky Mikulas is the tourist town at the base of Jasna which serves the mountain. There are many hotels, guesthouses and restaurants. Liptovsky Mikulas has a direct train connection to Bratislava or by air through the Poprad airport. The resort is just 95 miles from Krakow with the perfect climate for world-class skiing. Jasna has currently joined in Krakow, Poland's bid to host the 2022 Winter Olympics as the alpine skiing venue. If chosen, it would be the first time Olympic Games would be held in multiple countries at the same time - Poland and Slovakia. However in May 2014, Krakow abandoned its bid after it was rejected by the local population in a referendum. A decision by the Winter Olympic Committee will be made in 2017.

## OBITUARIES

### STEPHEN A. ROMAN, JR.

( January 25, 1938 - October 5, 2024 )

Stephen A. (Sonny) Roman, Jr., 86 of Egypt-Whitehall, PA, passed away peacefully at his home on Saturday, October 5, 2024, with his family by his side.



Born January 25, 1938, in Egypt PA, he was the son of the late Stephen A. Roman, Sr. and the late Mary (Harakal) Roman. He was married to his sweetheart, the late Phyllis S. (Piervallo) for 60 years.

Stephen was a 1955 graduate of Central Catholic High School, Allentown, PA and studied engineering at Lehigh University, Bethlehem PA. Stephen began a career in the clothing manufacturing trade at Samette Mfg. From 1963-1983 he was the general manager for seven clothing factories including Liberty Knitwear, Keystone Dress and R&F Dress. His next accomplishment was Owner/Operator of Rost Industries, Northampton, PA. After retiring from the garment industry, he continued to work as a consultant for L&P Machine Shop and D&R Precision, both of Allentown, PA.

Stephen was a long-time member of St. John Fisher R. C. Church (formerly St. Andrew's R. C. Church) Catasauqua PA. He was the first Lector ever in this church and was involved in many activities including the Holy Name Society, Men's Choir, and was instrumental in organizing improvements for the church. He was also active with Boy Scout Troop #118 (Catasauqua) and Troop #18 (Egypt) and served on the Minsi Trails Eagle Scout Board of Review.

He cherished his Slovak heritage. To preserve and share it, Stephen was actively involved for many years in the First Catholic Slovak Union and the Slovak Catholic Sokol fraternal organizations as an officer holding many positions in both. Over the years, he vigorously promoted their athletic Slet competitions.

He was a founding member and officer of the Sewing Machinist Association and belonged to the Atlantic Apparel Contractor's Association. He loved boating on the Chesapeake Bay and Lake Wallenpaupack with family and friends, motorcycling, driving nice cars, listening to all kinds of music especially polkas and organ music. He selflessly shared his extensive mechanical and trades knowledge with anyone, especially his children and grandchildren.

Surviving are sons: Stephen A. III (Christine), Christopher (Tracey), Theodore (Kathleen), Nicholas (Janette) and Dominic (Lori). Daughters: Anna Marie (Jim), Phyllis Ann (Barry) and Celeste (Todd S). Brothers: Michael

(Lucretia), Richard (Patricia), Emery, Vincent (Joyce). Sisters: Monica (Anthony) and Mary Ann (Robert), 12 grandchildren, 6 step grandchildren, 3 great grandsons. He was predeceased by his brother, John.

A Mass of Christian burial was on October 11, 2024, at St. John Fisher Roman Catholic Church, 1239 3<sup>rd</sup> Street, N. Catasauqua, PA., Interment followed in St. Andrew Catholic Cemetery, N Catasauqua, PA.

### Sister Gloria Marie Kascak, SS.C.M.

Sister Gloria Marie Kascak, SS.C.M. (Lorraine Kascak) died at Emmanuel Sunset Hospice in Danville on Dec. 5, 2024. She was born in Bridgeport, CT, on July 17, 1934, the only child of Mary Galya and Golly Kascak. She attended Holy Name of Jesus primary school in Stratford, CT, where the Sisters of Saints Cyril and Methodius taught, and Saint Cyril Academy in Danville.

After graduating from Saint Cyril Academy in 1952, she entered the Sisters of Saints Cyril and Methodius on Feb. 2, 1953, made her first profession of vows on Aug. 3, 1955, and her final profession of vows in 1960. Sister received her bachelor degree in Education from Marywood University.

