

Za Boha a národ

For God and Nation

Slovak Catholic Falcon

Slovenský katolícky sokol

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

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

VOLUME CXIII

PASSAIC, NJ, AUGUST 1, 2024

NUMBER 5190

69TH SLOVAK CATHOLIC SOKOL GOLF TOURNAMENT AT THE TREASURE LAKE GOLF COURSES IN DUBOIS, PA



August 9 – 11, 2024

MESSAGE FROM OUR SUPREME PRESIDENT LARRY M. GLUGOSH

It is hard to believe that it is August already. We hope you enjoyed your July 4th long weekend celebrations and I know our Canadian members enjoyed their July 1st Canada Day, which is the northern version of the US Independence Day.



A few weeks ago, we hosted our Q2 Board of Directors meeting. This was a virtual meeting to help reduce expenses for the society but we were still able to effectively review and plan the necessary financial, operational, spiritual and fraternal aspects of our organization. The meeting minutes will be posted in this month's publication and I encourage our members to read through the reports and become more familiar with the results we are achieving and the direction the board is taking for the betterment of our members.

We hope our local group officers and members were able to promote the National Sokol Sports

Day on Saturday July 20th. It was a special day to promote physical fitness within our assemblies and wreaths. If you did manage to conduct a special event, then kindly forward pictures and details to our home office for the next publication and/or distribute to the Supreme Physical Fitness board and they would happily post on our social media page for the society.

In a few weeks we will host our 2024 International Golf Tournament in Dubois PA at the Treasure Lake Golf Resort. We have hosted our annual event for many years at this wonderful facility and I believe we will have over 100 Slovak Catholic Sokol golfers in attendance this summer. I know our Supreme Director of Sports and Athletics; Kathleen S. Watkins has been working hard behind the scenes and posting messages across our social media platform to ensure we have another quality event. I look forward to seeing many of our members and guests in a few weeks.

I wish all of you the very best for the remainder of the summer and God bless you all.

Slovak Catholic Falcon Slovenský Katolícky Sokol

ISSN:0897-8107
Established April 15, 1911

Official Publication
of the Slovak Catholic Sokol

Issued Monthly

Editorial Staff:
Livia Karak

Annual Subscription Rates:
United States \$40.00
All others countries \$45.00

POSTMASTER: Send address changes
to
Slovak Catholic Falcon
P.O.Box 899, 205 Madison Street
Passaic, NJ 07055

Member of the Catholic Press Association
and the
Slovak Newspapermen's
Association of America
Proprietor and Publisher
SLOVAK CATHOLIC SOKOL
P.O.Box 899
205 Madison Street
Passaic, NJ 07055

HOME OFFICE HOURS:
MONDAY THROUGH THURSDAY
9:00 a.m. – 4.30 p.m.
FRIDAY
9:00 a.m. – 2:00 p.m.

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DOWNLOAD THE NEW SCS APP TODAY!

It's free and easy to use. It keeps you up to date with the latest SCS Event Information.

Follow these instructions to join our app today:

1. Scan the QR Code and download the Stack Team App or visit www.teamapp.com

2. Sign up to Stack Team App and log in to your account.

3. Search for "Slovak Catholic Sokol" and request to join.

It is as simple as that! Don't miss out on any more Sokol events!



SCAN ME



Introducing our newest member



Maverick Basté-Love Shelton, born November 8, 2023, is the son of Nicholas Shelton from Pttsburgh, PA. He is a member of Assembly 104, Pittsburgh, PA.

Find us on Facebook:



Slovak Catholic Sokol Public Group
 Get quick updates on the latest events going on in our organization

SLOVAK CATHOLIC FALCON PUBLICATION DATE

The next issue of the **SLOVAK CATHOLIC FALCON** will be that of **SEPTEMBER 1, 2024. DEADLINE** for all photos and information for this issue will be **AUGUST 22, 2024.** The next **SLOVAK CATHOLIC SOKOL NEWSLETTER** will be posted on our website on **AUGUST 15, 2024.**

**FROM THE DESK OF THE SUPREME SECRETARY
 SCOTT T. POGORELEC, F.I.C.
 INSURANCE NEEDS**



Greetings from the Home Office! I hope that everyone is staying cool this summer as we have seen some hot temperatures these past few weeks. I have noticed on our social media platforms that a handful of Groups, Assemblies, and Wreaths have had some wonderful functions. We love seeing that in our organization! If you have any event, please let us know about it and take some photos. It is especially important to let other Groups and Lodges know what you are doing. It may generate ideas throughout our entire Society. Keep up the great work!

With the summer months coming to an end and the school year right around the corner, it is important to look back on the past few months and look forward to the future. In doing so, it is important to review your insurance needs. Each year, the month of September is designated as Life Insurance Awareness Month (L.I.A.M.). It is an opportunity to remind people about the importance of having sufficient life insurance coverage. Life Insurance Awareness Month is an industry wide initiative, supported by both commercial companies and fraternal benefit societies.

According to the National Funeral Directors Association, the average cost of a funeral is roughly \$9,000-\$13,000. Unfortunately, we have many members in our Society that have minimum policies, some as low as \$500. Unless these members have coverage elsewhere, you can

see that these small policies will not help much when the time comes. I ask you to take some time out of your schedule and discuss your insurance needs with your family. It is particularly important to plan ahead and purchase additional life insurance coverage, especially when you are young and healthy, thus keeping the premium costs at a minimum. Life insurance provides us an answer to the difficult hypothetical question that is: How will my family manage financially if I were to die? It is an important question which all of us should ask ourselves. And with September being Life Insurance Awareness Month, this is a perfect time to address this important item. If you have any questions regarding life insurance needs, please feel free to contact me at the Home Office at (800) 886-7656. You can also reach me through email at scott@slovak-catholicsokol.org.

I am looking forward to seeing many of our members at the upcoming 69th International Golf Tournament at Treasure Lake Resort in Dubois, PA on August 9th-11th. Our Supreme Director of Sports and Athletics, Kathleen S. Watkins, has done an excellent job in communicating with all our golfers and we are looking forward to a wonderful tournament filled with fun, fraternalism, and not too many lost balls! It is never too late to join. If you have any questions, please reach out to Sister Kathy at kathyw323@gmail.com.

Until next time, please continue to enjoy the rest of summer and stay cool! Stay safe, stay strong, and STAY POSITIVE!

Zdar Boh!



Fraternalist of the Year Celebration Dinner for Agnes Evanko was held on June 15, 2024 in Canton, OH. L-r: Supreme President, Larry M. Glugosh, 2023 Fraternalist of the Year, Agnes Evanko, and Supreme Secretary, Scott T. Pogorelec, F.I.C.

Thoughts from our Supreme Chaplain, Rev. Andrew S. Hvozdovic IMMACULATE HEART OF MARY

The month of August is dedicated to the Immaculate Heart. Since the 16th century Catholic piety has assigned entire months to special devotions.



The physical heart of Mary is venerated (and not adored as the Sacred Heart of Jesus is) because it is united to her person and is the seat of her love (especially for her divine Son), virtue, and inner life. Such devotion is an incentive to a similar love and virtue.

This devotion has received new emphasis in this century from the visions given to Lucy Dos Santos, oldest of the visionaries of Fatima, in her convent in Tuy, in Spain, in 1925 and 1926. In the visions Our Lady asked for the practice of the Five First Saturdays to help make amends for the offenses committed against her heart by the blasphemies and ingratitude of men. The practice parallels the devotion of the Nine First Fridays in honor of the Sacred Heart.

On October 31, 1942, Pope Pius XII made a solemn Act of Consecration of the Church and the whole world to the Immaculate Heart. Let us remember this devotion year-round, but particularly through the month of August.

INTRODUCING “SOKOL FORWARD”

♥ Sokol Forward Together ♥

Sokol Forward, our new community outreach program, is a platform that empowers Groups, Assemblies, and Wreaths to make a real difference in our communities through charitable and volunteer activities. By participating, you are contributing and helping us shine a light on and support these important endeavors.



Every month, we invite Groups, Assemblies, and Wreaths to share their charitable or volunteer activities with the Supreme Vice-President for a chance to be featured in our ‘**Sokol Forward Spotlight**’.

One of these monthly submissions will be chosen and awarded \$50 to be donated to the winner’s chosen charity. The winning submission will also be published in the Slovak Catholic Falcon and on our Social Media sites, giving your efforts the recognition they deserve.

