



NSS Life
Family Matters...

Národné Noviny

Providing Fraternal Life Insurance Since 1890 | NATIONAL NEWS | APRIL 2023 | NUMBER 3576 | VOLUME 115



Happy Easter



PVR Scholarship Program First Year Applications Due: May 1, 2023

Financial Statements

2022 Annual
Financial Statement Recap

See Page 5

BUFFALO
NEW YORK

a Joint Tournament of
GCU, FCSU, NSS & SCS

20 National Bowling Tournament 23

Friday, May 19, 2023
Saturday, May 20, 2023

NSS Joint National Bowling Tournament
Buffalo, NY, May 19th-20th

See Pages 8-10

May Art Contest

Deadline May 31, 2023

See Page 23 for Rules



National Slovak Society

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NATIONAL SLOVAK SOCIETY OF THE UNITED STATES OF AMERICA

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Founder and Honorary President, Peter V. Rovnianek

EDITOR

LORI CROWLEY
Published Monthly

Send articles for publication to:
351 Valley Brook Road
McMurray, PA 15317-3337

Deadline: 5th of preceding month

NSS EXECUTIVE OFFICERS

Joseph Stefka, Jr., *FIC, President, CEO & Elder*
Linda M. Strom,
Secretary/Treasurer, CFO
Robert F. Katricak,
Chairman of the Board

NSS BOARD OF DIRECTORS

Michael J. Czarney • Lauren A. Fox • Andrea L. Garbon • Abigail A. Gross, Esq.
Keith A. Kucherawy • Susan M. Ondrejco • Andrew "Drew" J. Wesnak
Theresa M. Zemelman

NSS HONORARY OFFICERS

David Blazek, *President* • Anthony Beno, *Director* • Mary Jo Holker, *Director*
Edward Koches, *Director* • Paul Payerchin, Jr., *Director*

FSWFE HONORARY OFFICERS

Justine Wesnak, *President* • Reverend Monsignor Thomas V. Banick, *Spiritual Advisor*
FSWFE merged with NSS in 1997

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Could you use a little extra "Green?"

RECOMMENDER FORM

As a proud member of NSS Life, there is no better time than now to share your experience with family and friends. Best of all, you will receive a cash reward for recommending someone to whom we issue a policy. You will receive a \$25 recommender fee (\$10 on the youth term product) for each person that becomes a member.

Recommender Information:

Name: _____ Phone: _____

Prospect Information:

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Please mail form to the NSS Life Home Office.

Do you need a Change of Address?

CHANGE OF ADDRESS FORM

Please use this form to register your change of address for the *National News* and mail to the Home Office. Upon receipt of this form completed in its entirety, the staff will immediately implement the change. *Thank you.*

Change of Address Information:

Full Name: _____

Certificate #: _____ Assembly #: _____

New Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Former Address: _____

City: _____ State: _____ Zip: _____

Activities At A Glance

<p>REGION 2</p> <p>April 15 April 19 May 16 August (TBA) August 17 August 19 October 14</p>	<p>Assemblies L075, 0617</p> <p>Assembly L075, Meeting, Grandes Restaurant, Moosic, PA at 1:00 pm Assembly 0617, Meeting, Avenue Diner, Wyoming, PA at 1:00 pm Region 2, Meeting at Grotto Pizza, Wilkes-Barre, PA at 1:00 pm Assembly L075, Fraternal summer picnic, Mercateli-Segilia Park, Moosic, PA (TBA) Assembly 0617, Fraternal Day, Knoebels Park (Tentative) Assembly 0617, Meeting, Avenue Diner, Wyoming, PA at 1:00 pm Assembly L075, Meeting, Grandes Restaurant, Moosic, PA at 1:00 pm</p>
<p>REGION 5</p> <p>April 10 April 17 April 22 May 7 May 19-20 June 11 June 17 June 25 June 25 June 30 July 19 July 20 August (TBD) September 10 September 18 September 22-24 October 29 November 13 December 2 December 3 December 16</p>	<p>Assemblies P38A, 0039, 0100, L105, 0108, 0123, L161, 0377, 0434, 0441, 0588, 0731, 0737, 0774</p> <p>Assembly 0731, Spring Walk, Daffodil Meadow @ Lake Newport, Mill Creek Park at 1:00 pm Assembly 0588, Meeting, Stefka residence, Gibsonia, PA at 5:30 pm Assembly 0731, Earth Day Activities, Poland Township Park, at 11:00 am Assembly 0377, Meeting, Hoss's Restaurant, Belle Vernon, PA at 3:00 pm 2023 Joint Bowling Tournament, GCU ,FCSU, NSS, & SCS, Cheektowaga, NY Assembly 0039, Summer Bar-B-Q & Flag Day, Columbia Association Event Center at 1:00 pm Assembly 0731, Matching Funds Flea Market, Prince of Peace Church, Poland, OH from 10-3 Assembly 0377, Meeting/Picnic, Richardsons Park, Bentleyville, PA at 3:00 pm Assembly 0123, The Play That Goes Wrong, Lincoln Park, Midland, PA at 2:00 pm Region 5, Pirates Night, Pirates Game, PNC Park Assembly 0731, Pirates Game, PNC Park at 12:30 pm Slovak Day, Kennywood Park, West Mifflin, PA Assembly 0377, Gateway Clipper Cruise, Pittsburgh, PA at 3:30 pm Assembly 0039, Remembering Flight 93, Bob Evans Restaurant, Uniontown, PA at 6:00 pm Assembly 0588, Meeting, Stefka residence, Gibsonia, PA at 5:30 pm Assembly 0731, Family Camping Weekend, Rogers, OH Assembly 0377, Meeting, Sesame Inn, McMurray, PA at 3:00 pm Assembly 0588, Meeting, Stefka residence, Gibsonia, PA at 5:30 pm Assembly 0039, Christmas Party, Columbia Association Event Center at 2:00 pm Assembly 0377, Meeting, Hugo's Restaurant, West Brownsville, PA at 3:00 pm Assembly 0731, Christmas Party, Lariccia Center Rotary Room, Boardman, OH</p>
<p>REGION 8</p> <p>April 2 April 19</p>	<p>Assemblies 0004, 0070, 0160, 0432, 0595</p> <p>Assembly 0070, Meeting, Dr. Martin Luther Church, Brooklyn, OH at 11:00 am Region 8, Meeting at Dr. Martin Luther Lutheran Church, Brooklyn, OH at 7:00 pm</p>
<p>REGION 14</p> <p>April 2 April 21 April 23</p>	<p>Assemblies R059, L102</p> <p>Assembly L102, Easter Egg Hunt, Wesnak's residence, Whitehall, PA at 2:00 pm Assembly L102, Designer purse bingo, American Club, Coplay Assembly R059, Matching Fund Raiser, Coffee Hour</p>
<p>AT LARGE</p> <p>April - May 15 April 16 May 1 - July 15 June 25 August 20 October 22 December 17</p>	<p>Assemblies L002, R019, L040, 0110, 0236, 0267, 0381, 0554, 0568, 0586, 0705, 0800, 0813</p> <p>Assembly 0813, Matching Funds, Providing essentials to Kids Needs Mission Assembly 0705, Meeting at the Buck residence, Seelyville, IN at 1:00 pm Assembly 0813, Matching Funds, Backpacks for Kids, St. David's Episcopal Church Assembly 0705, Meeting at the Buck residence, Seelyville, IN at 1:00 pm Assembly 0705, Meeting at the Buck residence, Seelyville, IN at 1:00 pm Assembly 0705, Meeting at the Buck residence, Seelyville, IN at 1:00 pm Assembly 0705, Christmas Party (Fraternal Fund Activity) TBA</p>



The President's Page...

Joseph Stefka, Jr., FIC, President, CEO
Email: jstefka@nsslife.org



The month of April is a month where signs of Spring begin to show in the Pittsburgh area. I think everyone is looking forward to April days with more daylight, warmer temperatures, and a greening of the landscape! The Pittsburgh region has been lucky and experienced a milder than normal winter with less snowfall than the normal average. Weather the last few weeks of February has been unseasonably warm with three days in the month reaching the 70-degree mark. Normal high temperatures are usually in the low to mid 40's this time of the year. As this article is being written during the last weekend of February, the weather for the first week in March is forecast to be above average. We will certainly enjoy each day without snow for the remainder of the winter season.

We celebrate Easter with Good Friday on April 7th and Easter on April 9th. On behalf of the Officers, Board of Directors, Home Office Staff and my family, I would like to wish all of you a Happy and Blessed Easter as you gather with your families. The Home Office will be closed for business on April 7th and April 10th so that are Home Office Staff may enjoy the holiday with their families. Other dates to remember in April are April Fool's Day on April 1st, Earth Day on April 22nd, and Administrative Professional Day on April 26th.

A reminder that you have until April 18th to contribute to your current IRA or open a new IRA for tax year 2022. Our current annuity rates for the Preferred 8 and Optimum 3 yield 4.25%!

A reminder to all high school seniors that the deadline for applying for the PVR Scholarship is May 1, 2023. If you have not already requested an application, please contact Pam Blum, at 724-731-0094, or by email pblum@nsslife.org to receive an application. Plan on submitting your application and taking advantage of this important fraternal benefit! Don't miss out on funding for your future education! The May Art Contest is just around the corner. The deadline for submitting entries to the May Art Contest is May 31st. Parents, grandparents, and assembly officers, please encourage our youth members to participate in the contest. It is an opportunity to display their artistic talent and receive a prize for their efforts. This year the contest is also open to our adult members. I am sure we will receive some great entries from our adult members!

The year ending December 31, 2022, was another very successful year for the National Slovak Society. Secretary-Treasurer/CFO Linda Strom will provide the details of the 2022 Annual Financial Statement elsewhere in this issue, but a few key areas of the statement are as follows. NSS Net Admitted Assets increased \$113,574,952 to \$1,762,019,273 an increase of 6.89%. Net Income for 2022 was \$17,443,981 prior to capital and surplus adjustments. This is the highest Net Income in the history of the Society. Surplus increased to \$91,894,286, an increase of \$10,952,474 or 13.53%. The NSS Solvency Ratio increased to 105.50, a 32% increase. The solvency ratio is the safety margin for our members' money. For every one-hundred dollars of liability, the NSS holds 105.50 dollars as a safety margin! The growth over the past two years has been exceptional with the Surplus increasing 30% and Net Admitted Assets increasing 21.46% over year end 2020. NSS membership increased to 39,173 an increase of 1,924 members. The Society currently is licensed to sell in twenty-five states. We are the eight largest fraternal benefit society in the United States and growing on a controlled basis.

The National Slovak Society recently completed the annual surveillance with our rating agency, Kroll Bond Rating Agency. The extensive process involved sharing information with the

rating committee and culminated with a presentation to KBRA by NSS Executive Officers, management and advisors. Kroll published their rating of the National Slovak Society on March 3, 2023. KBRA affirmed the National Slovak Society's rating of BBB+ with a Stable Outlook for 2023. The Society's Officers and Board of Directors are currently working to develop a new Strategic Business Plan which will address some of the areas covered in the KBRA rating process.

