

*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

With the fall weather upon us, it is wonderful to see all the positive changes happening. The trees are vibrant with their autumn colors, the fall air getting crisper and the seasonal fresh foods seems to taste better than any other time of the year. We start to think about the pending Thanksgiving season, which comes a little earlier in Canada verses the United States. It is a wonderful time of the year that brings us all closer to our family and friends.



In fact, in Canada we are now celebrating the Thanksgiving season and many will go out and provide their time and energy to help those less fortunate. We can work at a food bank or shelter, veteran centers or just do something nice for someone in your parish or community. Fraternalism is about sacrifice and giving back to those in need. It is not a monetary issue but rather an offering of compassion and love for someone who is less fortunate than us. I hope you take the opportunity to “give back” to your community, which will be significant to those individuals that you touch through your generosity, love, compassion and kindness.

For our family, this time of the season always makes us count our many blessings and we look

for opportunities to demonstrate more kindness and love in our communities. We are seeing some of these actions in our newly created Sokol Forward Program from our local assemblies, wreaths and groups like Wreath 93, Milwaukee WI who recently attended the Water Lantern Festival. It was an event to share joy, hope, kindness and awareness about our Christian beliefs and faith. They are representing all the good things about our society and we encourage more members to join in the program and share your positive actions.

A few weeks ago, we hosted our Q3 Board of Directors meeting. It was a virtual event and we conducted our agenda in an effective manner for the betterment of our society. Given the recent Federal interest rate cuts, we concluded that it was wise to adjust our annuity rates but we also saw an overall reduction in operating and fraternal expenses in Q3 that will help our overall financial health. I want to thank our Board of Directors for their continued commitment, leadership and creative ideas to grow our society.

In closing, I wish all of our members continued good health and happiness during this special time of the year. I hope all of my fellow Canadian members will enjoy a safe and joyous Thanksgiving this month.

May God Bless you all.

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**Slovak Catholic  
Sokol Public Group**

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

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



**AWARENESS**

Greetings from the Home Office! We hope everyone is enjoying the beginning of the Fall season. This past month of September was of course Life Insurance Awareness Month which gave people the opportunity to examine their current and future insurance needs. As we move into October, the month brings awareness to another important condition that affects so many people and many of our very own members.

The month of October gives us an opportunity to raise awareness about a disease that has affected us all in one way or another. National Breast Cancer Awareness Month is an annual health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment, and cure. Breast cancer is the second most common kind of cancer in women. The good news is that most women can survive breast cancer if it is found and treated early enough. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of detecting breast cancer early. There are many walks, runs, and activities around the country during this month to promote the awareness of this disease. There are also many charities associated with breast cancer that are looking for a donation of your time or financial assistance. I would like to urge all our members to get involved as we all know someone either in our family or circle of friends



that has been affected by this disease. As a strong fraternal that has a membership that dedicates our time to helping others, I know the Slovak Catholic Sokol is up for the task!

With that in mind, I know that there are many local Assembly/Wreath functions planned for the Fall Season. I urge all our Officers to announce the events in our publication and to follow up after the event with brief articles and photos. As I always say, it is so important to let everyone know the excellent work and volunteerism that our local lodges do. With volunteerism on our mind, we also ask that you share your activity with our Supreme Vice-President, Andrea Tadlock, so you can be considered for the Sokol Forward Spotlight. Again, it is of utmost importance that our local lodges engage in charitable or volunteer activities. We appreciate all the Assemblies, Wreaths, and Groups that participate in these activities, and we want to recognize you! We also want other local lodges to get ideas for their own members. Please submit your efforts to [vp@slovakcatholicssokol.org](mailto:vp@slovakcatholicssokol.org).

We recently held our 3<sup>rd</sup> Quarter Board of Directors meeting virtually on September 26<sup>th</sup>. As usual, the Board was updated on our progress to date and many ideas were shared throughout the engaging meeting. You will be able to read the minutes of the meeting in an upcoming edition of the Falcon.

Until next time, have a great October and Happy Halloween to all our Sokol Kids!

Stay safe, stay strong,  
and STAY POSITIVE!

Zdar Boh!

**SOKOL CALENDAR**

**SATURDAY, OCTOBER 5**

**GROUP 16 ANNUAL MEETING** will be held at Saint Cyril and Methodius Church in the Heritage Room at 2 p.m. The meeting will be followed by 5:30 p.m. Mass with Slovak Catholic Sokol Intentions. Coffee, donuts and pastry will be provided. All members are welcome to attend whereby upcoming events will be discussed as well as a review of our 2024 events. An information table will be displayed outside of the meeting room for all parishioners and prospective members. – **John M. Papcun**, *President*

**TUESDAY, OCTOBER 8**

**GROUP 14 ANNUAL MEETING** at Kollar Club, 3226 Jane Str., Pittsburgh, PA. Dinner will be at 6:30 p.m. RSVP at 412-225-8233 so that we have a count for dinner.

**SUNDAY, OCTOBER 20**

**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.

**GROUP 11 ANNUAL MEETING** in Minneapolis, MN. Hosts for the meeting will be Assembly 34, and Wreath 4 7. Mass will be offered at the Church of Sts. Cyril & Methodius, 13<sup>th</sup> Ave, & 2<sup>nd</sup> St. N.E. at 9:00 a.m. The meeting will begin at 10:00 a.m. in Father Dargay Hall. Coffee and rolls will be available before the meeting. Delegates and guests from Minneapolis, Duluth MN/Superior, Wis. Wreath 21, and Ironwood, Michigan Assembly 155 are requested to register with the Group Secretary, by October 11.

**SLOVAK CATHOLIC FALCON  
PUBLICATION DATE**

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

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

Thoughts from our Supreme Chaplain,  
Rev. Andrew S. Hvozdivic  
**RESPECT LIFE MONTH**

Every October, we celebrate Respect Life Month. We consider more deeply why every human life is valuable and reflect on how to build a culture that protects life from conception to natural death. The theme for 2024 is ***“I Came So That They Might Have Life”***.



We are each called by God to be that light of Christ that breaks through the darkness. We are called to be his disciples, continually transformed by our encounter with him and sharing in his mission. Jesus came that we might have life.

The U.S. bishops have affirmed that, while it is important to address all the ways in which human life is threatened, “Abortion remains our pre-eminent priority as it directly attacks our most vulnerable brothers and sisters, destroying more than a million lives each year in our country alone.”

As Pope St. John Paul II wrote, *“We are facing an enormous and dramatic clash between good and evil, death and life, the ‘culture of death’ and the ‘culture of life’. ...we are all involved, and we all share in it, with the inescapable responsibility of choosing to be unconditionally pro-life.”*

From beginning to end, or “womb to tomb,” the Catechism of the Church states: “Human life is sacred because from its beginning it involves the creative action of God and it remains forever in a special relationship with the Creator, who is its sole

end.” Practices such as abortion, assisted suicide and capital punishment violate the dignity of the human person and must be rejected. In today’s world, this truth can be subverted in favor of how useful someone is or will be, casting aside those most vulnerable: the unborn, women and children, those living in poverty, the ill, the incarcerated, those living with disabilities and the elderly.

In the very beginning of the Bible we’re told that “God created mankind in his image” – that we were created to share in God’s life through knowledge and love, establishing us in a unique friendship with our Creator that elevates us above all else in creation. (Gn 1:27; CCC 355-356) Each of us is a reflection of God called to share in love and creation. As we hear in the book of the prophet Jeremiah: “Before I formed you in the womb I knew you.” (1:5)

Therefore, God’s love for his children is not based on usefulness or status in society, and Christ’s life and teachings continually guide us toward that message: “Whatever you did for one of these least brothers of mine, you did for me” (25:40), and “Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these.” (19:14)

Respect Life Month reminds us of the other part of that equation as we work toward ending the culture of death: respect. Not only are the people considering or supporting life-denying options often in dire positions, but they are also God’s children. So when we come across this type of situation, let us be Christ to one another in our words and actions and speak the words of life with love and compassion.

