

(USPS 500-660)

SOKOL TIMES

MAY 8, 2014

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

Well Known Personalities in Slovak History *Svätopluk – The Era of the Great Moravian Empire*

By Stephen J. Banjak

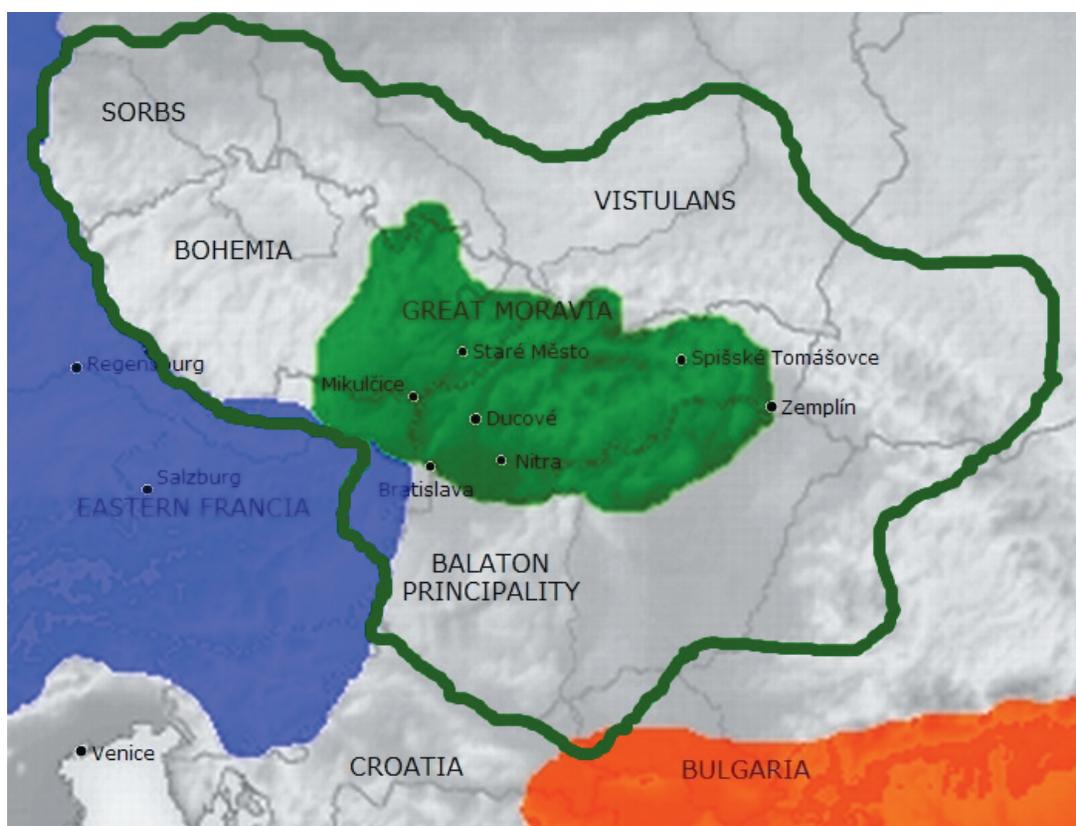
Editor's note: This is the third part of an ongoing series about the Slovak people, history and culture.

In the first half of the 9th century, Mojmir I formed a coalition of all the Slovak princes north of the Danube for the purpose of resisting German invasion. He was the first Slovak ruler to attempt to unite the Moravian and Slovak peoples, and in 836 founded Greater Moravia (Velká Morava). The allegiance which these princes had promised to Mojmir soon gave way to personal prerogatives and weakened the union.

As a consequence, Mojmir was crushed by the Germans in 846. The rule of Greater Moravia was entrusted to Mojmir's son, Rastislav, who had apparently shown willingness to accept the Germans. Rastislav set about building fortresses, training an army, and strengthening himself with the Slovak princes who still remained in possession of their lands after the fall of Mojmir. Having put himself in a good defensive position, Rastislav began extending his domains. Eventually the Germans began to suspect Rastislav's motives and, in 855, attempted to crush him as they had his father. (Moravia, under Rastislav in green on map) Rastislav, however, had become much stronger than his father had been and the invading German army was defeated. This gained for him even greater support from the local Slovak princes. He ruled from 846 to 870.

Then, Rastislav's nephew, Svätopluk, prince of Nitra, revolted with the aid of the Germans. In the struggle that ensued, Rastislav was taken prisoner by the Emperor Louis "the German" and eventually died. Svätopluk, probably driven by remorse, did not serve the Germans long and he in turn was imprisoned and his throne was taken away.

But, the Slovaks, under Prince Slovomír, having experienced self-rule, did not accept the situation. They



organized and began to revolt. In an effort to quell the uprising, Louis decided to release Svätopluk and placed him at the head of a German army. Svätopluk led the German army into the heart of the Slovak-Moravian state to Slavomír's headquarters at Devín Castle.

The Slavic castle, founded in the 8th century, played a crucial role during frequent wars between Great Moravia and the Franks. The ancient name of the castle – Dowina, from the Slavic/Slovak word *deva* for girl – was mentioned for the first time in written resources in 864, when Louis the German besieged Prince Rastislav in the "castle of Dowina." During the Great Moravian period, a Christian church had been built in the complex. Its distinct style was probably inspired by similar churches in Byzantine Macedonia, from where Saints Cyril and Methodius came to Great Moravia. Chemical composition of frescoes indicates that the church was decorated by Italian painters.

