

(USPS 500-660)

SOKOL



TIMES

DECEMBER 10, 2015

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

Vesel Vianace A Staskny Novy Rok!



Merry Christmas and Happy New Year!

To all our members from the Supreme Lodge of Sokol USA

From the President's View

I have just returned from Chicago and the Grand 150th Anniversary Celebration of Sokol in America. The festivities were a glorious celebration of the Sokol movement and its major anniversary. The American Sokol organization hosted sports competitions, a youth party, and a gala banquet.

People came from all over the United States, Canada, and Europe for the event. From its headquarters in Prague, Ceska Obec Sokol sent its President, Sister Hana Mouckova, and several others. The Czech Republic's Ambassador to the United States, as well as Sister Mouckova, Sister Jean Hruby of the American Sokol Organization, the President of the DA Sokol and myself, addressed the gala attendees.

Attendees heard many stirring speeches marking this great anniversary. Our Sokol predecessors who brought their great vision and their values with them from Europe to America



Joseph Bielecki

were like potters. They brought with them the values and cultures of Eastern Europe, as well as the important Sokol principles of freedom, equality, (Continued on Page 2)

150th American Sokol Anniversary Weekend

By Chris Yatchyshyn

Over 400 Sokols from around the world gathered in Chicago, Ill., from November 13-15 as American Sokol hosted a weekend of events to celebrate the 150th Anniversary of Sokol in America. Sokol USA officers and members were among the participants who enjoyed the festivities.

The weekend began with an Opening Ceremonies held at the Max Sports Complex in McCook, Ill., where over 150 Sokols participated in special number performances before 250 spectators. The evening began with an informal "Happy Birthday" to Sokol and officially began with a color guard lead by American Sokol Director Maryann Fiordelis, followed by the national anthems and a welcome by American Sokol President Jean Hruby. The program featured 10

special numbers offering a wide range of performances that included dancing, tumbling, vaulting, routines on wheels, circus acts and some interpretive presentations that highlighted historical changes in the history of Sokol through exercises, uniforms or costumes. Eight American Sokol Units, along with DA Sokol and Sokol USA, demonstrated their love for Sokol through movement, music and spirit.

Eight young Farrell Sokols, under the direction of Stephen Banjak and Amanda Goda Michaels, represented Sokol USA in the Special Number Event. The group performed their original composition titled "Immigration - Old World Traditions vs. New World Fads." Their hard work was evident as they presented a polished per-

(Continued on Page 4)



Sokol USA members (in front from left) Debbie Golden, Scott Pracko, Amy Pracko, Nancy Shurina, Chris Yatchyshyn and Milan Kovac, and (in back from left) Emil Trgala, Stephen Banjak, Tim Brandt and Rich Yatchyshyn gathered at the American Sokol 150th Anniversary Gala held at the Women's Athletic Association in Chicago, Ill., on Saturday, November 14th.

SOKOL TIMES

official organ of the
SLOVAK GYMNASTIC UNION SOKOL
OF THE USA

Sokol USA - District 4000 a Division of GBU Financial Life

Published bi-monthly on the 2nd Thursday of the month

SOKOL OFFICE:
Telephone: (973) 676-0281
FAX (973) 676-3348
E-mail: SOKOLUSAHQ@aol.com

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

SOKOL USA

A Division of **GBU** FINANCIAL LIFE



GBU Financial Life

A Member Owned, Not-for-Profit Insurance Provider
4254 Clairton Boulevard
Pittsburgh, PA 15227-3394
412-884-5100 * 800-765-4428
www.gbu.org * Email: info@gbu.org

FROM THE FRATERNAL SECRETARY.

As we approach this Holiday Season and scurry about buying our gifts, please let us not forget the less fortunate. Many lodges have activities or programs for helping folks in their communities. I know of a lodge that has a program of adopting children or families for the holiday season and purchasing gifts specifically for a family. This is done in conjunction with local social service agencies. Other lodges simply make donations to local charities such as food banks or social agencies supporting those in need. We are all performing a "fraternal activity." It would be nice if lodges would send in a little blurb advising what community activities in which they are involved. I look forward to reporting of lodges having their activities... Hint, hint... We are always looking for activities to report.