News of Narodniars

Happy Birthday wishes to NSS Directors Keith Kucherawy and Drew Wesnak, former NSS Director Bill Knoll, Home Office staff member Lisa Shriver, to my daughter Ashley Bernardo, to Rudy Ondrejco, Jeff Lavin, Alexa Woods, Chloe Woods and to all others celebrating a birthday in April.

Happy Anniversary wishes to all our members celebrating a wedding anniversary during the month of April!



2022 Annual Statement Recap

Statement as of December 31, 2022

	Dec 2022	Dec 2021
Net Admitted Assets:		
Bonds	\$1,547,459,334	\$1,474,508,345
Preferred Stocks	4,256,840	5,300,000
Common Stocks	7,212,701	9,015,823
Mortgage Loans on Real Est.	120,892,952	108,777,412
Certificate Loans	972,228	965,173
Real Est Occupied by Society	595,544	616,899
Cash on Deposit	60,312,219	30,578,048
Other Invested Assets	1,646,896	1,866,369
Uncollected Premiums	234,171	418,064
Investment Income Due	18,436,388	16,398,188
TOTALS	\$1,762,019,273	\$1,648,444,321

Liabilities & Unassigned Funds

Aggregate Reserve	\$1,575,671,000	\$1,474,993,500
Deposit-type Contracts	71,800,238	70,447,522
Certificate Claims	925,000	675,000
Commissions Due	375,000	400,000
Refunds Due and Unpaid	1,000,000	840,000
General Exp Due	1,990,000	2,356,350
Retained by Society as Trustee	139,849	284,920
Borrowed Money & Interest	0	410,242
Asset Valuation Resv (AVR)	13,542,800	12,546,000
Interest Maintenance Resv (IMR)	4,681,099	4,548,975
Contingency Reserve	150,000	150,000
Unassigned Funds	91,744,286	80,791,812
TOTALS	\$1,762,019,273	\$1,648,444,321

Surplus Account:

Beginning Surplus	\$80,941,812	\$70,682,199
Net Income	17,443,981	11,649,196
Change in Net Unrealized		
Capital Gains or (Losses)	(2,217,550)	1,331,261
Change in Nonadmitted Assets	(3,277,156)	(533,344)
Change in Valuation Reserve	(996,801)	(2,187,500)
Aggregate Write-ins for Gains and Losses in Surplus		
Net Change in Surplus	10,952,474	10,259,613
Surplus At Statement Date	\$91,894,286	\$80,941,812

Summary of Operations:

INCOME:

	Dec 2022	Dec 2021
Premium & Annuity Considerations	\$218,833,341	\$271,173,517
Net Investment Income	81,575,937	69,950,355
Amortization of Interest		
Maintenance Reserve	392,944	380,106
Aggregate Write-ins for Misc Inc	410,245	
Income Sub-Total	\$301,212,467	\$341,503,978

EXPENSES:

Death Benefits	\$12,075,549	\$7,676,447
Matured Endowments	42,321	19,026
Annuity Benefits	155,488,617	126,878,865
Disability Benefits	5,342	5,284
Surrender Benefits	645,831	968,110
Interest On Deposit Type Contr	12,831	11,837
Increase In Aggregate Reserve for Life Contracts	100,677,500	179,441,500
Commissions On Direct Business	6,409,626	7,559,823
General & Fraternal Expenses	7,519,923	6,360,845
Insur, Taxes, Licenses, Fees	218,768	202,108
Expense Sub-Total	\$283,096,308	\$329,123,845

SUMMARY:

Net Gain From Operations		
Before Refunds To Members	\$18,116,159	\$12,380,133
Refund To Members	(985,225)	(831,139)
Net Gain From Operations		
After Refunds To Members	17,130,934	11,548,994
Net Realized Capital Gains	313,047	100,202
TOTAL NET INCOME	\$17,443,981	\$11,649,196



A Page From
My Notebook...

Linda M. Strom, Secretary-Treasurer/CFO
Email: lstrom@nsslife.org

Current Interest Rates

★ Effective January 1, 2023 ★

Current advertised interest rates take effect for newly issued products, as well as existing accounts (except for the Optimum 3).

Optimum 3 - 4.25%

Preferred 5 - 3.50%

Preferred 8 - 4.25%

(Preferred 7 and Flex earning 4.25%, these plans are no longer available.)

Please contact your NSS Life financial service representative or Joe Elliott in the Home Office at 1-800-488-1890.



Did you know...

You can add money to almost any Annuity with NSS, just send us a check. Any additional funds will not increase the time period on early withdrawal penalties.

Access your account values 24/7 by going to the website: www.nsslife.org and login/register as a member.



2022/23 Annuity Contribution Coupon

Any time is a good time to invest, but investing earlier can maximize the compounding effect on your money. If adding to your **2022** year **IRA contribution**, do so prior to **April 18, 2023**.

Name _____

Certificate No. _____ Deposit Amount _____

Traditional IRA for 2022 _____ Roth IRA for 2022 _____

If you wish to make a deposit into an existing account with the National Slovak Society (NSS Life), simply complete this coupon and return it with check payment to our Home Office.

From the Sales Department...

Greg Felton, CLU, ChFC, Sales Director
Email: gfelton@nsslife.org



Some Things To Know About IRAs

With tax season right around the corner now is a good time to learn a little bit about IRAs. These wonderful government sponsored programs allow you to save money for retirement (on a tax-deductible basis or non-deductible with traditional IRA's) and tax-free earnings with Roth IRA's. Here are a few fun facts:

- A non-working spouse can open and contribute to an IRA. Their spouse has to have earned income to support the contributed amount and they have to file a joint return.
- If you are age 50 or older, an additional \$1,000 may be contributed to your IRA. This is known as a catch-up contribution. The limit for 2022 was \$6,000 if under age 50 and \$7,000 over age 50. For 2023, this number has increased \$500 to \$6,500 and at age 50 or older, \$7,500.
- There is no age limit on IRA contributions. If you are still working and earning money in your 70's, 80's or older, a contribution may still be made. And this is true even if you are age 73 or older and making RMDs from your IRA account. However, you still have to take your RMD.
- RMD ages have increase to age 73 in 2023. Over the next few years this is scheduled to increase to age 75.
- If youngsters have earned income up to (\$6,000 in 2022 and \$6,500 in 2023) that amount may be contributed to a Roth IRA.

- If you do not qualify for a tax-deductible IRA, you can still have one. This would be a non-deductible IRA but your money would still grow tax-deferred and you are saving money. However, one note on this approach is the fact that these contributions require additional record keeping and reporting to the IRS.
- Some people who make non-deductible IRA contributions convert these funds to a Roth IRA. Even if their income exceeded the limit there is a way to do this. Keep in mind there are some rules so be careful.

Which is better for you, a traditional IRA or a Roth IRA? The answer is it depends. One option provides a tax-deduction, and the other may provide tax-free earnings in the long run. Check with your NSS representative or Joe Elliott in the Home Office for more information.

NSS always recommends that you consult with your tax or legal advisor to see how this information would affect your particular situation.

What To Do When Someone Dies

Eventually death happens to us all. When it does there are a few items that should be done as soon as possible. The first step is to contact your local funeral home to help you make arrangements. This may include a traditional funeral, cremation or something private. Be sure to order extra copies of the death certificate as they are usually needed.

The next steps would include:

- Contact your attorney to discuss any legal matters, will, executor, estate, etc.
- Notify the Social Security Administration if the person was receiving checks.
- Contact the VA if the person was a veteran.
- Some people think it is wise to contact the three major credit bureaus.
- Contact former employers as there may be benefits.
- Inform banks and any other businesses where the deceased had accounts. A simple idea is to check the mail and notify all pertinent firms.
- Inform each life insurance company. They will need a claim form and a certified (or copy) of a death certificate.

Some items to consider moving forward. Make a plan to get organized. Get bank accounts, property, cars and other items retitled. Take your time to heal and think before making any serious decisions.

Consider your estate plan. Make sure your will, trust and other documents are up to date. Think about your life insurance. Change the beneficiary on your policies. Consider buying more life insurance now that you know how valuable it can be.

<p style="text-align: center;"></p> <p style="text-align: center;">MYTH</p> <p style="text-align: center;">Life insurance is too expensive. How will I ever be able to afford it?</p>	<p style="text-align: center;"></p> <p style="text-align: center;">FACT</p> <p style="text-align: center;">Most people overestimate the cost of life insurance by 3x or more. It's probably more affordable than you think!</p> <p style="text-align: center;"><small>2021 Insurance Barometer Study, Life Happens and LIMRA</small></p> <p style="text-align: right;"></p>
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Thought For The Month:

It is not the will to win that matters – everyone has that. It is the will to prepare to win that matters.

Paul "Bear" Bryant (1913-1983) Alabama Football coach

Fraternal Matters...

Pam Blum, Fraternal Activities Coordinator
Email: pblum@nsslife.org



PVR Scholarships Deadline: May 1st, 2023

To qualify, the following criteria need to be met:

1. Must be a member of NSS Life for at least two years.
2. Must have a minimum of \$10,000 in an active whole life insurance policy, or \$5,000 in an active annuity policy.
3. Must be attending a college/university, junior college, trade, technical, nursing, or business school; or other institutions that are approved by the NSS Board of Directors.
4. If a scholarship is awarded, the student must maintain a 3.0 cumulative G.P.A. or higher, and be enrolled full-time, to continue receiving the scholarship each consecutive year.

A maximum of \$2,400 can be awarded over 4 years (\$600/year) for those that are eligible. The deadline for 1st year recipients is **May 1st, 2023**. Please contact Pam (pblum@nsslife.org) at the home office to request an application.

Hospitality Questionnaire 2023 FCSU, GCU, NSS & SCS Joint Bowling Tournament



Please complete and return this questionnaire with your bowling application.

Bowler Name: _____

Friday Evening Buffet (*Free for NSS Bowlers/Guests*)

___ I will have a guest at the Friday Evening Buffet at Airport Lanes on Friday, May 19, 2023.

Friday Buffet Guest _____

Friday Buffet Guest _____

Saturday Evening Banquet (*Free for NSS Bowlers*)

Tossed Salad; Buffet Dinner; Dessert and a two-hour Open Bar.

___ **YES**, I will attend the Bowlers Banquet at the Buffalo Airport Hotel at 6 PM on Saturday, May 20, 2023.

___ I will have a guest(s) at the Banquet on Saturday, May 20th. Enclosed is my payment of **\$65 per guest** for the Banquet.

Saturday Banquet Guest _____

Saturday Banquet Guest _____

Saturday Banquet Guest _____

___ **NO**, I will not attend the Banquet on Saturday, May 20, 2023.

Do you or your guests have any dietary restrictions? If so, please explain:

Return this form with your bowling application by April 17, 2023.

Thank You!

No applications will be accepted after April 17, 2023.

NSS Life NATIONAL BOWLING TOURNAMENT
A JOINT TOURNAMENT OF GCU, FCSU, NSS LIFE & SCS

“USBC MORAL SUPPORT CERTIFIED”
 AMF Airport Lanes ⇄ Cheektowaga, NY
 Friday, May 19 & Saturday, May 20, 2023

No applications will be accepted after April 17, 2023.

Please note: Bowling Fees must accompany this application for the bowlers to be registered in the tournament.