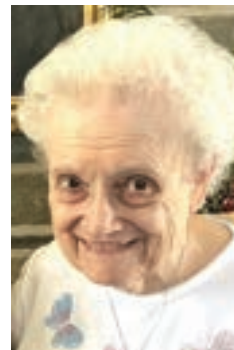
Sister's 57-year career in education brought her to several places, serving as teacher and/or principal in Perth Amboy NJ; Plymouth, Hazleton, and Jessup, PA; and Stratford CT. She also served as parish minister at Holy Name of Jesus Parish in Stratford, CT, and served in the Diocesan Office of Education in Bridgeport, CT. Sister Gloria Marie returned to Danville in 2017, where she then served as sacristan at Emmanuel Skilled Care and Rehabilitation Center in Danville, and also at Saint Cyril Preschool and Kindergarten where she served as an aide, and also provided after-school care.

When celebrating her 50th anniversary as a Religious Sister, Sister Gloria Marie wrote, "The joys I have experienced and taken delight in as a consecrated religious have been varied and many. Whether teaching, studying, administering or spending time with the Lord in prayer, inner joy was always present in my life. God has helped me to trust him that all will be well. We are all safe in his presence and we can lean on him because he provides a safe place for us to rest at all times." Sister Gloria Marie was well-known for her beautiful smile.

Funeral Services and a Mass of Christian Burial were held on Tuesday, Dec. 10, 2024 at Maria Hall in Danville, beginning with the Rosary at 11 a.m., the Wake service at 11:15 a.m., and the Mass of Christian Burial at 1:30 p.m. followed by burial in the Sisters' cemetery.

Donations in memory of Sister Gloria Marie can be made to the Sisters of Saints Cyril and Methodius, Villa Sacred Heart, 1002 Railroad St., Danville, PA, 17821.

– Sister Barbara Sable, SS.C.M.





## NOVEMBER 2024

Assembly 11	Frank R. Zigmond of Northbrook, IL	95	October 31, 2024
Assembly 16	Bernard Elias of Pittsburgh, PA	88	November 6, 2024
Assembly 25	Joel Rebovich of Perryopolis, PA	73	November 18, 2023
Assembly 59	Margaret Pecile of Hazleton, PA	93	March 23, 2024
Assembly 59	Gregory Fessler of Dallas, PA	67	March 12, 2024
Assembly 59	William Shemanski of Shamokin, PA	67	October 12, 2024
Assembly 59	Jackson Lee Hendershot of Wilkes Barre	81	November 9, 2024
Assembly 78	Anna Marie Ritchick of Somerset, NJ	97	September 30, 2024
Assembly 78	Geraldine Cek of Sun City, AZ	96	October 13, 2024
Assembly 163	Raymond Bednar of Donora, PA	93	March 18, 2024
Assembly 219	Barbara Hichak of Yonkers, NY	79	November 6, 2024
Assembly 312	Elizabeth Morrison of Toms River, NJ	99	September 17, 2024
Assembly 313	Michael Hvasta of Fairfax, VA	64	August 22, 2024
Wreath 15	Charles Stofan of Washington, PA	73	October 31, 2024
Wreath 15	Helen Dupak of Uniontown, PA	96	October 31, 2024
Wreath 15	Dorothy Stefancik of Smock, PA	82	November 8, 2024
Wreath 22	La Verne M. Harms of Pittsburgh, PA	91	November 7, 2024
Wreath 54	Theresa Maceyko of Poland, OH	91	November 19, 2024
Wreath 81	Terry Buono of Hammond, IN	79	November 7, 2024
Wreath 85	Claudia R. Brecki of McKees Rocks, PA	82	November 14, 2024
Wreath 93	Haring Lolita of Tomahawk, WI	94	September 23, 2024
Wreath 93	Wa Khue Hang of Menomonie, WI	71	October 27, 2024
Wreath 155	Tara Reed of Reading, PA	67	October 31, 2024



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## FICO SA SO ZELENSKÝM NEZHODOL NA TRANZITE PLYNU ANI ČLENSTVE V NATO

Brusel 20. decembra (TASR) - Premiér SR Robert Fico sa s ukrajinským prezidentom Volodymyrom Zelenským počas o summitu nezhodol na piatich zásadných témach. Predseda vlády to uviedol po skončení zasadnutia Európskej rady, informuje spravodajca TASR.

