

SOKOL TIMES

OCTOBER 11, 2007

PUBLICATION FOSTERING FRATERNAL, CULTURAL & PHYSICAL EDUCATION ACTIVITIES SINCE JULY 14, 1905

Entered as Second-Class Matter, February 7, 1980 at East Orange, New Jersey under the act of August 24, 1912, provided in Sec. 1103, Act of October 3, 1918 authorized July 3, 1918

From the President's View

Happy National Friendship Week! I have been very happy to hear from so many Sokol friends during this time. I share one of those messages with you.

The other day a young person asked me how I felt about being old. I was taken aback, for I do not think of myself as old. Upon seeing my reaction, she was immediately embarrassed, but I explained that it was an interesting question, and I would ponder it, and let her know.

Old age, I decided, is a gift. I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body – the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror (who looks like my mother!), but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, and my loving family for less gray hair or a flatter belly. As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend.

I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio. I am entitled to a treat, to be messy, to be extravagant.

I have seen too many dear friends leave this world too soon, before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 a.m. and sleep until noon?

I will dance with myself to those wonderful tunes of the '60s and '70s, and if I, at the same time, wish to weep over a lost love ... I will.

I will walk the beach in a swimsuit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and



Bea Walko

will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

May you always have a rainbow of smiles on your face and in your heart forever and ever!

In our Sokol world, the Binghamton Sister (Lodge 15W) celebrated their 100th anniversary. Congratulations and best wishes to those wonderful Sokols who keep the spirit alive. Congratulations also to our Sister Sokols in ASO Sokol New York who are celebrating their 140th anniversary. This Sokol unit is still strong, conducting Sokol classes as well as many other activities. We wish them much success.

The Gymnastic Department of Sokol USA conducted its annual meeting. Look for their minutes in upcoming Sokol Times. We were pleased to welcome the directors from ASO and DA Sokol.

Labor Day weekend at Sokol Woodlands was once again a success. We missed the Kubanik family and wish Brother Kubanik a speedy recovery.

Wishing you a beautiful autumn.
NaZdar!
Bea Walko

Milan Getting Scholarship recipients show thanks

Sarah Elizabeth Crampton

I would like to thank the Milan Getting Scholarship Committee for renewing my scholarship for the 2007 school year. I have just begun my fourth and final year at Providence College in Providence, R.I. I will be graduating in May with a Bachelor of Science Degree in Health Policy and Management and a History minor. After graduation, I plan to pursue a Master's Degree in Public Health. This past summer, I was able to gain some experience in the corporate health care field

working as an international business intern for 3M Health Information Systems. While at 3M, my main responsibility was product analysis and quality assurance of software programs in development for foreign countries. I also helped to create template reports and dashboard designs that will be included in the software programs.

As an elected member of the Intramural Athletic Board, the club that oversees intramural sports, I have been, and will continue to be, very involved with the intramural program at Providence College. In the fall, I played mixed doubles tennis, kickball and flag football, and in

every sport my team advanced to the playoffs. During the spring semester, I participated on a co-rec volleyball team and played women's singles where I was undefeated until the final match. Not only did I play intramurals, I supervised, officiated and was scorekeeper for eight different intramural sports over the year.

Providence College encourages community involvement with their various service-oriented programs. Last year, I volunteered at the Special Olympics, and look forward to doing so again this year. This fall, I will be participating in an event called Walk Rhode Island, See CRAMPTON, Page 7

Kristin Merker

Editors Note: Kristin's letter was written in 2006 and we misplaced the document. Our sincerest apologies to Kristin for this oversight. Our congratulations on a fine academic year and scholarship renewal.

Dobry Den! My name is Kristin Merker. I would like to thank the Milan Getting Scholarship Committee for this honor. It means a lot to me to be selected as one of this year's recipients.

I began as a Sokolette at the age of 7 at Lodge 306 in Chicago. I had heard about Sokol from a co-worker of my mom's. I decided to give it a try during the summer program in 1996. That first year, I enjoyed the competitions and all the new friendships I made. I then continued on to other Sokol functions, including my first Sokol Slet in Cleveland in 1999. I had never experienced anything like it before! I met many new people from other places and got a new taste of what gymnastics was like. I have worked very hard to improve my gymnastics over the years as I have progressed and competed at every level. I have since attended and competed at the national slets
See MERKER, Page 7



Kristin Merker

Caitlin Tracey

I would like to thank you for renewing my scholarship for the 2007-2008 school year. I am very grateful for your continued contribution to my education. I am currently a senior at Quinnipiac University in Hamden, Conn., where I am a physical therapy major. I earned a 4.00 grade point average during my junior year and plan to have the same academic success as I finish my undergraduate work. For the next three and a half years, I will be working toward a doctorate in physical therapy, in which I will study various areas of physical therapy and gain the skills to be an effective clinician.

At Quinnipiac, I am a member of the Physical Therapy Club, in which I am able to learn more about the profession and network with other PT students, professors and professionals. I participate in the QU intramural sport program, in which I play 4-on-4 volleyball. I also enjoy a weekly yoga class as well as jogging on the bike path near campus. I recently became a tutor for my school's learning

center and will spend eight hours a week tutoring students in various math and science courses.

I continue to stay very active with my sorority, Phi Sigma Sigma, through which I participate in philanthropic and social activities. I was elected to the executive board as Bursar in 2007. I maintain the finances for a chapter with over 100 members. My responsibilities include creating and upkeeping a

budget, collecting dues and handling donations made to various charities. Through Phi Sigma Sigma, I attended two leadership conferences in the spring of 2007, in which I was able to meet and work with students not only from Quinnipiac, but also from across the Northeast.

Every year I participate in a rock-a-thon, my chapter's largest and most successful event, in
See TRACEY, Page 7

Anthony Ritz

I want to thank Sokol USA and the Scholarship Committee for renewing my scholarship. The money was well spent on books and other college expenses.

The 2006-2007 school year was very exciting and overwhelming, but I met the challenge. In my first year at RIT, I accumulated 52 credit hours, a GPA over 3.0 and my PFOS GPA is 3.7. During the year, I participated in different clubs and intramural sports. I played volleyball all year and the team won two intramural championships. Also, in my free time, I was active in the RIT Mini Baja Club. This comprised building a mini Baja dune buggy from our own parts and then competing in races. I also had time during my Thanksgiving break to work at our lodge pancake breakfast. This summer I worked at Novartis Pharmaceuticals in their IT department, where I learned a lot about systems integration and how things work in a large company. The 2006-2007 year was a great one and I am looking forward to the next.