BOWLER INFORMATION (LIST CAPTAIN FIRST)	NSS LIFE TOURNAMENT INFORMATION
Name: _____ Address: _____ Phone: _____ Last 4 Digits SS# _____ E-mail: _____	Highest Avg. 2021-22 _____ USBC No. _____ Team: _____ Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application: <input type="checkbox"/> Team or <input type="checkbox"/> Mixed Team) <input type="checkbox"/> Doubles or <input type="checkbox"/> Mixed Doubles) <input type="checkbox"/> Singles <input type="checkbox"/> All Events
Name: _____ Address: _____ Phone: _____ Last 4 Digits SS# _____ E-mail: _____	Highest Avg. 2021-22 _____ USBC No. _____ Team: _____ Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application: <input type="checkbox"/> Team or <input type="checkbox"/> Mixed Team) <input type="checkbox"/> Doubles or <input type="checkbox"/> Mixed Doubles) <input type="checkbox"/> Singles <input type="checkbox"/> All Events
Name: _____ Address: _____ Phone: _____ Last 4 Digits SS# _____ E-mail: _____	Highest Avg. 2021-22 _____ USBC No. _____ Team: _____ Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application: <input type="checkbox"/> Team or <input type="checkbox"/> Mixed Team) <input type="checkbox"/> Doubles or <input type="checkbox"/> Mixed Doubles) <input type="checkbox"/> Singles <input type="checkbox"/> All Events
Name: _____ Address: _____ Phone: _____ Last 4 Digits SS# _____ E-mail: _____	Highest Avg. 2021-22 _____ USBC No. _____ Team: _____ Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application: <input type="checkbox"/> Team or <input type="checkbox"/> Mixed Team) <input type="checkbox"/> Doubles or <input type="checkbox"/> Mixed Doubles) <input type="checkbox"/> Singles <input type="checkbox"/> All Events

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

TEAM EVENT—FRIDAY, MAY 19

Hospitality Meal Served 5 PM at Airport Lanes Bowling Begins at 6:30 PM All Teams

Team Name: _____

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

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

Name of your Local USBC: _____

Association Secretary: _____

Address: _____

Make all Checks or Money Orders payable to: NSS Life

Mail to: NSS Life Fraternal Dept., 351 Valley Brook Road, McMurray, PA 15317.

Important: Every Individual and Captain on this entry agrees to relinquish his rights to prize money if it should be found that any information herein is false.

DOUBLE & SINGLES EVENTS—SATURDAY, MAY 20
 Bowling begins at 10 AM for all bowlers.

1. _____
2. _____

1. _____
2. _____

Financial Totals for this Application	
__ Singles Event@ \$23 ea. =	\$ _____
__ Doubles Event@ \$23 ea. =	\$ _____
__ Team Event@ \$23 ea. =	\$ _____
__ All Events@ \$5 ea. =	\$ _____
__ Banquet Fee (Optional)@ \$0 ea. =	\$ _____
__ Banquet Fee (Guests)@ \$65 ea. =	\$ _____
Total Enclosed	\$ _____

Important to All Tournament Entrants

Read Carefully Information Given Below

Rules and Regulations of Annual GCU/FCSU/NSS Life/SCS Bowling Tournament

- The Tournament shall be conducted in compliance with the rules and regulations of the USBC.
- All members of the NSS Life are eligible to participate in this tournament.
- All contestants must be members of the NSS Life as of April 15, 2023 or must have six months premium paid in advance at the time of entry. New bowlers must have bowled a *minimum of 21 games as of March 15, 2023. Bowlers with no average see #7 below.*
- NSS Life adult members are required to maintain a minimum balance of \$300.⁰⁰ in an annuity or have a permanent life insurance certificate, to qualify to participate in a NSS Life subsidized sporting event held on a national level i.e. National Bowling Tournament, National Golf Tournament, etc.
- The total cost per person for each event shall be:

a. Prize Fee	\$10.00
b. Bowling Fee.....	\$8.25
c. Hospitality Fee.....	\$4.75
TOTAL COST (per event).....	\$23.00
Banquet Fee (Optional).....	\$0
*All Events (Optional).....	\$5.00

**Only bowlers paying the \$5.⁰⁰ for the All-Events will be eligible for the cash awards.*

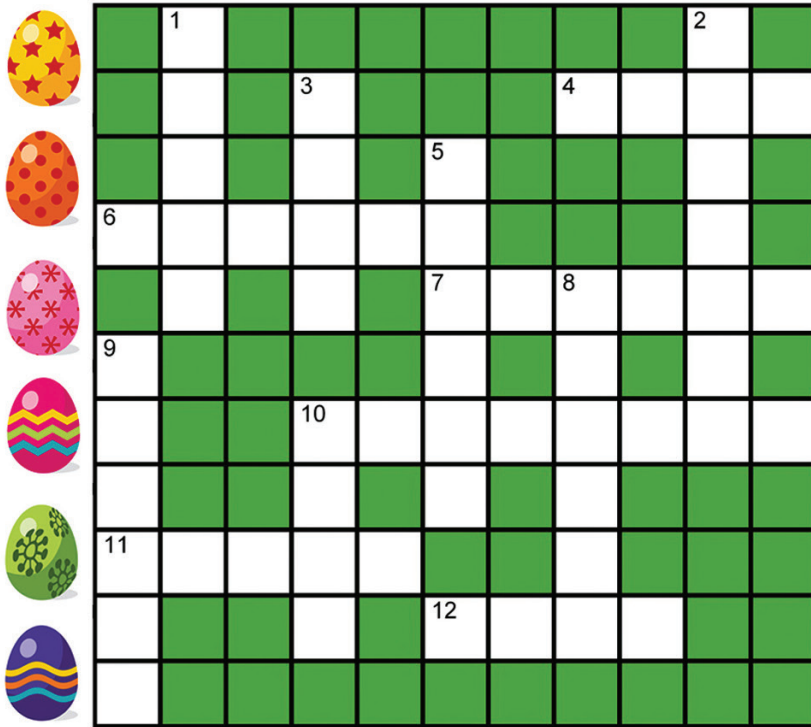
PRIZE FEE WILL BE RETURNED 100 PERCENT IN EACH EVENT
At least 1 of 10 of participants in each event will win prizes.
Note: Contestant may win only one cash prize event (gross or net), whichever cash prize is higher. Excluding special prizes. Awards will be presented to the Contestants who roll the highest gross and highest actual net scores in each event.
- SUBSTITUTES.** Bowlers may compete only once in each event. However, the tournament manager may allow a bowler who has previously bowled to substitute on a four bowler team when one of its original entrants is absent. The score of such bowler in the team event rolled with his entering team must count for all events. No one may bowl in this tournament except those originally entered before the tournament opens or such substitutes who may be authorized by the captain of a team or his appointee provided the individual whose name appears on the entry blank is unable for sufficient reason to attend the tournament at the time scheduled. The Bowling Committee shall have power as to the substitutes that are offered by the captain or his legalized representative, and if accepted, each substitute must bowl each event under his full name and only at scheduled time in each event. The substitutes score and handicap from the said event will be used.
- Any contestant whose current average as of March 15, 2023 of *at least 21 games* is ten pins or more above his highest average from the previous season must use his current average.
HANDICAP - Handicap (Men) allowed will be 85% of the difference between 240 and last season's 2021-2022 highest sanctioned league average of at least 21 games. Bowlers who have no established average will use their highest sanctioned league average of at least 21 games as of March 15, 2023. Male bowlers who have no established average for this year or last year will be listed as 175 average and will be handicapped accordingly. If the bowler does not have a sanctioned average over the last two years, but has competed in the Joint Fraternal Tournament, the most recent 5 year history from the Joint Fraternal Tournaments will be used. Male bowlers with an average over 240 will receive no handicap and will bowl scratch in the tournament. Handicap (Women) allowed will be 85% of the difference between 200 and last season's 2021-2022 who have no established average will use their highest sanctioned league average of at least 21 games as of March 15, 2023 Female bowlers who have no established average for this year or last year will be listed as 150 average and will be handicapped accordingly. If the bowler does not have a sanctioned average over the last two years, but has competed in the Joint Fraternal Tournament, the most recent 5 year history from the Joint Fraternal tournaments will be used. Female bowlers with an average over 200 will receive no handicap and will bowl scratch in the tournament.
Under no circumstances will handicaps be increased after participant has bowled.
Contestants in this tournament are not required to report any tournament prize winnings for the previous 12-month period.
- FALSIFYING AVERAGES – PENALTY** - The team captain is responsible for reporting all averages of the individual team members, and they are responsible to him. Should the Tournament Committee find at any time that the averages have been falsified, the team shall forfeit all claims for prize money as well as their entry fee and will be subject to disqualification and suspension from organized bowling. All prize winners are subject upon request to submit an affidavit of correct league averages.
- Rerating of Bowlers - According to USBC Rule No. 319 A-E, bowlers may be rerated by the Tournament Committee.
- All entry applications and bowling fees are to be sent directly to: **NSS Life Bowling Tournament, 351 Valley Brook Road, McMurray, PA 15317** not later than *April 17, 2023. Rule 310-A2 is in effect.*
- Bowlers who participate in tournament games must be dressed in a presentable manner to appear before public and when possible to use an emblem attached to shirt or dress so that participant can be identified.
- Both USBC and eligible non-USBC members may participate in moral support tournaments with high score protection automatically extended to USBC members. Eligible non-USBC members can qualify for high score protection at their option by paying a \$21.⁰⁰ fee for which the Congress will issue an unattached membership card.
- NO MONEY WILL BE REFUNDED.** All prize fee money will be paid in prizes.
- Bowlers may choose to bowl in their respective gender team and doubles event or on a mixed team or mixed doubles team but cannot participate in both divisions. Singles and All Events are gender specific. Mixed team and mixed doubles scores will be used to calculate All Events specific to the gender of the bowler. Must have 6 teams and 10 doubles teams to hold the mixed events.
- In the Doubles contest the names of both members of the team must be given, because entries with the word "Partner" will not be accepted. Entry blanks so compiled will be returned and the entry money retained until proper blank is received. If both entrants in the Doubles event appear when scheduled, it is understood that they must bowl as they have been entered on the original entry blank and no change in position will be allowed at any time after entry blank has been filed.
- Assignment of Alleys** - The Tournament Committee will make up the alley assignments for all entrants in the Doubles, Singles and Team Events. Entrants in the Doubles and Singles Events are required to report fully 30 minutes prior to the time they are scheduled to bowl. Captains of teams must report their line-up at least 30 minutes before scheduled to bowl.
- In the Doubles & Singles Events bowling entrants will bowl all six of their games on the same pair of lanes. Bowlers entered in the Singles Event only will be assigned to alleys by the Committee.
- A team may use a name other than its league name for tournament entry without the payment of additional membership dues as formerly required.
- Failure to use the correct average shall disqualify score if submitted average is lower than correct average thereby resulting in a lower classification or more handicap. Prize winnings shall be based on the submitted average if it is higher than the correct average. However, corrections in averages may be permitted up to the completion of the first game of a series.

FOR FURTHER INFORMATION CALL
NSS LIFE FRATERNAL DIRECTOR
PAM BLUM (724) 731-0094



Easter crossword

Time yourself to see how quickly you can solve our quick crossword about Easter!