**Thank You!**

Dear Committee Members,

I would like to take this opportunity to thank you for your generosity in funding the Slovak Catholic Sokol Scholarship. I am honored to have been selected as the recipient of this award and am deeply appreciative of your support. My goal is to earn a degree in Homeland Security, followed by a Master in Business Administration. I hope to one day serve in a prominent position where I will be able to prevent cybercriminal activity from affecting innocent victims.

By awarding me the Slovak Catholic Sokol Scholarship, I am also able to continue participating in collegiate ath-

letics. Thank you again for supporting my academic and athletic endeavors. I will do my best to make you proud.

Sincerely,  
Trevor Wilson

Dear Scholarship Committee & Board Members,

With my sophomore year underway, thank you for recognizing me as a \$500 dollar scholarship recipient. In the classroom and on the playing fields at Saint Thomas High School, I work towards academic and physical excellence each day. Your recognition allows me to continue this path forward and I

am grateful.

Thank you,  
RJ Wilson  
STHS Class of 27

Dear Mr. Horvath,

I would like to thank you and the Scholarship Committee for awarding me a Slovak Catholic Sokol Memorial Scholarship. This is my senior year, so the \$1000 will help me to finish my degree in Business Management. I am very grateful to be a part of such an amazing organization.

Thank you,  
Gavin Watkins

## 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](http://www.teamapp.com)

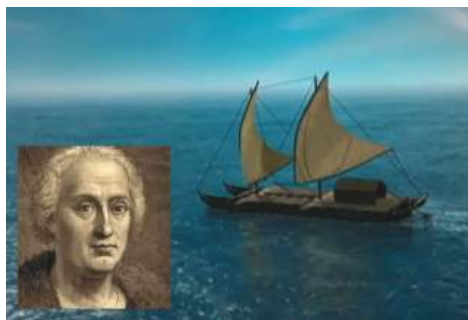
2. Sign up to Stack Team App and log in to your account.

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



Columbus Day (October 14, 2024) is an annual observance that commemorates Christopher Columbus's historic voyage to the Americas on October 12, 1492. This day celebrates the explorer's arrival in the New World and the enduring impact of his journey on the course of history.

## GROUP 16 ANNUAL MEETING

Group 16 Annual Meeting will be held at Saint Cyril and Methodius Church in the Heritage Room on October 15<sup>th</sup> at 2 p.m.

The meeting will be followed by 5:30 p.m. Mass with Slovak Catholic Sokol Intentions. Coffee, donuts and pastry will be provided.

All members are welcome to attend whereby upcoming events will be discussed as well as a review of our 2024 events.

An information table will be displayed outside of the meeting room for all parishioners and prospective members.

God Bless our Great Fraternity!

**John M. Papcun**

*President Group 16*

## GROUP 11 ANNUAL MEETING

Group 11 will hold their annual meeting on Sunday, October 20, 2024 in Minneapolis, Minnesota. Hosts for the meeting will be Assembly 34, and Wreath 4 7.

Mass will be offered at the Church of Sts. Cyril & Methodius, 13<sup>th</sup> Ave, & 2<sup>nd</sup> St. N.E. at 9:00 a.m. The meeting will begin at 10:00 a.m. in Father Dargay Hall. Coffee and rolls will be available before the meeting.

All delegates and guests from Minneapolis, Duluth Mn/Superior, Wis. Wreath 21, and Ironwood, Michigan Assembly 155 are requested to register with the Group Secretary, by October 11.

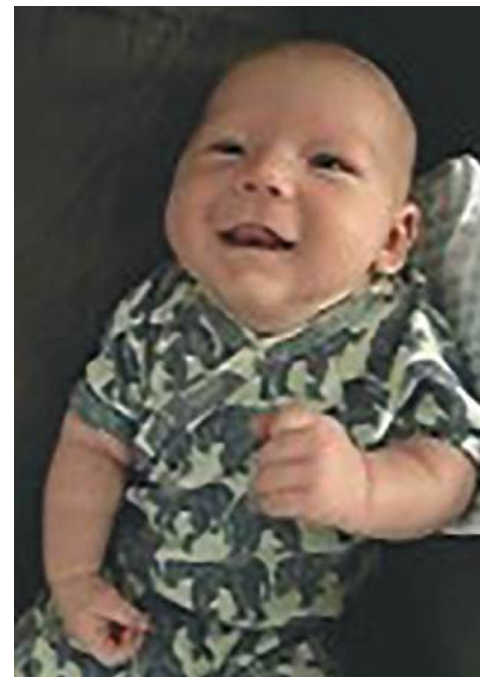
Zdar Boh!

**David J. Genosky, President**

## Introducing our newest members



Lukas Sporleder, born on March 6, 2024, is the son of Jason and Jenny Sporleder from West Bend, WI. He is a member of Wreath 83, Milwaukee, WI.



Thomas Stephen Blanar, born on May 27, 2024, is the son of Michael S. and Catherine Blanar from Baltimore, MD. He is a member of Assembly 78, Bethlehem, PA.

University of Pittsburgh  
Department of Slavic Languages and Literatures  
Leitch School of Arts and Sciences

# Nov. 3, 2024

Cathedral of Learning Commons Room 12 p.m.-4 p.m.  
University of Pittsburgh (Oakland)

- ^ Ethnic Food (Klobasa, Holušky, Holupki, Pirohy, Pastries & Cookies)
- ^ Cultural Displays & Lectures Shop
- ^ Slovak and East European Import Vendors (Crafts, Gifts, Food & More)
- ^ Musical and Folk Dance Performances

facebook.com/SlovakHeritageFestival  
youtube.com/SlovakHeritageFestival

## GROUP 12 SUMMER FAMILY SUNSET HIKE HELD ON AUGUST 17<sup>TH</sup>



Group 16 has given a charitable donation to All Saints Church and School of Rossford Ohio. This was at the request of Joan Pupik of Rossford upon her retirement of 46 years of dedicated service to Assembly 214. Joan was the recipient of a Certificate of Achievement Award in honor of many years of service to Slovak Catholic Sokol and Group 16. We are proud of Joan and wish her well in retirement. A check of \$100 was received by Reverend Pastor Scott Woods. All Saints Church was a merger of the former Saints Cyril and Methodius Church of Rossford.

**John M. Papcun, Group 16 President**

# SCENES FROM GROUP 7 88<sup>TH</sup> ANNUAL SOKOL DAY HELD ON SEPTEMBER 7 IN PLAINS TWP., PA



## 69<sup>TH</sup> S.K.S. GOLF TOURNAMENT

### TREASURE LAKE GOLF COURSES IN DUBOIS, PA – August 9 – 11, 2024

This year I had the opportunity to help out at the 69th Slovak Catholic Sokol International Golf Tournament that was held in DuBois, Pennsylvania at the Treasure Lake Golf Course from August 9-11<sup>th</sup>.