Fico spresnil, že chápe ukrajinského prezidenta v tom, že vzhľadom na situáciu v domovskej krajine je pod tlakom. Podľa vlastných slov nečakal, že dôverné vyjadrenia, ktoré odzneli za zatvorenými dverami, sa dostanú na verejnosť.

Zelenskyj na tlačovej besede totiž spomenul Fica a vyhlásil, že je hanebné, keď niekto hovorí, že po zastavení tranzitu ruského zemného plynu cez Ukrajinu príde o zisky. Zdôraznil, že Ukrajina aj pre peniaze zarobené Ruskom na predaji tohto plynu prichádza o ľudské životy.

“Naša vzájomná výmena názorov potvrdila, že máme názorové rozdiely k piatim témam,” skonštatoval Fico. Pripomenul, že vláda SR od prvých dní vojny označila vpád ruských vojsk za porušenie medzinárodného práva, pomáha Ukrajine humanitárnymi dodávkami, predáva potrebnú elektrinu, vypravila prvý vlak do Kyjeva, ale neverí vo vojenské riešenie konfliktu a odmieta darovať zbrane.

Premiér vysvetlil, že nie všetkým sa páčila jeho otázka o mierových iniciatívach a slová o tom, že EÚ by sa mala viac spoliehať aj na tie čínske a brazílske, pričom spomenul aj vytvorenie skupiny priateľov mieru v rámci OSN. Tvrdí, že reakcie na to boli, že kto je priateľom mieru, je priateľom agresora.

“Zelenskyj popiera akékoľvek prímerie,” uviedol Fico. A podľa neho je to aj postoj viacerých krajín EÚ.

Za Slovensko odmietol možnosť znášať vyššie náklady Európanov na pomoc Ukrajine, ak nový americký prezident Donald Trump podporu USA zníži. Zopakoval, že žiaden slovenský vojak nebude súčasťou operácie EÚ na Ukrajine v prípade uzavretia prímeria. “Nebolo by správne, keby to časť štátov EÚ urobila, nebol by v tom konsenzus,” vysvetlil.

Zdôraznil tiež, že Slovensko nepodporí taký balík sankcií, ktorý by sa vzťahoval na jadrovú energetiku, lebo je odkázané na výrobu elektriny z jadra.

“Názorový rozdiel máme, čo sa týka tranzitu plynu cez Ukrajinu. Pýtal som sa ho, či bude ochotný tranzitovať iný ako ruský plyn,” povedal Fico. Zelenskyj podľa neho vylúčil, že by Ukrajina mohla tranzitovať akýkoľvek plyn. “Pýtal sa, že či si vieme predstaviť platiť za plyn, ktorý financuje vojnu,” opísal Fico rozhovor. Odmietol zároveň Zelenského slová, že SR zarába na predaji elektriny Ukrajine.

Ďalší spor sa podľa Fica týka vstupu Ukrajiny do NATO. Tvrdí, že Zelenskyj mu sľúbil uvoľniť 500 miliónov eur zo zmrazených ruských aktív, ak Slovensko

## TOTO SA DEJE VO VAŠOM TELE, KEĎ PIJETE KÁVU

Káva – pre niekoho ranný rituál, pre iného nevyhnutnosť na prežitie dňa. Nové štúdie odhaľujú, že káva nie je len o kofeíne – jej vplyv na vaše telo je oveľa hlbší, než ste si doteraz mysleli.

Moderný výskum odhaľuje, že káva má oveľa viac účinkov, než by sme si mohli myslieť. Nejde len o povzbudenie, ktoré pociťujeme krátko po vypití šálky. Káva zasahuje oveľa hlbšie, ovplyvňuje naše trávenie, zloženie črevnej mikroflóry a dokonca aj riziko niektorých ochorení.

Káva je aj prírodné prebiotikum. Živiny obsiahnuté v káve vyživujú prospešné baktérie a prispievajú k ich rovnováhe. Štúdia dokonca naznačuje, že vyššia konzumácia kávy môže byť spojená s nižším výskytom niektorých ochorení tráviaceho traktu.