SOKOL TIMES

official organ of the
SLOVAK GYMNASIIC UNION SOKOL OF THE
USA

Published monthly on the 2nd Thursday of the month.

SOKOL OFFICE:
Telephone: (973) 676-0280
Toll Free: (888) 253-0362
FAX (973) 676-3348
E-mail: SOKOLUSAHQ@aol.com

All communication for publication should be sent to Editor at
276 Prospect St., P.O. Box 189, East Orange, NJ 07019 by the
22nd of the previous month.

Second Class postage paid in East Orange, NJ
Annual Subscription for non-members is \$7.00

NOTICE OF MEETING The Supreme Lodge of the Slovak Gymnastic Union Sokol of the USA October 19 & 20, 2007

Finance Committee

Friday, October 19, 2007
9 AM to 5 PM

Supreme Lodge

Saturday, October 20, 2007
9 AM to 5 PM

All meetings will be at:

Boonton Sokol Hall
Pine Street
Boonton, NJ

*All proposals, recommendations, petitions
and complaints of individual members, Lodges
and Districts are to be duly signed and certified
by officers, and forwarded to the office of the
Supreme Secretary, Sokol USA, P.O. Box 189,
East Orange, NJ 07019-0189, postmarked no
later than October 10, 2007*

Nazdar!

Beatrice Walko, President
Judith A. Smith, Treasurer
Milan S. Kovac, Secretary

LODGE 276 MEETS AFTER SUMMER MONTHS

The September meeting was attended with happy comments of the Sokol USA XXV Festival in the Lawrence Convention Center in Pittsburgh. We congratulate our members that participated in calisthenics and bowling competitions, and with the helpful support during the special sports events and the banquet at the Heinz History Center Dinner. We have so many reasons to be thankful and proud of our Supreme Officers and their presentation of the Festival Program on July 1st, which was very well attended.

On September 9th, Brother Matt Blistan and his wife, Amelia, attended a reception at the Heinz History Center for a ceremony honoring the Pittsburgh Agreement that originally led to the establishment of an independent Czechoslovak state. We all need to continue to support the WPSA Association which presents many Slovak fraternal events from time to time. The Pittsburgh Agreement to the city becomes a permanent part of the Heinz History Center collection on display at all times now.

Our combined Sokols of Lodge 276 and our church picnic on August 19th was a day for "ducks" on the Evergreen Pond at the Park. All members arrived there in the rain and went home in the rain, but not until church service kept them there to sing and realize how the heavens have their way. The cooking was tasty and we all enjoyed the friendly inside Sunday with each other.

Remember that the next MCT District meeting will be held October 28th.

NAZDAR!
Amelia Blistan
Reporter

University of Pittsburgh Slovak Studies Program

Presents its

17th Annual Slovak Heritage Festival



Sunday, November 4, 2007; 1 to 5 p.m.
University of Pittsburgh (Oakland)
Cathedral of Learning Commons Room
Free Event!

Featuring musical performances by:

Jozef Ivaska, internationally renowned singer from Slovakia
The Singing Revil'ak Family of Bardejov, Slovakia
Pittsburgh Slovaks
PAS (Pittsburgh Area Slovaks)
Ben Sorenson on Fujara

Also featuring:

Big Slovak Book Sale
Cultural Displays and Lectures
Slovak Import Vendors
Ethnic Food (*klobasa, halusky, holupki, pirohy and pastries*)
(Please donate cookies or pastries in support of this wonderful free festival. Bring them to the pastry table in the Commons Room.)

For information, contact Christine Metil
at 412-624-5906 or Slavic@pitt.edu

Did you know that the University of Pittsburgh has the ONLY Slovak Studies Program in the United States thanks to five Slovak Fraternal Insurance

Attention Lodges and Gymnasts

Sokol USA was recently sent an invitation to check out

Gym Chat at

<http://www.gymchat.com/>

See what they have to offer for you!

Gym Chat offers gymnastics clubs an easy way to build on the team community with the Club Teams Website builder. There are fully packed-features, including your own Calendar, Competitions Schedules & Results, Workout Schedules, Online Forms, Booster Club, Multimedia, Blogs & News, Gymnast Pages, Links, Message Board, and Contact Us pages where you can post/view/print events and information, and upload your documents/photos/videos or post links!

Also, you can make money for your Booster Club on your Club Teams Web Site by posting your sponsor ads through your easy-to-use control panel. Stylize your web to match your club. Password-protect your web site to only allow your members access to your web pages. No web experience necessary. We offer free gymnast web sites to gymnasts, which may be connected by them easily to your Club Teams Web site (i.e. their gymnast web icon will be posted on the club "Gymnast Pages" with the link to their web) by filling in your club connect code in their account panel. These gymnast web pages may be set to PRIVATE as well, for added security. Even if you already have a club web site, you don't have one like this! The Gym Chat Club Teams Web site makes a great addition to your regular club web site, add the link to it for your teams!

Gym Chat also has many other free services, including a gymnastics clubs/stores directory with a user rating feature, classifieds, message boards, news, calendar/community calendar (where you can post and promote your club's events), television schedule, and gymnastics links. We also provide photomedia mix services. We look forward to hearing from you!

Kent-Dudince Sister Cities Association

What did I learn from the work on the Information Binder 'Trading Spaces' and the e-mail project

By Katy Frick

I remember the day when I was told about Kent, Ohio's Sister City connection with Dudince, Slovakia. Personally, I was ecstatic to hear this, for my grandma's parents, my great-grandparents, were from Czechoslovakia. I had always wanted to know about their homeland and be able to hear the language they spoke.

Although I am a blend of many different cultures, I was most interested in my Czechoslovakian heritage because of my strong connection with my maternal grandmother. I spent a lot of time with her when I was younger. She was quick to smile, generous with hugs and loved to read to me. She made many wonderful dishes that she said were her mother's recipes from the old world. And her baked good were amazing. She had passed away December 28, 2003, and my mother and I miss her terribly.

My mother has told me a few family stories about her grandparents and about their life in Slovakia. My great-great-grandfather was the miller of Zemplin. My great-grandparents met, fell in love and were married in 1904. They came to America around 1906 and had six children. Sadly, two of them died (Billy at age 1 and Mary at age 3). My Grandmother Florence was born the youngest in 1917.