Easter Bunny Pretzel Bites

Ingredients

- Pastel Easter M&Ms
- Pretzel Snaps
- Candy Melts, Bright White

Instructions

First, lay out 20 pretzels on a microwave safe plate and place one candy melt in the center of each pretzel.

You'll need two M&Ms of the same color for each Easter Bunny Pretzel Snack. One M&M will be the face and the other M&M will be the ears. Choose your colors and cut one of the M&MS in half for each bunny.

After you have all of the M&MS prepared, microwave the plate of pretzels and Candy Melts for 30 seconds. This will allow the candy melt to become slightly melted, but not TOO melty that it will lose its shape or begin melting between the holes of the pretzel. As you know, microwave times are different, so you might need to adjust the 30 seconds accordingly.

Next, you'll have to work quickly and place the M&Ms in the Easter bunny shape on each candy melt before they harden again. This is why you only microwave 20 at a time. If you microwaved more, you wouldn't have enough time to complete each one before they hardened again. Keep working in increments of 20 until you make all of the Easter Bunny Pretzel Bites that you'd like!

Lastly, let the candy harden and then draw the faces on. Make a little nose, mouth, eyes, and whiskers, if you'd like!

You can share them with your guests on Easter.



Across

- 4 A large white flower with six long petals. (4)
 6 On Easter Sunday, families will often get together for a yummy roast ---. (6)
 7 This holiday occurs on a Sunday in either March or April. (6)
 10 --- buns are easily identified by the two lines of white that go across the top. (3,5)
 11 The Easter --- brings chocolate and hides colourful eggs for children to find on Easter morning. (5)
 12 At Easter, these symbols of new life can be coloured, hidden, or turned into chocolate shapes and eaten! (4)

Down

- 1 A medium-sized spring flower with petals that stand straight up; you'll often see pink varieties at Easter. (5)
 2 These are grown in gardens and given as pretty bouquets (Hint: these are what you'd call both 4 across and 1 down) (7)
 3 To gather all of the eggs hidden by the Easter Bunny, you must --- them. (4)
 5 Chocolate eggs, Simnel cakes, mini eggs and hot cross buns are all different kinds of Easter ---. (6)
 8 The season in which Easter occurs. (6)
 9 Another word for bunny. (6)
 10 An Easter Egg --- is a fun indoor or outdoor activity at this time of year. (4)

Cardboard Tube Coiled Snakes

Supplies

- 3 cardboard tubes
- Tube from wrapping paper
- 6 googly eyes
- Toothpick
- White craft glue
- Scissors
- Acrylic craft paint in colors of your choice



Instructions

Paint the inside and outside of the cardboard tubes. Apply a second coat if needed.

Cut the tubes into coils, but if your cardboard is still a little damp it might not hold its round shape.



Using a tube from wrapping paper, or something similar, and wrap the cut cardboard around the tube loosely. Use the handle end of a paintbrush

to add polka dots with a contrasting color of paint. Let dry completely then flip over to the other side and finish your polka dots.

Remove from the tube and wrap the painted cardboard in coil fashion around your fingers. Here's where you can play with it a bit and position it the way you want to. Place coiled cardboard on the table. Paint the end with red and let it dry. Meanwhile, glue on googly eyes, adding the glue with a toothpick since they are small.



Now that the red paint is dry, use some small scissors to snip the red end into a forked tongue. An easier option, you can cut a forked tongue from red construction paper, snip the end of the cardboard to cut off the point, and glue that paper tongue in place instead. When the tubes are completely dry they are a lot easier to manipulate and shape.



Stretch them out for a coiled snake on the ground, coil them up with their head popping out! Have fun!



Cinco de Mayo

DIRECTIONS: Unscramble the letters to form terms associated with Cinco de Mayo.

1. ACTCSU _____
2. OCTA _____
3. CUMSI _____
4. ASSAL _____
5. RAADEP _____
6. ATELBT _____
7. FATISE _____
8. TOLITARL _____
9. CMEAUGLAO _____
10. CTAAESNST _____
11. OICEMX _____
12. ABECEILNORT _____
13. OACIMD _____
14. MOOESRRB _____
15. ATIPAÑ _____
16. SREWLFO _____
17. AMACIRRH _____
18. COUSEQNT _____
19. POLUEB _____
20. CAMRAA _____

Funny Jokes About Food

- Q. Why did the cookie go to the nurse?
A. Because he felt crumbly.
- Q. What kind of room doesn't have doors?
A. A mushroom.
- Q. Why did the girl throw a stick of butter out the window?
A. She wanted to see a butterfly.
- Q. How do you open a banana?
A. With a mon-key.
- Q. What do you call a fake noodle?
A. An impasta.
- Q. What do you call stolen cheddar?
A. Nacho cheese!
- Q. What did Baby Corn say to Mama Corn?
A. Where's Pop Corn?
- Q. How does a cucumber become a pickle?
A. It goes through a jarring experience.
- Q. Why oranges wear sunscreen?
A. So they don't peel.
- Q. Why was there peanut butter on the road?
A. To go with the traffic jam.
- Q. What does the Invisible Man drink at snack time?
A. Evaporated milk.



FLOWER POWER

Word Search



DIRECTIONS: Find and circle the flower names in the grid. Look for them in all directions including backwards and diagonally.



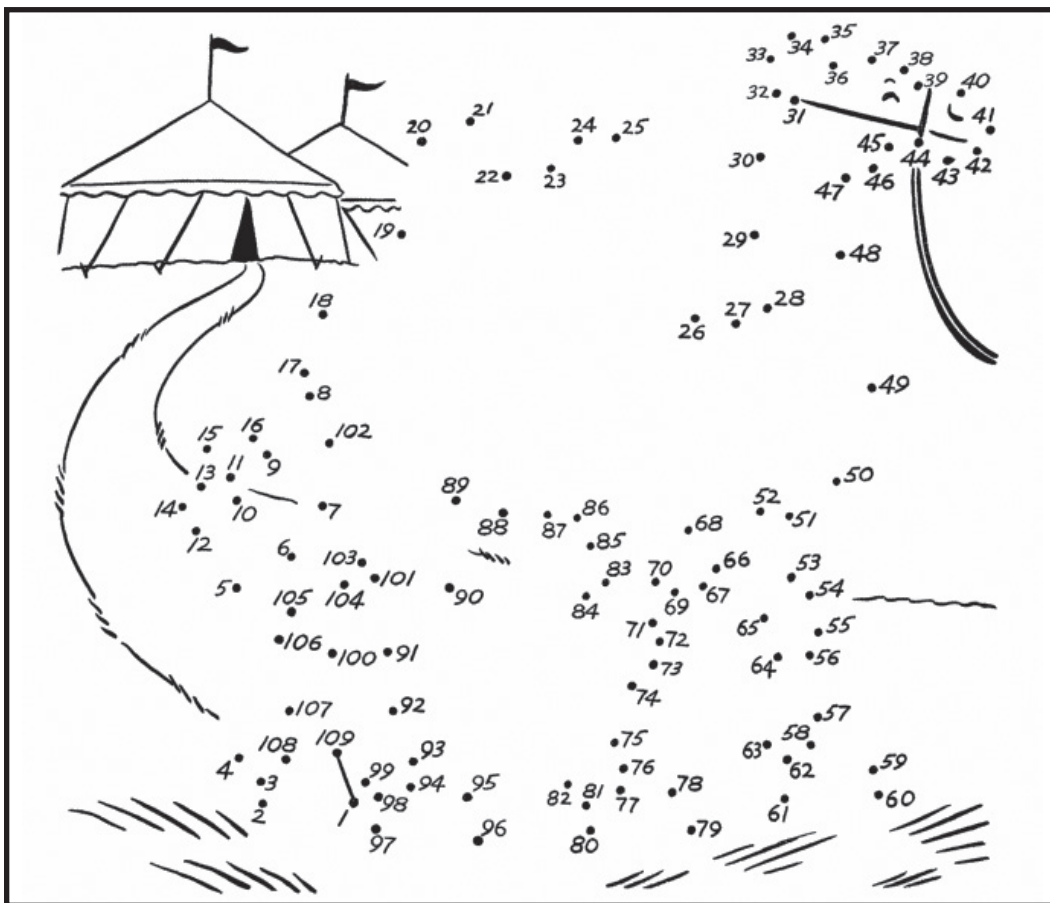
ASTER
CROCUS
DAFFODIL
DAISY
GERANIUM

HONEYSUCKLE
LAVENDER
LILAC
LILY
MARIGOLD

ORCHID
PANSY
SUNFLOWER
TULIP
VIOLET

10 Great Ways To Give Back

- Send a care package** - Spread joy to elderly relatives or faraway friends with a box of homemade cookies and a festive note.
- Volunteer at a Food Pantry** - Contact a local food pantry or mutual aid group to learn how you can help pack up or decorate grocery bags to fight hunger in your community
- Collect Canned Goods** - Buy or collect non perishables from friends and neighbors then go on a scavenger hunt in your pantry for extras. Donate the bounty to a local food drive.
- Share the Hand Me Down Love** - Search your closet and donate any clothing you've outgrown to a local church or thrift store.
- Bake for a Cause** - Host a bake sale at your local library or school to raise money for a charity. Make a sign-up sheet to avoid overlaps and label goodies with any allergens.
- Thank Your Teachers** - Make homemade cards to show appreciation for your teachers. Then turn them in with your homework.
- Treat Your Mail Carrier** - Leave out a basket of packaged snacks with a handmade sign to thank workers for safely delivering all those boxes this year. It's been a busy one.
- Deliver A Meal** - Sign up with a guardian at mealsonwheelsamerica.org to bring nourishing meals and daily cheer to elderly people in your community.
- Walk Dogs At An Animal Shelter** - Visit an animal shelter and volunteer to take dogs waiting for adoption out for a walk. It's good exercise for you and the pups.
- Clean Up The Playground** - Grab trash bags and gloves and ask friends and some grown-ups to help you pick you litter to keep your favorite park beautiful. Make time to play when you're done!



Make Ladybug and Bee Planter Pots

Grow Seedlings in an Egg Carton

Supplies

- Clay pots
- Clay saucers
- Testors Craft aerosol spray paint in yellow and red
- Testors Craft acrylic paint in white and black
- Round sponge brushes
- Paintbrushes

Instructions - To Prep the Pots

Spray paint clay pots and saucers with the Testors Craft aerosol paints according to which design you choose. Paint both the outside as well as most of the inside for a finished look. Allow to dry completely before adding the details below.



Painting a Ladybug on a Clay Pot

1. Use a white round sponge brush to add the white portion of the eyes.
2. Then, use a paintbrush to start adding the black accent down the middle as well as all the way around the bottom. Be sure to paint all the way around the bottom with the black line to give your pot a finished look.
3. Then use a smaller round sponge brush to add the black dots on the ladybug. Again be sure to go all the way around the pot.
4. Once the white portion of the eyes is dry, you can add the black portion with a small round sponge brush.
5. Allow your entire clay pot to dry before using.