But, instead of fighting, Svätopluk allied himself with Slavomír and defeated the Germans in the Battle of Devín in 871. Nearly the entire German army perished in this battle. After the German defeat, a long drawn out war followed, but Svätopluk's power continued to grow and the Germans were forced to recognize the independence of his realm. By 833, Svätopluk's domain included, in addition to Slovakia and Moravia, the lands of the Czechs, those of the Wends, and the western part of present day Poland extending all the way to the Baltic sea. (Moravia under Svätopluk extended to green line on map.)

Svätopluk's rule included the "golden age" of the Great Moravian Empire, which took its name from the Morava River which flowed through the heart of the area. From 884 to 894, peace prevailed. Even to this day, the story is told in Slovakia about Svätopluk who, on his deathbed, called his three sons, Mojmir II, Svatopluk II and Predslav to him. He asked for

three bundles of sticks and gave one to each son, asking them to break them in half. No knee was strong enough to do this. Svätopluk then unbound and

separated the sticks and passed them to his sons. The single twigs were easily broken. Thus, he dramatized the lesson of the importance of unity among themselves after his death.

But, the lesson was not learned by the three sons, nor the Slavs as a whole. Great Moravia was divided among the three brothers in 894 in spite of their father's warning. The country, weakened by wars, was destroyed in 907 by a Hungarian attack. Even though its existence was short lived, the Great Moravian Empire, under Svätopluk's rule, marked the beginning of a constantly recurring and ever more successful movement on the part of the Slavs to free themselves of foreign domination; a movement which, even after a thousand years, as we see today in current events in Europe, continues.

With the disintegration of the Great Moravian Empire, the Germans in the west and the Magyars in the east established themselves along the Danube. Except for brief periods of semi-independence, this sealed the doom of the Slovaks until the 20th century when, in 1918, they were liberated from Hungarian rule at the completion of World War I.



SOKOL TIMES

official organ of the
SLOVAK GYMNASTIC UNION SOKOL
OF THE USA

Published monthly on the 2nd Thursday of the month.

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All communication for publication should be sent to Editor at 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 \$10.00

LODGE 2 ANNOUNCES SCHOLARSHIP PROGRAM

Lodge 2, Bridgeport, Sokol USA District, GBU Financial Life, has continued its scholarship program for high school graduates, it was announced by Lodge President Miguel Alicea.

"In 2013, we awarded three high school students, one from Bunnell High School in Stratford, the second from Foran High School in Milford and the third to a student from Hand High School in Madison, who had close ties to Stratford, \$1,000 scholarship awards. We will offer up to two \$1,000 scholarships to high school seniors accepted for admission to an accredited four year college/university who are Slovak or Carpatho-Russian descent and residents of Bridgeport, Stratford, Trumbull, Shelton or Milford, Connecticut," said Alicea.

"Criteria to be used in judging are overall merits of applicants, cumulative grade average, community activities, college acceptance, financial need and essay content," he continued.

"The essay content," said Lodge Secretary John Kamenitsky, "is somewhat unique. Rather than the usual 'why do I want this award,' we are asking the applicants to discuss the history, culture or traditions of Slovak or Carpatho-Russian heritage or stories about their ancestors in Slovakia."

"We hope to encourage the applicants to study the history, customs and traditions of their forefathers in Slovakia," he concluded.

Applications were sent to all high schools and churches in the area and are available from the Lodge at jkamenitsky@snet.net. Applicants must complete the official application and submit it with requested documentation to the Lodge's Secretary by May 15. Entries for consideration must be forwarded to:

Sokol USA Lodge 2 – Bridgeport
c/o John Kamenitsky, Secretary
485B Commanche Lane
Stratford, CT 06614
E-mail: jkamenitsky@snet.net

5TH ANNUAL SOKOL USA FARRELL FOUR-PERSON OPEN GOLF SCRAMBLE



SHENANGO LAKE GOLF CLUB
99 Birchwood Dr., Transfer, PA 16154
June 14, 2014

ENTRY FORMS: All Sokol members and non-members alike are invited to participate in the 5th ANNUAL SOKOL USA FARRELL OPEN FOUR PERSON GOLF SCRAMBLE at Shenango Lake Golf Club on June 14, 2014. SHOTGUN START: 9:00 a.m.

Registration Fee Includes:

Greens fee, cart, skins game, T-shirt, door prizes, line prizes, beverages, BBQ steak dinner, and food/beverages at the turn.

Featuring:

\$5,000 cash prize for ANY hole-in-one on a designated par 3.

Team prizes (based on minimum of 25 teams):

- 1st Prize: \$800 per team
- 2nd Prize: \$400 per team
- 3rd Prize: \$200 per team

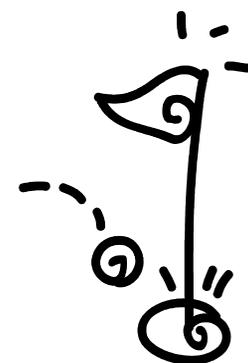
Entries will be accepted on a "first come" basis.

Limit of 30 teams.