One story I remember hearing a lot was the story of my great-grandparents' first year in America. It was Christmas Eve and it was time to make the traditional family recipe for mushroom soup. My great-grandfather had always picked the mushrooms himself in the forests back home. But, unfortunately, unbeknownst to them both, the mushrooms in America (although they looked the same as the edible types in Slovakia) were drastically different.

My great-grandmother had tasted one spoonful of the soup and collapsed to the floor. Frantically, her husband carried her through heavy snow to the hospital, running more than 12 blocks with her in his arms. When he arrived at the hospital, he was unable to communicate with his broken English, so he drew a picture of a mushroom and put a hand to his mouth, allowing the doctors to understand that his wife had been poisoned. Luckily, she was able to recover at the hospital over a period of three months, but if my great-grandfather hadn't carried my great-grandmother to the hospital when he did, I wouldn't be present on this earth today.

During the SOS (Sisters Over Seas) project, we learned about Slovakia, its different places, animal population, geography and a small amount of the Slovak language. Also, we learned about its traditions, food and two traditional Slovak Songs.

I was chosen as one of the singers to perform at the Kent Elks Club on April 17, 2005. It was wonderful to sing with my peers and have so many others in the audience know the words as well. As I sang these songs, I felt a sense of belonging to this wonderful culture. I felt like I was



From left, Kent-Dudince Sister Cities Association President Rudy Bachna, Tina Frick, Katy Frick and KDSC Secretary Lexia Yankovich.

home, and that my ancestors were smiling down at me from the heavens above. That day was my mother's birthday as well, and she told me how much she enjoyed hearing us sing. She felt like her mother was there beside her once again, for my mother had a faint recollection of hearing her own mother singing those words and melodies to her as a child. It was a renewal of tradition, but this time, I was singing these songs to my mother. She said it was a wonderful birthday gift.

I'm so glad to have had the experience of learning about

Slovakia. It's really made me feel cultural pride. I feel that in America, we tend to lose touch with our roots because we feel that we are just Americans. But all Americans have ancestors from other lands. I believe that this melting pot of different cultures, religions and colors living together as one family is what make this country so great.

I'd like to say thank you to Kathy Frazier, Rudy Bachna and all others who made this project possible. Also, I thank them for this wonderful opportunity to let me connect my cultural past to my present and future life.

By Nate Austin-Powell

Recently, in my history class, during one of Mr. Dzeda's brilliant historical lectures, he showed the class a sentence written in several different Eastern-European languages, each of which had been given to him by students from his other classes. This was in the context of a lesson on diversity of language and ethnicity in Europe during the early 20th century and the resulting social and political implications. To me, this expressed, though superficially, the cultural heritage just within my school, and I was surprised at the number of languages spoken just within Mr. Dzeda's classes. Perhaps if the SOS project was started again at Roosevelt High School, it would be more successful, in that more students might be interested in studying the Slovak culture, and meeting people in Slovakia who have similar interests as they do.

In thinking back to the project, and my experience working on it, one of the most interesting activities within the project was sending e-mail to Slovak pen pals. I think this is the most effective way of connecting people of different cultures, and I would like to continue this e-mailing, and meet some of the other pen pals. The majority of the time I spent working on the project, however, was spent collecting, reading and organizing information and all material about Slovakia. From this I learned quite a bit about Slovak history, the city of Dudince, and the language. On one occasion, we even learned and sang a Slovak song. On another occasion, Mr. Bachna showed our group a display of pictures which very well expressed the visual history, geography, architecture and culture of Slovakia. Through this project, I also gained some insight, as well as knowledge, about other cultural exchanges throughout the world.

Our group visited a Sister City meeting. We reported our

progress and future plans for SOS. A very important project was "Trading Spaces." Here we shared topics like our favorite sport, food, movies, pets, cars and school subjects with the Dudince students. We also exchanged group pictures with the Dudince students.

Perhaps the most significant thing about the project for me, however, was that it got me thinking about the importance of culture and the origin of culture. Culture begins when individuals of a group of people associate themselves with one another through ethnicity, language and other commonalities, and thus begin to form social and cultural relationships. Culture is then a way that people can connect with each other, and thus form a truly solid society. Without this, society is no more than an aggregation of disconnected individuals, where the individuals become increasingly isolated within himself. A society like this cannot survive because people cannot long survive in a state of isolation. A society in which people are in a state of constant aggressive competition will eventually collapse because the individual will destroy his fellow man.

A few weeks ago, I came across something called the Great Conversation in a book I was reading. The Great Conversation is the ideal that through educating oneself by reading the great literature of the world, one can become part of the ongoing intellectual conversation among people throughout the world. I think, perhaps, the SOS project is part of a Great Cultural Conversation.

Coming from a primarily Welsh, English and German background, I have little, if any, Slovak ancestry. However, I believe that these several cultures, from which I am or am not descendant, are very much the same, because in a deeper sense of culture, we are all part of one disconnected culture, which must unite to survive.



From left, Kent-Dudince Sister Cities Association President Rudy Bachna; Ben, Erik, Nate and Stephen Austin-Powell; and KDSC Secretary Lexia Yankovich.

DISTRICT MEETING OF MCT CORPS OF SOKOL USA ANNUAL MEETING

Sunday, October 28, 2007
1 PM

Clarion Hotel
300 Tarentum Bridge Road
(Route 28, Exit 14)
New Kensington, PA

***Please be sure that your lodge
is represented!***

Hot Luncheon Buffet served upon completion
of meeting. Please send reservation
for the luncheon by October 21 to:
Pat Blistan, 1254 Ingham St.,
Pittsburgh, PA 15212.

Thank you! Nazdar!
Matthew M. Blistan, Sr.,
President District MCT

DONATIONS GRATEFULLY ACKNOWLEDGED

To the Sokol USA Gymnastic Fund

Sokol USA Lodge 74, Plymouth, Pa. \$75.00
In memory of deceased members.

Sokol USA Lodge 1, New York, N.Y. \$200.00
In memory of deceased members.

To the Milan Getting Scholarship Fund

Sokol USA Lodge 74, Plymouth, Pa. \$75.00
In memory of deceased members.

6% ANNUITY RATE

The Single Premium and Flexible Premium Annuities offered by the Slovak Gymnastic Union Sokol earn a 6.00% rate of interest. Annuities are a very sound investment for your retirement years.

For information and an application, write to the home office at 276 Prospect Street, P.O. Box 189, East Orange, NJ 07019 or call our toll free number at 1-888-253-0362.