Friday, August 9<sup>th</sup> after a 5 and half hour car ride through the rain I arrived in DuBois Pennsylvania just in time for the hospitality held at Luigi's Villa. Unfortunately, due to the continuous rain all day most golfers were not able to get out for their practice rounds but most people were not strangers to this golf course as we hosted the tournament here 2 years ago. Upon arriving I saw many familiar and some new faces, it was great to see everyone again! The hospitality included antipasto, meatballs, chicken fingers, fruits and vegetables trays and refreshments. Once hospitality was over, we moved the get together back to the hotel patio where there was cornhole and lots of catching up with friends we haven't seen in a year.

There was a total of 94 golfers in attendance for the weekend, all from the Slovak Catholic Sokol. The number of golfers in each flight: 11 "A" Flight, 20 "B" Flight, 18 "C" Flight, 6 Senior Flight, 11 70+ Senior Flight, 15 Callaway and 13 Women. It was great to see so many young golfers out this year, and I loved seeing the family based foursomes. It's not every day you get to golf with your kids/nieces/nephews. Sokol is all about family and it was very heartwarming to see a younger generation learning from and spending time with their family.

Saturday, August 10<sup>th</sup>, our tournament kicked off at the Silver Course at Treasure Lake. SCS Sports Director Kathy Watkins, Assistant Sports Director Robert R. Palchanis III, along with myself waited for the golfers to arrive and register for the weekend. Upon registration the golfers received a golf umbrella souvenir as well as the opportunity to sign up for closest to the pin and longest putt. At 9:00 a.m. the golfers were given their instructions and drove off in their carts to their specific holes for a shot gun start. As the sun rose higher in the sky the weather became warmer and it was perfect for a day of golf. Vice President Andrea M. Tadlock, Supreme Physical Directress Katie Swift and Chairperson of the Auditors James C. Matlon came out for the weekend to see how the event was running and even helped out with the distribution of souvenirs, taking pictures and inputting scores. Local Group 14 Sport Director Becky Shoberg even came to help out with the event. Their presence was a great surprise and enjoyed by all, thank you all for coming out and all your help this weekend.

Once the golfer had completed their round for the day they were invited to attend the banquet at the Silver Course Pavilion that night. Mass started at 4:00pm and was held by our Chaplin Rev. Andrew S. Hvozdovic, after

the ceremony he blessed our meal and it was time to eat. Dinner was served at 5:00 p.m. catered by Luigi's Italian Restaurant and everyone raved about the food. The buffet included, chicken romano, roast beef, meatballs, penne pasta with meat sauce, potatoes and vegetables. After dinner the National Anthems of The United States, Canada and Slovakia were played. Kathy Watkins introduced all the Supreme Officers present, which included Honorary Officer Steven M. Pogorelec, Supreme Secretary Scott T. Pogolrelec, President Larry Glugosh Vice President Andrea M. Tadlock, Supreme Physical Directress Katie Swift and Chairperson of the Auditors James C. Matlon, Chaplin Rev. Andrew S. Hvozdovic, Auditor Edward Bajus, Director of Sports and Athletics Kathy Watkins, Physical Director Dusan Dorich and myself: Physical Fitness Board Member Kristen Popik.

Other announcements that were made were the winners of closest to the pin, congratulations to Adam Dorich and Joseph Hvozdovic, as well as longest putt congratulations to Dave Iskra Jr. and Thomas Weber. Kathy Watkins introduced our Supreme Secretary Scott Pogorelec to say a few words and give out the Frank S. Petruff Memorial Golf Sports Award. Scott introduced the past winners of the award that were present including: Thomas P. Muldoon, Jr., Loretta S. Smith, Robert R. Palchanis, Jr., Linda Frank and Donald J. Koval, then announced the winner of this year. Congratulations to Steven M. Pogorelec from Group 1 Passaic, NJ for being the 2024 recipient of the Frank S. Petruff award, your commitment and dedication to the SCS does not go unnoticed. His sons, daughter, daughter-in-law and grandkids all showed up to make to moment event more memorable. The evening was full of great conversation and laughs with everyone catching up with those they have not seen in a while. It was a wonderful night full of laughs, and smiles.

Sunday morning at 8:00am the golfers were ready for round two! Today the golfers switch courses to play the Gold Course. The weather about the same today, no rain some cloud and the warmth of the sun. Golfers ended around 2pm grabbed a bit to eat and hit the road to head home. Thank you all for making the drive and coming out. Congratulations goes to Hayden Macko and Joe Webber for being closest to the pin and to Corey Shedlock and Ryan Burfield for having the longest putt on the Gold Course on Sunday.

The winners for the Golf Tournament are as followed: "A" Flight, Brian Hornacek and Hayden Macko both with a score of 143, the best scratch score for "A" Flight, Hayden Macko with a 155! "B" Flight winners are Tim Germ and Daniel Underation, both with a score of 134, the best scratch score is Eddie Bajus with a score





L-R: Supreme Secretary Scott T. Pogorelec, Annie Pogorelec, 2024 Frank S. Petruff Memorial Award winner Steven M. Pogorelec and Supreme President Larry M. Glugosh.



of 166! "C" Flight the winner is Matthew Underation with a score of 123 and the best scratch goes to Justin Francis with a score of 190! Senior Flight winner and best scratch score is Joe Burfield with a score of 136, and a scratch score of 160! Senior Flight (+70) winner and best scratch score Keith Shedlock with a score of 146, and a scratch score of 184! Callaway winner with the best score and the best scratch score is Edward Most with a score of 148 and scratch score of 166! Women's winner with the best score and best scratch score is Stephanie Skorupka with a score of 151 and scratch score of 199! Congratulations to all the winners of this weekend.

This was an amazing event and I loved every moment of it. Thank you to everyone who came out to participate and a huge congratulations to all the winners this weekend. I definitely will volunteer to work this event again, I hope to see you all and your families next year!

Zdar Boh!  
**Kristen Popik**  
*Supreme Physical Fitness Board Member*



## “SOKOL FORWARD SPOTLIGHT” WREATH 93



- Wreath 93
- Community Support: Milwaukee Water Lantern Festival

Wreath 93 volunteered at the Water Lantern Festival on June 8th in Milwaukee, WI. The festival is a community event to unify and spread joy, peace, love, and kindness. Each lantern is a personal representation of an individual, family, or community that symbolizes a celebration of life. The festival brings people together to share in the experience, create a time of reflection, and be inspired as the lanterns are set afloat on the water.

Wreath 93 supported the festival by performing event set-up, checking guests in, helping with the grounds, selling merchandise, and, at midnight, taking down and collecting all the lanterns out of the lagoon. It was an emotional night to volunteer and remember as individuals joined together as a community to support each other in an evening of reflection in peace and love.

Wreath 93, thank you for your Sokol Spirit and for helping your community come together in kindness, joy, love, and peace. 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 15th of each month to [vp@slovakcatholicssokol.org](mailto: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

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



SLOVAK CATHOLIC FALCON, OCTOBER 1, 2024





## KIDS' CORNER "Detský kútik" October 2024



### THE KIDS' CORNER SUMMER READING PROGRAM PARTICIPANTS & THEIR FAVORITE BOOKS

#### Intermediate Readers

James Nowak	Level 3	<i>One Day at Horrorland</i> by R.L. Stine
Mackenzie Peterson	Level 3	<i>The Babysitter Club</i> series by Ann M. Martin
Nathan Radtke	Level 3	<i>Full Court Dreams</i> by Jake Maddox

#### Advanced Readers

Carissa Hoeck	Level 1	<i>The Boys Start The Wars</i> by Phyllis Reynolds Naylor
Juliana Hoeck	Level 1	<i>The Summer I Turned Pretty</i> by Jenny Han
Riana Hoeck	Level 3	<i>The Inheritance Game</i> by Jennifer Lynn Barnes
Alyssa Peterson	Level 3	<i>P.S. I Like You</i> by Kasie West
Andrew Peterson	Level 2	<i>Mary Todd Lincoln</i>
Kyle Peterson	Level 2	<i>7 Habits to Highly Effective Teens</i> by Sean Covey
Amber Radtke	Level 3	<i>Bible for Teen Girls, Hardcover: Growing in Faith, Hope, and Love</i> by Zondervan
Evan Radtke	Level 1	<i>Mental Toughness Training for Volleyball: Maximizing Technical and Mental Mechanics</i> by Mike Voight
Annika Romine	Level 1	<i>Ground Zero</i> by Alan Gratz
Annalise Romine	Level 1	<i>Mockingjay</i> by Suzanne Collins

Reading Participants: Your award will be sent to you soon via mail.