Since our publication is published every other month, our next issue will be in February 2016. It is never too early to remind high school students that our Milan Getting Scholarship deadline for submission is early spring. Contact Headquarters for an application now! The \$500 scholarship, if granted, is renewable for a total of four years. Also, GBU offers scholarships and we encourage that high schoolers apply for both. Call GBU or Headquarters for further information and application.

Our plans for Sokolfest 2016 are well on their way. We are looking for sponsorships for the various Sokolfest activities and there is information in this issue which describes a recommended fee for sponsorship. We ask Lodges, Districts (Regions) and members to give consideration of monetary support. Thank you.

We wish to thank the Lodge Secretaries for their continued support in locating our missing members. Thanks also go to the many individual members who have made an effort to identify and find their fellow lodge members. The notes, telephone calls, and email messages are greatly appreciated and appreciated by the members who were located. Many had totally forgotten they had a policy. It is estimated that we still have about 700-750 members to be located. Please continue to review the list of names.

And finally, Best Wishes for a Very Merry Christmas and a Joyful Happy and Healthy New Year.

Milan S. Kovac
Fraternal Secretary

PS: We are still accepting "Holiday Greeting Donations," which will be published in February 2016.

DONATIONS GRATEFULLY ACKNOWLEDGED

To the Milan Getting Scholarship Fund

From Sokol Lodge 32, Boonton, N.J. \$50.00
In memory of Dorothy Venturini

From Sokol Lodge 6W, Perth Amboy, N.J. \$50.00
In memory of Deceased Members

From Ellen Kovac \$100.00
In memory of Walter Adamek, a man with a gruff exterior and a heart of gold. An independent thinker who used his engineering degree to live a self sufficient life. A Sokol friend who watched over Sokol Woodlands and those who kept it going.

From Sokol Lodge 2, Bridgeport, Conn. \$300.00
In Memory of Deceased Members

From District M.C.T. \$200.00
In Memory of Amelia Blistan and Doreen Dean

From Milan S. Kovac \$100.00
In memory of Walter Adamek

To the Sokol USA Sport, Fitness and Wellness Fund

From Sokol Lodge 6W, Perth Amboy, N.J. \$50.00
In Memory of Deceased Members

From Lodge 276, Pittsburgh, Pa. \$100.00
In Memory of Marianne Mills and Milan Bucher

From Lance Kovac and Brandi Kovac \$25.00
In Memory of Walter Adamek



HOLIDAY GREETINGS

To the Milan Getting Scholarship Fund

From Sokol USA Lodge 63, Homestead, Pa. \$200.00
Merry Christmas and Happy New Year to All!

From Milan S. Kovac \$100.00
Wishing all Sokols throughout the world, a Very Merry Christmas and a Healthy and Happy New Year!

From Sokol USA Lodge #12, Central Jersey \$100.00
Happy Holiday to All Our Sokol Friends!

From Brandi Kovac \$25.00
Wishing You a Peaceful 2016

From Sokol USA Lodge 500 \$250.00
Best Wishes for a Joyous Christmas and a Healthy and Happy New Year!

To the Sokol USA Sport, Fitness and Wellness Fund

From Sokol USA Lodge 500 \$250.00
Merry Christmas and Best Wishes for Peace throughout the World

From Sokol USA Lodge 79, Mahanoy City, Pa. \$200.00
May Health, Peace and Happiness Be Yours for the New Year, and May Santa Grant You All Your Wishes.

From the President's View

(Continued from Page 1)

and brotherhood. They mixed it in with the moral values that American had to offer, the values of Washington, Jefferson, and Lincoln, and Sokol in American was born.

It was an old and new creation all at the same time. It was an ideal mixture, like the potter's mixture, of different soils and clays, which led to a beautiful new creation. The Sokol movement in America flourished and 150 years later it still flourishes. We should all be proud to be part of this grand and glorious Sokol movement!

As the holiday season fast approaches, I would like to remind our members of our long tradition and history in America involving both sports and fraternalism. I hope our lodges will get together and enjoy social activities as the holidays near. I encourage our lodges and our members to remember all of those who are less fortunate and to remember the needy, the home-bound, the homeless, those with no family, veterans, and all those in need at this holiday season.