Sokol Social News



HAPPY BIRTHDAY

Mildred (Micik) Zamfino (right) of Venice, Fla., celebrates her 100th birthday on November 4th.

Mildred was born November 4, 1907, in Portchester, N.Y. At age 2, her family moved to Dunmore, Pa., then to Jessup, Pa. Her father was a foundry working in nearby Olyphant. Mildred was, for many years, a member of the Sokol Lodge 234 gym team in Peckville, Pa. (In the above photo, she is standing second from the right.)

After moving to Connecticut as a young woman, she was married in 1935 to Alfred Zamfino. Alfred passed away in 1990. Mildred has three married daughters, four grandchildren and seven great-grandchildren. A birthday celebration will be held on November 4th in Florida.



HAPPY ANNIVERSARY



Matthew and Amelia Blistan celebrated their 60th wedding anniversary on July 26th. Matthew Sr. has been the Financial Secretary for Sokol Lodge 276 for many years and President of District MCT in Pittsburgh. Amelia is the Reporter for Lodge 276. They celebrated the milestone at the Summer Blistan Family Reunion on Saturday, July 28th.

STORK UPDATE



Garrett Jackson Zaremba was born on July 22, 2007, to Nicole (Favale) and Lance Zaremba of Wayne, N.J. They are members of Boonton Lodge 32. Garrett weighed 8 pounds 5 ounces and was 20 1/4 inches.

The National Czech & Slovak Museum & Library

Note: All events are at the National Czech & Slovak Museum & Library, unless otherwise noted. Times are subject to change. Open Tuesday through Saturday, 9:30 a.m. to 4 p.m., and Sunday 12-4 p.m. The National Czech & Slovak Museum & Library, 30 16th Ave. SW, Cedar Rapids, Iowa. Call (319) 362-8500 for information.

ONGOING EVENTS

Permanent exhibit: **Homelands: The Story of the Czech & Slovak People.** This exhibit tells the story of the Czech and Slovak people from the days of Slavic tribes wandering into Central Europe, through the Velvet Divorce in 1993. Homelands features art, a 1935 Czech-made motorcycle, and folk costumes.

Through Nov. 11: **WFLA: 100 Years of Service to the Czech Community.** Originally called Západní Česko-Bratrská Jednota (Z.C.B.J.) when founded in 1897, the society provided support for new immigrants in the form of insurance and death benefits. Although the company has seen many changes in the past 110 years, their mission to the Czech community remains the same.

NOVEMBER

Nov. 1: **Fall Dinner.** Featuring keynote speaker William Cabaniss, former United States Ambassador to the Czech Republic. 7:00 p.m. Marriott Hotel. By invitation. For more information, call (319) 362-8500. Sponsored by Jim Sattler Custom Homes and CRST.

Nov. 2: **The History of the Brave Czech Nation, a touring exhibition from the Cultural Ministry of the Czech Republic, opens.** The success and popularity of her Children's Book of the Year: The History of the Brave Czech Nation has led to a new exhibition by Czech artist Lucie Seifertova. Visitors can experience

the large and small joys and miseries of cartoon characters who wind their ways through the labyrinths of time. Ms. Seifertova's drawing style is playful and her affection for little people caught up in history is endearing. Of particular interest is her take on the events of 1989 - the fall of communism - and the present day. Closes January 27, 2008.

Nov. 8: **Guided Gallery Tour of The History of the Brave Czech Nation.** Take a tour of the latest special exhibition with a member of the museum staff. 2:00 p.m. Meets in Grand Hall. Free with paid admission to the galleries.

Nov. 12: **Káva a Knihy (Coffee and Books).** Selected readings from Toward the Radical Center by Karel Capek. 7:00 p.m. WFLA Heritage Hall. Free.

Nov. 15: **Learn at Lunch.** Museum Guild of the National Czech & Slovak Museum & Library discusses the completion of their latest project, "Czech and Slovak Heritage..Family Stories.Traditions.Recipes." WFLA Heritage Hall. Noon. Free. Sponsored by United Fire and Casualty.

Nov. 16 - 18: **Museum Store Holiday Open House.** Buy three Christmas ornaments off the display wall, and pick a free one from the tree (offer good from Nov. 16 - 25). For more information, call (319) 362-8500.

Nov. 16 & 17: **Master Folk Artist Marj Nejd personalizes Christmas ornaments.** 10 - 3:00 p.m. Hruska Grand Hall. \$1 for name and year, \$2 for additional messages.

Nov. 17: **Holiday Make-and-Take Workshop.** Want to add some Czech or Slovak touches to your holiday

ornaments and centerpieces. Keep what you make here and use it at home. 1:00 - 4:00. Hruska Grand Hall. Free.

Nov. 20: **The Immigrant Experience: Old and New.** The NCSML is partnering with Hometown Perry Iowa to present a panel comparing the experiences of Czech immigrants to Iowa a century ago with those of recent arrivals. Panelists include museum educator Jan Stoffer and city historian Mark Stoffer Hunter. Moderated by Tom Morain of Graceland University. 7:00 WFLA Heritage Hall. Free.

Nov. 23 & 24: **Master Folk Artist Marj Nejd personalizes Christmas ornaments.** 10 - 3:00 p.m. Hruska Grand Hall. \$1 for name and year, \$2 for additional messages. Sponsored by United Fire and Casualty.

Nov. 24: **Guided Gallery Tour of The History of the Brave Czech Nation.** Take a tour of the latest special exhibition with a member of the museum staff. 2:00 p.m. Meets in Grand Hall. Free with paid admission to the galleries.

DECEMBER

Dec. 1: **Sv. Mikuláš Day.** Meet Sv. Mikuláš, the Angel and the Devil as they visit the NCSML and Czech Village. Stay for the puppet show by the Eulenspiegel Puppet Theatre Company. 10:00. WFLA Heritage Hall. Tickets are \$3 for adults and \$4 for children (includes materials fee for post-show puppet making workshop).

Dec. 1: **Master Folk Artist Marj Nejd personalizes Christmas ornaments.** 10 - 3:00 p.m. Hruska Grand Hall. \$1 for name and year, \$2 for additional messages. Sponsored by United Fire and Casualty.



Members of Lodge 114, Sleepy Hollow, N.Y., gather for a photo at the Annual Clambake on August 22nd.

LODGE 114, SLEEPY HOLLOW, NY

Our lodge held its annual clambake on August 22nd. The event was at the National Sokol, Inc., located at 155 Beekman Ave., Sleepy Hollow, N.Y.