Each January, we consider all the monthly ‘**Sokol Forward Spotlight**’ winners from the previous year for the Annual

Sokol Forward Leader award. The winning Groups, Assemblies, and Wreaths will receive \$150 to donate to their chosen charity.

If you’d like to submit an entry for a monthly ‘**Sokol Forward Spotlight**’, please send an email **by the 15th of each month** to vp@slovakcatholicssokol.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

We’re truly looking forward to sharing and encouraging your Sokol Spirit! Zdar Boh!

Thank you for all that you do!

Andrea M. Tadlock
Supreme Vice-President



While on their vacation to Germany and other countries, Elizabeth Bakarich and her sister, Kathleen, watched the June 21st Eurostar game in Dusseldorf, Germany with Slovakia playing Ukraine. The game was exciting and well played by the Slovak team, but unfortunately ended with a 1-2 score favoring Ukraine. Lifelong Sokols from Wreath 2 in Passaic, NJ, the sisters are the granddaughters of the late Rose and Michael Ryaby, and their great uncle, John Domyon, was the son of George Domyon, one of the original founders of the Sokols. Elizabeth is a senior Vice President and Portfolio manager at Alliance Bernstein in New York. Dr. Kathleen is an Associate Professor of Accounting at Hofstra University, New York.

SOKOL CALENDAR

AUGUST 9-11, 2024

69TH SLOVAK CATHOLIC SOKOL GOLF TOURNAMENT at the Treasure Lake Golf Courses in DuBois, PA. All entries will close with a postmark date of July 6th.

SUNDAY, SEPTEMBER 22, 2024

SLOVAK HERITAGE FESTIVAL at the Middlesex County Fair, 655 Cranbury Rd., East Brunswick, NJ.

SATURDAY, SEPTEMBER 28, 2024

GROUP 1 GOLF OUTING at noon at Preakness Valley Golf Course, Wayne, NJ. For more information, please contact Group 1 President John Pogorelec, Jr. at (973) 493-0508.

SUNDAY, OCTOBER 20, 2024

The **ANNUAL MEETING OF MSGR. ANDREW HLINKA, GROUP 6** (Perryopolis, PA) will be held at 1:00 p.m. at the Clubhouse Grille, Rostraver Twp. Reservations must be made by Thursday, October 3, 2024 by contacting either Terri Gardner at 724-929-8675 or Anna Mae Warnick at 724-736-4032. This meeting will be an election of officers so please try to attend.

Thank You!

Dear Sokol Scholarship Committee,

Thank you for selecting me to be among the Slovak Catholic Falcon \$1,000 scholarship grant recipients. I truly appreciate being awarded your scholarship that will have a positive impact on my journey to further my education. This accolade will relieve a piece of the financial burden on both my parents and me, while also allowing me to stay connected to the Sokol Club. I will always give my thanks to the Sokols for involving me in the Catholic religion and being a part of the reason, I never make an excuse to miss mass whether I am at home, school, or someplace else. I vow to keep my faith in the Catholic church and keep my engagement with the Slovak Catholic Sokol. Again, thank you for granting me this offer to aid in my academic endeavors. Zdar Boh!

Sincerely,
Alexandra Kwiat

ANNUAL SOKOL DAY PICNIC IN WILKES-BARRE, PA



Group 7 of Wilkes-Barre, PA will hold our 88th Annual Sokol Day Picnic on Saturday, September 7. The event will take place at the Plains Lions Pavilion on Clarke Lane, Plains Twp., PA from noon until 5 p.m. The picnic will feature Slovak food and other picnic favorites, baked goods and games for all ages.

All are invited to come and spend the day with Group 7 to celebrate our Slovak culture. Sokol Day is open to the public, so, please join us.

Pictured are members of the planning committee – (l-r) Kelly Palchanis, Tony Rasimas, Frank Lipski, Rob Palchanis, Gary Blasco, Bob Palchanis, Terri Palchanis, Mike Horvath, Heather Horvath and Pam Lipski.

MINUTES OF THE SUPREME BOARD OF DIRECTORS QUARTERLY MEETING HELD VIA VIRTUAL MEETING

Wednesday, June 26, 2024 – 3:00 p.m.

Supreme President, Larry M. Glugosh, **Called to Order** the Quarterly Meeting of the Supreme Board of Directors at 3:00 p.m. on Wednesday, June 26, 2024, and greeted all the members of the Board on the call.

Supreme Chaplain, Rev. Andrew S. Hvozdovic, offered the **Opening Prayer**.

Supreme Treasurer, Michael J. Horvath, led the Board members in reciting the **Pledge of Allegiance to the Flag**.

Supreme Secretary, Scott T. Pogorelec, F.I.C. was asked to take the **Roll Call** and the following members responded:

Supreme Chaplain..... Rev. Andrew S. Hvozdovic
Supreme President.....Larry M. Glugosh
Supreme Vice-President.....Andrea M. Tadlock
Supreme Secretary..... Scott T. Pogorelec, F.I.C.
Supreme Treasurer.....Michael J. Horvath
General Counsel.....John D. Pogorelec, Jr., Esq.
Chairperson of the Supreme Auditors .James C. Matlon
Supreme Physical DirectorDusan Dorich
Supreme Physical DirectressKatie Swift

The record will show that nine members of the Board of Directors are present and Supreme Director of Sports and Athletics, Kathleen S. Watkins is excused.

Acknowledged

President Glugosh informed the Board that they all have received the **Minutes** from our last Board meeting held on April 6, 2024, and published in the June 1, 2024, issue of the Slovak Catholic Falcon. Brother President entertained a motion for their acceptance, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Chairperson of the Supreme Auditors, James C. Matlon. Approved

President Glugosh then called upon our Supreme Secretary, Scott T. Pogorelec, F.I.C., to give a brief overview of the **Sales Report**.

Brother Secretary gave a snapshot of the current life and annuity production for the year to date as compared to the 2024 projections. Also discussed was future marketing and sales campaigns to be considered over the next few years.

Several questions were presented and addressed to the satisfaction of the Board and President Glugosh thanked Brother Secretary for the report. President Glugosh then asked for a motion to accept the report, so moved by Supreme Treasurer, Michael J. Horvath, seconded by Supreme Chaplain, Rev. Andrew S. Hvozdovic. Approved

President Glugosh then called upon Mr. Thomas Calimano, Market Director/Senior Vice-President, of PNC Institutional Asset Management to present the **PNC Advisor's Report**.

Mr. Calimano reviewed PNC's outlook for the financial markets and the economy with the Board. Additionally, he reviewed the investment strategies recently implemented in both the equity and fixed income portfolios.

Mr. Calimano reviewed the portfolio's structure and quality and updated the Board on recent changes within the portfolio. Additionally, Mr. Calimano discussed fixed income investing, the current level of interest rates, and expectations for potential investment opportunities during the second half of the year.

Mr. Calimano addressed various questions from the Board concerning our performance outlook and Mr. Calimano indicated the Society is in a strong financial position, especially in this volatile fiscal environment. The Board members expressed thanks to Mr. Calimano for PNC's presentation.

Supreme Director of Sports and Athletics, Kathleen S. Watkins, supplied the Board with the **Physical Fitness Board Report**.

The 78th Annual Bowling Tournament was held on May 17th & 18th in Pittsburgh, PA. The Slovak Catholic Sokol had a total of 45 members participating. Robert Palchanis, III and Nancy Kropolinsky worked the bowling tournament, and the article and pictures will be published in the July edition of the Falcon. The winner of the Frank S. Petruff Memorial Sports Award for Bowling was Bob Macko, from Barberton, OH.

The 2024 Golf Tournament will be held at Treasure Lake Golf Resort from August 9th-August 11th. We have already received 29 applications for the annual event and are expecting well over 100.

Supreme Physical Director, Dusan Dorich, and Supreme Physical Directress, Katie Swift, also updated the Board on the Virtual Clinic in preparation for the 51st International Slet.

President Glugosh thanked Sister Watkins, Sister Swift, and Brother Dorich for their report and entertained a motion to accept, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Chairperson of the Supreme Auditors, James C. Matlon. Approved

Brother President then called upon General Counsel, John D. Pogorelec, Jr., Esq. for the **Legal Department Report**.

Counsel reported that there is one item to report on:

1. Brother John updated the Board on the sale of the print shop in the rear of the Home Office Building and the potential sale of the entire property. A deadline date will be given on behalf of the Society to the potential buyers of the print shop. Brother Counsel and Brother Secretary will keep the Board posted on any developments.