I also encourage our members to look ahead at the coming year. Our Slet in Pittsburgh in late June 2016 will mark 120 years of sports activity in American for Sokol USA. It is my hope that our members will come to Pittsburgh and participate directly in the Slet by engaging in athletics or attending the various banquets, parties and social events that will be held in connection with the Slet. Additionally, I encourage our lodges and members to be generous and to consider sponsoring events, donating to the trophy fund, and volunteering to help make the Slet events successful. I hope to meet and personally thank all of you at the Slet.

Finally, in the New Year, I hope our lodges will continue to meet and do all of the wonderful activities that they customarily do. I encourage our members to do traditional Sokol sports, as well as to engage in our newer additions of the walking and bicycle clubs. I also encourage our members to be health and wellness conscious and aware.

I wish all of you a New Year full of health, wealth, and happiness!

NAZDAR!
Joe Bielecki
President, Sokol USA

Sokol USA Farrell, Pa. 1906



2016

110th Anniversary Celebration

Sunday, May 15, 2016
12:30 PM

Park Inn by Radisson, West Middlesex, Pa.

Plan on it! You won't want to miss it!



Attention Regions/Districts, Lodges and Members
Here's your opportunity to help make Sokolfest XXVII a huge success!

Celebrate the 120th Anniversary of Sokol USA by sponsoring one or more of the Sokolfest XXVII events planned for June 29-July 2 in Pittsburgh, PA

SPONSORSHIP LEVELS

120th Anniversary Sponsor - \$10,000

Sponsor the Slet Performance

Diamond Sponsor - \$8,000

Sponsor the Gymnastics Competitions & Equipment

Platinum Sponsor - \$5,000

Sponsor the Opening Ceremonies or

Sponsor the Banquet

Gold Sponsor - \$3,000

Sponsor the Celebration Dance or

Sponsor the 120th Anniversary Party

Silver Sponsor - \$2,500

Sponsor the Volleyball Tournament

Bronze Sponsor - \$1,000

Sponsor the Fitness Challenge

Red, White & Blue Sponsor - \$500

Sponsorship the Basketball Tournament or

Sponsor the 5K Fun Walk

Trophy Sponsor - \$100

Sponsor a Team Award in Gymnastics, Volleyball or Basketball

All sponsorships will be acknowledged in the *Sokol Times*, the Slet Program Book, and at the sponsored event with signage and verbal recognition.

For more information contact President Joe Bielecki at bielecki1@earthlink.net

Make checks out to: Sokolfest 2016
Mail to: Brother Emil Trgala, Sokolfest Treasurer,
201 Valley Road, Roselle Park, NJ 07204

Milan Getting Scholarship Recipient

Mathias Stangl-Riehle

I would like to thank you once again for aiding me in furthering my college education. I am in my senior year at Temple University and will be graduating this upcoming spring. I have only been at Temple for just over a year, but it has been such an exciting and influential experience for me. I believe my major of geography and urban studies suits my interests very well and will help me succeed in obtaining a meaningful job in the non-profit, government, or private sectors.

This last year for me is bittersweet as I have made many new friends, met very interesting and intelligent professors, have worked with wonderful people at my work study job, and found friendly competition with my peers both in the classroom and as part of an intramural basketball league and with pick-up games. I expect that the friendship and guidance from more than a few of these people will be lasting and I'm grateful for their support in steering me toward full-time employment in my field. I also wish to be involved in their lives and hope to be there for whenever they may need a helping hand. Temple University and Sokol USA have

been a big part of my life and in understanding that people should always be there for one another. We all live in this big and diverse world, and while we can have drastic differences, at the end of the day, we must learn to respect one another and always seek common ground. I believe this lesson and many others I have learned will prove to be vital not only in a career choice but also in living a happy and positive life.

Yet again, I wish to petition for those attending a community college to be considered for the Milan Getting Scholarship. I am a strong believer in the role that community colleges play in readying a young person to attend a four-year college or university, but also for the economic sense it makes. Those who choose community college should not be faulted for their choice nor should they be looked down on, and I believe they should have the opportunity for this scholarship as any other persons who would be attending a four-year school. Hard work and dedication are a must at a community college just as they are at any school in order to achieve academic success. Please consider my petition for future scholars.

Thank you once more for having confidence in me during my short time here at Temple University.