**30 TEAMS WERE ENTERED LAST YEAR.
ENTER NOW AND BEAT THE CUT OFF!**

Information and entry forms can be downloaded by visiting <http://sokolfarrell.org> and clicking News and Events and then Golf Scramble or by contacting Brother Tim Brandt, Chairman, 1448 Hall Avenue, Sharon, PA 16146; 724-866-8553.

Proceeds benefit Sokol Farrell Youth and Adult Gymnastics/Fitness/Wellness Programs.



Western Pennsylvania Slovak Cultural Association

FALL LANGUAGE COURSES

The Western Pennsylvania Slovak Cultural Association will conduct fall language classes Every Tuesday from September 9th to October 28th at 7 p.m. in the Mt. Lebanon Public Library, 16 Castle Shannon Blvd., Pittsburgh, Pa. Tuition is free.

Instructor will be Bozena Hilko, who was a teacher in Bardejov and has taught more than 30 classes for WPSCA. For information, call Albina at 412-531-2990 during office hours or Joe at 412-956-6000.

UPCOMING WPSCA EVENTS

Mark your calendars so you won't miss any of these important events!

- June 2: Slovak Heritage Program
- July 17: Slovak Day at Kennywood
- September 9: Fall Slovak Language Classes begin
- October 6: Slovak Heritage Program
- October 11: Slovak Beer Tasting
- November 2: Slovak Festival at Pitt
- November 3: Slovak Heritage Program
- November: Slovak Film Festival
- December 1: Slovak Heritage Program

STUDENT CONDUCTING SURVEY

WPSCA was recently contacted by a student named Viktoria Kvetanova. She grew up in Slovakia and moved to Switzerland with her family at the age of 11. She is currently studying at the University of Zurich.

As part of her English studies, Viktoria is conducting linguistic research about people of Slovak origins living in the United States. She wants to find people interested in participating in her research. Participation would require completing a short questionnaire.

The study is anonymous and real names will not be used in the presentation of the research. If you are interested in participating, contact Viktoria at viktoria.kvetanova@access.uzh.ch.

Visit us online at:

www.SokolUSA.org

Sokol Canada invites you to its Mini Slet

June 26 to June 29, 2014



Dear Sokol Friends:

Sokol Canada is inviting you to our Mini Slet on June 27-29 in the Toronto area.

We regret that we were unable to attend the last ASO Slet in Milwaukee. Our representatives were ready to go and all purchases were made but, due to unforeseen circumstances, they were not able to attend. We hope this will not influence your decision in participating at our slet. We always look forward to seeing you. Our slet is for family, filled with fun, enthusiasm and a new look into the Sokol spirit.

Most of the events will be held at a beautiful park, which is called Masaryktown. It is owned by MMI organization and will be rented by Sokol for the slet.

Please have in mind that all prices are in Canadian dollars. Hotels are a very short walking distances from one another and Masaryktown is about a 10-minute drive away.

We are looking forward to seeing each and every one of you in Toronto June 27-29, 2014!

Nazdar!
Anna Janous
President

Scheduled Events & Prices

Thursday, June 27: Welcome Party and Opening Ceremony; \$15.00

This event will be an outside program. It will feature live music, Czech food, beverages, BBQ and Prague restaurant with Czech dinner, beer and piano entertainment.

Friday, June 28: All-day track and field competitions; Adults \$35.00, children up to age 11 \$15.00

Friday, June 28 (evening): Special number teams (concert included); \$45.00

Spectators evening concert including team competition; \$20.00

Saturday, June 29: gymnastic competitions

age groups	
15 – 17	\$45.00
12 – 14	\$45.00
9 - 11	\$45.00
6- 8	\$45.00

Volleyball men, women and mixed teams: \$170.00

Saturday, June 29 (evening): Outdoor social for youth with food stand , BBQ and DJ; \$20.00

Social in Prague restaurant – dinner includes band; \$55.00

Sunday, June 29: Mini Slet at Masaryktown: Admission for all participants in advance is \$10.00 and at the gate is \$15.00

An all-day food stand will be available with food and beverages. "Kolacky" and other Czech specialities will be available in the Prague restaurant, which will be open from 11.30 a.m. with Czech dinner and beer.

After the Slet, there will be more entertainment in the park, music, dance, bonfire and more.

Please note that costs are in Canadian dollars.

If you have questions, contact Sister Anna Janous at anna.sokol@bell.net

Sokol Canada * 26 Penwick Crescent, Richmond Hill, Ontario L4c – 5b4
tel. 905 884 – 9829 * www.sokolcanada.ca

NEARBY HOTELS FOR SOKOL CANADA MINI SLET 2014

Holiday Inn Express Toronto East

50 Estate Drive, Scarborough, On M1H 2Z1
(ph) 416-439-9666 (f) 416-439-4295

Price per night @ \$109.00 before taxes (cad).

You can choose from the following:

King bed non smoking/ smoking
Queen beds non smoking/ smoking

Reservations for the group block can be made by calling 416-439-9666 with a credit card.

This price is confirmed until May 14, 2014, so you must reserve prior to this date. An advance deposit is required for groups and buses. If the deposit is not received by the cut-off date, all rooms will be released without further notification. For cancellation policy, please ask hotel.