After a brief discussion regarding the above item, President Glugosh entertained a motion to approve the report, so moved by Supreme Treasurer, Michael J. Horvath, seconded by Supreme Physical Directress, Katie Swift. Approved

President Glugosh thanked the General Counsel and called upon Chairperson of the Scholarship Committee, Andrea M. Tadlock, for the **Scholarship Committee Report**.

Sister Tadlock reported that the committee was able to manage all business through email communication and a committee virtual call on Thursday, May 2, 2024.

The winner's photos appeared in the June 1, 2024, issue of the Falcon publication. Checks will be mailed out from the Home Office in July to the applicants who were selected for a grant. Sister Tadlock reported that 22 Slovak Catholic Sokol College Grant winners were selected, 1 Theodore and Mary Jane Rich Memorial Grant, 2 Emil Slavik Memorial Grant, 1 Doctors Lesko Medical Memorial Grant, 1 Yencha Family Grant and 4 Museum Memorial Grants were awarded.

In addition, 7 Slovak Catholic Sokol Abbot Jerome M. Koval, O.S.B Memorial High School Grants and 13 Slovak Catholic Sokol Grade School Grant recipients were selected.

Several recommendations were presented by Sister Tadlock and the Board agreed with them which would improve the application process. The website will be updated accordingly, and the applications will become available in November of 2024.

President Glugosh called for a motion to accept the report submitted by Sister Tadlock, so moved by Chairperson of the Supreme Auditors, James C. Matlon, seconded by Supreme Physical Director, Dusan Dorich. Approved

President Glugosh questioned if there was any **Unfinished Business** to discuss.

Brother President updated the Board on the F.O.T.Y celebration for our 2023 recipient, Agnes Evanko. The Supreme President and Supreme Secretary were able to join Agnes, family, and friends in Canton, OH on Saturday, June 15th for a wonderful celebration. Congratulations again to Agnes for this well-deserved honor.

Supreme Vice-President, Andrea M. Tadlock, updated the Board on the progress for the new Sokol App, which now has 104 Sokol Members registered. Acknowledged

President Glugosh questioned if there was any **New Business** to address.

Brother Secretary informed the Board that the 3rd Quarter Meeting will be held virtually and tentatively scheduled for Thursday, September 26th. Acknowledged

Having completed all the business on the agenda, Supreme President, Larry M. Glugosh, entertained a **motion to adjourn**, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Supreme Vice-Pres-

SLOVAK CATHOLIC SOKOL MUSEUM DONATIONS JANUARY -JUNE 2024

We are pleased to acknowledge the following donations which were received during the period January through June 2024 for our Slovak Catholic Sokol Museum located at our Home Office in Passaic, NJ.

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

DONATIONS RECEIVED		
In Memory of	Donated by	Amount
Living and Deceased Members Assembly 78, Bethlehem, PA	Assembly 78	\$200
Slovak Catholic Sokol Living and Deceased Board of Directors	Slovak Catholic Sokol 2024 Board of Director's	\$200
God's Blessings For James Knis, 70 th Birthday	Michele Knis	\$70
Corporate Donations PNC Financial Services		\$5,000
Total Donations January – June		\$5,470

The Slovak Catholic Sokol Board of Directors Thank You for your donations and support of the Museum Scholarships.

Michael J. Horvath, Supreme Treasurer

MINUTES OF THE SEMI ANNUAL MEETIN OF ASSEMBLY 163

The semi annual meeting of Assembly 163, Donora was held on June 9, 2024 at 1:00 p.m. by Zoom. Financial report was read by Terri Gardner. A request was made for any information regarding the Assembly 163, Donora from the beginning be forwarded to Dorothy Rudinec, we are trying to get a record of past history. Discussion was held regarding getting new members and future events to be held. The next meeting will be held on December 15, 2024 at Dorothy's Place in Donora. The next meeting will also be a Christmas Party for Children in conjunction with the annual meeting. The meeting was adjourned at 2:45 p.m.

ident, Andrea M. Tadlock. Approved
Supreme Chaplain, Rev. Andrew S. HvozdoVIC, V.F., offered the **Closing Prayer** for all the ill and deceased members of our organization.

The meeting was adjourned at 6:00 p.m. Zdar Boh!

Respectfully Submitted,
Scott T. Pogorelec F.I.C.
Supreme Secretary

TREASURE LAKE GOLF TOURNAMENT

AUGUST 9-11, 2024

SCHEDULE

Friday

- practice round (book tee time on your own)
- Hospitality from 5:00 – 7:00PM at the Silver Course Pavilion

Saturday (all events will take place at the Silver Course)

- Shotgun start at 8:00AM
- 4:00PM mass celebrated by Father Andrew Hvozdovic
- 5:00PM reception with full dinner

Sunday (Gold Course)

- 8:00 AM shotgun start
- In addition to tournament play, there will be three optional chances to win prizes: closest to the pin, longest putt and skins. There is an additional fee for these games. See the registration table when you check in. You will need cash to play.

If you have any questions, please text me at 412-225-8233.

I am looking forward to a great tournament.
Zdar Boh!

Kathy Watkins
*Supreme Director
of Sports and Athletics*

2024 Treasure Lake

Golf Foursomes

Gary Watkins Bryce Watkins Paul Papcun Steve Papcun	Joe Underation Luke Underation Gary Manyak Kenny Nydam	Bob Macko Brian Macko Joe Karaffa Kyle Karaffa	Kevin Waksmunski Brian Phillips Steve Koval John Onderko
Tom Iskra David Iskra, Sr. Matt Burfield Ryan Burfield	Mark Papcun John Papcun Joe Burfield John Papcun	Jeff Jacob Dave Iskra, Jr Stephen Macko Hayden Macko	Frank Laury III Drew Laury Frank Laury IV Jesse Calcei
Nick Macurak Adam Macurak Jeff Recker Jesse Sadowyi	Judy Babik Linda Frank Loretta Smith Karen Bakita	Alex Hedrik Michael Sobek Chris M Macko Chris P. Macko	Carol Macko Catherine Macko Kelsey Karaffa Janice Karaffa
Chet Dziuba Derek Loehle Vincent Pisano Jason Ferari	Justin Francis Jeremy Francis	Robert Shedlock Corey Shedlock Keith Shedlock Tim Germ	Mary Dorich Suzanne Dorich Nick Dorich Dan Dorich
Nathan Underation David Underation Andrew Dorich Adam Dorich	John Tutko Dusan Dorich John Luchansky Ed Gonda III	Donald Koval Kenneth Coley Matthew Underation Daniel Underation	Joseph Hvozdovic, Jr. Frank Lipski Clarence Checton Edward Baker
Eddie Bajus Michael Kapitan Cory Carcini Josh Bajus	Arlene Most Eddie Most Stephanie Skorupka Stephen Skorupka	Donald Macurak Bob Macurak Donald Macko Paul Macko	Thomas Muldoon, Jr. Nathan Keagy Thomas Muldoon III Caleb Muldoon
Scott Pogorelec Steven M. Pogorelec, Jr. Steven M. Pogorelec, Sr. Daniel O'Sullivan	Tony Rasimas Bob Palchanis Kelly Palchanis Terri Palchanis	Joseph Weber III Thomas Weber Scott Hornacak Brian Hornacek	



TOP 10 MOST VISITED PLACES IN SLOVAKIA



Bratislava Castle - Located in the capital city, it offers panoramic views of the city and the Danube River.



Čachtice Castle - Famous for its association with the legendary “Blood Countess” Elizabeth Báthory.



Devin Castle - Overlooking the confluence of the Danube and Morava rivers, it has historical significance dating back to Roman times.



Spiš Castle - A UNESCO World Heritage Site, one of the largest castle complexes in Central Europe.



Bojnice Castle - A romantic castle with a fairytale-like appearance and a well-preserved interior.



Tatralandia - The largest waterpark in Slovakia, offering water attractions and relaxation.



High Tatras - A mountain range offering stunning landscapes, hiking, skiing, and outdoor activities.



Orava Castle - Perched on a high rock above Orava River, it offers picturesque views and a glimpse into medieval history.



10. Bratislava Old Town - Known for its charming cobblestone streets, historic buildings, and vibrant atmosphere.



Slovak Paradise National Park - Known for its unique rock formations, gorges, and hiking trails.

JOIN HANDS DAY IN STRATFORD, CT

Members of Wreath 39 and parishioners of Holy Name of Jesus gathered together for Join Hands Day on June 1, 2024 at the Parish Grounds in Stratford, CT bright and early. They donated plants, flowers shrubs and trees and worked tirelessly in weeding, planting, transplanting. They power washed benches, statues and memorial brick walks in order to beautifying the grounds.