We started at 9 a.m. with a breakfast of bacon, eggs, juice and coffee and continued with our menu of clam chowder, clams, steamers, skewed shrimp, sausage and peppers, hamburgers and hot dogs throughout the day. We ended with a steak dinner, potato salad and corn on the cob. Liquid refreshments were also available throughout the day. This excellent menu was prepared by our chefs, Brothers Sonny Battista and Neil Martone, and a support staff of other members.

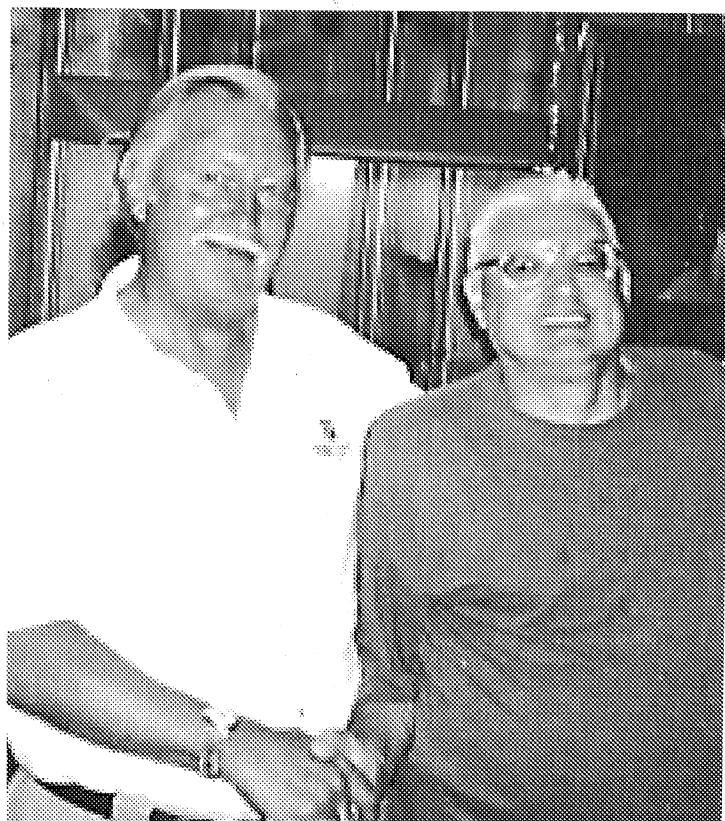
Our sporting events consisted of horseshoes and shuffleboard. Of the seven teams participating in the horseshoe competition, the existing horseshoe champions, Brothers Scott Horecky and Stephen Horecky, held onto their title for the second consecutive year. Of the eight teams participating in the shuffleboard tournament, the new champions are Brothers Robert "Hawkeye" DeMasi and Stephen Horecky.

Everyone enjoyed the day with excellent food, drinks, weather and great friends. Also a special thank you to all 5th other Committee members that made this day possible.

Nazdar
Stephen Horecky
Secretary



Horseshoe champions for the second consecutive year are Stephen Horecky (left) and Scott Horecky.



Shuffleboard champions are Stephen Horecky (left) and Robert "Hawkeye" DeMasi.

THE SOKOL COMMUNITY CENTER

Presents its

Annual Fall Festival Dinner Dance (HODY)

Saturday November 10, 2007

6:00 pm Cocktails

6:30 pm Dinner

8:00pm DJ and Dancing

\$15 for adults

\$8 for children under age 12

*Reservations are required.
Call Harriet Kelly at 773-736-7229
by Tuesday, November 6th.*

Danbury Lodge 30 105th Anniversary Celebration

Help our Danbury Lodge 30 celebrate its 105th Anniversary on November 10th at 7 p.m.

The milestone will be celebrated at the same location as the centennial five years ago - at Anthony's Restaurant on Mill Plain Road and Kenasia Avenue.

Admission is \$45, which includes two "good health" drinks. Dancing will follow dinner.

Call President Jack Burlinson for directions and reservations. 1-860-354-1601.

NAZDAR!

SOKOL USA

276 Prospect St.
P.O. Box 189
East Orange, NJ 07019



Brothers and Sisters:

Why not take a little time and check your's and your children's (if you have any) insurance coverage. Most likely, you will discover that the amount is not sufficient and you need greater coverage.

Why not act on it right now and apply for an additional certificate?

Please Send ___ New Member Applications to:

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

Visit us on the Web at:

www.SokolUSA.org

National Gymnastics Meeting Welcomes New Delegates

By Chris Yatchyshyn

The Sokol USA National Gymnastics Meeting was held on Saturday, September 8 at the Boonton, NJ Sokol Hall. Special thanks to Lodge 32 for hosting the delegates and guests, and for preparing the tasty breakfast and lunch meals.

Among the lodge delegates were some new faces. The group was pleased to welcome lodge instructors Amanda Goda and Bibka Murcko, who represented Farrell, Lodge 306 and the Boonton Assistant Directors, Karen Sikes and Andrea Harris, who joined us for the afternoon session.

It's always great to hear comments from a new perspective and the young instructors from Farrell were especially informative when it came to the camping programs. This past summer, the teens took advantage of the camping subsidies provided by the Supreme Lodge. Amanda attended STAR Camp and Bibka attended the National Camp, both held at Sokol Woodlands. In the August issue of the Sokol Times, you may have read their articles that described their camping experiences. If you missed them, please go to the archived Sokol Times issues that can be found on our website at www.sokolusa.org.

President Bea Walko also made a short visit to the meeting, on her way to the National Fraternal Congress in Pittsburgh. She greeted the group, commended all on their Slet efforts and provided an update on the World Sokol Federation (WSF). She and Director of Women Karen Ondira represented Sokol USA at the recent WSF meeting held at the University of Pittsburgh in conjunction with the Slet.

Guest participants at the meeting included ASO Director of Men Chuck Kalat and the Directors from DA Sokol, Phillip Mincone and Jessica Bardy.