Best Western Plus Executive Inn

38 Estate Drive Toronto East Scarborough, On M1H 2Z1
(ph) 416-430-0444 (f) 416-430-0555
www.bestwestern.com/ca/executiveinnontario

You can choose from the following:

\$108.00 plus taxes /traditional two queen beds, non-smoking
\$106.00 plus taxes/ king executive, non-smoking (1 king + double sofa bed)

Reservations can be made by calling the hotel at 416-430-0444 or 1-877-430-0444 (toll free) or faxing a reservation request to 416-430-0555.

This price is confirmed until May 26, 2014, for credit card guarantee reservations only. After that, the rooms will be released without further notifications. For cancellation policy, please ask hotel.

Travelodge Toronto East

20 Milner Business Court, Toronto On M1B 3C6
(ph) 416-299-9500 (f) 416-299-6172
www.travellodgetorontoeast.com

Price is \$89.00 plus taxes /night. Standard guestrooms are equipped with one queen bed, two double beds. This price is for single/double occupancy bases. Early departure fee is \$35.00 if any rooms check out prior to the departure date.

Reservations can be made by calling the hotel at 416-299-9500 and asking for the special rate for Sokol Gymnastics no later than May 26, 2014. All guests are required to have a credit card to guarantee the reservations at the time of booking. After May 26th, rooms will be released without further notification. For cancellation policy, please contact the hotel directly.

For further inquiries on hotels, please contact:

Anna Janous
Sokol Canada President
905-884-9829

Hearth healthy grilling and barbecue tips

Warmer weather means grilling time – time with family and friends and time to enjoy delicious foods. There are all kinds of tasty foods to grill up, plus those sides, desserts and drinks that round out the meal. Keep these important tips in mind to help you grill "fat-sensibly" through the warm seasons.

Go for grilled fish more often. The healthiest types include salmon, trout and herring, which are high in heart-healthy omega-3 fatty acids.

Buy chicken breasts – and remember to remove the skin before eating – instead of the fattier dark meat (legs and thighs). Or try grilling up chicken or turkey burgers using breast meat, and add diced onions for another layer of flavor.

What cut of meat to buy? Choose "loin" and "round" cuts of red meat and pork. And buy "choice" or "select" grades of beef instead of "prime." While these have the least amount of fat, don't forget to trim the fat when you get home.

Use a rack so the fat drips away from the food.

Lifelong Sokol Darula passes away

Adelaide Hurta Darula died peacefully in her sleep on Saturday, April 12, 2014. A life-long resident of Byram, she was born to Augusta and Andrew Hurta on December 16, 1930. She is predeceased by her parents and husband, Joseph L. Darula. Adelaide is survived by her brother Robert Hurta and his wife Marjorie, nieces, Carol, Suzanne and their husbands and children, sister-in-law Sue and her children, Kathryn, Bobby, Joseph and Suzanne, their husbands and wife.



Adelaide Darula

Addie Darula was a woman of the world. Her journey began with Trips and Tours, a travel agency she created in Byram. Her travels took her around the world as she traveled to many Olympic Games and her tours enabled many to share those vista. She ventured into the charter-travel business at its infancy and continued in the travel trade for many years. She ultimately retired from her position as administrative assistant in the Beach Card office of the Town of Greenwich.

Addie, Aunt Addie, Adelka has touched the lives of many. She was a life-long member of Slovak Gymnastic Union Sokol. She served in many leadership positions from teaching gymnastic classes in the Byram gym, to being elected as the National Director of Gymnastics on the National Board of Directors. As an active member, Adelaide "starred" in several Slovak plays presented in both Byram and New York City Sokol clubs. Sokol was the beneficiary of many of Addie's creative talents. Byram Sokols, under her leadership, were active and involved in both Sokol and local activities. The memorable Sokol float in the Greenwich centennial parade was but one example.

In 1962, Sokol, under her direction, traveled to the land of our heritage, Czechoslovakia, to participate in a gymnastic festival. Several additional tours were to follow, the most

memorable of which was after the fall of the Iron Curtain. The centennial celebration of Sokol USA gave Adelaide another opportunity to cast her influence. Sokols from around the country who traveled to Philadelphia to celebrate Sokol's anniversary were invited to march in the Philadelphia Fourth of July parade. Most summer weekends, she and her husband Joe traveled to Sokol Woodlands, in Barryville, N.Y., to lend a helping hand, plan a party or to simply enjoy the company of friends and nature at their finest.

In addition to her work in Sokol, Addie was a member of the St. Paul Evangelical Lutheran Church in Bryam. She was an active member who contributed many ideas to fellowship. She had a passion for her heritage and, when Slovak families were permitted to once again immigrate to America, many were fortunate to meet Adelka. Her assistance was invaluable as they attempted to navigate our American way of life.

Adelaide loved life and creating adventures for all her family and friends to share. She touched so many lives and we will miss her deeply.

Sokol Social News

HAPPY BIRTHDAY



Elizabeth Barton Henson, in front, a resident of Monessen, Pa., and a member of Sokol Lodge 500, celebrated her 90th birthday on April 28th.

NATIONAL SOKOL
July 27th - August 3rd

Pyramids Leadership
Capture the Flag Detroit, Michigan Team Building

Calling All Sokols 12-17 years old!
\$325 early bird special for American Sokol Youth Members!
\$375 per camper After May 15th

"National Sokol Camp 2014"

Field Games Sports Singing
Swimming Water Games
Arts & Crafts

Find us on: facebook.