This was all in anticipation of the Slovak Parish's 100th Anniversary Celebration Mass and festivities held on June 18, 2024 for the entire community. The results were tremendous and the fraternalism was contagious!

There were many other SCS members and parishioners who helped prior or after these photos were taken and whose help was much appreciated! Prior to the Mass, the choir with members from numerous parishes joined with HNJ long term choir director Sharon Lyman in a variety of harmonious songs representing many cultural backgrounds from this parish for an hour of glorious spiritual uplifting music. Mass was celebrated by Bishop Frank Caggiono blessing the church and dedicating the new altar which was imported from France as "... a place where heaven & earth kiss." The consecration and adoration of the church moved, awed and enlivened all..." according to Father Bert Pinciario. The mass was attended by clergy from many Diocesan parishes, Knights of Columbus, parish councils and numerous Town & State Dignitaries. What a momentous and blessed year celebrating the past 100 years of this "Slovak National Parish".

Zdar Boh!

Darlene Knapik-Musial, Wreath 39 Secretary



Group 2 and Wreath 39 Members Anne & Albert Neudeck, Kathy Golias, Ashlyn Tracy, HNJ Pastor Father Bert Pinciario, Mary Ann & Larry Wells, Laura Hoydick (Mayor of Stratford), Christopher Silhavey (Stratford Chairman of Zoning Appeals) & Robert Sheehy.





A donation was made from Group 2 and matched by Ansonia Assembly 33 to the Assumption School's Athletic Program in Ansonia, CT. Group 2 wished to continue to honor and make the focus of this year's youth donation towards the tradition of investing in our youth through athletics. Martha Dulla suggested that children in a Catholic School would benefit from a donation for an athletic program. Assumption's Basketball program was in need of uniforms to play in the finals of the Archdiocese of Hartford JV Basketball league. The generous donation from Group 2 graciously matched by Assembly 33 of \$1000 was used to purchase logo pullover shirts for the girls and boys Junior Varsity Basketball team. Both of these teams made 2nd place in the finals! Pictured from Slovak Catholic Sokol us member Martha Dulla, financial Secretary for Assembly 33 with Athletic Director of Assumption School Anne Lynch with some of the excited champions from the four participating athletic basketball teams.

INCREDIBLE EVENTS IN AUGUST

A lot has happened in the month of August throughout history. From natural disasters to amazing inventions and feats of bravery, there are some exciting events to explore. Here are 10 interesting historical events to recognize and learn about in the eighth month of our year.

August 3, 1492 – Christopher Columbus Set Sail

The explorer Christopher Columbus set sail with three ships, the Nina, the Pinta, and the Santa Maria on August 3, 1492. He landed in the Bahamas a little more than two months later, on October 12. In total, he would complete four round-trip voyages between Spain and the Americas from 1492 to 1504.

August 6, 1945 – The Atomic Bomb

Atomic Bomb dropped in August. Scientists developed and tested the first atomic bomb in New Mexico. It was a top secret project called the Manhattan Project. J. Robert Oppenheimer headed the lab. Brigadier General Leslie R. Groves charged all Army activities related to the project.

(Continued on page 17)



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

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

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

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

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

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

SLOVAK CATHOLIC SOKOL

A tradition of providing sound financial protection and benefits to our members

The Legacy Collection of Life Insurance

Permanent Life Insurance

Permanent life insurance plans that provides the certainty of a guaranteed amount of death benefit, a guaranteed rate of return on your cash values and a level premium that is guaranteed to never increase for life.

Cash Value

The cash value grows at a steady rate, providing an increasing cash accumulation fund available throughout the lifetime of the contract.

Loan Value

This feature allows you to borrow cash for things like an emergency, fund a child's education or make a mortgage down payment.

Dividends

These "participating" plans are eligible to share in our financial success and receive policy dividends. When a dividend is declared, three options are available:

- Paid-up Additions—purchases additional insurance,
- Left on Deposit—earns interest, or
- Cash.

Tax Advantages

- Tax-free proceeds to beneficiaries.
- Tax-deferred earnings on the cash accumulations fund.

Legacy Life

This is our lowest premium permanent whole life insurance plan. Legacy Life provides a fully paid certificate at a great savings for the life of the certificate holder.

Issue ages 0–80.

Legacy Single Premium

The premium is paid in one lump sum at the time of application. This plan provides a fully paid certificate at a great savings for the life of the certificate holder.



This plan is ideal for young people, and useful for adults that prefer to have their life insurance prepaid or used for wealth transfer.

Issue ages 0–90.



Legacy 20

Premiums are paid for 20 years, at which time the certificate is 'paid-up' and remains in force for the lifetime of the insured, while cash values continue to grow for as long as you keep the contract.

Issue ages 0–80.

Term Life Insurance

10 Year Renewable/Convertible Term

Level death benefit with scheduled level premiums for a period of 10 years. A feature of this plan is that it automatically renews in 10-year increments (at your attained age) until the age of 75 at which time all benefits end. The plan is convertible to a permanent plan of life insurance until age 65.

Issue ages are 18–60.

20 Year Convertible Term

This plan provides a level death benefit and level premiums for 20 years. After the initial 20-year period the plan continues as a Yearly Renewable Term plan and renewable to age 70 at which time all benefits end. The plan is convertible to a permanent plan of insurance until age 65.

Issue ages are 18–50.

Youth Term to Age 30



This plan provides a level death benefit at an affordable premium for youth between the ages of 0 and 30. Future

insurability is guaranteed upon conversion to a permanent life plan at any time up to the age of 25.

Face amounts are available at \$10,000, \$25,000 or \$50,000. Premiums are payable to age 25, however benefits continue to age 30.

The very affordable premiums can be paid:

- Annually, or
- Single Premium.

Issue ages are 0–22.



Find us on Facebook:
Slovak Catholic Sokol
Public Group

VANTAGE DEFERRED ANNUITIES

This Collection of Deferred Annuity plans provides you with a varied range of investment options to fit your financial planning requirements.

Tax-Deferred Earnings

Earnings grow tax-free until a withdrawal occurs. Due to the power of compound tax-deferred growth, your retirement savings will accumulate quicker compared to a fully taxable account.

Cost

With all of our Annuity plans your investment can grow rapidly since there are no initial service, contract, transaction or premium fees. Every dollar you pay in premiums goes directly into your annuity's cash value and earns interest immediately.

Safety

Your annuity deposits are protected by the total resources of the Slovak Catholic Sokol. Information regarding the solvency can be readily verified by our financial statements filed with the New Jersey Insurance Department. These financial statements are accompanied by the required Actuarial Certification and Opinion of an independent Certified Public Accountant.

Short Term Investment Opportunities

We currently offer three annuity plans for the individual that is looking for a solid short-term investment alternative. Each of these products interest rates are guaranteed throughout the length of the annuity contract.

Premiums: One lump sum to open, additional premiums accepted for 30 days from opening of contract.

Issue Ages: 0—90

VANTAGE 1

Duration: 1-year contract

Early Withdrawal: 6%

VANTAGE 3

Duration: 3-year contract

Early Withdrawal: 1st year: 6%, 2nd year: 5%, 3rd year: 4%

Longer Term Investment Opportunity

The Vantage 5 and 7 are our longer-term deferred annuity plans that allows for savings, investment or a retirement program. The interest rate is high competitive. As a flexible annuity plan additional premium deposits are permitted and does not affect or extend the penalty withdrawal period.

VANTAGE 5

Duration: 5-year contract

Guaranteed Interest Rate; 1st year of contract

Early Withdrawal:

- **Penalty Free:** 10% Annually
- **Penalty:** 1st year: 6%, 2nd year: 5%, 3rd year: 4%, 4th year: 3%, 5th year: 2%

VANTAGE 7

Duration: 7-year contract

Guaranteed Interest Rate; 1st two-years of contract

Early Withdrawal:

- **Penalty Free:** 10% Annually
- **Penalty:** 1st year: 8%, 2nd year: 7%, 3rd year: 6%, 4th year: 5%, 5th year: 4%, 6th year: 3%, 7th year: 2%

Guaranteed Income

This Single Premium Immediate Annuity contract when established pays a specified periodic distribution or for a lifetime of income. An Immediate Annuity provides an income benefit almost instantly.

Settlement Options

- Life Only
- Specified Period
- Life and Period Certain
- Payments for Life, Joint and Survivor



SLOVAK CATHOLIC SOKOL

A tradition of providing sound financial protection and benefits to our members.