After the standard reports,

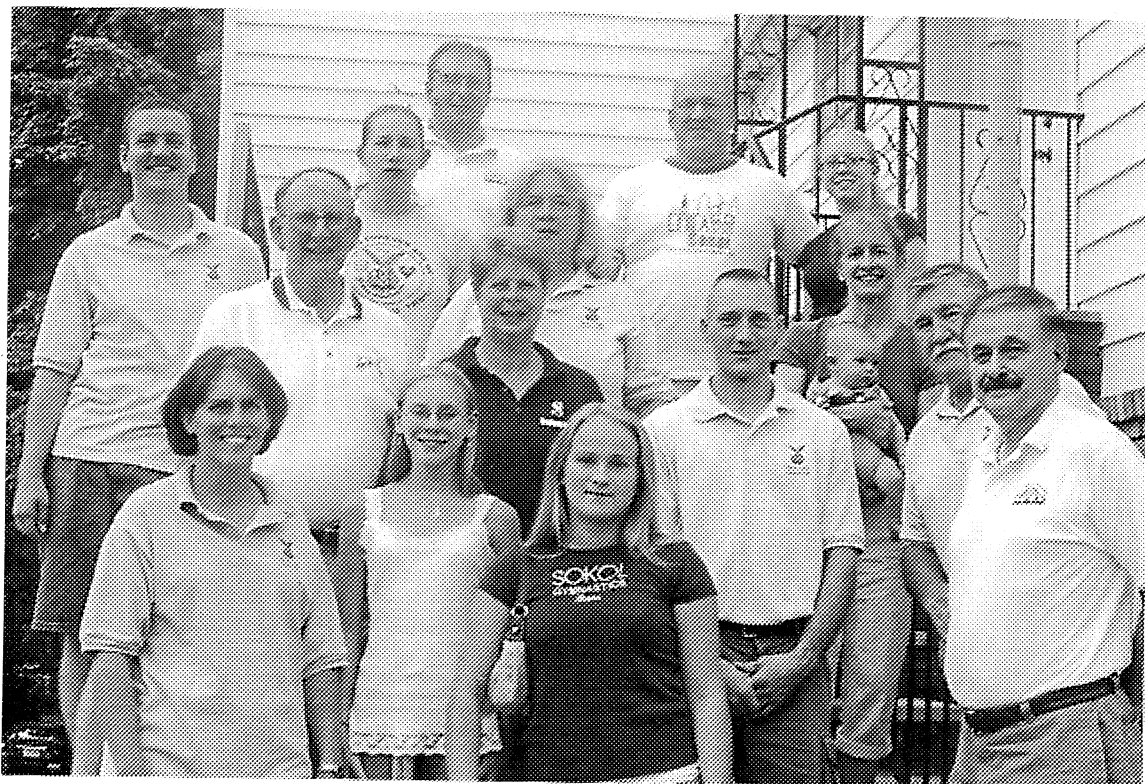
much time was spent discussing Sokolfest 2007. The delegates were first asked to share their positive experiences. Following that, time was spent on constructive criticism, in an effort to prepare for future Slets. The delegates expressed their likes or dislikes for some of the new things that were tried at several of the events. It was decided that if we hadn't tried new things, we'd never know if they worked or not and it's OK to go back to some old ways if that's the general preference. However, it seemed that overall everyone felt the events were very well run and with some minor tweaking we might be able to please even more people.

The meeting was very productive with much time spent on the importance of resuming a Sokol USA Kurz – even if it is a modified or shortened version. The WSF competition planned for the fall of 2008 was also discussed at length and concern for the lack of progress regarding Project Second Century was voiced and debated.

During their meals, the delegates viewed an unedited DVD of the Pittsburgh Slet. All agreed that it needs to be shortened, so once that is completed it will be made available to the membership.

Though it was extremely hot and humid, the delegates persisted and made it through the entire meeting that ended after 6 p.m. Following the meeting, nearly the entire contingent was rejoined at Appleby's for dinner. There the conversations were of a lighter nature, as good Sokol friends enjoyed one another's company.

The complete minutes of the National Gymnastics Meeting will be printed in the Sokol Times after the financial recommendations are decided upon by the Finance Committee and the full set of minutes is approved by the entire Supreme Lodge at the October 20 meeting.



The delegates to the National Gymnastics Department Meeting gathered for a photo after a long, hot meeting. The temperature was close to 90 degrees in Boonton, NJ on September 8.



The assistants to Director of Women Karen Ondira (center) were thanked for all their hard work at the Pittsburgh Slet. Holding their Sokolfest awards are Chris Yatchyshyn (left) and Amy Pracko.



Here's Norah! Though she missed the group photo, we couldn't pass up a shot of Norah Valentin, co-director of Central Jersey, as she helps promote the 2009 ASO Fort Worth Slet with her "NAZDAR Y'ALL" T-shirt.



Director of Men Rich Yatchyshyn (left) thanked his assistants, Matthew Reynolds (center) and Lance Kovac by presenting them with Sokolfest trophies for their hard work and support at the Slet.

Rachel Anne Blistan

Thank you so much for awarding me the Milan Getting Scholarship. I am honored to receive it! The funds will be a big help to me in paying for my college expenses.

Sokol has been a tradition in my family for many years. My father has been a member since birth as both my brother and myself were too. My grandfather made sure my mother became a Sokol member as soon as my dad married her.

Speaking of my grandfather, his name is Matthew Blistan, Sr. He has been a Sokol 276 Lodge Financial Secretary for many years and is also the President of District MCT Sokol USA in Pittsburgh, Pa. My grandmother, Amelia, is the Lodge 276 Reporter. She writes Lodge 276 articles for the Sokol Times. My dad's uncle, Gerald Blistan, is Treasurer of the lodge and his wife Patricia is Recording Secretary. My great-grandfather, Matthew Blistan, started the Blistan-Sokol tradition when he first moved to America from Czechoslovakia many, many years ago. May grandfather was

very young.

My dad, Matt Blistan, Jr., has told us many times of how much fun he had gyming at the Sokol Hall in Pittsburgh when he was young. He even remembers spending summer weeks at the Sokol Camp in New Kensington, Pa., gyming and singing Slovak songs. He participated in several Slets. Maybe that is where I got my interest in gymnastics. Unfortunately, where we live there is not a local Sokol Lodge around, but I did compete in a local gymnastics program where I won many awards and also had lots of fun.

In a few weeks, I will begin my first year in college. I will be going to Seton Hall University and majoring in Secondary Education. I am looking forward to it.

Once again, I would like to thank Sokol for awarding me this scholarship. I think it is so nice that Sokol offers opportunities for scholarships to help the Sokol youth get started in their college years. I know I very much appreciate it. Thank you so much.

Sarah Elizabeth Crampton

(Continued from Page 1)

which encourages Rhode Island residents to lead healthier lives by exercising and eating right. As a member of STEP 1, a health promotions group on campus, I have been able to positively influence the student body to lead healthier lives. This coming year, I look forward to participating in a new club, Health Executives. We pan on bringing in renowned speakers to give talks on all aspects of health care.