## KIDS' CORNER "Detský kútik" October 2024



The first Canadian Thanksgiving is said to have traced back to 1578 with explorer Martin Frobisher. He had been trying to find a northern passage to the Pacific Ocean and held his Thanksgiving celebration not for harvest but in thanks for surviving the long journey from England through the perils of storms and icebergs. On his final voyage to the far north, Frobisher held a formal ceremony in Frobisher Bay in Baffin Island (present-day Nunavut) to give thanks to God and in a service ministered by the preacher Robert Wolfall they celebrated Communion.



<b>Isaiah Zollinger</b>	<b>10/7</b>
<b>Christopher Antosy, III</b>	<b>10/15</b>
<b>Harper Bence</b>	<b>10/19</b>
<b>David Baker</b>	<b>10/28</b>

### Books About Native Americans



**Malian's Song** by Marge Bruchac  
**Dreamcatcher** by Audrey Osofsky  
**Crazy Horse's Vision** by Joseph Bruchac  
**Night of the Full Moon** by Gloria Whelan  
**Jingle Dancer** by Cynthia Leitich Smith  
**The Warriors** by Joseph Bruchac  
**Eagle Song** by Joseph Bruchac  
**Death of the Iron Horse** by Paul Goble  
**The Girl Who Loved Wild Horses** by Paul Goble  
**Buffalo Woman** by Paul Goble

#### Books About the Trail of Tears

**Trail of Tears (Step into Reading)** by Joseph Bruchac  
**The Trail of Tears (American Moments)** by Alan Pierce  
**The Trail of Tears: A History Just for Kids** by KidCaps  
**Soft Rain: A Story of the Cherokee Trail of Tears** by Cornelia Cornelissen  
**If You Lived With the Cherokees** by Peter Roop  
**On This Long Journey, the Journal of Jesse Smoke, a Cherokee Boy, The Trail of Tears, 1838** by Joseph Bruchac  
**Trail of Tears (Essential Events)** by Sue Vander Hook  
**The Trail of Tears (We the People: Expansion and Reform)** by Michael Burgan  
**Life on the Trail of Tears** by Laura Fischer  
**Trail of Tears (Landmarks of the American Mosaic)** by Julia Coates



## KIDS' CORNER "Detský kútik" October 2024

### Christopher Columbus Order of Events

**Directions:** Order the events below using the numbers 1, 2, 3, and 4 to show which happened first, second, third, and fourth.

Number	Event
	Christopher Columbus wanted to sail to Asia to trade for spices, but he needed ships to travel there.
	The king and queen of Spain gave him money to buy three ships.
	Christopher Columbus learned how to sail as a teenager.
	Columbus sailed for almost two months before he and his crew spotted land.



**Congratulations  
to  
Carissa Hoeck  
from  
Group 4  
Wreath 93!  
The Winner of  
the Summer  
Games  
Word Search!**



#### Send me your Columbus Day Sheet for a Chance to Win a Prize!!

If you want to win a **\$25 gift card**, send me a copy of your solved worksheet by **October 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.



# THE MIXING BOWL



## APPLE ALASKA PIE

Pastry for 1 crust  
 6 medium apples  
 3/4 cup sugar  
 1 1/2 teaspoon flour  
 1/4 teaspoon cinnamon  
 1 1/2 tablespoons butter or oleo  
 3 egg whites  
 1/2 cup sugar  
 1 quart butter pecan ice cream  
 Line 9-inch pie pan with pastry; trim edge; press edge down with tines of fork. Core, pare and slice apples. Combine 3/4 cup sugar, flour and spices. Rub a little of this mixture into pastry, then make alternate layers of apple slices and spice mixture. Dot with butter or oleo. Bake at 425degreesF for 30 minutes or until apples are tender. Remove from oven, let cool thoroughly. Beat egg whites stiff but not dry. Add 1/2 cup sugar, 1 tablespoon at a time, beating well after each addition. Spoon ice cream evenly on top of pie within 1/2 inch of rim. Cover entire surface of pie with meringue. Bake at 500degreesF for 2 minutes.

## PUMPKIN-PECAN BREAD/MUFFINS

5 cups flour  
 3/4 teaspoon baking powder  
 1 tablespoon baking soda  
 1 tablespoon cinnamon  
 1 tablespoon ground cloves  
 3 cups sugar or substitute  
 1 cup + 2 tbsp. butter or oleo  
 6 eggs or substitute  
 1/2 cup + 2 teaspoons molasses  
 1 cup orange juice  
 3 cups cooked or canned pumpkin  
 3/4 cup golden raisins  
 3/4 cup coarsely chopped pecans  
 Preheat oven to 350degreesF for bread, 400degrees for muffins. Sift together flour, baking powder, baking soda, cinnamon and cloves. Set aside. In a large mixing bowl, beat sugar, butter and eggs until light and fluffy. Add orange juice, pumpkin and molasses and beat together. Add the sifted dry ingredients in 3 additions. Fold in the raisins and pecans. Pour batter into 3 greased 10 x 5 inch loaf pans or 1 loaf pan and 2 greased 12-cup muffin tins, filling each 2/3 full. Bake bread in a 350degreeF preheated oven for about 1 hour and 15 minutes or until a knife blade inserted into the center of loaf comes out clean. Bake the muffins for 20 minutes in a preheated 400degreeF oven.

## PARMESAN ZUCCHINI POTATO MUFFINS

2 medium zucchinis, grated  
 2 medium potatoes, grated  
 1 small onion, finely chopped  
 2 cloves garlic, minced  
 1/2 cup all-purpose flour  
 1/2 cup grated Parmesan cheese  
 2 large eggs, lightly beaten  
 1 teaspoon baking powder

Salt and pepper, to taste  
 1/4 cup vegetable oil  
 Sour cream and chopped chives, for garnish  
 Preheat your oven to 375°F (190°C). Grease or line a 12-cup muffin tin. Place the grated zucchini and potatoes in a clean kitchen towel or cheesecloth. Squeeze out as much moisture as possible. In a large bowl, combine the grated zucchini, potatoes, chopped onion, minced garlic, flour, Parmesan cheese, baking powder, and beaten eggs. Season with salt and pepper to taste. Stir in the vegetable oil until the mixture is well combined. Divide the mixture evenly among the muffin cups, filling each about 3/4 full. Bake for 20-25 minutes, or until the muffins are golden brown and a toothpick inserted into the center comes out clean.

## PUMPKIN-SPICE PANCAKES

2 1/3 cup Bisquick baking mix  
 2 tablespoons sugar or substitute  
 1/4 teaspoon ground cinnamon  
 1/4 teaspoon ground nutmeg  
 1/4 teaspoon ground ginger  
 1 cup milk  
 2 eggs  
 1/3 cup canned pumpkin  
 1/4 cup vegetable oil  
 Beat all ingredients with wire whisk or hand beater until smooth. Pour batter by 1/4 cupfuls onto hot griddle(grease if necessary). Cook until edges are dry. Turn; then cook until golden brown. Serve with syrup below. Makes about 18 pancakes.