Phone: 800-886-7656

Fax: 973-779-8245

E-mail: sales@scslife.org

www.scslife.org

P.O. Box 899 • 205 Madison Street • Passaic, NJ 07055



KIDS' CORNER "Detský kútik" August 2024

"The more that you read, the more things you will know. The more you learn, the more places you'll go!"

Dr. Seuss



THE KIDS' CORNER SUMMER READING PROGRAM!!!!

Reading Program Reminder - I will need your completed reading list by September 10th. Please don't forget to include your name, address, group number, and age so I can recognize you in the paper.

Can you do me a favor and let me know which books are your favorites on the list? I'd love to share them with other kids. Have fun reading, and good luck! Don't forget to email your completed reading lists to Andrea Tadlock - vp@slovakcatholicsokol.org

Enjoy your summer, and keep on reading!



Happy Birthday to You!

Ainsley O'Sullivan	8/1
Kaius Roman	8/5
Ella Banks	8/11
Juliana Hoeck	8/20
Isaac Mell	8/27

Send your birthday dates to
vp@slovakcatholicsokol.org



KIDS' CORNER "Detský kútik" August 2024

Summer Games

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

swimming	soccer	badminton	trampoline
gymnastics	softball	javelin	triathlon
cycling	rowing	field hockey	decathlon
volleyball	wrestling	marathon	

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

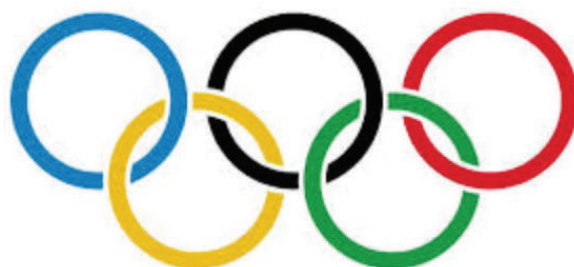
If you want to win a **\$25 gift card**, send me a copy of your solved word search by **August 31st**. I'll randomly select a winner from all the entries I receive. **GOOD LUCK!!**

Send your completed entry by email to vp@slovakcatholicsokol.org with your name, group, address, and email address.









KIDS' CORNER "Detský kútik "

August 2024



Summer Olympics Fun Facts

-  The Olympic rings were created in 1913 by Baron Pierre de Coubertin, the founder of the modern Games. They reflect the five major colors of the participating nations, and their interconnection represents the cooperation and joining together of athletes worldwide.
-  Paris hosted the Summer Olympics in 1900 and 1924.
-  The United States hosted four Summer and four Winter Olympics and will host again in Los Angeles, CA, in 2028.
-  The Olympic flame is a symbol of peace and friendship among nations.
-  Mary Lou Retton was the first United States woman gymnast to win the Olympic all-around gold medal in Los Angeles, CA, in 1984.
-  The United States has won the most Olympic medals, 3,105: 1,229 gold, 1,000 silver, and 876 bronze.

INCREDIBLE EVENTS IN AUGUST

(Continued from page 11)

Enola Gay deployed the bomb. It killed an estimated 140,000 people by the end of the year. A second atomic bomb deployed over Nagasaki three days later.

August 6, 1965 – Voting Rights Act Passed

President Johnson passed a law. The purpose of this law was to ensure that black people could vote. The law aimed to prevent tests on literacy, knowledge, and character from stopping them.

Another thing the Act did was to approve Federal voting examiners to register people to vote. This bill



ART EXHIBITION

SLOVAKIAN ARTIST
VLADISLAVA YAKOVENKO

OPENING
AUGUST 2ND
5:30 PM

FIVE POINTS
ANNEX GALLERY
15 WATER ST.
TORRINGTON, CT

Exhibit to August 11th
Thurs - Sun 1pm - 5pm

Sponsored by  4P.I.
FOUNDATION

Slovak-American Cultural Center invites you to the opening of the Art for Peace traveling exhibition in CT on August 2nd at 5:30 p.m. The exhibit benefits the Ukrainian refuge relief efforts.

aimed to increase the number of voters in areas with historical discrimination.

August 11, 1841 – Frederick Douglass Gives his First Anti-Slavery Speech

Frederick Douglass was an escaped slave who became an anti-slavery campaigner. He gave an account of his life as a slave at an anti-slavery convention on Nantucket Island on this date. The Massachusetts Anti-slavery Society asked Douglass to be a lecturer after his resoundingly successful speech.

Douglass learned to read as a child and knew that education was the way to escape slavery and gain freedom. He successfully escaped by train in 1838.

August 16, 1896 – The Start of the Gold Rush

On this date, prospectors discovered gold in Rabbit Creek, a tributary of the Klondike River. This sparked the incredible event of the Great Klondike Gold Rush. This event saw around 100,000 people migrate to the Canadian Yukon region in the hope of finding gold. The gold rush lasted until 1899.

August 17, 1978 – The First Balloon Trip Across the Atlantic

The first hot air balloon trip across the Atlantic Ocean began on this day in 1978. Max Anderson, Larry Newman, and Ben Abruzzo, from Albuquerque, New Mexico, flew from Presque Isle, Maine on August 11.

Their balloon, the Double Eagle II, took them 3,000 miles across the ocean in a journey that lasted 137 hours. On August 17, they landed in Miserey in France, about 60 miles away from the capital of Paris.

August 18, 1920 – Women Gain the Right to Vote in the US

The 19th Amendment to the U.S. Constitution came into effect on this day in 1920. It gave women the right to vote. Women fought for a long time to get this, starting from the beginning of the United States.

In 1865, Susan B. Anthony and Elizabeth Cady Stanton signed a petition to let women vote. Women gained the right to vote in the Constitution 55 years later.

August 21, 1959 – Hawaii Becomes the 50th State

President Dwight D. Eisenhower made Hawaii the 50th state in the Union when he signed a proclamation on this day.

A small group of white planters and businessmen overthrew Hawaii's last queen, Queen Lili'uokalani, in 1893. President Grover Cleveland condemned the coup, but the temporary government established the Republic of Hawaii. Hawaii became a part of the United States in 1898. However, it took more than 60 years for Hawaii to achieve statehood.

August 24, 79 A.D. – Vesuvius Erupts

Mount Vesuvius erupted in 79 A.D., destroying Pompeii, an Italian city, in its famous volcanic eruption. It also affected the cities of Stabiae and Herculaneum. Today, you can visit Pompeii and see much of the city preserved as it was when the eruption took place.

Learn Bright



What's making headlines in our ancestral homeland

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

SLOVAKIA READY TO CONTRIBUTE €105 MILLION TO AID PACKAGE FOR UKRAINE

Washington, July 11 (TASR) - Slovakia is ready and willing to support the creation of a new NATO financial package to assist Ukraine, which would mean an increase in Slovakia's contribution by almost €105 million, said President Peter Pellegrini following the first day of talks at the NATO summit in Washington, adding that the condition is that Slovakia can include this amount in defence spending when assessing how it has implemented a level of at least 2 percent of gross domestic product (GDP) in this area.

"I declared in my speech that Slovakia is ready and willing to support the creation of a new financial package under the auspices of NATO, to which Slovakia will have to contribute an amount approaching €105 million. However, Slovakia can include in this amount any activities that the Slovak government or the Defence Ministry is carrying out or will carry out in relation to Ukraine and in relation to NATO," the Slovak head of state told a press conference in the US capital.

"Our condition is that we'll be able to include this amount in expenditures on investments in our defence, which is reported as a percentage of GDP," stressed Pellegrini. In this context, he declared that Slovakia has already reached and even slightly exceeded the set threshold of 2 percent of GDP this year.

Pellegrini is attending the NATO summit in Washington along with Defence Minister Robert Kalinak and Foreign and European Affairs Minister Juraj Blanar (both Smer-SD). NATO Secretary-General Jens Stoltenberg confirmed last week that NATO will provide Ukraine with military aid worth €40 billion in 2025.

FICO HAS PHONE CALL WITH UKRAINIAN PREMIER, CONFIRMS OFFER OF HOSPITALISATION

Bratislava, July 9 (TASR) - Prime Minister Robert Fico (Smer-SD) spoke on the phone with his Ukrainian counterpart Denys Shmyhal, confirming to him the offer to hospitalise in Slovakia child cancer patients from Kiev, TASR was told by the Government Office's press and information department on Tuesday.

They agreed that the technical transport and subsequent hospitalisation will be arranged by health ministers. Fico thanked Shmyhal for the expressions of support for him following the assassination attempt.