Questions and Application Information:
nationalcamp2014@gmail.com

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.

From the President's View

To quote *Porgy and Bess*, "summer is here and the livin' is easy." The beautiful weather has now arrived after a long and frigid winter here in the Northeast.

I, for one, have dusted off my walking shoes and am back in sync with our Healthy Heart Walking Club. Our Fraternal Activities Director, Sister Nancy Shurina, is far along in her plans to create a bicycle club for our organization. Once plans are finalized, you will learn all the details in future issues of the Sokol Times.

This is the perfect time of year for all of our members to get back in the groove with our Sokol sports and wellness programs. It is my hope that our Lodges will meet frequently this summer to do wellness-related,

sports-related and community service-related activities. These things are what our society is all about and what we do best!

The Transition Committee is far along in its work addressing the structure and procedures for Sokol USA as a District of GBU. Regarding the merger with GBU, the portfolio has been transferred to GBU, as well as the funding for the endowment, the scholarship program, and the Slet.

GBU holds its convention every four (4) years. Sokol USA, as a District of GBU, will send five (5) delegates to the GBU National Convention in September 2014 in South Carolina. The delegates are Joseph S. Bielecki, Milan S. Kovac, Deborah Golden, Emil Trgala and Christine Yatchyshyn.

Sokol US is also entitled to have two (2) alternate delegates. They are John Kamenitsky and Stephen Banjak. It will be a good experience for our delegates to attend the convention, to meet other GBU District representatives, and to participate in the convention and its activities. Our entire Supreme Lodge will be extended an invitation to attend this event as per our merger agreement.

I urge all of our members to get out, get moving, enjoy the sun, and get back in tune with

sports, fitness, and wellness.

On a more somber note, former National Directress Sister Adelaide Darula, has passed away. The Supreme Lodge extends sympathies and condolences to the entire Darual and Hurta families. Sister Darula will be remembered for her love of the Slovak and Sokol culture and her veracity to invigorate and promote same.

NAZDAR!
Joseph Bielecki, President
Sokol USA



Joseph Bielecki

Sokol Farrell, Lodge 103 offers scholarship

Applications and eligibility requirements for the \$1,000 "Steve Banjak Memorial Scholarship" are available by downloading the three-page form from the Sokol Farrell website at <http://sokolfarrell.org>. Click on "News and Events" tab and then click on "Scholarship." Completed applications must be received by the Scholarship Committee by May 15, 2014.

Applications can also be received by writing to Brother Melvin Slezak at 6850 Seneca Road, Sharpsville, PA 16150-8418.

Brother Steve Banjak lived his whole life believing in and supporting the ideals of the Sokol movement founded by Dr. Miroslav Tyrs in the Czech Republic and established by Ivan Branislav Zoch in Slovakia.

Brother Banjak was active in the Sokol gymnasium in Farrell, Pa., since he was introduced to the organization when he was 14 years old; stopping only when his advanced age and health did not permit it. As President of Lodge 103, he led the lodge for a period of 50 years, seeing it become one of the most successful lodges in the Slovak Gymnastic Union Sokol, USA. Currently Lodge 103 has approximately 300 members. Brother Banjak also held almost every office in District Svätopluk, including President. In 1958, he was President of the Committee responsible for the very successful XIII Sokol USA Slet held in Cleveland, Ohio.

Upon his death in October 2006, the membership of the lodge unanimously voted to name this scholarship in his honor as a way to remember him for his many years of service to



Steve Banjak

Sokol. The first recipient of the scholarship was announced at the 100th anniversary celebration of the lodge held at the Radisson Hotel on May 20, 2006.

Sokol Farrell member recipients of the Steve Banjak Memorial Scholarship are:
2006 Oleksandra Banjak
2007 Oleksandra Banjak
2008 Katie Shebeck
2009 Lucia Murcko
2010 Robin Platte
2011 Bibiana Murcko
2012 Shared between Robin Platte and Bibiana Murcko
2013 Daniel Konopski

The Scholarship is available for download by following the links in the box above. The Scholarship will be announced at the Annual Meeting of Sokol USA Farrell, which is held on the first Sunday in June of each year. Applications are due to the Scholarship Chairman on or before May 15th of each year.



Do you know the average person gains 1-2 pounds over the holidays? Get ready for the summer by WALKING!

Sokol Healthy Heart Walking Club

Benefits include:

Reducing your stress level Lowering your risk of heart disease
Controlling your weight Controlling your blood pressure

Sign up for Sokol's Healthy Heart Walking Club by sending your name, mailing address and home lodge to:



Brandi Kovac
64 East 111th St.
Apt. #811
New York, NY 10029
OR email: BKKovac@aol.com



You will receive a free Sokol pedometer and a Healthy Heart mileage chart. You are responsible for recording your mileage. Walk with fellow Sokol members, or on your own. Contact Brandi when you reach a milestone and get a reward!

Stretches for walking

Walking is a great way to add physical activity into your lifestyle. But remember stretching is a very important part of any activity program. Be sure to warm up for several minutes to get your muscles warm and then stretch slowly for at least five minutes before you begin.