WHO NEEDS MONEY FOR COLLEGE?

Milan Getting Scholarship

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.

Applications for the 2015-2016 academic year must be received at Sokol USA by April 1, 2016. New scholarship recipients will be announced by June 1, 2016.

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.

150th American Sokol Anniversary Weekend



A meeting of the World Sokol Federation was held on Sunday, November 15th at the Hilton Lisle in conjunction with the 150th Anniversary Celebration.



Above, Sokol USA Farrell gymnasts performed their original composition, "Old World Traditions vs. New World Fads" at the 150th Anniversary Opening Ceremonies. Below, the second part of the Farrell special number featured the gymnasts in current attire but continuing to perform traditional dance steps. At bottom, after performing the second special number of the evening, the Farrell gymnasts enjoyed watching the rest of the performances.



(Continued from Page 1)
 formance that was very well received by the audience and earned many compliments.

Following the performances, the evening continued in the Pub Party Room where all enjoyed food and socializing. Children were also treated to a Bouncy House, face painting and games.

On Saturday, it was back to the Max Sports Complex for the Volleyball Tournament that included eight women's teams and six men's teams. The women's finals came down to Sokol Greater Cleveland (SGC) and Sokol Stickney. The Men's finals included SGC and Sokol Tabor. It turned out to be a very successful tournament for SGC, which took home both the women's and the men's trophies. While Sokol USA did not have a team in the tournament, Director Todd Yatchyshyn played on the SGC team.

Also during the day on Saturday, a Bowling for Fun event was held at Rolling Lanes in Countryside, Ill. Over 50 Sokols participated, including nine members of Sokol USA Chicago Lodge 306.

To continue the celebrations, on Saturday evening two special events were held. The gala was held in downtown Chicago at the Women's Athletic Club while the Anniversary Party was held at the Lisle Hilton Hotel. Both events were special in their own way. The gala was elegant and formal, while the other event had a great party atmosphere.

The gala celebration was opened with remarks from Sister Hruby and featured many dignitaries who briefly addressed the guests, including the Minister of Education of Youth and Sport of the Czech Republic Katerina Valachova, Ambassador of the Czech Republic to the United States H.E. Petr Gandalvic, and Counsel General of the Czech Republic in Chicago Borek Lizec. Following dinner, the speakers included President of the World Sokol Federation Hana Mouckova, Treasurer of Sokol Canada Robert Tmej, President of DA Sokol John Mooney, President of Sokol USA Joseph Bielecki, Joseph Topinka, and President of the Chicago Czech Center Marek Kutek. Throughout the evening, the guests enjoyed music by a folk duo and a brass quartet, a performance of calisthenics by gymnasts on the balcony while other gymnasts performed on wheels on the main floor, a history of Sokol video presentation, and a silent auction. Before leaving, everyone received a goody bag including an attractive commemorative program book and a beautiful wine glass, each hand-painted by Andrea Vachata of Sokol Stickney.

The anniversary party was highlighted with dinner followed by great music by DJ Brother
 (Continued on Page 5)



Above, American Sokol President Jean Hruby is seated with delegates of the World Sokol Federation at the Opening Ceremony Special Number Event. Below, President of Sokol Farrell Tim Brandt and Finance Committee Member Stephen Banjak attended the 150th Anniversary Gala.



Above, the Sokol Greater Cleveland men's and women's teams both captured first place victories in the volleyball tournament during the 150th Anniversary Celebration weekend. Below, Sokol USA Director Todd Yatchyshyn played on the Sokol Greater Cleveland volleyball team. His dad Rich Yatchyshyn watched from the sidelines, occasionally offering coaching tips.



150th American Sokol Anniversary Weekend



Above, members of Sokol USA Farrell enjoyed a long night of dancing and fun at the 150th Anniversary Party. Below, Rich and Chris Yatchyshyn joined their son Todd at the 150th Anniversary Celebration Party, which was still going strong after they returned from the Gala Celebration.



Above, gymnasts performed on the balcony of the Women's Athletic Association during a presentation at the gala. Below, others performed skills on wheels on the main floor.



(Continued from Page 4)
 Mario Mongello and lots of dancing. There was also a basket raffle that included grand prizes – a week at an RCI Resort in Orlando, Fla., and a weekend stay and breakfast at the Lisle Hilton. Attendees enjoyed a photo booth where everyone made great memories of the evening.