"The premiers further agreed that the governments will shortly exchange an assessment of the implemen-

tation of the commitments made at the joint meeting of the Slovak and Ukrainian governments in Michalovce (Kosice region) and will start the preparation of the next joint meeting of the governments," said the Government Office, adding that the Ukrainian prime minister invited the Slovak government to a meeting in Ukraine, with the second half of September or early October 2024 being set as a tentative date. "The prime ministers agreed that the joint negotiation of the governments will be an excellent opportunity for an open and fair dialogue on a whole range of issues," said the office.

Fico congratulated Ukraine on the opening of negotiations on the country's accession to the EU. The Slovak cabinet is ready to provide technical assistance to the Ukrainian government in these talks.

PRESIDENT DENOUNCES SHOOTING AT TRUMP AND ESCALATION OF VIOLENCE INTO POLITICS

Bratislava, July 14 (TASR) - I strongly condemn the shooting at U.S. presidential candidate Donald Trump and I'm deeply concerned about the escalation of violence into politics around the world, President Peter Pellegrini posted on a social network on Sunday, stressing that the use of violence in the pursuit of one's political opinion must always be condemned in the strongest possible terms.

"The citizens of the United States, and of all other democratic countries of the world, should decide about their president at the polls, not by shooting in the streets," wrote the Slovak head of state.

According to Pellegrini, the use of violence to assert one's political opinion must always be condemned in the strongest possible terms and the perpetrators justly punished so that people don't lose confidence in democracy and democratic state institutions, and don't start to take "justice" into their own hands.

U.S. presidential candidate Donald Trump was shot in the ear during a rally in Pennsylvania, in an attack now being investigated as an assassination attempt. The attacker was shot dead and law enforcement officials said they hadn't yet identified a motive. One spectator at the rally was killed and two critically injured.

PRESIDENT: SLOVAKIA READY TO CONTRIBUTE €105 MILLION TO AID PACKAGE FOR UKRAINE

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product (GDP) in this area.

“I declared in my speech that Slovakia is ready and willing to support the creation of a new financial package under the auspices of NATO, to which Slovakia will have to contribute an amount approaching €105 million. However, Slovakia can include in this amount any activities that the Slovak government or the Defence Ministry is carrying out or will carry out in relation to Ukraine and in relation to NATO,” the Slovak head of state told a press conference in the US capital.

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SLOVAKIA FACES MANY CHALLENGES, ONE OF BIGGEST IS AGEING POPULATION

Bratislava, July 19 (TASR) - Education and talent development, modernisation of health care, the ability to cope with the impacts of climate change - these are some of the biggest challenges Slovakia has ahead of it, Slovakia’s central bank (NBS) governor Peter Kazimir pointed out in connection with a document called ‘Structural Challenges 2024’ published by the central bank on Friday.

According to NBS, one of the biggest challenges for Slovakia’s society and economy is the ageing of the population. “Slovakia is ageing. There are more and more old people and pensioners, there will be fewer and fewer working people. These are not hypothetical calculations. We will feel it significantly in 10-15 years,” stressed Kazimir.

The central bank has calculated that the number of people of working age in Slovakia will fall by 280,000 over the next 15 years. As a result, their ratio to the post-working-age population over 65 will fall from the current 3.7 to 2.8.

Part of the solution lies in more intensive employment of both pensioners and young people, especially women. A well thought-out strategy will also be needed to attract talent and labour from abroad. However, even this alone won’t solve the labour market problems. “Today, neither Slovakia nor any European country is ready to accept such a number of foreigners to compensate for the shortfall of domestic players,” said the NBS governor.

“We have to figure out how to accomplish more with fewer people. In this, unfortunately, we’ve been less and

less successful lately. The productivity of our employees is growing more and more slowly,” pointed out Kazimir.

Modern technology, digitisation and the advent of artificial intelligence offer possible solutions for the future. However, according to Kazimir, Slovakia isn’t yet ready to use them. More sophisticated investments also require educated people, he stressed. “Our education system cannot offer them to the Slovak economy to the extent we need them. In addition, many talented people, not only young people, are leaving us for abroad,” he added, commenting on the NBS findings.

IF FARMERS AREN’T TAKEN SERIOUSLY, THEY WILL BE SEEN IN STREETS MORE OFTEN

Bratislava, February 22 (TASR) - If farmers’ demands are not taken seriously, they will be seen in the streets more often, Slovak Agriculture and Food Chamber (SPPK) chairman Emil Macho told a news conference held in front of the Parliament’s building on Thursday.

According to Macho, every political leadership over the past 30 years treated the agricultural and food sector as a necessary evil.

“Several political leaderships have succeeded each other in parliament over 30 years. Every single one of them, which has been in power since 1993, has taken Slovakia’s agricultural and food industry as a necessary evil. They focused more on Slovakia producing cars and steel,” specified Macho.

The SPPK chief stated that Slovak agriculture wants to be a firm part of the national economy. “It will be hard to fix the mistakes that were made in the food and agriculture industry in the past. There are no short, only long-term solutions. We need a dialogue, we need politicians to listen to us,” he underlined.

A convoy of protesting farmers stopped their tractors in front of the residence of the European Commission’s (EC) Representation in Slovakia on Thursday, with the Slovak Agriculture and Food Chamber (SPPK) presenting its demands and handing them over to the representation. According to Macho, farmers reject the strict environmental restrictions of the EU, growing red tape and the liberalisation of farm commodity imports from third countries. They also demand that direct subsidies should be paid out as soon as possible. Farmers want to produce and not to be clerks, stated Macho.

SPPK organised protests by farmers across Slovakia on Thursday. According to Macho, more than 2,200 tractors and 4,000 farmers took to the streets. “We are doing this primarily for the sake of people, for us, for our children, for the sake of the generation that will come after us, so that not only Slovakia, but the whole of Europe will be able to feed its population with healthy, high-quality food,” said Macho.

SS. CYRIL AND METHIDIUS APPEAL OF THE SLOVAK CATHOLIC FEDERA-

The Saints Cyril and Methodius Appeal is in its 46th year raising money to assist the Pontifical Slovak College of Saints Cyril and Methodius in Rome with its day-to-day operations. The Appeal relies upon the generosity of individual donors in addition to collections taken up in personal parishes of Slovak ancestry. A direct mailing asking for donations was sent in February to local district and branch leaders from the four Catholic Slovak Fraternal Organizations, members of the Slovak Catholic Federation, clergy with Slovak ancestry, and previous donors.

As of July 15, the 2024 Appeal has received \$25,403 from 174 donors. Among the 46 donations received from Catholic Slovak Fraternal Branches and Districts, Assembly 11, Assembly 23, Assembly 24, Assembly 34, Assembly 59, Assembly 78, Assembly 162, Group 1, Group 2, Wreath 15, and the Home Office of the Slovak Catholic Sokol have donated a combined total of \$1,600. Donations to date have also been received from 7 churches, 26 clergy and religious, and 95 individuals. On behalf of the Pontifical College, thank you for your continued generosity and support.

All wishing to contribute to the 2024 Appeal are 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, 2024 will be credited toward the 2025 Appeal.** Thank you again for your goodness and generosity.

The Slovak Catholic Federation was founded in 1911 by Rev. Joseph Murgas, founding Pastor of Sacred Heart of Jesus Slovak Church, Wilkes-Barre, PA. The Federation brings together under one banner both individuals of Slovak heritage as well as Catholic Slovak Fraternal Organizations for cultural, religious and educational needs. Serving as Moderator is the Right Reverend Gary Hoover, O.S.B., Abbot of St. Andrew Svorad Abbey, Cleveland, OH. National President is Reverend Andrew S. HvozdoVIC, V.F., Supreme Chaplain of the Slovak Catholic Sokol and Pastor of Our Lady of Victory Parish, Harveys 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.



46TH ANNUAL SS. CYRIL AND METHIDIUS 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

OBITUARIES

**FLORENCE J. (TENCZA) KOPCHAK
JULY 4, 1930 ~ JUNE 20, 2024**

Florence J. (nee Tencza) Kopchak, 93, of Wallington, passed away peacefully Thursday, June 20, 2024 at home surrounded by her loving family. Born in Wallington, Mrs. Kopchak was a lifelong resident. She had been



employed as a nurse at Beth Israel Hospital in Passaic for many years before retiring to raise her family. In retirement, Mrs. Kopchak worked part-time at Gimbel's Department Store at the Garden State Plaza in Paramus. She enjoyed cooking, crocheting, rooting for the NJ Devils & NY Giants, and never missing the news, would faithfully watch the ABC 7 nightly lineup but most of all, she enjoyed spending time with her family.