## ROAST PUMPKIN SEEDS

Don't throw away those gooey seeds found while carving your jack-o-lantern this year. Roast them. Remove seeds from pumpkin and wash in warm water to remove strings and pulp. Let seeds dry. Spread seeds on lightly-greased cookie sheet and sprinkle with salt.. Bake in preheated 300degreeF oven for 20-30 minutes(or until seeds are dry and crisp).

## HALLOWEEN ZOMBIE MIX

This mix is a great way to use whatever Halloween candy you have on hand.  
 4 cups Vanilla Chex™ cereal  
 4 cups Cinnamon Chex™ cereal  
 2 cups chopped chocolate candy  
 1 1/2 cups candy corn  
 1 cup orange or red candy melts  
 1 cup chocolate candy melts  
 2 tablespoons vegetable oil  
 In large bowl, mix cereals. Chop chocolate candy into bite-size pieces. Add to cereal mixture along with candy corn. Toss to combine. Spread mixture evenly on waxed paper. Melt orange and chocolate candy melts separately as directed on packages. Stir 1 tablespoon oil into each color; stir until well combined. Drizzle melted candy coatings over cereal mixture. Let stand about 1 hour or until candy coating is hardened. Break into pieces to serve.

## 17 FACTS YOU MAY NOT KNOW ABOUT BRATISLAVA



1. Bratislava is the capital and largest city of Slovakia, situated along the banks of the Danube River, near the borders with Austria and Hungary.
2. The city's Old Town, with its charming narrow streets, historic buildings, and vibrant squares, is a major attraction, offering a glimpse into its medieval past.
3. Bratislava Castle, perched on a hilltop, offers panoramic views of the city and the Danube River, and houses a museum with exhibits on Slovakia's history.
4. The city's St. Martin's Cathedral, with its distinctive green spire, was the coronation church for Hungarian kings and queens from 1563 to 1830.
5. Bratislava is known for its vibrant cultural scene, with numerous theaters, galleries, and music festivals, including the Bratislava Music Festival and the Bratislava Jazz Days.
6. The city's UFO Observation Deck, located atop the Nový Most (New Bridge), provides stunning views of Bratislava and the surrounding countryside, with a unique restaurant shaped like a flying saucer.
7. Bratislava's Devín Castle, located on a cliff overlooking the Danube, is an ancient fortress with ruins dating back to the Roman era, offering scenic views and historical insights.
8. The city's Blue Church (Church of St. Elizabeth) is a distinctive Art Nouveau building, known for its blue exterior and intricate details, making it a popular photographic subject.
9. Bratislava's Main Square (Hlavné námestie) is the city's central square, surrounded by historic buildings, cafes, and shops, and is the site of various cultural events and markets.
10. The city is home to the Slovak National Gallery, which houses an impressive collection of Slovak and international art, spanning from medieval to contemporary works.
11. Bratislava's historic wine cellars, particularly in the Old Town, offer wine tasting experiences, showcasing local Slovak wines and traditional hospitality.
12. The city's Chatam Sofer Memorial is dedicated to the memory of the famous rabbi and scholar, and his legacy is an important part of Bratislava's Jewish heritage.

13. Bratislava's Petržalka district, once a separate village, is now part of the city and is known for its large panelák housing blocks, parks, and the Petržalka Forest Park.

14. The city's Slovak National Museum is one of the oldest and largest museums in Slovakia, with collections that span natural history, archaeology, and folk art.

15. Bratislava's Danube Riverfront has been revitalized into a vibrant area with promenades, bars, and restaurants, making it a popular spot for leisure and entertainment.

16. The city hosts the annual Bratislava International Film Festival, showcasing a diverse range of films from around the world, attracting filmmakers and film enthusiasts.

17. Bratislava is known for its friendly locals and relaxed atmosphere, making it a welcoming destination for travelers exploring Central Europe.

### DID YOU KNOW...

...that the Slovak flag is a symbol of pride and resilience, representing the heart of Europe. But did you know that the flag's design we see today was officially adopted in



1992, just before Slovakia became an independent nation on January 1, 1993?

The flag's roots go much deeper. The white, blue, and red tricolor design is based on the Pan-

Slavic colors, symbolizing unity among Slavic nations. However, the double-cross emblem that sits proudly on the flag has a much older origin—it dates back to the 9<sup>th</sup> century. The double cross, standing on three hills, represents Christianity and the three symbolic mountain ranges: Tatra, Fatra, and Matra.

The Slovak flag is a reminder of the country's journey through centuries of history, from the Great Moravian Empire to modern-day Slovakia.

### SLOVAK POPULATION IN USA BY STATES 2024

Pennsylvania has the largest Slovak American population, with 175,373 individuals of Slovak descent, comprising 1.36% of the state's population. Following Pennsylvania is Ohio, with 107,450 Slovak Americans, representing 0.91% of the population. Connecticut has the third-highest percentage of Slovak Americans with 0.48%, although the actual number of Slovak Americans is much smaller at 17,295.

Other states with notable Slovak American populations include New Jersey (31,238 or 0.34%), Indiana (18,307 or 0.27%), Illinois (32,766 or 0.26%), and Michigan (21,980 or 0.22%). However, in many states, such as Mississippi, Oklahoma, Louisiana, and Arkansas, the number of Slovak Americans is relatively low, making up less than 0.03% of the population. Overall, the Slovak American population is dispersed throughout the United States, with varying concentrations in different regions.

– *Slovak Heritage in the US*



**SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERA-**

The Saints Cyril and Methodius Appeal is in its 46<sup>th</sup> 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 January 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.

**A total of \$26,503.00 has been received from 182 donors for the 2024 Appeal, as of September 20.** Among the 48 gifts received from various Catholic Slovak Fraternal Branches and Districts, donations totaling \$1,600 have been received from 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. Donations to date have also been received from 8 parishes, 27 clergy and religious, and 99 individuals. On behalf of the Pontifical College, thank you for your continued generosity and support.

Anyone who wishes to contribute to the 2024 Appeal but did not receive a solicitation letter in January 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, 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 Parish, Pennel, PA, serves as First Vice President of the Federation and is the Appeal Coordinator.*



**46<sup>TH</sup> ANNUAL SS. CYRIL AND METHODIUS APPEAL**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Amount \$ \_\_\_\_\_

*Please make check payable to **Slovak Catholic Federation** and mail to: Reverend Thomas A. Nasta, National First Vice President, Slovak Catholic Federation, Our Lady of Grace Church, 225 Bellevue Avenue, Pennel, PA 19047-4052*

**DON'T MISS OUT ON AN UNFORGETTABLE NIGHT OF MUSIC!**

**Alice Tully Hall**

**Sunday, September 22, 2024 at 7:00 p.m.**

Slovaks in Concert will be accompanied by the five-time Grammy winner Esperanza Spalding for an extraordinary concert at the iconic Alice Tully Hall, Lincoln Center in NYC. Preceded by one of the promising Slovak musical exports - Alan Bartuš, recent semifinalist of the Herbie Hancock Institute of Jazz International Piano Competition, with his star trio featuring jazz legends Robert Hurst and Jeff Watts.

Thirteen-year old Slovak prodigy and future star bassist Aron Hodek joined by his brother David Hodek on drums and stylistic and genre chameleon James Francies on piano.