Painting a Bee on a Clay Pot

1. Paint both the pot and saucer with the yellow aerosol and allow it to dry.
2. Then start with the white portion of the eye. Use a white round sponge brush to add the white portion of the eyes.
3. Use a paintbrush to paint on black stripes around the body of the pot. Make the lines the width of your paintbrush.
4. Paint the bee's black lines on the pot with 3 lines: one underneath the lip of the pot, one around the bottom, and one around the middle. Painting in this order helps keep the space between the lines even, like a bumblebee!
5. Finally, once the white of the eyes is dry, add a second black dot in the center of the eyes with a smaller sponge brush. Allow your entire clay pot to dry before using.
6. You have just made two flower planter pots in no time at all. Fill it with potting soil and plant your flowers. Enjoy.



Materials

- Cardboard egg carton
- Potting soil
- Water
- Garden trowel
- Scissors
- Seeds
- Spray bottle
- Large planting pot

Directions

1. Cut a cardboard egg carton in half. You may want to ask for help with this step.
2. Add potting soil to the individual egg cups in the carton. Use one finger to create a hole in the center of each cup. Place one seed in each hole. Cover with soil. Spray the soil and newly planted seeds with water.
3. Place the egg carton on a tray and keep it in a warm light-filled location indoors until the seeds begin to sprout. Water the seeds every day or as directed on the seed package. The soil should stay very moist.
4. Once the seeds have sprouted into small seedlings, you can transfer them to a permanent location outside. Before planting your seedlings, it's a good idea to take your tray outside to get the seedlings used to being outdoors. You can start by taking them outside in the shade for a day or two before transferring them into the ground or larger pot.
5. Make sure the egg carton is very wet and saturated before transferring the seedling to its new outdoor location. Tear or cut off one of the egg carton cups.
6. Use the trowel to dig a hole in the container or ground garden where you are transferring the seedlings.
7. Place one egg carton cup directly in each hole. Fill in the hole around the egg carton with a little more soil if needed, but be sure to leave the seedling uncovered so that it can get sunlight and water. The cardboard egg carton cup will eventually decompose leaving just the plant.
8. Water the seedlings often to help them grow! Take a photo of the seedlings on the same day every week, so that you can look back at the changes in growth.



Birds love to eat seedlings. If you are planting a number of seedlings in a garden space you may want to lay a protective material over them as they begin to grow.



NSS Life Member Exclusive Offer!

Save up to **48% Off** Hearing Aids



Cost shouldn't be an obstacle to treating hearing loss. As a member of the **National Slovak Society**, you can enjoy significant discounts on hearing technology through Start Hearing.

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Start Hearing is your complete resource for better hearing and offers support throughout the entire process



Hearing Health

- Annual hearing consultations
- Access to a nationwide network of 3,000+ hearing professional locations



Better Hearing

- Exclusive discounts up to 48% off on all Start Hearing hearing aid technologies and accessories
- Advanced technology, including Bluetooth® compatible and rechargeable options
- 60-day risk-free trial period



Ongoing Value

- FREE deluxe warranty plan* (including loss and damage)
- Up to 3-year supply of FREE batteries (40 cells per hearing aid purchased per year)
- A year of FREE office visits (up to six visits)

Taking that important step and getting treatment for hearing loss with hearing aids is known to provide valuable benefits and improve quality of life. It's an easy step to take and often leaves the first-time hearing aid wearer asking, "why didn't I do this sooner?" Call today to learn more: **(888) 705-6920**.

Sincerely,

NSS Life & your Start Hearing Team



Contact your Start Hearing Hearing Care Advisor today to get your questions answered and to be connected with a network hearing professional in your area.

Call (888) 705-6920 or Visit www.starhearing.com/partners/NSS

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ASSEMBLY 0039 Uniontown, PA

Our sincerest congratulations to our National President, Joseph Stefka for being honored by the Fraternal Societies of Greater Pittsburgh (FSGP) as their "2023 Fraternalist of the Year". The FSGP is an organization of fraternalists, in western Pennsylvania, that provides programming and support for fraternal leadership and their members. To be recognized by your fellow fraternalists is truly an honor for our president and society.

Our Slovak Heritage Museum is offering items for your Easter celebration including Slovak traditions, and folklore recipes. Call today!

Our heartfelt sympathies go out to the families of Marcella Douglas, Laura Hackney, Jean Jakubetz, Chester Kaczmarek, Ruth Nicholson, John Oris and Shirley Zborovancik. May they rest in the arms of the Resurrected Christ. Hey Pittsburgh Penguin fans! When you watched a recent telecast, did you notice our "NSS Life" "Family Matters" ad appearing on the "dasher boards"? What a surprise to see our name electronically reproduced along with UPMC, COCA COLA, Verizon, etc.

Mark your calendar for our Summer Bar-B-Q on **Sunday, June 11th** at the Columbia Association Picnic Pavilion starting at 1:00 pm. We will be honoring "Old Glory" with the celebration of Flag Day. Bring a friend.

Have a blessed Easter with your family. He is Risen! Hallelujah!

John Payerchin
President

ASSEMBLY 0070 Brooklyn, Ohio

A meeting will be held on **April 2, 2023** at Dr. Martin Luther Church, 4470 Ridge Road, Brooklyn Ohio at 11:00 a.m. A discussion will be held for the coming events of the year.

Refreshments will be served.

John Karkosiak
Secretary/Treasurer

ASSEMBLY R059 Whitehall, PA

At our February meeting, the following were elected:

President - Alexandra Keysock

Treasurer - John Lahutsky

Secretary - Michele Guydan

Sincere thanks to Alexandra & William Keysock for hosting this meeting.

A donation was made to Paisios Sudin in Montana who was in a serious automobile accident to help with medical life expenses.

Matching Fund Raisers:

Pierogi Sale-March 15th - for the benefit of St. Nicholas Russian Orthodox Church-HVAC system replacement.

April 23rd - Coffee Hour for St. Basil's Pastoral Academy (Seminary) in Mexico. Next meeting will be held in June. Date and place to be determined.

Birthday greetings to Martha Sawarynski on April 17th and William Keysock on April 22nd (special).

Michele Guydan
Secretary

ASSEMBLY L075 Duryea, PA

Meetings will be held on **April 15, 2023** at Grandes, Moosic, PA at 1:00 p.m. and also on **October 14, 2023** at the Grandes at 1:00 p.m. For more information contact Lehrae Edwards at 570-569-2181.

Lehrae Edwards
Treasurer

ASSEMBLY L102 Schnecksville, PA

Our assembly is doing a Matching Funds for a designer purse bingo for Hockey AA football team on **April 21st** at the American Club in Coplay. Tickets are \$20 in advance or \$25 at the door. For tickets call Sharon at 610-442-2720.

Our annual Easter Egg Hunt will be held at the Wesnak's, 1727 Elmhurst Drive, Whitehall, PA on **April 2nd** at 2:00 p.m. Everyone is welcome.

Sharon Wesnak
Secretary

ASSEMBLY 0123 Coraopolis, PA

Let me congratulate those of you who gave up something for lent and made it this far. If so hold on just a few more days until Easter. Easter, the holiest day on the Christian Calendar, is a day of joy, hope, and new life. Let us rejoice for he has risen!

Speaking of hope, the baseball season starts and we have to ask will the Pirates bring joy this year to the city. There are a number of NSS home office events coming up. April 17th is the deadline to sign up for the bowling tournament in Buffalo. The assembly will help with fees for our members.

May 1st is the deadline for first year recipients to get their application in for the PVR scholarship. The award is now \$600 per year. The Art contest for our young members has a deadline of May 31st.

The assembly is planning on attending a play on **Sunday, June 25th** at 2 p.m. This will be at Lincoln Park, Midland PA. If you have not been there you will find the venue quite nice and generally the performances are top notch. The play is "The Play That Goes Wrong" and it is supposed to be very hilarious. We all can use a laugh. Your cost will be \$10 if you are an assembly member. Guests will have to pay full price which will be \$20. Tickets are very limited and you must call either me at 724-242-5085 or Jill Grover at 412-638-7060 to reserve a seat. The \$10 will be due in advance because of the limited tickets. Make checks payable to NSS Assembly 123.

Thank you Kathy Montgomery for recommending a book for me, I will put it on my reading list.

Assembly 123 offers congratulations to Joseph Stefka Jr., NSS President, for being named *Fraternalist of the Year for 2023* by the Fraternal Societies of Greater Pittsburgh.

April 26th is the special day we are to honor Administrative Professionals aka secretaries and such. Well, let me pay the highest praise to our assembly secretary Jill Grover who does a fantastic job for us. We wouldn't be as successful as we are without her help. Her work with us and at the home office deserves much more recognition.

Lastly, as I look over my list of

members I see that it so happens we have many members whose birthdays occur in April so HAPPY BIRTHDAY to each of you! Enjoy your day!

Happy Spring to all of you!

William Knoll
President

ASSEMBLY 0160 Lorain, OH

Our assembly will host an Annual Dinner on **Sunday, April 23, 2023** at 1:00 p.m. The event will be held at the American Slovak Club, 2915 Broadway, Lorain, Ohio 44055. All members of Assembly 160 and their guest are invited to attend. Please RSVP to Bob Katricak at 440-320-6916 or rkatricak@nsslife.org. and if you have any questions. We hope to see you there.

Jenny Berner
Secretary

ASSEMBLY 0377 Bentleyville, PA

If you have any questions about our meetings or assembly, please call me at 724-207-3171 and please always RSVP one week in advance to better plan these events. You are welcome to bring a guest to a meeting one time and we will make sure they know all the advantages of being a member of the NSS! We are proud of our Assembly and organization as a whole and want others to enjoy it as we do! Below are all of the meetings for 2023. We look forward to a great year filled with fun and fraternalism.

Sunday, May 7th::

Hoss's Restaurant, 148 Finley Road, Belle Vernon, Pa at 3:00 p.m.

Sunday, June 25th:

Richardsons Park, Picnic In Bentleyville, Pa at 3:00 p.m.

Sunday, August 6th or 13th: TBD

Gateway Clipper Cruise Pittsburgh Pa at 3:30 p.m.

Sunday, October 29th:

Sesame Inn, 2975 Washington Road, McMurray, Pa at 3:00 p.m.

Sunday, December 3rd:

Hugo's Restaurant, 687 National Pike, West Brownsville, Pa at 3:00 p.m.

Suzanne Skrypak
President

ASSEMBLY 0588 Avella, PA

A meeting will be held on **April 17th** at Joe & Annette Stefka's, 5007 Old Orchard Lane, Gibsonia, PA at 5:30 p.m.

Mark your calendars for our next two meetings:

September 18th

November 13th

All meetings will be held at the Stefka's residence, Gibsonia, PA.

Annette Stefka
Secretary

ASSEMBLY 0617 Ashley, PA

Assembly 617 recently held the first business and social meeting of the fraternal year at Theo's Metro Kingston. Our agenda included assembly members to evaluate last year's program, and make plans for the 2023 fraternal year.

Assembly 617 has tentatively set **August 17, 2023** for the annual Fraternal Day at Knoebels Park.