Káva je tiež významným zdrojom antioxidantov, látok, ktoré chránia naše bunky pred poškodením. Antioxidanty v káve môžu pomôcť znížiť riziko srdcových ochorení a niektorých druhov rakoviny. Okrem toho majú tieto látky schopnosť neutralizovať voľné radikály, ktoré spôsobujú predčasné starnutie buniek. Vedecké dôkazy ukazujú, že mierna konzumácia, približne dve až tri šálky denne, môže byť pre väčšinu ľudí bezpečná a dokonca prospešná.

Účinok kofeínu, hlavnej zložky kávy, je asi najznámejším dôvodom, prečo ju ľudia pijú. Kofeín stimuluje centrálnu nervovú sústavu, čo vedie k zlepšeniu koncentrácie a zníženiu únavy. No nie je to len o povzbudení. Podľa štúdie publikovanej v časopise ScienceDirect, kofeín môže pomôcť aj pri zlepšení fyzickej výkonnosti a urýchlení metabolizmu.

Treba však spomenúť aj riziká spojené s nadmernou konzumáciou. Príliš veľa kávy môže viesť k nervozite, nespavosti a dokonca k zvýšeniu krvného tlaku. Preto je dôležité nájsť rovnováhu a nepreháňať to so šálkami počas dňa.

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svoj postoj zmení. “Nikdy,” odkázal mu Fico aj cez novinárov.

“Rešpektujeme pomoc EÚ Ukrajine, sme jej súčasťou, a preto sa pýtam, či vtedy, keď niekto pomáha a je súčasťou EÚ a organizuje spoločné rokovania vlád, či Ukrajina má právo ohrozovať ekonomické záujmy členského štátu Unie,” uviedol premiér.

Priblížil tiež, že na summite o tejto otázke separátne rokoval so šéfkou Európskej komisie Ursulou von der Leyenovou a nemeckým kancelárom Olafom Scholzom a upozornil ich, že keď Kyjev zastaví tranzit plynu, tak táto surovina zdražie.

Podľa neho treba vyvinúť tlak na eurokomisiu, aby zvažila, ako bude chrániť záujem členských štátov EÚ. Lebo “ak niekto bráni tranzitu plynu a spôsobí zvyšovanie cien a hospodárske škody EÚ, tak je to Zelenskyj,” doplnil.

## Kútik humoru

Dvaja šesťnásťroční sa bavia po silvestrovskej noci: „Dedko mal pravdu, keď mi hovoril, že do toho erotického klubu nemám chodiť, že tam sú veci, ktoré by som nemal vidieť.“ „Prosím ťa, čo si tam videl?“ „Dedka“

Manželia práve veselo zapíjajú príchod nového roka, keď náhle manželka zosmutnie. „Čo je?“ pýta sa manžel. „Ale,“ hovorí manželka „práve som si uvedomila, že mám všetky šaty z minulého roku.“

Otec dal dvadsaťročnému synovi na Silvestra sto korún a povedal: „Tu máš a o polnoci si pripi na moje zdravie!“ „Ale vlni si mi dal dve stovky!“ „Lenže tento rok sa cítim omnoho lepšie...“

„Tak čo, ako si prežil posledného Silvestra, priateľu?“ „Ale... najprv som nevedel, kam mám ísť a teraz si nemôžem spomenúť, kde som bol.“

Jano pozýva priateľa na silvestrovský večierok a vysvetľuje: „Dostaneš sa k nám autobusom číslo 26, vystúpiš na predposlednej zastávke a ja bývam hneď naproti, v dome číslo 28. Zazvoníš lakťom pri bránke a ako sa ozve bzučiak, strčíš do bránky kolenom a už si u mňa.“ „Prepána,“ žasne Fero, „a prečo by som mal zvoniť lakťom a kolenom kopať do bránky?“ „Prepána,“ zhrozí sa Patrik, „a to by si sa, človeče, nehanbil prísť na silvestrovský večierok s prázdnyimi rukami?“