Mrs. Kopchak was a long-time faithful parishioner of St. Mary's Assumption R.C. Church in Passaic. She was a member of the Ladies Auxiliary of the Wallington Fire Department Company 202. Mrs. Kopchak was also a member of the Slovak Catholic Sokols, Assembly 1, Wreath 2 of Passaic and the First Catholic Slovak Union, Branch #746.

She was predeceased by her beloved husband, John P. Kopchak, Sr. in 1998; two daughters, Gail Bilicska in 2002 and Judith Kopchak in 2018; her son-in-law, Charles Bilicska in 2014; one granddaughter, Cheryl Bilicska; and her siblings and their spouses, Edward Tencza (Josephine), John Tencza (Marian) and Irene Kopec (Henry).

Survivors include: her devoted son, John P. Kopchak, Jr.; five loving grandchildren, Michael Bilicska, Suzanne Bilicska Lauren DeSopo (Robert), Kayla Murry (Joseph) and Tyler Kopchak; and three dear great-grandchildren, Matthew and Nicholas DeSopo and Claire Murry.

Funeral services were held Tuesday, June 25, 2024 at 9:00 a.m. from the funeral home followed by a 10:00 am Mass at St. Mary's Assumption R.C. Church, 63 Monroe Street @ Market Street in Passaic, NJ. Interment to follow at St. Mary's Cemetery, Saddle Brook, NJ.

When was the last time you looked at your designated beneficiaries on your valuable Sokol insurance policy? How important is it? Just think about how much your life has changed. Have you married, divorced, had children, maybe you lost a loved one? This is an item you should consider annually. If you do need to make changes to any of your policies, contact the Home Office at 800-886-7656.



IN MEMORIAM

JUNE 2024

Assembly 9	Margaret Malentacchi of Canton, CT	96	May 21, 2024
Assembly 11	James E. Shaner of Chatham, IL	86	October 22, 2023
Assembly 11	Anna Kanta of Joliet, IL	92	June 3, 2024
Assembly 16	Donnie Stanley of Mercer, PA	72	January 9, 2024
Assembly 59	William Drevitch of Wilkes-Barre, PA	68	May 25, 2024
Assembly 79	Irene M. Hazy of Clover, PA	86	May 9, 2024
Assembly 182	Helen Sikorjak of White Plains, NY	74	June 5, 2024
Assembly 227	Helen Jasenec of Oakville, Canada	86	June 5, 2024
Assembly 305	Joseph N. Smalley of Tujunga, CA	97	March 29, 2024
Wreath 15	Helen A. Nypaver of Uniontown, Pa	99	February 17, 2024
Wreath 15	Kathryn S. Rishel of Uniontown, PA	73	May 5, 2023
Wreath 15	Rose Ann Oldham of Perryopolis, PA	86	June 9, 2024
Wreath 81	Elizabeth Skvarek of Whiting, IN	93	March 26, 2024
Wreath 85	Ethel V. Raskovsky of Sewickley, PA	98	June 1, 2024
Wreath 93	M. Susan Kraft of Mountain, WI	86	May 25, 2024
Wreath 111	Patricia Frey of Wakeman, OH	77	March 15, 2024
Wreath 153	Michael Jusko of Ogden, UT	92	May 2, 2024

EUCHARISTIC PROCESSION AND DEVOTIONS IN DANVILLE, PA

Benediction of the Blessed Sacrament, and a Eucharistic Procession visiting several shrines located on the grounds of Villa Sacred Heart, in Danville, PA, were part of “8 Days of Eucharistic Joy” celebrated by the Diocese of Harrisburg, PA on June 6.

The celebration in Danville was one of several Diocesan-wide events, scheduled in conjunction with the National Eucharistic Revival. “We all need to rekindle a reverence for the Holy Eucharist – that is why we are doing these 8 Days of Eucharistic Joy,” Bishop Timothy Senior said of the celebrations. They began with the ordination of four priests on June 1 and included a local portion of the National Eucharistic Pilgrimage in the Hanover area June 4, the consecration of the Diocese to the Sacred Heart of Jesus June 7 and a Mass and proces-

sion at the State Capitol on June 8, as well as the Pilgrimage and Procession in Danville, at the Motherhouse of the Sisters of Saints Cyril and Methodius.

For the Eucharistic celebration in Danville, over 150 pilgrims gathered at Maria Hall for Adoration and then joined in a Eucharistic Procession and recitation of the Rosary along the Villa grounds to the Basilica of Saints Cyril and Methodius, where Bishop Senior gave his homily. “Our hope is in the Real Presence,” Bishop Senior said. “He gave us the Eucharist to perpetually be with us.... We become more like Jesus the more we receive the Eucharist.”

– **Sister Barbara Sable, SS.C.M.**



6 CHÝB, KTORÝMI NIČÍTE VITAMÍNY V OVOCÍ A ZELENINE

1. Z ovocia a zeleniny odstraňujte len to najnutnejšie. Možno vás prekvapí, že práve okrajové listy šalátov, kapusty, kelu a ďalších podobných zelenín obsahujú najviac cenných látok. Automaticky ich nevyhadzujte len preto, že sú okrajové.

2. Zdraviu prospešná kyselina askorbová, teda vitamín C pri každom narušení plodu, napríklad krájaním či strúhaním vplyvom kyslíka a enzýmov oxiduje na kyselinu dehydroaskorbovú. A hoci táto má na ľudský organizmus rovnaké účinky, ako pôvodná, nie je tepelne stabilná. Riziko oxidácie napríklad vitamínu C počas krájania ovocia a zeleniny eliminujete použitím nerezového noža.

3. Obsah zdraviu prospešných látok sa znižuje aj pri prílišnom namáčaní plodov. Vo vode rozpustné látky po určitom čase prechádzajú z ovocia alebo zo zeleniny do vody, v ktorej ich máčate. Ak ju následne len zlejete bez využitia, oberiete sa nielen o vitamín C, ale aj vitamíny skupiny B a mnohé ďalšie minerálne látky.

4. Zbytočne dlhé varenie alebo ohrievanie pokrm znehodnocuje. Pri dlhšej tepelnej úprave dochádza k úbytku vitamínu C, vitamínu K aj kyseliny listovej. Straty v prípade zeleniny dosahujú straty vitamínu C 60 až 100 percent, kým pri krátkodobom dusení len 10 až 25 percent. Spôsoby prípravy a metódy spracovania ovocia a zeleniny majú významný vplyv aj na množstvo antioxidantov.

5. Zeleninu ani ovocie nevystavujte slnku. Straty zdraviu prospešných látok spôsobuje aj slnečné žiarenie. Najviac ovplyvňuje obsah vitamínu C, vitamínu A, vitamínov B2, B5, B6 a kyseliny listovej. Zelenina napríklad počas krátkeho pobytu na slnku stráca až 50 percent vitamínu C, kým v tieni za rovnaký čas len 15 percent.

6. Pozor aj pri zaváraní. Treba si uvedomiť, že aj v tomto prípade je, podobne ako pri varení, teplota rozkladu enzýmov, ktoré následne rozkladajú vitamín C 50 °C. Vysoko aktívne enzýmy sa nachádzajú hlavne v šaláte, póre, kôpre, karfirole, kapuste, zemiakoch, mrkve a tiež v ovocí, ako sú hrušky či jablká. Takéto enzýmy dokážu rozložiť 70 až 100 percent kyseliny askorbovej (vitamínu C).

OVOCNÉ A ZELENINOVÉ ŠŤAVY

Ovocné a zeleninové šťavy posilňujú imunitu a zlepšujú trávenie. Možno pridať aj orechy, vložky, mlieko či jogurt, vďaka čomu tiež zasýtia.



Ovocné šťavy obsahujú najmä vitamíny, minerálne látky, antioxidanty a enzýmy, tiež vlákninu a jadierka.

Semienka obohacujú nápoj o dôležité omega 6- a omega 3-mastné kyseliny. Využitie týchto živín je

optimálne, organizmus ich vie dokonale spracovať a využiť na posilnenie imunity, zlepšenie tráviacich pochodov. Jeden pohár smoothie denne je pre dobrý zdravotný stav postačujúci, pričom je dôležité kombinovať ho so zdravou stravou a životosprávou.

Pri konzumácii ovocných štiav je dobré uvedomiť si, že zvyčajne sú zdravšie a hodnotnejšie tie, ktoré si z poctivých surovín (celého ovocia a zeleniny) či jogurtu, mandľového mlieka a podobne, vyrobíte doma sami. Pri príprave smoothies je dobré myslieť aj na to, ako a v akom množstve ich osladíte. Med či stévia sú vhodné, skúsiť môžete aj javorový sirup, ale nepreháňajte to s množstvom.