Assembly 617 will hold a business meeting on **April 19, 2023** at the Avenue Diner, Wyoming, PA at 1:00 p.m. Assembly 617 members planning to attend the meeting please contact John Kurilla 570-287-4163 - 570-239-5936 - or jjkurilla@aol.com

John Kurilla
President

ASSEMBLY 0731 Lowelville, OH

Our assembly held their annual meeting on February 11th at the Public Library in Boardman, Ohio to discuss plans for the upcoming year. Last year all officers were elected to serve two years so we did not have election of officers. However, youth member Ashlynn Mason was nominated and elected to serve as our Youth Fraternal Activities Coordinator. Ashlynn will assist Youth Directors, Kathy Cessna and Mary Martini, to provide ideas and support for assembly youth activities. Ashlynn has been involved with 4-H for several years, she served as Secretary and was

recently elected President of her 4-H Club, "Next Generation". She has been active with her Church youth group and school extra-curricular activities. We're looking forward to having her share ideas that will represent our youth.

We encouraged more of our youth members to attend this meeting to give us some of their ideas on what they would like to do that would be fun for all ages. They had some good ideas to offer such as a game night and a trip to a zoo.

We discussed ideas for assembly fraternal activities, fundraising, matching fund opportunities, and getting involved in some other charitable organizations near us. Information will be shared as the details are worked out. If anyone knows of a charity that they would like to donate to, please get as much information about it as you can and email it to Laurie Fox, so that someone can contact them. All members are encouraged to follow us on our Facebook page for updates.

One of the ideas discussed is an overnight trip to Camp Frederick in Rogers, OH. Laurie and Mike Fox, along with Kathy Cessna went to check it out recently. After viewing some of the photos they took and a pamphlet from the camp, everyone seemed to think it would be a good idea. They have a lot of different activities to offer for both children and adults. It was mentioned that we could do this instead of our annual hayride in the fall.

Some other ideas discussed include: a tour of Mill Creek Park, an overnight trip to Lake Erie, attending hockey or baseball games, bowling night, a pontoon ride, a garage sale or something of that sort, with NSS matching funds and the proceeds to go to charity. The planning committee will further discuss these ideas to decide which of these activities we will be able to do. Members are reminded to read their NSS Newsletter each month for any information about NSS sponsored activities.

On February 3, a train derailment caused residents in East Palestine, Ohio to be evacuated from their homes due to the hazardous liquids on the train. East Palestine is a neighboring community where some of our members live. Communities in Ohio and Pennsylvania were affected by the toxic fumes. Thousands of residents

were forced to immediately leave their homes without being prepared for a week away from home without groceries and necessities. They were given shelter at the town's Community Center and schools and the local food banks were drained. People from surrounding communities assisted with donations. In an effort to help, our assembly members brought food items to this meeting to be donated to an East Palestine Food Bank to help with the ongoing need for food and essentials.

Ida Lewis
Recording Secretary

ASSEMBLY 0731 Lowelville, OH

Assembly 731 announces dates and plans for a few exciting events they are planning this year. Follow Assembly 731 "NSS Family & Friends" Facebook group page for continued updates and details. www.facebook.com/groups/403723159708377
Log in or sign up to view. See posts, photos and more on Facebook.

Signs of Spring Walk - April 10, 2023- Mill Creek Park, Youngstown, Ohio. Meet at Daffodil Meadow at Lake Newport in Mill Creek Park at 1:00 p.m. for a photo among the thousands of daffodils and then join us for a walk through the woods to capture the first signs of spring wildflowers.

Community Garage Sale for Charities - June 17, 2023 - Poland Prince of Peace Lutheran Church, 2985 Center Rd., Poland, OH, 10:00 a.m.-3:00 p.m. Assembly 731 has made arrangements with the Church to use their parking lot for a community sale as a matching funds event. Space will be available for \$10 allowing people to sell their used items to raise money for their favorite charity. Money raised from the space rental will be a matching funds project to help fund an adult-size swing set for our local Township Park. Assembly members will also have spaces to sell their items. Our youth group will sell refreshments throughout the day.

Pirates-Guardians Game on Wednesday, July 19, 2023 - PITTSBURGH PIRATES - CLEVELAND GUARDIANS BASEBALL at PNC Park, Pittsburgh, PA, 12:30 game time. Limited number of tickets available from Assembly 731, \$20 NSS Members - \$30 Non members Contact Laurie Fox 330-717-4705 for tickets before June 1, 2023

Christmas Party - December 16, 2023 In the Lariccia Center's Rotary Room in Boardman Park, Boardman, Ohio.

Family Camping Weekend - September 22, 23, 24, 2023 - Camp Frederick, 6996 Millrock Rd., Rogers, OH - Camp Frederick is located Northeast Ohio along the Ohio-Pennsylvania border about 20 miles south of Youngstown in Columbiana County. Nearby counties within an hour's drive include: Jefferson, Carrollton, Mahoning, Trumbull in Ohio; Beaver, Lawrence, Mercer, Washington, Allegheny in Pennsylvania; Hancock and Brooke in West Virginia. We encourage members from those nearby counties to join us for a weekend filled with adventures for everyone in the family. Details and reservation forms will be made available by early summer. Contact Laurie Fox 330-717-4705 or Kathy Cessna 330-559-8554 to have information mailed to you.

Friday the 22nd - check-in will be between 5:00 p.m. and 7:00 p.m. We will provide pizza and ice cream social during the check-in period. Following check-in, the camp director will join us for Icebreaker and Get Acquainted Activities.

Saturday the 23rd will be a day filled with planned activities by assembly leaders and camp staff. Breakfast, lunch, supper, and snacks will be provided. Outdoor activities will include hiking, scavenger hunt, creaking, games, and campfire. Different activities will be planned for the various age groups registered. The camp also has an amazing zip line that is an extra optional choice available to the daring at a cost of \$40 per person for youth and adults within the 80 - 250 weight range.

Sunday the 24th will be our final day with breakfast and lunch provided before check-out at 4:00 p.m. We will have indoor and outdoor activities planned for time between breakfast and check-out.

Accommodations we've rented include cabins and a lodge with a huge recreation area, kitchen and 2 rooms with enough bunk beds to sleep 30 people. The cabins are up a hill from the lodge and are very nice with bunk beds for 10 in each cabin. Restrooms are near the cabins and another near the lodge. We realize everyone won't want to spend the night in semi-primitive facilities but they are still invited to join us for daytime activities and drive home at night....this will be a choice on the registration form.

The cost of the camping weekend for individuals has not yet been determined, we're working to keep the cost under \$40 per member that will include lodging, meals, and activities. We will offer members incentives to help reduce individual cost. Incentives will include participation in NSS contests, involvement with local community service activities, get a new member signed up, help with assembly events.

There's a good chance the weekend could be a free event for members. More details to be shared soon.

Laurie Fox
President

ASSEMBLY 0813 Englewood, FL

Kids Needs of Greater Englewood has partnered with Assembly 813 in a Matching Funds project for 2023, to help children in need. Kids Needs mission is to provide shoes, socks and other clothing for children who attend school in Englewood. Captain Rebecca deRosa, Co-chair, is working with Mary Jo Holker, NSS, to ensure the kids success and self-image. The drive will run from **March 1st to May 15th**. We hope to raise \$1000 or more. Proof of residency in Englewood is necessary.

A second project providing for our children is the "Backpacks for Kids" through the Jubilee Center at St. David's Episcopal Church. This program will be conducted **May 1st through July 15th** and we hope to raise more than \$1000. Laura Roy-Fink is the new coordinator for the Jubilee Center and she says, "I'll be learning as we go". Mary Jo Holker, NSS and other long time volunteers Julie and Diane have promised

to help this run smoothly. The backpacks are distributed to those children who are food insecure when school is not in session.

Mary Jo Holker
Secretary/Treasurer

REGION 2 Hazleton, PA

A meeting of Region #2 will be held on **Saturday, May 6, 2023** at Grotto Pizza, Wilkes-Barre, PA.

Those who would like to attend please contact Lucy Piccoletti at 570-479-4116 or RSVP on our Facebook page at (NSS Life Region 2)

Marlin Petro Wesnak
President-Region 2

REGION 8 Cleveland, OH

Attention: Assemblies #4, #70, #160, and #432

The semi-annual meeting of Region #8 will be hosted by Assembly #4 and will be held on **Wednesday, April 19, 2023** at Dr. Martin Luther Lutheran Church, 4470 Ridge Road, Brooklyn, Ohio at 7:00 p.m. Please note the **time of meeting**.

Plans for upcoming events for 2023 will be discussed. Hope to see all assemblies from our region at this meeting.

Carole Koches
Recording Secretary- Region 8

Pittsburgh Slovaks

The Junior Pittsburgh Slovaks will be accepting new members. If your children or grandchildren age 6 and up like to sing and dance it is a perfect opportunity for them not only to learn about their heritage but to gain self-confidence, and make long lasting friendships. There is no tuition or fundraising involved. If you know anyone who might be interested and would like more information have them contact Sue at **(412) 421-1204** or send an email to: **sue.ondrejco@gmail.com**.



Lucina Slovak Folk Ensemble Greater Cleveland Area

"Are you in the Greater Cleveland area and interested in learning Slovak folk dance? Lúcina Slovak folk ensemble is looking for new members. There is no cost to join and you do not need to have any prior experience. I am a member of NSS Assembly 70 and also a part of the Slovak folk dance group in Cleveland, Lúcina. Since the covid outbreak closed a lot of things down for everyone, we have been short on members and unable to get enough people to perform at events.

For more information, visit www.lucina.org or contact Tom Ivanec at tivanec@aol.com"

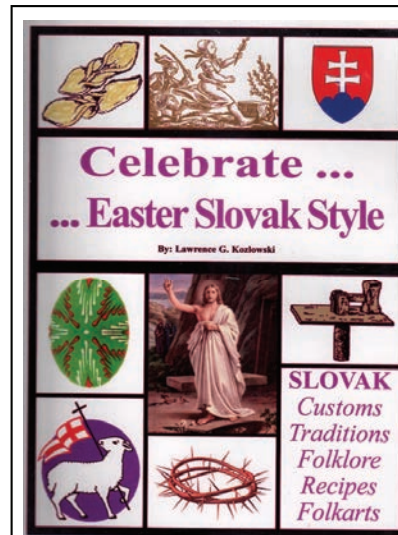
Katie Karkosiak

Assembly 70 Matching Funds



L-R: Sarah Blaine, President NSS A-70; John Karkosiak, Treasurer NSS A-70; Pastor Eric Markovich - Pastor DMLC; and Garth Moore, Council President DMLC.

Assembly 70 members of the NSS presenting the Matching Funds check for Kolbasi sales at Dr. Martin Luther Church in Brooklyn, OH.



Easter Slovak Style:

Remembering the Priceless Treasures of Easters Past and an Inspiration for Easters of the Future

\$12 (includes postage and handling)

**To Purchase items shown on this page,
Make checks payable to NSSHM**

**351 Valley Brook Rd.
McMurray, PA 15317**

DONATE TO THE PVR SCHOLARSHIP FUND



Here are four good reasons why making a donation makes sense...

1. Every penny donated goes directly into the PVR Scholarship Fund.
2. Your contribution will help our young members achieve their academic goals.
3. Your donation may benefit your own son, daughter, niece or nephew.
4. Your donation is tax deductible.