This fall semester, on top of a full course load, I will be interning 120 hours at Blue Cross Blue Shield of Rhode Island's Health and Wellness Institute. The Health and Wellness Institute collaborates with employers, insurers and healthcare professionals to address rising healthcare costs at the consumer level through prevention, education and shared responsibility. I will be working in the field as well as in the office to deliver these wellness education programs to BCBSRI's clients.

Thank you again for your generosity and continued support of my college education. The Milan Getting Scholarship funds have been a tremendous help in financing my undergraduate education expenses. It has and still is greatly appreciated.

Kristin Merker

(Continued from Page 1)

in Detroit, Valparaiso, Toronto, and Chicago. I compete in the American Sokol Central District slet every year as well. I have won many awards at these competitions and have them scattered on the walls and shelves around my room. I was very proud to be awarded the Frankie Kajari Achievement Award in 2001. I was sad that I lost some of them in the apartment fire we survived in 2002. But I have since started a new collection! I plan on competing as a Level 7 at the 2007 Sokol USA Slet in Pittsburgh.

After my first slet, I became even more involved. I began helping out during different Sokol events. During my years in Junior Girls class, I helped with many dinners, fundraising sales and Bingo. At the end of my first year in the Junior Girls class, I was asked if I would be interested in going away to Barryville for National Instructor's School. My first Kurz in Barryville was in 2001 and I made even more new friends and had a lot of fun new experiences. That fall, I became an assistant instructor for the Sokolettes class at Lodge 306. I have since attended four more National Instructors Schools in Barryville, Cleveland and Omaha. In 2005, I was very proud to complete and graduate from the Advanced II School. In the meantime, I continued to volunteer my time in other activities at Lodge 306. I have also been an assistant instructor for the Tots and Sokolads classes.

I volunteered to be on the YES! Council at the Valparaiso Slet in 2003. I helped with YES! Activities at the Slet and was very happy to be asked to attend the Sokol USA Convention in Mystic in 2005. It was a very fulfilling experience as I learned more about the ins and outs of

the Sokol organization.

I was asked to become the Head Instructor for Sokolettes in 2004 and have been in this position ever since. This has been a very uplifting experience for me. I love working with the young girls and seeing the look of accomplishment when they learn new skills and do well in competitions.

In 2005, I was nominated and elected to be Women's Director of Lodge 306. I have served in this capacity ever since. I have helped with organizing and running the many fundraisers we have. I am still learning on the job, and I hope to be able to help out for many years in the future. I wish to thank my mom for being there for me all the time and for always being able to take me to Sokol so that I could do the things I love. Also, thank you to

all the members of Sokol Lodge 306 for helping me throughout the years and helping me to develop as a leader. Bryan Pracko was my first coach at Sokol and has continued to be my mentor through all these years.

I am currently attending Northeastern Illinois University in Chicago. I plan to major in Elementary Education and become a grade school teacher. My experiences at Sokol have helped to cement my career decisions, as I have always loved working with young people. One of the reasons I chose NEIU was so that I could continue my activities at Sokol while I attend school. Sokol has become a very important part of my life and I hope I never have to leave! Once again, thank you! NaZdar!

Caitlin Tracey

(Continued from Page 1)

which we raised over \$8,000 for the National Kidney Foundation. Also last semester, we raised \$1,000 for Camp Sunshine, a camp in Maine for terminally ill children, in memory of our sister who passed away in 2005. I have also been a part of an Adopt-a-Soldier program as well as a book drive that donates used textbooks to students in Africa.

College has been a wonderful experience and I would like to thank you again for assisting me with my college expenses throughout my years as an undergraduate. I have the utmost gratitude.

IS YOUR FAMILY COVERED?

Insurance coverage for all family members is an essential part of personal financial planning. Don't put off taking care of this responsibility.

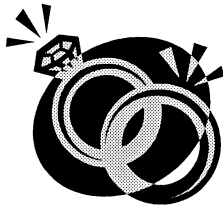
See your lodge Financial Secretary or call Sokol Headquarters toll free at 1-888-253-0362 for additional information or membership applications.

SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

The Sokol Times Social Page is a new way to keep up with your old and new friends! Share your families' events with your Sokol family. We want to hear from you. Only news regarding members of our lodges will be printed.

Complete one of the attached forms and mail the information and a photograph of clear quality to Sokol USA, 276 Prospect Street, P.O. Box 189, East Orange, NJ 07109-0189. Information and photographs also may be e-mailed to: SOKOLUSAHQ@aol.com

ENGAGEMENTS,
WEDDINGS &
ANNIVERSARIES



NAMES: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

YEARS MARRIED (IF APPLICABLE): _____

BIRTHDAYS



NAME: _____

BIRTH DATE: _____

AGE: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

PROMOTIONS,
HONOR ROLLS &
OTHER EVENTS



NAME: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

EVENT: _____

Photographs are not required, but they do add to the presentation.
Please include a self addressed, stamped envelope if you would like your photograph returned.

DARULA JOINS FLORIDA HALL OF FAME

Bobby Darula of Greenwich, Conn., a member of Sokol Lodge 7, was inducted into the Sunshine State Conference Hall of Fame as part of the 2006-2007 class on June 9th.

He was honored for his four years of playing baseball at Eckerd College in St. Petersburg, Fla. During his college career from 1992 to 1996, Bobby earned All-American honors as well as All-Region and All-Conference honors. He currently holds the all-time career batting average record of .448 at Eckerd College.

He graduated from Eckerd with an English/Literature Degree in 1996 and is currently in his 12th season playing professional baseball. Bobby would like to thank the Sokol organization and everyone involved for his early training in gymnastics, which helped develop his all-around athletic ability and work ethic.

Nazdar!



Bobby Darula

DR. DANIEL SKANDERA LODGE 30

Dr. Daniel Skandera of Lodge 30 in Danbury, Conn., and a gymnast during his teenage days, passed away recently.

After receiving a Bachelor's Degree, he enlisted in the Air Force for 20 years and served as a B-17 pilot in World War II. He retired as a Lieutenant Colonel.

Surviving are his wife, Marie Johnson; his son, Daniel, a musician; and his brothers, Emil and Dr. Michael, also members of Lodge 30.



Dr. Daniel Skandera

STEVEN OMASTA SR. LODGE 30

Stephen Omasta, Sr., 80, entered into the arms of our Lord and Savior on November 21, 2006, in the home that he built, after a courageous battle with leukemia. He was surrounded by his beloved wife, Ethel, and his loving family. His positive attitude and sense of humor was an inspiration to all and helped his family throughout his illness.