Mnohé ovocné šťavy, najmä tie komerčné, obsahujú veľa pridaných cukrov alebo zložiek s vysokým obsahom cukru, ako sú ovocné šťavy a sirupy. To môže viesť k výkyvom hladiny cukru v krvi a zvýšenému riziku cukrovky. Kyslosť a obsah cukru v smoothie môžu erodovať zubnú sklovinu a prispieť k zubným problémom, ak sa konzumujú často. Predpripravené alebo kupované smoothie môžu obsahovať skryté zložky ako konzervanty, umelé príchute a farbivá, ktoré nemusia byť zdravé.

Konkrétne množstvo ovocnej šťavy denne závisí od celkového kalorického príjmu človeka a nastavených cieľov. V priemere si môže dospelý človek dopriať denne 2 až 3 dcl čistej ovocnej šťavy, zeleninovej o 1 – 2 dcl viac. Ideálne je, ak sa rozriedia s čistou alebo minerálnou vodou v pomere 1:2.

Ideálne je robiť šťavu maximálne z 4-5 druhov plodov, alebo menej. Mrkva a jablko chutia dobre so všetkým.



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46. FESTIVAL SLOVENSKEHO DEDIČSTVA V NEW JERSEY

Festvial slovenskoho dedičstva bude v nedeľu, 29. septembra v Middlesex County Fair Grounds, 655 Cranbury Rd., East Brunswick, NJ. od 10.00 dopoludnia do 7.00 hod. večer. Blížšie informácie: www.slovakfest.org

KRÁTKE SPRÁVY ZO SLOVENSKA

Tragická udalosť v Monkovej doline si vyžiadala dva ľudské životy a štyroch zranených. Ľudia zostali zakliesnení v prístrešku po zásahu vodnej lavíny. Zahynuli dve ženy, jedna z nich je aj česká občianka.

Slovensko zápasí s tropickými teplotami. Klimatológ Milan Lapin z Fakulty matematiky, fyziky a informatiky Univerzity Komenského v Bratislave povedal že júl 2024 mal na Slovensku priemer teploty blízky rekordným hodnotám z rokov 2015 a 2021 a leto 2024 sa zrejme zapíše medzi päť najteplejších za posledných 143 rokov.

Klimatické zmeny prinášajú najmä v letných mesiacoch čoraz extrémnejšie výkyvy počasia, vrátane rýchleho striedania období výrazného sucha a privalových dažďov. Tie vedú k zosuvom pôdy, záplavám a povodniam, hlavne ak majú vodné toky neudržiavané korytá a obce v ich povodí zanesenú kanalizáciu.

Podľa údajov Ministerstva životného prostredia SR, povodňové škody a ďalšie náklady spojené s povodňami vlni presiahli hodnotu 7 miliónov eur. V porovnaní s rokom 2022 táto suma narástla na viac ako trojnásobok. Vyše polovicu z nej predstavovali škody na majetku fyzických osôb. Najčastejšie pritom išlo o oblasti v čiastkovom povodí riek Bodrog, Slaná, Ipeľ, Dunaj, Váh a Hornád.

Milan Rastislav Štefánik bol jednou z najvýznamnejších osobností slovenských dejín. Uviedol to prezident SR Peter Pellegrini pri príležitosti 144. výročia Štefánikovho narodenia. Poukázal na jeho prínos pri vzniku Československej republiky. "Svojím politickým talentom, diplomatickou stratégiou a schopnosťou reagovať na zmenenú mocenskú situáciu po prvej svetovej vojne využil podmienky na vznik Československej republiky. Svojím úsilím vytvoril základ pre národno-emancipačný proces, ktorý vyústil do vzniku samostatnej Slovenskej republiky," pripomenula hlava štátu na sociálnej sieti. Milan Rastislav Štefánik sa narodil 21. júla 1880 v Košariskách. Zahynul 4. mája 1919 pri leteckej nehode. Lietadlo prvého a zároveň posledného československého ministra vojny sa zrútilo neďaleko Ivanky pri Dunaji. Pri havárii dvojplôšníka Caproni Ca.33 zahynula aj celá posádka lietadla.

Firmám po celom Slovensku chýbajú desiatky tisíc ľudí, najviac ich potrebuje priemysel. Zamestnanci chýbajú najmä v automobilovom priemysle, opravách strojov a zariadení a taktiež aj v potravinárstve.

Slovensko poslalo na olympijské hry do Paríži najmenšiu výpravu v histórii. Pod piatimi kruhmi bude bojovať o medaily iba 28 slovenských športovcov. V prognózach úspešnosti jednotlivých krajín sa Slovensko objavuje na spodných priečkach. Pre porovnanie, z poslednej letnej olympiády v Tokiu Slováci priniesli domov štyri medaily – dve striebra a po jednom zlatom a bronzovom kúsku.

PREZIDENT: PRÍLET F-16 JE VÝZNAMNÝ PRE OBRANU SLOVENSKA

Bratislava 22. júla (TASR) - Prílet prvých dvoch slovenských F-16 zo Spojených štátov amerických je pre obranu Slovenska významný. Uviedol to hlavný veliteľ Ozbromených síl SR a prezident Peter Pellegrini v rámci slávnostného ceremonálu, ktorý sa uskutočnil pri príležitosti pondelkového príletu lietadiel.

Predošlé stíhačky MiG-29 sa podľa prezidenta už v čase nákupu F-16 dostávali na koniec životnosti. Ponuka lietadiel z USA bola podľa prezidenta najvýhodnejšia. Nové stíhačky podľa neho zaistia aj lepšiu kooperáciu medzi partnermi v NATO.

Ochrana slovenského neba je podľa neho aj vecou hrdosti a znakom suverenity. "Sme vďační, že sme sa v prípade núdze mohli spoľahnúť na lietadlá našich českých, maďarských a poľských priateľov," povedal prezident.

Na ceremonáli sa zúčastnil aj vicepremiér a minister obrany Robert Kaliňák (Smer-SD), ktorý vyzdvihol, že po dvoch rokoch môže SR opäť začať budovať suverénnu ochranu svojho vzdušného priestoru. "Práve dnes, po dvoch rokoch v zásade absencie všetkých obranných prostriedkov, keď sme protivzdušné zariadenia, ako aj všetky bojové lietadlá odovzdali, sa začína budovať nová mozaika. A dnes dva nie malé, ale dva veľké črepy do tejto mozaiky budúcej suverénnej ochrany vzdušných síl máme pred sebou," vyhlásil.

Podľakoval pilotom aj technikom, ktorí absolvovali potrebný výcvik. "Dostávate do rúk kusy najmodernejšej techniky, a preto vám želim, aby ste sa vy o ňu dobre starali a ona vám dobre slúžila," dodal. Zároveň poďakoval susedným štátom za pomoc s ochranou vzdušného priestoru SR za posledné dva roky. Minister tiež vyzdvihol, že priestory pre stíhačky, technikov i posádku sa podarilo vybudovať za osem týždňov. Po jeho príhovore si slovenská strana symbolicky prebrala kľúče od stíhačiek.

Vel'vyslanec USA na Slovensku Guatam Rana povedal, že stíhačky F-16 pomôžu Slovensku brániť svoj vzdušný priestor. Aj podľa neho pomôžu nové stíhačky lepšej kooperácii medzi spojencami v NATO. Spomenul tiež, že Ukrajina čelí útoku Ruska, preto je posilnenie obrany Slovenska dôležité. "Tieto stíhačky robia zo Slovenska silnejšiu krajinu a posilňujú aj NATO," povedal.

Podľakoval sa tiež predstaviteľom štátu za silnejšie ukotvenie Slovenska v západných štruktúrach. Partnerstvo medzi Národnou gardou amerického štátu Indiana a slovenskou armádou, ktoré má tento rok 30. výročie, je príletom stíhačiek podľa neho posilnené.

Kontrakt na 14 stíhačiek F-16 C/D Block 70 americkej výroby uzavrelo Slovensko koncom roka 2018. Dodanie lietadiel sa pre pandémiu oneskorilo.

Slovensko si v USA oficiálne prevzalo prvé dve stíhačky koncom februára tohto roka. Obe lietadlá sa pred príletom do SR využívali na výcvik slovenských technikov. Tretia stíhačka by mala na Slovensko priletieť do konca tohto roka.



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