You can start with these basic stretches, but be sure to only stretch as far as is comfortable for your body. If you have certain medical problems that prevent you from some activities, check with your healthcare provider to be sure that you are in the right condition to perform these stretches.

Abductor (inner thigh) stretch: Keeping your torso upright, lunge to one side with a bent knee over the toe. Keep your other leg straight. Push your weight to the "bent knee" side until you feel a stretch in the inner thigh of your straight leg. Hold 20-30 seconds on each leg.

Calf stretch: Stand facing a wall with both hands on it. Position one foot forward (knee bent) and the other leg back with the leg straight, toes pointing at the wall. With your stomach tight, lean in toward the wall until you feel a stretch in the lower part of

the back leg. Hold 20-30 seconds on each leg.

Chest stretch: Place your fingertips lightly on the back of your head. Push your elbows back while squeezing with your upper back until you feel a stretch in your chest near your underarms. Hold for 20-30 seconds. Another option is to stand in a corner with one hand or elbow on each wall. Your feet should be 1½-2 feet away from the corner in a split stance. Keeping your back straight and tummy pulled in, lean into the wall until you feel a stretch in your chest near your underarms. Hold for 20-30 seconds. (Keep feet staggered, one behind the other.)

Hamstring stretch: Prop one foot up on a low, secure bench or stair step. Stand tall. Keeping your chest high, hips square and tailbone lifted, bend forward from your hips. Feel a stretch in the back of your high or knee. Hold 20-30 seconds on each leg.

Hip flexor stretch: Lunge forward with one leg, knee bent. The back leg can stay straight or bent slightly. Push your hips forward until you feel a stretch in front of your back thigh near the groin. Keep your torso upright

and your front knee behind your toes. Hold 20-30 seconds on each leg.

Palm touch: Bend your knees slightly. Try to touch the floor by bending from the waist, but don't bounce. Hold the position for 10 seconds, then repeat 1-2 times. If you have lower back problems, do the same thing, but with your legs crossed.

Shoulder rolls: Lift your shoulders up toward your ears, then down and backwards in a circular motion. Repeat 5-10 times. Perform with both shoulders simultaneously or alternate right and left.

Toe touch: Place your right leg on a chair or railing, making a 90-degree angle with the other leg. Keep your left leg straight and lean forward, touching the toes of your right leg. Don't bounce. Switch legs and do the same thing. Repeat the entire exercise 1-2 times.

Wall push: Stand 18 inches away from a wall. Lean forward, pushing against the wall with your hands and keeping your heels flat on the ground. Hold it for 10 seconds, then relax. Repeat 1-2 times.

Fight stress with healthy habits

Healthy habits can protect you from the harmful effects of stress. Here are 10 positive healthy habits you may want to develop.

Talk with family and friends.

A daily dose of friendship is great medicine. Call or write your friends and family to share your feelings, hopes and joys.

Engage in daily physical activity.

Regular physical activity relieves mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be a great source of pleasure, too. Try walking, swimming, biking or dancing every day.

Accept the things you cannot change.

Don't say, "I'm too old." You can still learn new things, work toward a goal, love and help others.

Remember to laugh.

Laughter makes you feel good. Don't be afraid to laugh out loud at a joke, a funny movie or a comic strip, even when you're alone.

Give up the bad habits.

Too much alcohol, cigarettes or caffeine can increase stress. If you smoke, decide to quit now.

Slow down.

Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done.

Get enough sleep.

Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity also may improve the quality of sleep.

Get organized.

Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life — your car, desk, kitchen, closet, cupboard or drawer.

Practice giving back.

Volunteer your time or return a favor to a friend. Helping others helps you.

Try not to worry.

The world won't end if your grass isn't mowed or your kitchen isn't cleaned. You may need to do these things, but today might not be the right time.

SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

The Sokol Times Social Page is a great 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 07019-0189. Information and photographs also may be e-mailed to: SOKOLUSAHQSA@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.

Wearing the right shoes for walking

Confused when choosing shoes? Find the right ones in your budget with these tips.

Know what you need

It's possible to spend anywhere from \$19.99 for no-name brands to more than \$170 for name brands sporting the latest technological wonder. A high price doesn't always guarantee the right fit or features. Look for shoes that provide excellent support, cushioning and fit in the middle price range.

Walking shoes should be lightweight and breathable. The cushioning should be thickest in the heel and the shoe should be flexible enough to bend in your hands.

Running shoes provide even more cushioning and flexibility, so they're also an option for walking. But the thicker treads could cause you to trip on carpet. Multi-purpose shoes like cross trainers are a good alternative if you want to combine several activities like walking, tennis and weight training in one workout.

Look for a specialty athletic shoe store with a good reputation and a knowledgeable staff. Know your foot type. People with high-arched feet tend to require greater shock absorption than those with average feet. High-arched (cavus) feet also suffer from lateral instability and are more prone to ankle sprains, while low-arched ("flat") feet require shoes with less cushioning but greater support and heel control.

Get the right fit

Getting a good fit is critical. Remember, no matter how popular a shoe is or how good it may look, it won't do you any good if it doesn't support your unique foot or causes blisters. Grab the shoe at the ball and heel. Bend the shoe from front to back. The shoe should bend right near the ball of the



foot, your foot's natural hinge point. Then find the "heel counter," a stiff cup sewn into the back of the shoe to provide heel support. Squeeze this cup into the shoe. It should be very stiff and not collapse inward easily.