Oneness Festival quests for connecting art realms and genres. With its 'Slovaks in Concert' segment it also seeks to promote Slovak musical talent to the US audience and the world. If you have any questions about this event, please contact Guest Experience at 212-875-5456 or [guestexperience@lincolncenter.org](mailto:guestexperience@lincolncenter.org)



The region of Nitra is made up of a low plain. It adjoins Hungary to the south with the Danube forming a border between the two countries. The city of Nitra with a current population of 70,000, ranks among the oldest settlements in Slovakia. As early as the ninth century, it was a princely seat of the Great Moravian Empire. The first Christian church was dedicated there in 833 A.D. In 863, the great Apostles of the Slavs, Saints Cyril and Methodius arrived in the area and began the evangelization of the Slovaks. In 880, the Diocese of Nitra was established. It was the oldest diocese to be established on the territory of the western Slavs. Its cathedral-basilica dedicated to St. Emeram is Slovakia's oldest. In 1248, Nitra became an independent royal town. It suffered from several of the Turkish invasions in the seventeenth century. Nitra castle, which houses the cathedral complex and extensive museum and treasury, is one of the area's most popular tourist attractions. A number of art galleries offer various exhibitions and the Andrej Bagar Theatre offers the best in drama, comedy and the musical arts.

What's making headlines in our ancestral homeland



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

### **KEKETI PRESENTS PLANS FOR ORGANISING 2029 ICE-HOCKEY CHAMPIONSHIP IN SLOVAKIA**

Tourism and Sport Minister Dusan Keketi held a joint press conference with Slovak Ice-hockey Association general secretary Miroslav Lazo to congratulate Slovakia's ice-hockey players on their successful qualification for the 2026 Winter Olympics in Milan and to present Slovakia's plan for organising the World Ice-hockey Championship in 2029.

In addition to Slovakia, Hungary and Great Britain are also bidding to host the championship in 2029. Compared to the other candidates, Slovakia is clearly ahead in terms of the quality of its ice-hockey and the popularity and history of the sport. However, it needs to resolve the issue of infrastructure, as the Ondrej Nepela Ice-hockey stadium in Bratislava is the only one that meets the IIHF's capacity criteria at the moment. SZLH is sticking to its plan to hold matches in Kosice as well, as was the case in 2011 and 2019.

"The Slovak government in the government manifesto committed itself to supporting the organisation of significant sporting events in the country and to supporting the building of related infrastructure. We're intensively communicating with SZLH and preparing ourselves for all the possible scenarios that could occur by 2029. I believe that our candidacy will be successful," said Keketi. He and Lazo mentioned the possibility of building a new multi-functional arena, stressing the importance of the sustainability of such a project.

"We can't build one hall for millions just for one championship to take place in it. It must also be usable by several sporting associations and for cultural events. We must seek an operator, with the municipality participating in this as well," said Keketi.

The alternative of several countries jointly organising the championship is also in the frame. In the case of Slovakia, the Czech Republic, Hungary and Italy would come into consideration. "The Czechs have expressed cautious interest. The ice-hockey arena in Brno should be completed by that time. We've also had signals of interest from the Italians and from Hungary. However, these countries aren't regular participants in elite championships," noted Lazo.

### **TOP THREE STATE REPRESENTATIVES SIGN MEMORANDUM ON FOREIGN POLICY**

President Peter Pellegrini, Prime Minister Robert Fico and House Vice-chair Peter Ziga on September 1st signed a joint declaration on a common approach on foreign policy issues, declaring that Slovakia is firmly anchored in the EU and NATO in the document.

The signatories stressed that Slovakia will be a country that will sovereignly assert its foreign policy positions with-

out questioning its firm membership in the EU and NATO. They declared to support and promote this anchorage, including raising issues that can improve relations within the EU and NATO.

"Slovakia wants to remain a valid member of the EU and NATO, fully aware of its rights, but we want to be a proud member of these communities," the president stressed after signing the memorandum. "Let us never be afraid to speak abroad with a sovereign voice, because even a small state like Slovakia has the right to promote the interests of its people abroad," Pellegrini added.

The prime minister stressed that the document clearly states in what international structures the country wants to operate. "That is why I reject any scaremongering about leaving the EU and NATO," Fico said.

Ziga endorsed calls for sovereign positions of Slovakia in foreign policy issues, calling on the opposition to support the memorandum as well.

In the document, the top three state officials pledge to support a foreign policy that will reject efforts to take divergent stances towards individual states and pursue a foreign policy focused on west, east, north and south. According to the memorandum, Slovakia will strongly promote peaceful solutions to conflicts and international solutions and measures that will not harm the country's interests.

### **FICO: I'M NOT TRAUMATISED BY ATTACK, SHOOTER'S MOTIVES MUST BE INVESTIGATED**

I'm not traumatised by the assassination attempt on me, Prime Minister Robert Fico said following his working trip in Handlova (Trencin region) on Friday, where he was shot and seriously injured almost four months ago.

According to the premier, it's necessary to look at the background of the attack and the motives of the shooter. He doesn't consider it to be a priority to address whether the security failed, he sees the problem elsewhere.

The premier stated that he doesn't think about the person of the attacker and has no trauma whatsoever. "I've even adopted a philosophy of my own that it just happened and I don't even desire any revenge," he stated, reiterating that he isn't taking any legal action in relation to the attacker and won't even seek any compensation.

Rather, he said, it's necessary to talk about the background to the assassination attempt. "We need to tell the Slovak public, first of all, what actually happened, because the opposition would like us to deal with the security service, whether it failed or not, and there is a different problem here. Here is the problem that someone wanted to assassinate the prime minister because of political hatred, now I'm not talking about Robert Fico, I'm talking about the prime minister of the Slovak Republic," stressed Fico, adding that Parliament should also discuss the issue.

Fico stated in August that the House should address

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

the report on the assassination attempt in the autumn. He added on Friday that there should be an investigation into who the attacker was communicating with. "Someone will write it [the report], I'm waiting to see if it is the Interior Ministry or someone else. That report has to naturally come to the environment, I expect it should be in early September, because that was announced a few weeks ago, but I don't want to be involved in the report and its compilation, I don't want to bring my own attitudes into it," he added, reiterating that the opposition and part of the media refused to respect the results of the parliamentary elections.

The prime minister was shot following an away-from-home cabinet meeting in Handlova on May 15 by Juraj C. [name abbreviated due to legal reasons], who is now being prosecuted for a particularly serious crime of terrorist attack. The attacker caused several serious injuries by shooting at the premier five times from a close range.

### **NBS: SLOVAKIA FACES MANY CHALLENGES, ONE OF BIGGEST IS AGEING POPULATION**

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.

### **NATIONAL PILGRIMAGE HELD IN LIMITED MODE DUE TO ADVERSE WEATHER**



Due to the unfavourable weather, the national pilgrimage to mark the Feast of Our Lady of the Seven Sorrows, the patroness of Slovakia, was held in Sastin-Straze (Trnava region) in a limited mode this year, with a Holy Mass inside the Sastin Basilica being celebrated by Zilina Diocese Bishop Tomas Galis.

The Holy Mass was attended by President Peter Pellegrini, House Vice-chair Andrej Danko (Slovak National Party/SNS) and other figures of social and political life. The main theme of this year's national pilgrimage was the sight of Our Lady of the Seven Sorrows, Mother of Hope.

According to Galis, the situation in society often puts even close people before the question as to which '-ism' they lean towards. "As if we only had a choice of some '-isms'. In the past it was socialism, capitalism, secularism, while today it is traditionalism, progressivism, individualism and others," noted the bishop in his homily, adding that the Sunday celebration gives the opportunity to subordinate everything in life to Christ, to love. He emphasised the importance of hope in human life.

