

Slovak Catholic Sokol SPFB Monthly Newsletter May 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 / Janice Matlon	Rosary will now be twice a month. (first and third Friday)	Rosary will be via Facebook live not the Zoom link. **Father Andrew will lead the rosary on the 3 rd . **Janice Matlon will lead the rosary on the 17 th .	May 3 rd – 4:00PM (3:00PM CST) May 17 th 5:00PM (4:00PM CST)
Katie Swift	Youth Advisory Committee	8:00PM	May 8th
Kristen Popik	STEM activities (children 14 and under)	7:00PM (day may vary each month)	May 13 th
Nancy Kropolinsky / Chris Antosy	Happy Hour / Games or Trivia	Third Thirsty Thursday of each month at 8:00PM EST	May 16 th
Dusan Dorich	Slovak History / language	9:00PM EST	May 12 th
Katie Swift	Bible Study	Tuesday at 8PM EST	May 21st
Zack Manyak	Book Club	End of the month – 8:00PM EST	May 28th

2024 Yearly Calendar of Events

May	June	July	Aug	Oct.	Nov.	Dec.
Bowling Tourney (17-19) Bowlero Lanes (Pittsburgh, PA) Join Hands Day	Family Fun Fest at Peek-n-Peak Resort in Clymer NY June 21-23 (Look for information on Facebook and on the website)	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 Costume 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 kropoinskynancy@gmail.com

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

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.

Outreach Corner

Andrea Tadlock

Supreme Vice President

Do You Have FOMOS (The Fear Of Missing Out on Sokols)?

Have no fear! The Mobile SCS Team App is near!

A mobile SCS Teams App will be available this summer to help Groups and their members stay current with SCS fraternal events, find forms, quickly access virtual events, have fast access to the SCS Falcon and the SPFB newsletter, receive event reminders, view event results, or connect with other members and SCS leaders. Watch for more details in the coming weeks!

As part of our outreach program, we will have a dedicated charity to contribute to at each of our events. Children's Hospital of Pittsburgh has been chosen as the charity for the Bowling Tournament. At the tournament, we will have a basket raffle where participants can take chances to win. We will also accept monetary donations from individuals, groups, wreaths, and assemblies. If you wish to contribute to this cause, please mail a check to:

Kathy Watkins
7019 Highland Creek Drive
Bridgeville, PA 15017

All checks should be made out to Children's Hospital of Pittsburgh.

Sokol Forward Join Hands Day Planning

There is plenty of time left to prepare for Join Hands Day on May 4th. Plan with members of all ages from your Group and brainstorm fun 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.

There will not be any virtual events in June, July, and August. We will resume in September.

New Year. New Board. New Challenges. New Goals. New Excitement.

The Supreme Physical Fitness Board hit the ground running at the start of the 2024 new year. At the convention, The SPFB was tasked with the goal to plan more events, virtually and in person. We understand the importance of keeping our organization alive and growing with all the challenges and changes life brings. The friendships that are built at Sokols are built solid because of our backgrounds, faith and upbringing.

As you have noticed, we have added many different virtual events during the month. Each SPFB member has been tasked to a topic or area of interest and has volunteered to lead these events. Please consider joining,

Just to highlight a few...

STEM

The virtual STEM events are really amazing. They run about 20 minutes and are a great way for the younger kids to interact. SPFB member Kristen Popik posts a list of supplies that are needed. These supplies are usually easily found around the house. She guides the kiddos through a fun and easy event. This is a perfect after dinner family event or an activity you can invite the grandchildren over and participate together.

The Youth Advisory Committee

This group of young adults is trying to rally the 16-29 year olds for fun new events, locally and virtually. These events would build fraternalism, networking and friendships. One of the biggest topics is the lack of communication they are receiving. Information is not being passed down to the younger generations. They do not go onto Facebook, they are not receiving the emails or Falcon. So how do we solve this? Can you please help spread information and encourage your kids, grandkids and friends to join Instagram and our other platforms. The Board of Directors have also started a Sokol App. You will see more information about this from our Vice President, Andrea Tadlock. On May 8th, we will be discussing this at our meeting. Please join.

Bible Study

I personally lead this study. During Lent we discussed Women of the Bible and how we can relate to their sacrifices in our modern world today. We finished our study with The Stations of the Cross from the viewpoint of the Blessed Mother Mary. In the Month of April we will discuss the book, Holy Moments by Matthew Kelly. In May, we are going to discuss Saints and the steps it takes to become a saint. Each person joining is encouraged to discuss a saint of their choice.

Assistant Director Nancy Kropolinsky and SPFB member Christ Antosy organize different games for a Third Thursday Thirsty Thursday Happy hour. SPFBM Zack Manyak has organized a monthly Book Club and Physical Director Dusan Dorich is organizing a Slovak Session. Father Andrew as well as SPFBM Janice Matlon will be saying a Virtual Rosary on the 1st and third Friday of each month. Lastly our Sports Director Kathleen Watkins and Assistant Sports Director Rob Palchanis attend almost every event as well as host the monthly President/Sports Director Meetings.

There is something for everyone. And, as always, if you have a hidden talent or topic you would like to discuss, please reach out to me and we would love to schedule a virtual event.

Lastly, we have organized a relaxing family weekend at Peak N Peek resort in Clymer, PA. We will be having organized fun in the evenings along with cocktails, kids gathering and cornhole. To reserve your room, please go to pknpk.com and enter the word SLOVAK for your special group room rate. We are sure to have a good time!

This summer is going to be jam packed with Sokol Fun!!!

Zdar Boh!

Katie Swift

Supreme Physical Directress