Here are some more tips:

Get fitted for footwear at the end of the day, when your foot size is at its maximum. It's not unusual for a foot to increase half a shoe size in a day.

Allow 1/2 inch (or the width of your index finger) between the end of your longest toe and the end of the shoe. If one foot is larger than the other, buy the larger size.

The ball of your foot should match the widest part of the shoe and you should have plenty of room for your toes to wiggle without experiencing slippage in the heel. Women tend to have a narrower heel than men, so try on several models to find the right style.

Wear the same weight of socks you intend to use during activity. Socks with a high cotton content retain moisture and cause blisters more easily. Look for socks that are made with synthetic fibers such as acrylic or polyester.

Athletic shoes no longer require a break-in period, but they'll lose their cushioning after

three to six months of regular use (or 350-500 miles of walking or running). It's important to replace your shoes regularly. If they're no longer absorbing the pounding and jarring action of the sport, you're more likely to sustain knee and ankle injuries.

Finally, just because a friend says that certain shoes are great doesn't mean they're right for you. Try out several pairs and simulate your activity on a hard surface to see what kind of support and cushioning you get. Then you and your feet will be ready to go!

DONATIONS GRATEFULLY ACKNOWLEDGED

To the Milan Getting Scholarship Fund

From Milan S. Kovac <i>In memory of Brother Michael "Doc" Skandera</i>	\$25.00
From Sokol USA Lodge 2 in Bridgeport, Conn. <i>In memory of deceased Lodge members</i>	\$300.00
From Sokol USA Lodge 26 in Guttenberg, N.J. <i>In memory of deceased Lodge members</i>	\$100.00

To the Sokol USA Gymnastic Fund

From Milan S. Kovac <i>In memory of Brother Charles "Chuck" Bilicska</i>	\$25.00
From Milan S. Kovac <i>In memory of Sister Adelaide Darula</i>	\$50.00
From Barbara Babuska of Tampa, Fla. <i>In memory of Adelaide "Addy" Darula</i>	\$100.00
From Kathy Naccarato of Great Meadows, N.J. <i>In memory of Adelaide Darula</i>	\$100.00
From Anna Slavik of Mahopac, N.Y. <i>In memory of Adelaide Darula</i>	\$50.00

Kent-Dudince Sister City Association 11th Annual Anniversary Banquet

Sunday, May 18, 2014

1 PM Social Hour ~ 2 PM Dinner ~ 3 PM Program

Kent Elks Lodge Hall

Elks Lane, State Route 59

(Behind Twin Star Bowling Lanes, 2245 State Route 59)

Music by Johnny Pastirik during the Social Hour and Dinner

Dancing following the program.

Pittsburgh Slovaks

Sue and Rudy Ondrejco, Directors

Lucina Slovak Folk Ensemble of Greater Cleveland

Naida Oros, Choreography; Tom Ivanec, Director/Program Coordinator

Tickets are \$20 per person

Advanced Ticket Sales Only. Deadline to purchase tickets is May 9th.

Ticket orders with directions will be mailed.

Catered by Tom's Country Place of Avon, Ohio

Donations of baked goods is appreciated.

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.

PETER SHINTAY – (1919-2014) A member of Lodge 59 in Trenton, N.J. He is survived by his son.

JANE CAMPBELL – (1933-2014) A member of Lodge 256 in St. Louis, Mo. She is survived by her husband.

HELEN TRAPP – (1922-2014) A member of Lodge 59 in Trenton, N.J. She is survived by her daughter.

BETTY BANJAK – (1925-2014) A member of Lodge 103 in Farrell, Pa. She is survived by her children.

CHARLES BILICSKA – (1947-2014) A member of Lodge 75 in Jersey City, N.J. He is survived by his children.

GEORGE NAGY – (1937-2014) A member of Lodge 122 in Kenosha, Wis. He is survived by his wife.

ANNA ROHRIG – (1920-2014) A member of Lodge 103 in Farrell, Pa. She is survived by her children.

MICHAEL SKANDERA – (1924-2014) A member of Lodge 30 in Danbury, Conn. He is survived by his wife and children.

Ticket Order Form -- Kent Dudince Sister City Anniversary Banquet

Name: _____ Number of Tickets: _____

Amount Enclosed: \$ _____

Lister other attending (if known): _____

Address: _____

City, State, Zip: _____

Make check payable to: Kent-Dudince Sister City Association
Mail to: Dr. George Wargo, Treasurer
858 Stonewater Drive, Kent, OH 44240 (330-677-9094)

Well Known Personalities in Slovak History

Cyril and Methodius - The Dawn of Christianity

By Stephen Banjak

Editor's note: This is the fourth part of an ongoing series about the Slovak people, history and culture.

Christianity first came to the Slovaks through Latin-German missionaries. Moravia and Slovakia were served by the Archbishop of Salzburg and the Bishop of Passau. The dual nature of the Latin-German ecclesiastics caused the people to fear and distrust these first attempts to spread the new Christianity.