Slovaks have been honouring Our Lady of Sorrows in a special manner at least since Ottoman incursions in the 15th century. The territory of Slovakia remained largely free of Ottoman rule, while the rest of the Kingdom of Hungary was occupied until the late 17th century.

Pilgrimages to Sastin began in the 16<sup>th</sup> century after Countess Angelica Bakic, wife of Count Emericus Czobor, ordered a wooden pieta to be made as a result of a promise to God for being heard in relation to suffering caused by her husband. The pieta was hidden in a nearby castle during the Ottoman occupation. After the occupation ended, it returned to Sastin, an ancient arch-deaconal seat. People began to venerate it, and it gained a reputation for healing.

# 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.*



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## AUGUST 2024

Assembly 9	Stephen Mihalek of Fairfield, CT	85	April 8, 2024
Assembly 11	Jan Soltys of Orland Park, IL	83	July 7, 2024
Assembly 16	Andrew J. Novak of Pittsburgh, PA	89	May 23, 2024
Assembly 16	Andrew James Macurak of Acworth, GA	85	August 3, 2024
Assembly 25	Evelyn Krivda of Belle Vernon, PA	96	August 8, 2024
Assembly 36	Fong Yang of Pontiac, MI	38	July 2, 2024
Assembly 59	Mary Ellen Detz of Sheatown, PA	89	March 8, 2024
Assembly 59	Margaret Zelinka of Hanover Twp. PA	100	June 7, 2024
Assembly 59	Daniel Williams of Wilkes Barre, PA	75	July 30, 2024
Assembly 59	John Benz of Wilkes Barre, PA	86	August 12, 2024
Assembly 78	Stephen Bolen of Macungie, PA	96	August 18, 2024
Assembly 82	Cecilia Kettering of Rochester, NY	97	July 12, 2024
Assembly 86	John G. Kost of Trumbull, CT	95	May 13, 2024
Assembly 162	Joseph F. Bigos of Osprey, FL	96	August 20, 2024
Assembly 167	Theresa Leporis of Barberton, OH	77	July 10, 2024
Assembly 219	Mary R. Ciampanelli of Scarsdale, NY	89	July 10, 2024
Assembly 255	Leona Wagner of Whitehall, PA	95	August 7, 2024
Assembly 312	Florence Kopchak of Wallington, NJ	93	June 20, 2024
Assembly 312	Gilbert Gonglik of Canonsburg, PA	80	July 21, 2024
Assembly 312	Francis S. Botek of Lehighton, PA	84	August 5, 2024
Assembly 312	Thomas Lawrence of Davenport, FL	88	August 11, 2024
Wreath 22	Irene Kusmira of Pittsburgh, PA	93	May 9, 2024
Wreath 93	Bernice M. Groh of Green Bay, WI	91	August 4, 2024
Wreath 93	Sarah M. Nejdlik of West Allis, WI	39	August 7, 2024
Wreath 93	Zoua Her of Wisconsin Rapids, WI	74	August 16, 2024
Wreath 147	Helen Mary Niznik of Pringle, PA	91	November 15, 2023
Wreath 153	David Lorince of Parma, OH	77	June 2, 2022



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.

## UHORKY POMÁHAJÚ ZDRAVIU AJ KRÁSE

Uhorky obsahujú množstvo vitamínov ako C, A, K, B a minerálnych látok ako draslík, horčík, mangán, kremík, ktorými pomáhajú posilňovať imunitný systém, srdcovú činnosť a prispievajú k skrásleniu pokožky, nechťov či vlasov. V uhorkách sa nachádza aj kremík, ktorý posilňuje kĺby, šľachy, chrupavky a väzivá. Obsahujú aj enzým erepsín štiepiaci bielkoviny či fisetin zlepšujúci pamäť.



Dostatočné množstvo vlákniny v uhorky zase zabezpečí správny pohyb čriev, v kombinácii s vysokým obsahom vody podporí vyprázdňovanie a zabráni zápche.

Odborníci odporúčajú jesť uhorky čerstvé.

Výťažky z uhoriek sa vo veľkej miere používajú aj na kozmetické účely. Dokážu zjemniť, osviežiť, upokojíť pokožku, zmenšiť póry a celkovo rozjasniť a zlepšiť stav pleti.

## AKO VYUŽIŤ JABLKÁ

Je tu sezóna jablák, ktoré podporujú naše zdravie, sú základnou surovinou fando koláčov, ale majú aj iné praktické využitia nielen v kuchyni.



- Najnovšie výskumy ukázali, že vôňa zeleného jablka môže zabrániť alebo utlmiť rozvíjajúcu sa bolesť hlavy. Rozkrojte jablko na polovicu a inhalujte jeho vôňu niekoľko minút.

- Ak ste si dali na obed v práci jedlo, ktoré vytvorilo povlak na vašich zuboch, skúste to vyriešiť chrúmaním jablčka. Jeho konzistencia jemne masíruje sklovinu a odstráni neželaný povlak z vašich zubov. Prežúvanie jablka navyše prispieva k tvorbe slín, ktoré sú prirodzeným odstraňovačom zubného povlaku.

- Na konci leta sa zbierajú nedozreté paradajky zelenej farby a nechávajú za dozrieť v papierovom vrecku. Ak do vrečka pridáte zrelé jablko, proces dozrievania výrazne urýchlite.

- To, že sa kúsok jablčka pridáva k medovníčkom, aby do Vianoc krásne zmäkli, určite viete. Jablko však môžete priložiť aj pod pokrievku tortového stojanu či do sušienkového boxu. Zabráni vysušeniu a udrží vaše dezerty krásne vláčne.

- A skladujete kryštálový či trstinový cukor v sklenenej nádobe, určite ste a stretli s jeho stvrdnutím. Tvrdú hrudu zmeníte na sypký cukor, ak do nádoby pridáte mesiačik jablčka a necháte spolu postáť 24 hodín.

- Ak chcete upiecť šťavnatú kura, skúste doň pred pečením vložiť opražené jablko – v celku či nakrájané na mesiačky. Jablko počas pečenia uvoľní šťavu, ktorá a zabezpečí automatickú hydratáciu pre kura.

## HROZNOVÝ KOLÁČ S POSÝPKOU

500 g múka hladká  
350 ml mlieko  
50 g maslo  
20 g droždie  
2 PL cukor  
štipka sol'  
hrozno tmavé  
2 bal. cukor vanilkový  
škorica mletá  
POSÝPKA:

4 PL múka polohrubá  
4 PL cukor práškový  
60 g maslo

Zo surovín na cesto si pripravíme kysnuté cesto, necháme nakysnúť, zo surovín na posýpku si pripravíme posýpku, najprv zmiešame cukor a múku, pridáme mäkké maslo a prstami spájame až kým nevznikne sypká hmota, bobulky hrozna otrháme zo strapca. Nakysnuté cesto rozdelíme na polovicu a každú rozvalkáme na veľkosť plechu a preložíme na vymastené plechy, na cesto poukladáme bobulky hrozna posypeme vanilkovým cukrom, mletou škoricom a posýpkou, dáme piecť pri teplote 180°C 20 minút, hrozno pustí šťavu, ktorú nasiakne posýpka a pečením vytvorí chrumkavý požitok.