He was born in Danbury, Conn., on April 20, 1926, the son of John and Susan Omasta. In addition to his wife of 55 years, Ethel Sivacek, he will be missed by his children, Stephen Jr. and his wife Sandy, Susan Tracey and her husband Bruce, Mark and his wife Valory, Nancy Crampton and her husband Rich, and Tom and his wife Linda. His legacy of love, faith and family will live on though his cherished grandchildren: TJ, Stephanie and Lindsey Omasta; Caitlin and Kelly Tracey; Kristen Omasta; and Sarah, Rick, Teague and Seth Crampton. He is also survived by two sisters, sisters in law, brothers in law, many nieces and nephews, 13 godchildren and many friends in Danbury and Fort Myers, Fla.

Steve joined the Navy when he was 17 and served as a Seabee in the Pacific Theater of World War II. He was a life member of the bricklayers union, a volunteer fireman for 58 years, the financial secretary for the United Lutheran Society 145, an active member of Sokol Lodge 30 for 25 years, and manned the grill for their summer outing with his best friend George Krizan.

Steve enrolled all his children and grandchildren in Sokol at birth. He held countless positions in his beloved church, St. Paul's.

Steve was a man who took



Steven Omasta Sr.

the time to share his values and inspire his grandchildren, giving of himself in time and love to be a guiding, inspiring force in their lives. A man who valued tradition and his heritage! A man who stepped up to the plate, serving his country with grace and a man who took pride in a job well done. He was always available to lend a helping hand to anyone in need.

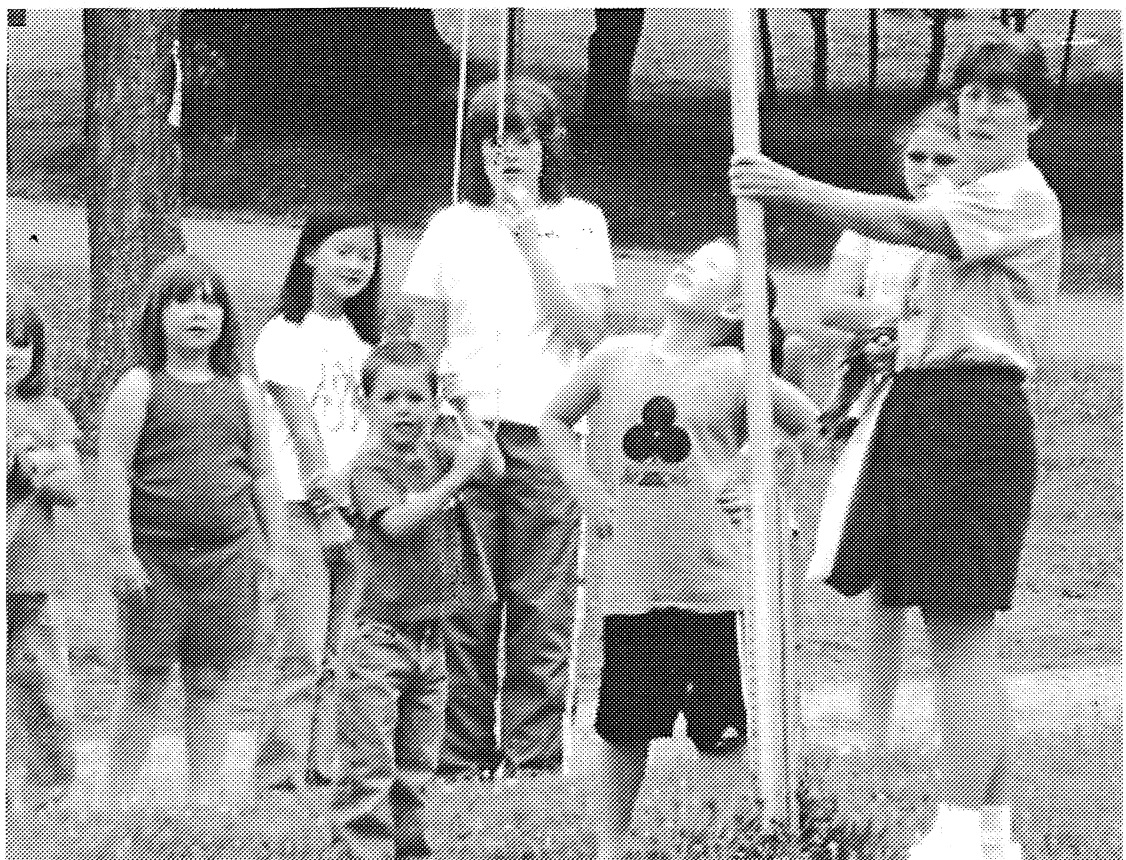
He built three dollhouses for St. Paul's church fair, the last one while he was ill. He also made a dollhouse for each of his granddaughters. He left his mark and expertise on all his children's homes (fireplaces, chimneys, patios, sidewalks, tile floors, etc.). He became an avid golfer after his retirement and was known as "Mr. Middle" on the golf course for his fairway accuracy and was the owner of three holes in one!

A loving husband, father, grandfather and a trusted and caring friend. Simply put, he was just a great guy. We all miss him so very much!

Summer at Sokol Woodlands



The workouts in the gym!



Day campers raising the flag.

IN MEMORY

Of our deceased Brother and Sister Sokols with a sincere expression of sympathy to their families from the Supreme Officers of Sokol U.S.A.

VICTOR MAKSA – (1920-2007) A member of Lodge 89 in Carnegie, Pa. He is survived by a daughter, Mary Ann Maksa.

VERONICA YESOVITCH – (1927-2007) A member of Lodge 130 in New Kensington, Pa. She is survived by her daughters, Judi Minetti, Debi Jordan and Diane Vandervort, and a son, Joseph Yesovitch III.

GERALD ALEXSUK – (1926-2007) A member of Lodge 278 in Masaryktown, Fla.

AGNES BRUNO – (1914-2007) A member of Lodge 30W in Allentown, Pa. She is survived by a daughter, Ann Anderko.

ELSIE MRAZIK – (1919-2007) A member of Lodge 157 in Milwaukee, Wis. She is survived by a daughter, Nancy Sporer.

HELENA CHIKAR – (1924-2004) A member of Lodge 255 in Leechburg, Pa. She is survived by a daughter, Louisa Olson.