Rastislav, who desired to establish lasting Christianity among the Slovaks, was determined that it would not be at the hands of the Germans. At that time, there were two points of Christian activity – Rome in the West and Constantinople in the East. In 863, Rastislav turned to the Byzantine emperor, Michael III, and asked for Christian missionaries who could speak the language of the

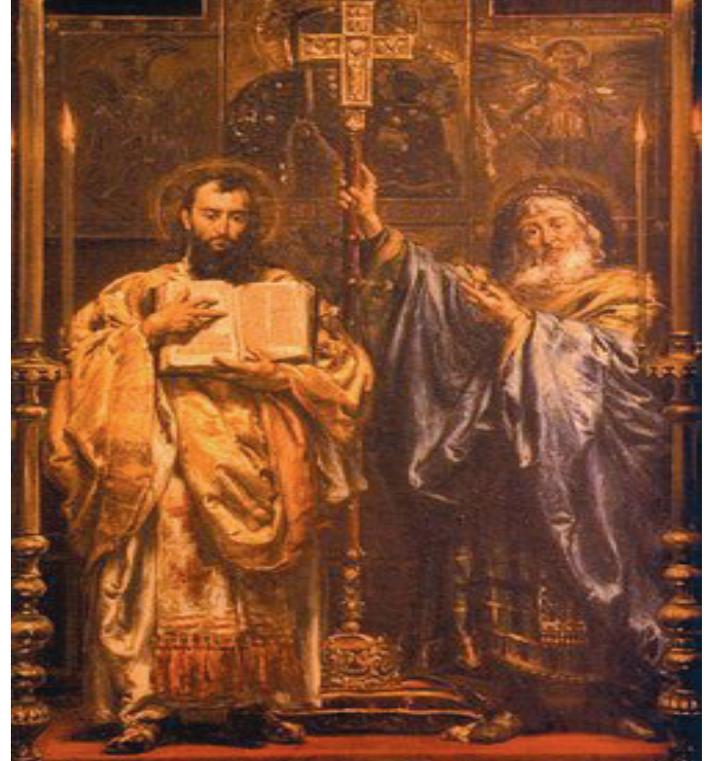
Slovaks. The emperor selected two outstanding missionaries – Constantine, who later took the monastic name of Cyril, and Methodius. They were brothers born in Solun (Thessalonica or Salonika), the capital of Macedonia. The Slavs had settled in nearly all of Macedonia in the fifth and sixth centuries and the brothers were able to speak a language which could be understood in Rastislav's realm.

For the purpose of this mission, they devised the Glagolitic alphabet, an alphabet supposedly derived from the Greek alphabet and used for Slavonic manuscripts. Later they developed the Cyrillic, an alphabet derived from Glagolitic and the Greek alphabet, which with small modifications is still used in a number of Slavic languages. They also translated Christian texts for Slavs into the language that is now called Old Church Slavonic and wrote the first Slavic Civil Code, which was

used in Great Moravia. The significance of their activity to Slovakia was that for the first time, the local language was used in the liturgy whereas in the west Latin was used. The language derived from Old Church Slavonic, known as Church Slavonic, is still used in liturgy by several Eastern Orthodox churches.

The brothers were an interesting combination. Although Cyril had always prepared for priesthood and missionary work, Methodius prepared for the law and for political office in the service of the Byzantine Emperor. It was only later that the latter took up theology, the scriptures, painting and subsequently was ordained into the priesthood.

The imposition of the Latin rite, largely because of German pressure upon the majority of the western and southern Slavs, namely the Slovaks, Czechs, Poles, Slovenes and Croatians,



caused a cleavage between the Slavs, which has been exploited at different times throughout history. Although the German ecclesiastics constantly attempted to thwart their work, Cyril and Methodius succeeded to establish Slovakia as a center

of Christianity. From Slovakia, they extended Christianity south to the Croatsians, Serbs and Bulgars and to Russia, and they devised the Cyrillic alphabet which is still used by the Russians, Ukrainians, Serbs and Bulgarians.

American Sokol

INSTRUCTOR

SCHOOL

JUNE 29 - JULY 13, 2014

Hosted by

Sokol Greater Cleveland

Levels: Beginner, Intermediate,
Advanced, Advanced II

Minimum age ⇨ 13

School Fee: \$325 for American Sokol Youth Members - Early Bird Discount - Postmarked by May 1
\$375 for Adults or other Sokol Organizations – Early Bird Discount - Postmarked by May 1
\$425.00 Postmarked May 2 – June 7
\$450.00 Late fee - Postmarked after June 8

For additional or immediate information contact:

Jane Wise 216-642-1429
or email: hjwise@sbcglobal.net
or www.american-sokol.org

For applications: Contact your District or Unit Director



WHO NEEDS MONEY FOR COLLEGE?

High School Seniors planning to attend college or current college students, Sokol USA's **Milan Getting Scholarship** is available to Sokol USA members!

Education is never something that should take a back seat. Improve your financial ability to attend college by applying for the Milan Getting Scholarship. Each year, Sokol USA is proud to award the Milan Getting Scholarship to Sokol USA members who are furthering their education. Contact Sokol USA Headquarters by phone or e-mail (1-888-253-0362 or SOKOLUSAHQ@AOL.COM) and obtain an application and get ready to enjoy one of the benefits of being a Sokol USA member.

New scholarship recipients will be announced by June 1, 2014.

Reminder: All current Milan Getting Scholarship recipients must submit a scholarship renewal application each year by June 29th. Please contact Sokol USA headquarters with any questions.