Here is my donation of:

\$ _____

Please issue your check to:

NSS PVR Scholarship Fund

And send to:

National Slovak Society
351 Valley Brook Road
McMurray, PA 15317

PVR Scholarship Fund Donations February, 2023

In Memory of **Carol Godor:**

From Joe & Annette Stefka.... 100.00
From Officers & Members of
Assembly L161 100.00
From Rudy & Sue Ondrejco and
Family..... 100.00

In Memory of **Paul & Carol Godor:**

From William Oblak 200.00

In Memory of our son and brother,

Shaun Logan Crowley:

From Kevin, Lori, Kevin Jr.,
& John Crowley 20.00



DEPARTED MEMBERS FEBRUARY, 2023

Name	City and State	Date of Death	Assembly
Ackerman, Robert	Fenton, MI	07/03/2022	0381
Ambrose, Edward	Cabot, PA	02/08/2023	0123
Andreas, Frank	Willow Springs, MO	11/30/2022	0774
Antekeier, Jerome	Arlington, VA	10/24/2022	0813
Baker, Daniel	Freedom, PA	02/10/2023	0123
Baldwin, Robert	Avon, CT	12/31/2022	0774
Battaglini, Betty	Irwin, PA	01/30/2023	0737
Beitle, Gail	Canonsburg, PA	12/06/2022	0434
Bender, Cynthia	Shartlesville, PA	02/11/2023	L102
Biffel, Ronald	Shoemaker, PA	02/11/2023	L102
Birnbaum, Claire	Fort Lee, NJ	10/29/2022	0110
Bovee, Brion	Palm Coast, FL	12/07/2022	0554
Bowen, Roy	Carnegie, PA	01/25/2023	0774
Boyko, George	Slatington, PA	02/21/2023	L102
Bransettter, James	Crawfordville, IN	07/25/2020	0705
Bryant, Garnet	Huntington, WV	12/28/2022	0774
Butler, Larry	Waterford, PA	02/06/2023	0774
Carroll, Meera	Doylestown, PA	02/06/2023	RO59
Casacchia, Nancy	Canonsburg, PA	01/30/2023	0434
Catanzaro, Nada	Pittsburgh, PA	02/01/2023	0100
Cherubini, Raymond	Brockway, PA	02/16/2023	0554
Clark, Clara Jo	Greenup, IL	11/17/2022	0586
Clark, Theresa J	Uniontown, PA	12/27/2022	0039
Cordwell, Edna	Pennsville, NJ	01/12/2023	0774
Deaton, Irene	Uniontown, PA	01/19/2023	0039
Diest, Karen	Louisa, VA	02/13/2023	0774
Dixey, Regina	Bensalem, PA	12/28/2022	L102
Diyenno, Edith	Canonsburg, PA	02/27/2023	0377
Donnick, Gretta	Pittsburgh, PA	02/07/2022	L161
Donovan, Margaret	Munhall, PA	06/20/2022	0108
Ercole, Tressa	Hershey, PA	11/14/2022	L102
Ernst, Louis	Pittsburgh, PA	02/02/2023	0100
Fatula, George	Dubois, PA	10/28/2022	0554
Fatula, Renetta	Dubois, PA	10/22/2022	0554
Faulk, Timothy	McKees Rocks, PA	02/03/2023	0123
Ference, John	Lowellville, OH	02/20/2023	0731
Finlay, William	Jeanette, PA	02/19/2023	0737
Foringer, Eric	Conway, PA	02/08/2023	0123
Foust, Charles C	Beaver, Pa	01/14/2023	0123
Fox, Ruth	Norman, IN	12/28/2022	0705
Frederick, Jeanne	Pittsburgh, PA	01/30/2023	L161
Galka, Kornelia	East Vandergrift, PA	01/27/2023	0774
Gionta, Romeo	Baden, PA	01/24/2023	0774
Grape, Barbara	Clymer, NY	01/24/2023	RO19
Graul, Nancy	Reading, PA	02/01/2023	L102
Grim, Park	East Palestine, OH	05/03/2022	0731
Groff, Stavroula	Quarryville, PA	09/06/2021	RO59
Grohoski, Eunice	Carnegie, PA	11/27/2022	0123
Gutgesell, Helen	Bethlehem, PA	02/03/2023	RO59
Hall, Major	Harrisburg, PA	01/01/2023	0774
Hallock, Barbara	Warren, PA	01/30/2023	RO19
Hamewka, Regina	North Versailles, PA	08/15/2022	L105
Hammer, Hannah	Greensboro, NC	09/28/2022	0774
Hawker, William	Jamestown, OH	02/01/2023	0595
Heber, Jeffrey	Titusville, PA	02/02/2023	0554
Heckman, Albina	Clearwater, FL	12/10/2022	0813
Hinnershitz, William	Wyomissing, PA	02/21/2023	L102
Horosky, Janet	Canonsburg, PA	02/16/2023	0434
Hort, Richard	Northumberland, PA	01/20/2023	0774
Hughes, Esther	Columbus, OH 43219	06/15/2022	0595
Indovina, Paschal	Rochester, PA	02/24/2023	0123
Jeffery, June A	Sault Ste Marie, MI	01/21/2023	0381
Jenkins, Rosemary	Rostraver Township, PA	02/15/2023	0774
Johnson, Kenneth	Simpsonville, SC	01/20/2023	0774
Jones, Jerry G	Weirton, WV	01/20/2022	0774
Kapuscinski, Lois	Scranton, PA	02/01/2023	L075
Kear, Margaret	Verona, PA	02/16/2023	L105
Kimmel, Donna	Berlin, PA	01/25/2023	0039
Klesch, Margaret	Hadley, MA	02/09/2023	0774
Kovalick, Dorothy	Clearfield, PA	01/19/2023	0554

DEPARTED MEMBERS

FEBRUARY, 2023

(continued from page 20)

Krofcheck, Sylvia	McClellandtown, PA	01/30/2023	0039
Kurschinske, Neil	Seneca, PA	02/17/2023	0731
Laubham, Rockne	Delmont, PA	02/11/2023	L105
Leonard, Patsy	Charleroi, PA	01/21/2023	0377
Lewis, Thomas	Brockport, PA	08/08/2019	0554
Liberto, Patricia	Blawnox, PA	01/23/2023	0774
Lowe, Claire	Warrior Run, PA	02/19/2023	0617
Lowe, Richard	Cheboygan, MI	01/02/2023	0774
Martin, Layke	Pittsburgh, PA	01/12/2023	0434
Martinetti, Rose	Midland, PA	01/12/2023	L161
Matesich, William	Butler, PA	02/17/2023	0123
McCarthy, Thomas	Canonsburg, PA	01/27/2023	0434
Medovich, John	Washington, PA	01/23/2023	0588
Mengel, Kenneth	Freedom, PA	02/14/2023	0123
Merta, Grace	Wexford, PA	02/11/2023	0123
Meyer, Patty	Manorville, PA	01/23/2023	L105
Mikolaj, Michael	Cleveland, OH	01/14/2023	0774
Milcic, Dulcie	Verona, PA	02/16/2023	L161
Moorehead, Donna	Cheswick, PA	02/16/2023	L105
Morgan, Betty	Greensburg, PA	02/21/2023	0737
Murin, James	Washington, PA	01/14/2023	0588
Nencioni, Vincy	Bulger, Pa	01/28/2020	0588
Nichele, Mary	Lockport, IL	01/23/2023	0586
Opacic, Amelia	Pittsburgh, PA	02/13/2023	0100
Ostop, Mildred	Monroe, NC	02/07/2023	0588
Palombini, Samuel	Pittsburgh, PA	01/17/2023	L161
Parsons, Sylvia	Leon, WV	09/30/2022	0774
Perilman, Stuart	Bridgeville, PA	11/11/2022	0434
Pesto, June	Pittsburgh, PA	01/08/2023	L161
Peters, Ross	Harborcreek, PA	02/09/2023	0774
Petrisko, Irene	Northern Cambria	01/18/2023	0774
Plum, Herbert	Hendersonville, NC	01/27/2023	0039
Pyrdek, Joseph	Conneaut Lake, PA	01/18/2023	0731
Quarantillo, Constance	Berkeley Springs, WV	12/29/2022	0774
Rihel, Barbara	Butler, PA	02/07/2023	0123
Richter, Joseph	Quaker City, OH	12/25/2022	L161
Rodgers, J Champman	Davidsville, PA	01/10/2023	0737
Rothbauer, Jean	Kennerdell, PA	12/25/2022	0731
Rotto, Diana	Lower Burrell, PA	01/20/2023	L105
Routh, Rebecca	Bennett, NC	12/10/2022	0774
Rugh, Dorothy	Jeannette, PA	02/17/2023	0737
Sabol, John	Pittsburgh, PA	01/22/2023	L161
Salaciak, David	Medina, OH	01/21/2023	0432
Sasse, Martin	Rimersburg, PA	01/20/2023	0554
Schaffhauser, Joseph F	Ford City, PA	12/07/2022	0267
Shanahan, Audrey	Cranberry Township, PA	12/05/2022	0123
Shaw, Lawrence	Shickshinny, PA	02/01/2023	0554
Shearer, Ruby	Leechburg, PA	01/31/2023	L105
Shultz, Mary	Scenery Hill, PA	02/06/2023	0377
Siess, Robert	Allison Park, PA	02/10/2023	L161
Simon, Edna	Portvue, PA	02/10/2023	0108
Smith, Theodore	Erie, PA	02/22/2023	0774
Snyder, Harry	Warren, PA	02/14/2023	0731
Souther, Richard	Goleta, CA	12/03/2022	0568
Stickley, Walter	Cabot, PA	01/14/2023	L105
Straub, Florence	Euclid, OH	01/03/2023	0070
Strish, Rose Mary	Ashley, PA	08/29/2020	0617
Sucek, Charles	Beaver Falls, PA	01/27/2023	0123
ardivo, Rose	Sarver, PA	02/13/2023	L105
Tosi, Elmer	Cathedral City, CA	11/20/2022	0774
Tuomi, William	Clarksville, PA	02/06/2023	0377
Umstead, Lisa	Bloomsburg, PA	01/11/2023	0774
Updegrove, Elizabeth	Pottsville, PA	02/08/2023	L102
Urban, Jane	Ambler, PA	01/27/2023	R059
Vinciguerra, Gloria	Beaver, PA	02/14/2023	0123
Waisley, Robert	Erie, PA	02/21/2023	0774
Watterson, Alice	North Apollo, PA	01/27/2023	L105
Wilson, Betty	Bluefield, WV	01/19/2023	0774
Wintersteen, Darlis	Danville, PA	12/07/2022	0774
Woofter, Loretta	Kenna, WV	02/07/2023	0774
Ziefel, Margaret	Bethel Park, PA	02/03/2023	0434

Deadline For Publication

Please be advised that all articles, notices, etc., **MUST BE received by the Home Office no later than the 5th of the month.** Every effort will be made to publish the article and photos in a timely manner and space permitting.

Also, all articles should be **typewritten in regular type or emailed to the Home Office. No Exceptions!!**

Slovak Heritage Programs

The WPSCA will present **FREE** programs on the first Monday of each month, at 7:00 p.m. at the Mount Lebanon Public Library, 16 Castle Shannon Boulevard, Mt. Lebanon, PA .
April 3, 2023 - "Palm Weaving" -

Larry Kozlowski will demonstrate palm weaving and discuss the history of this Palm Sunday custom.