## JABLKOVÝ ZÁVIN

Cesto:  
300 g múka hladká  
180 g maslo  
150 ml smotana na šľahanie

Náplň:  
jablká 10 kusov  
cukor škoricový  
4 PL nasekané orechy  
100 g hrozienka  
rum

Na potretie pred pečením:

1 ks vajce

Na potretie po upečení:

1 PL maslo

rum(z hrozienok

Studené maslo, múku a smotanu na šľahanie spolu spracujeme na hladké cesto. Zabalíme do potravinárskej fólie a necháme odležať. Cesto máme na dva závin. Hrozienka zalejeme rumom. Jablká očistíme a nastrúhame na strúhadle s veľkými očkami, vytlačíme z nich šťavu. Cesto rozdelíme na dve polovice. Každú vyvalkáme, posypeme nasekanými orechmi a nastrúhanými jablkami. Ochutíme škoricovým cukrom a korením na jablkový závin. Hrozienka scedíme a nasypeme na jablká. Závin zviníme, položíme na plech vystlaný papierom na pečenie a potrieme rozšľahaným vajčkom. Pečieme 20 minút na 170 °C. Rum ktorý nám ostal po scedení hrozienok zmiešame s 1 polievkovou lyžicou roztopeného masla a týmto potrieme už upečené závin. Môžeme podávať so šľahačkou.

## KRÁTKE SPRÁVY ZO SLOVENSKA



V slovenských horách prišlo od júna do konca augusta o život trinásť ľudí. V porovnaní s rovnakým obdobím za minulý rok ide o nárast o viac ako 44 percent. Rovnako vzrástol počet zásahov Horskej záchranej služby o 27 percent. Hoci sa letná turistická sezóna končí až k 1. novembru, horskí záchranári zatiaľ hodnotili tri základné mesiace charakteristické najväčšou návštevnosťou hôr. Počet zásahov počas nich narástol oproti minulému roku z 350 na 445. Najviac narástli zásahy v rámci takzvaného nižšieho horolezectva a prevažne u ľudí, ktorí nedodržia pravidlá, či už sú to smrteľné nehody alebo uviaznutia, alebo týkajúce sa ľudí, ktorí chcú byť horolezcami, ale nimi nie sú.

Po piatich rokoch na najvyššom politickom poste a trojmesačnej prestávke odchádza Zuzana Čaputová dočasne zo Slovenska. V USA bude pôsobiť bude na jednej z troch najprestížnejších univerzít sveta Stanford. Na jeden semester sa súčasťou jej každodenného života stanú prednášky a diskusie so študentmi. Kariérny posun, aký nastáva u Čaputovej, nie je podľa politológa u slovenských politikov bežný. Vidieť ho skôr u bývalých britských premiérov či amerických prezidentov.

Pre nepriaznivé počasie sa zmenil aj program Národnej púte k Sedembolestnej Panne Márii, patrónke Slovenska, v Šaštíne. Slávnostná svätá omša v nedeľu 15. septembra sa neslávila vonku, ale v Bazilike Sedembolestnej Panny Márie. Celonárodná púť Slovenska k Sedembolestnej Panne Márii, patrónke Slovenska, sa koná po stáročia. Oficiálne od roku 1732, kedy bola socha Sedembolestnej vyhlásená za milostivú. Každoročne navštívi Šaštín počas národnej púte približne 20 000 veriacich. Aj keď program púte býva obvykle rozložený do troch dní, jej vrcholom je sviatok patrónky Slovenska 15. septembra.

Dlhotrvajúce dažde royvodnili rieky na Slovensku. Dunaj v Bratislave dosiahol 970 cm. Jeho hladina začala klesať po piatich dňoch. Škody v Bratislave odhadujú na milióny. Najhoršia situácia bola v Devínskej Novej Vsi. Devínska cesta bola pre autá uzavretá, dopravu z Devína do Devínskej Novej Vsi zabezpečoval vojenský transport. Okrem Devína a Devínskej Novej Vsi eviduje Bratislavský kraj najväčšie škody po povodniach v okresoch Malacky a Pezinok. Záplavy po extrémnych dažďoch postihli celú Strednú Európu, vybrežené rieky ničili a devastovali viaceré mestá a obce, stovky Slovákov sa museli evakuovať. V susedných krajinách boli dôsledky tragickejšie – povodne v Českej republike, Poľsku, Rumunsku a Rakúsku zabili vyše 20 ľudí a mnoho ďalších je stále nezvestných. Celkové náklady na záplavy sa ešte len odhadujú, no už teraz je jasné, že budú v desiatkach, možno aj stovkách miliónov eur.

## OTVORENIE NOVEJ FABRIKY PONÚKA ŠANCE NA LEPŠÍ ŽIVOT

Menšiemu mestu v novozámockom okrese sa čoskoro začne éra priemyselnej revolúcie. Šurany sa stanú domovom novej fabriky-baterkárne od spoločnosti GIB EnergyX, ktorá bola vytvorená spoluprácou čínskej spoločnosti Gotion High-Tech a slovenského InoBat. Mesto v Nitrianskom kraji sa tak vďaka tomu stane jedným z hlavných centier pre výrobu batérií v Európe.

Výstavba továrne odštartuje v roku 2025, samotná výroba začne o rok neskôr a plná prevádzka nastúpi začiatkom roku 2027. Fabrika sa stane jedným z hlavných európskych centier pre výrobu batérií, pričom celá produkcia bude exportovaná do krajín Európskej únie. Tento projekt je dôkazom, že aj malé mesto môže získať veľké investičné príležitosti.

S veľkou výrobou sa, samozrejme, spája aj veľký počet potrebných obsluhujúcich ľudí. Domáci sa preto môžu tešiť na množstvo nových pracovných miest, ktoré im ponúknu nové možnosti.

Spoločnosť GIB EnergyX sa bude sústrediť na zamestnávanie občanov a občianok Slovenska, vrátane tých, ktorí momentálne pracujú v zahraničí. Pre vysokokvalifikované pozície budú potrební najmä z dôvodu odovzdávania skúseností.

Nábor nových zamestnancov je rozdelený do viacerých fáz a v súčasnosti sú potrebné pozície súvisiace s projektom v oblasti výstavby, manažmentu a administratívy. Nábor na operatívne pozície začína v januári budúceho roku.

Na projekte momentálne pracuje 23 zamestnancov, no tento počet sa má v roku 2025 navýšiť na 141 ľudí. V roku 2026 počet zamestnancov narastie na asi 550 a v roku 2027 bude potrebné zamestnávať približne 1300 ľudí.

Nová fabrika bude predstavovať dlhodobý zdroj stability pre región, čo je dôležité nielen pre súčasných obyvateľov, ale aj pre ďalšie generácie, aby mali možnosť zostať a rozvíjať sa priamo v regióne, bez nutnosti odchádzať za prácou do iných miest.

Baterkárne prináša pracovné miesta v rôznych oblastiach, od výrobných pozícií až po technické a manažérske funkcie. Ako súčasť moderného priemyslu bude ponúkať nielen stabilnú prácu, ale aj možnosti kariérneho rastu či dlhodobého uplatnenia. Budúci zamestnanci môžu počítať s tým, že táto priemyselná investícia bude mať trvalý vplyv na región.

Spoločnosť sa zároveň zaviazala aj ku vzniku nového výskumného a vývojového centra v Šuranoch, kde bude potrebných minimálne 50 vedcov. Aj v tomto prípade sú prioritne braní občania a občianky Slovenska a momentálne sa spolupracuje s univerzitami na vzdelávacích programoch a prednáškach, ktoré sú prispôbené potrebám baterkárne aj výskumného centra.

Spoločnosť tiež aktívne podporuje vzdelávanie budúcich odborníkov v spolupráci so školami v okolí. Prostredníctvom Battery Academy sa zameriava na motiváciu žiakov k výberu kariéry v oblasti vedy a techniky.



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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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