Kapitán dal zavolať vojakov a pýta sa: „Chlapci moji, potrebujú vtáci peniaze?“ „Nepotrebujú!“ zaznie odpoveď. „To je dobre, sokolíci, lebo ja som prepil váš žold...“

Pýta sa učiteľ žiakov ako by pomocou vody vyrobili svetlo. Jeden zo žiakov odpovie: „A čo tak umyť okná.“

Colník zastaví na hranici auto a povie vodičovi, aby vystúpil. Prehľadá auto a najde vrecko s bielym práškom. Ochutná ho a pýta sa vodiča: „Heroín?“. Vodič: „Nie, jed na potkany.“



## DOPRAJTE SI ZDRAVÉ RAŇAJKY

### VAJÍČKA

Obsahujú ž 13 gramov bielkovín. Vajíčka zasytia, hladina cukru v krvi zostáva konštantná. Vaječný žltok obsahuje luteín a zeaxantín. Tieto antioxidanty pomáhajú zabrániť určitým očným ochoreniam ako je šedý zákal alebo makulárna degenerácia.

### OVOCIE

Ovocie je pomerne nízkokalorické a navyše bohaté na vlákninu, vitamíny a minerálne látky (vitamín C a draslík). To zaisťuje nižšiu náchylnosť k infekciám a zdravé črevo. Najvhodnejšie a na antioxidanty bohaté je bobuľové ovocie (maliny, jahody, čučoriedky, černice). Je navyše prevenciou pred predčasným starnutím pokožky a pôsobí pozitívne na srdce.

Ovocie možno kombinovať s gréckym jogurtom, tvarohom alebo vajíčkami.

### OVSENÁ KAŠA

Ovsené vločky v mlieku sú bohaté na antioxidanty, udržiavajú konštantnú hladinu krvného cukru po jedle a nadticho zasytia. Betaglukán obsiahnutý v ovsených vločkách môže pomôcť k zníženiu hladiny cholesterolu.

### ORECHY

Sú obzvlášť výživné. Ješť ich treba s mierou – hoci sú kalorické, obsahujú zároveň kvalitné bielkoviny a nenasýtené mastné kyseliny. Tie pozitívne pôsobia na srdce a zmiernujú riziko zápalov v tele. Konzumácia orechov pozitívne vplýva aj na hladiny cholesterolu a cukru v krvi. Je jedno, či jete mandle, kešu, lieskové či vlašské orechy. Všetky tieto druhy majú vysoký obsah horčíka a draslíka.

### GRÉCKY JOGURT

V porovnaní s bežným jogurtom, grécky obsahuje menej sacharidov a viac bielkovín a má len 10 percent tuku. Strava bohatá na bielkoviny môže znížiť pocit hladu, grécky jogurt nadticho zasytí, čím pomáha pri chudnutí. Niektoré druhy navyše obsahujú probiotiká, ktoré sa starajú o zdravé črevo.

### ĽANOVÉ SEMIENKO

Je bohaté na vlákninu, a zasytí nadticho, podporuje konštantné hladiny cukru v krvi a je schopné znížiť riziko rakoviny prsníka. Denná dávka je 30 gramov (asi dve polievkové lyžice). Ak ju prekročíme, môžeme si spôsobiť tráviace ťažkosti. Toto množstvo obsahuje až 12 gramov vlákniny. Ľanové semienko je bohaté na omega-3-mastné kyseliny, ktoré hrajú dôležitú úlohu pri budovaní nervových a mozgových buniek a prispievajú k lepšiemu prietoku krvi. Vo všeobecnosti sa považuje za najcennejší rastlinný zdroj omega-3 mastných kyselín. Pozitívne vplývajú na kardiovaskulárny systém, znižujú hladinu cholesterolu a môžu zmierniť zápalové ochorenia ako je reumatoidná artritída či chronický zápal čriev. Sú dôležité pre vývoj mozgu dieťaťa počas tehotenstva a dospievania, ale zabraňujú tiež starnutiu procesov v mozgu a dokonca aj demencii.



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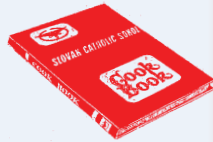
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**SLOVAK CATHOLIC SOKOL  
MEMORIAL SCHOLARSHIP FUND**

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>

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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