May 1, 2023 - "The new Slovak Citizen Law" -

Viktor Vella, PhD. From the Slovak Embassy in Washington, D.C. will explain the recently enacted law which expands the eligibility to become Slovak citizens.

June 5, 2023 - "From Kosice to Kyiv: kinship and kindness amidst Kremlin's Killing" -

Father Jason Charro, pastor of Holy Trinity Ukrainian Catholic Church, will tell us of his recent travel to Ukraine and how Slovakia has helped its neighbor.

No Programs During the Summer (July, August, and September)

Answers to Easter Puzzle - Page 11

Across	Down
4. lily	1. tulip
6. dinner	2. flowers
7. Easter	3. find
10. hotcross	5. treats
11. bunny	8. Spring
12. eggs	9. rabbit
	10. hunt

April-Jar

Jar sľubuje nádej a lásku, teplý veľkonočný vánok, modrú oblohu a dar nového života všade! Je to začiatok spevu vtákov, záhradných kvetov, dlhších slnečných dní a jasnej modrej oblohy. Je to obnova a znovuzrodenie, čo znamená opakujúci sa cyklus v ročných obdobiach. Veľkú noc možno považovať za východ slnka v roku, ktorý napĺňa naše srdcia nádejou a obnovenou vierou. Veľká vďaka patrí všetkým, ktorí neustále „vdýchnu nový život“ našej organizácii. Prajem vám všetkým lásku v srdciach, pokoj v dušiach a radosť vo vašich životoch počas tohto veľkonočného obdobia a vždy.

AKO DOBRE PREŽIŤ VEĽKÝ TÝŽDEŇ?

NASLEDUJ JEŽIŠA

Pozorne sa zaujímaj o to, čo sa deje s Ježišom:
prečítaj si každý deň príslušné evanjelium.

POZRI NA KRÍŽ

Ježiš Kristus ti hovorí: “Trpím, pretože ťa milujem. Čo pre mňa robíš ty?” **Rozhodni sa a vykonaj to.**

BUĎ VĎAČNÝ

Ďakuj iným ľuďom, lebo máš za čo. Iba ten, kto je vďačný, ocení to, čo pre neho urobil Ježiš.

UROB NIEČO PRE DRUHÉHO

Napodobni Ježiša, ktorý myslí na druhých:
Pomôž tomu, kto pomoc potrebuje.

POUPRATUJ VO SVOJOM VNÚTRI

Ako je krásna vôňa opratého prádla, tak krásne vonia čistá duša: **oľutuj dnes svoje hriechy a keď to bude možné, prísť k sviatosti zmierenia.** —Saletini Rozkvet

KRASLICE

Pôvodný význam kraslíc má korene v predhistorických kultových obradoch. Vajíčko bolo symbolom slnka, zdravia, plodnosti a lásky. Ľudia vajíčku pripisovali nadprirodzené schopnosti ochrániť a zabezpečiť prosperitu v živote rodiny i v hospodárstve. Ochranná moc vajíčok sa znásobovala farbením a zdobením rôznymi motívmi a symbolmi. Na slovensku sa v porovnaní s inými narodmi zachovalo až do súčasnosti najviac spôsobov ozdobovania vajíčok.



Láska **Zeleného** štvrtku,
viera **Veľkého** piatku,
nádej **Bielej** soboty a
vít'azstva **Veľkonočnej** nedele
nech Vás posilní,
naplní pokojom a dôverou po celý rok.



Veľkonočné sviatky, zvyky a tradície na Slovensku

Veľká noc sa spája s rôznymi tradíciami, zvyklosťami, pranostikami, vinšmi, modlitbami, ale aj s dobrým jedlom, stretávaním sa rodiny, návštevou kostolov a inými dnes už takmer zabudnutými úkonmi, ktoré vychádzali najmä z tradičného vidieckeho života obyvateľstva.

Vysievanie obilia

Pretože Veľká noc nie je spojená len s náboženskými tradíciami, ale zároveň predstavuje aj sviatok jari a nového života, oddávna sa s týmto obdobím spájali tiež poľnohospodárske práce a hlavne vysievanie obilia. V súčasnosti si ľudia túto tradíciu pripomínajú v rámci zdobenia svojich obydľí, a to predovšetkým vysievaním trávy či obilia do kvetináčov alebo misiek s hlinou. Akonáhle pred veľkonočnými sviatkami vyklíčia, zdobia sa potom kraslicami, zajačikmi alebo napríklad veľkonočnými stučkami.



Hľadanie pokladov

Okrem toho, že Veľký piatok predstavuje deň veľkého pôstu, kedy si kresťania pripomínajú ukrižovanie Spasiteľa Ježiša Krista, podľa ľudových obyčajov sa jedná aj o deň mágie a nadprirodzených síl. Staré povesti tvrdia, že sa otvárajú hory a krajina ukazuje svoje skryté cennosti. Práve z toho dôvodu vznikol zvyk veľkonočného hľadania pokladov, ktorý sa na niektorých miestach traduje dodnes.

Hovorí sa, že ľudia, ktorí niečo stratili, to na Veľký piatok zaručene nájdu. A to nie je všetko, údajne so svojou stratenou vecou objavia aj niečo navyše. Poklad by potom mal mať podobu niečoho drahého, čo slúži k potešeniu ducha i mysle, ale môže sa pokojne jednať aj o nejakú drobnosť, ktorá bude človeku milá alebo mu skrátka urobí radosť.

Veľkonočné vinše

Sladké koláče, ohybne korbáče, vodu studenú, šunku údenú, veľa radosti a málo starosti.



Youth Circle Page

Youth Circle of National Slovak Society • 351 Valley Brook Road, McMurray, PA 15317

Assembly L161 Member Receives High Honors from Johns Hopkins Center for Talented Youth



Daniel Zemelman

Daniel Zemelman, a third-grade student from Falls Church, Virginia, and member of Assembly L161, has been honored as one of the brightest students in the world by the Johns Hopkins Center for Talented Youth (CTY). Danny also recently earned the Mensa Excellence in Reading Award.

Danny is a student at Cardinal Montessori School and was honored for his exceptional performance on the SCAT, an

exam taken as part of the CTY Talent Search. He is the son of NSS Board Member Theresa Zemelman and her husband Cal, brother of L161 members Cara, Diana, and David, and grandson of Rudy and Sue Ondrejco.

Danny was one of over 15,300 students from 76 countries who joined CTY in the 2021-22 Talent Search year. Less than 27 percent of those participants qualified for the CTY ceremony, receiving either high or grand honors based on their test scores. Danny took the test in April 2022, as a second grade student. The SCAT is an exam based on material two grade levels above the student's current grade – so Danny took a test written for fourth-grade students, and his score was compared to scores achieved by fourth-grade students.

A virtual ceremony was held in February to celebrate all the students who had earned High or Grand Honors. Honorees' friends and family joined the ceremony from around the world.

CTY is a non-profit affiliated with Johns Hopkins University, and was founded in 1997 in response to the national need to recognize and develop the world's brightest young minds. Alumni of CTY include Sergey Brin, co-founder of Google, the Mark Zuckerberg, CEO of Meta, and Lady Gaga.

Danny loves to read and earned the Mensa Excellence in Reading Award by reading all the books on the Mensa for Kids Kindergarten through Third Grade book list. In December, he earned his black belt in Tae Kwon Do, and he's looking forward to playing baseball this spring. Danny's family and teachers are very proud of him, and can't wait to see what the future brings for him.

Congratulations Danny from your entire Family, Officers, Directors and Members of NSS Life!

May Art Contest

The rules are as follows:

1. Contest is open to all members of the National Slovak Society. Youth between the ages of 5-16, and Adults.
2. Only one entry is permitted per member.
3. Contestants may create their artwork using:
 - a. Paint (pastels, watercolor, oil, tempera and cesium)
 - b. Crayons (wax or liquid)
 - c. Ink/Pencil
 - d. Charcoal
 - e. Glue, construction paper, glitter
4. The Artwork may be ANY size up to 11x14 inches and must be mounted on a mat board or poster board for display purposes. (Paint by numbers, stencils or tracing will not be accepted)
5. All entries must include; name, address, phone number, age, policy number, assembly/circle number, along with your t-shirt size if youth. This information should be clearly printed on the back of each entry.
6. If you are a youth participant, please indicate t-shirt size by the following size chart:
 - a. Youth sizes - YS and YM
 - b. Adult sizes - AS, AM, AL and AXL
7. Winners in each age group will have their artwork displayed in the *National News* and will be published on the NSS website.

Age Groups:

 - a. Picasso Level - Ages 5, 6 & 7
 - b. Rembrandt Level - Ages 8, 9 & 10
 - c. Michelangelo Level - Ages 11, 12 & 13
 - d. Van Gogh Level - Ages 14, 15 & 16*
 - e. Warhol - Adults (17+)
8. Prizes awarded in each age group shall be as follows:
 - a. First Place\$50.00
 - b. Second Place\$25.00
 - c. Third Place\$15.00
9. All youth (5-16) entrants will receive a NSS Life t-shirt.

BE SURE TO FOLLOW THE RULES CAREFULLY SO YOU DO NOT LOSE POINTS IN THE JUDGING PROCESS

Deadline for entries to the Home Office is May 31st.

Either mail or deliver artwork to: NSS Life
c/o Fraternal Department
351 Valley Brook Road
McMurray, PA 15317


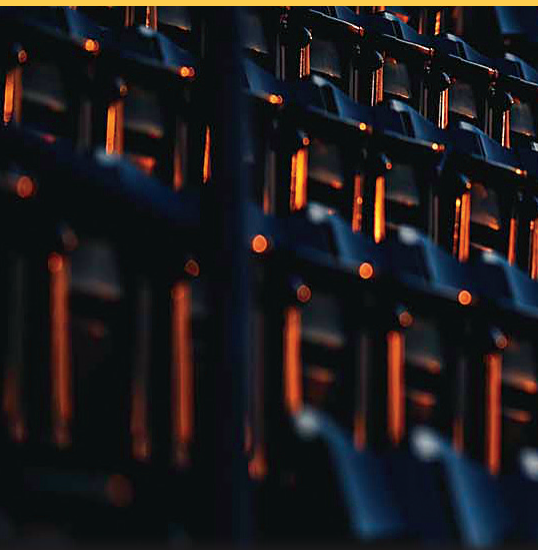
Decisions of the judge(s) shall be final in all cases.

*In the event the First place winner in the Van Gogh Level either enters an accredited Art School or pursues Art as a career in college, he/she will be awarded a one-time \$250 Art Scholarship provided that the student meets all the NSS PVR Scholarship rules and regulations.

**The National Elder of the National Slovak Society reserves the right to keep all displays or winning entries. Artwork will only be returned by request.


National Slovak Society
(USPS 0371-140)
351 Valley Brook Road
McMurray, PA 15317-3337

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NSS Life
Family Matters...

**REGION 5
PIRATES NIGHT**
at



PNC PARK
HOME OF THE PITTSBURGH PIRATES

June 30th, 2023