Also featured at the Hilton was the American Sokol Historical Display created by artist Rome Milan of Sokol Fort Worth. The tasteful exhibit provides viewers with the written history of each of the American Sokol Units and featured old and new photos to help explain their journeys. This beautiful exhibit needs to be displayed often so many more Sokols can appreciate the wonderful history it shares and the time it took those who prepared it so the history of American Sokol would be preserved for many years to come.

On Sunday, American Sokol hosted a meeting of the World Sokol Federation. Six of the member organizations were present to vote and guests were invited to listen to the deliberations which began at 9 a.m. and concluded at 4:30 p.m. Representing Sokol USA were Joseph Bielecki and Stephen Banjak, with Chris Yatchyshyn as alternate. The organization's main goals are to collaborate and promote the continuance of Sokol ideals and programs around the world.

Among the many comments that Sister Hruby shared during the weekend, the following words about the founding fathers of Sokol in American are most telling. "They faced monumental challenges in a brand new world. Some left their entire families behind as they needed to make a life for themselves. They wanted to share the love they had for Sokol in their homeland with their new home in America. They not only succeeded, but they succeeded gloriously, which is evident by all the Sokols today. Our Sokol today is a direct consequence of a single idea and lots of hard work by our forefathers who would not be denied. Long Live Sokol. Nazdar."



Attending the gala are (above from left) Sokol USA Finance Committee Member Debbie Golden, Sokol USA President Joe Bielecki and Sokol USA Fraternal Activities Director Nancy Shurina and (below) President Jean Hruby and Sokol Slovenia President Dejan Cernik.



The American Sokol Historical Display was featured during the 150th Anniversary Celebration weekend.

Votruba Receives Milan Hodza Award of Honor

One of two annual Milan Hodza Awards of Honor was presented to Martin Votruba, head of the Slovak Studies Program in the Department of Slavic Languages and Literatures within the Kenneth P. Dietrich School of Arts and Sciences at the University of Pittsburgh. The Milan Hodza Awards are named after the last prime minister of Czechoslovakia before Nazi German influence and recognize the sciences and work that links Slovakia and the rest of the world.

The award was given "for the advancement of knowledge of Slovak history and culture in the Slavic department at the University of Pittsburgh in Pittsburgh and for his support to the preservation of Slovak culture in the awareness of Slovak-Americans and public at large," according to the award citation. Robert Fico, prime minister of Slovakia, and Miroslav Pekník, chair of the award committee and director of the Institute of Political Science within the Slovak Academy of

of Sciences, signed the citation.

Votruba received a PhD and PhD from Comenius University in Bratislava, Slovakia, and a diploma in English studies from the University of Edinburgh in Scotland. He has written about Slovak filmmaking and linguistic minorities in Slovakia.

Votruba delivers talks on Slovak topics in Pittsburgh and other locations and has been invited by the U.S. Department of State to give presentations annually for over two decades.

Hey – Do you know anything about Xcel?

Nope... but I will after 12/29!

Xcel Clinic

District MM Hodza

is hosting a
training session focused on USAG's Xcel rules
for Sokolettes level 4 and all Junior Girl competitors,
& you're invited!

When: Tuesday, December 29, 2015
Time: 9:30am – 4:00pm
Where: Boonton Sokol Hall
301 Pine St, Boonton, NJ 07005



Suggested Donation: \$5.00, to help cover cost of lunch

Sister Ellen Kovac will lead the clinic and will provide handouts with basic rules. The day will focus on creating sample routines that meet Xcel requirements on the Bars, Beam and Floor.

Participants can purchase the official Xcel rules from the USAG website. Coffee in the morning and lunch in the afternoon will be provided.

**RSVP to Brandi Kovac at 908-400-2169 or BKKovac@aol.com
By December 18 or ASAP to confirm your group's expected attendance so we so we can adequately prepare staff and lunch.**

Save the Dates

Sokolfest XXVII Sokol USA Celebrates 120 Years

**June 29 – July 2, 2016
Pittsburgh, Pa.**

Tentative Schedule

**Wednesday, June 29
Afternoon - 3 on 3 Basketball Tournament**

**Afternoon - Marching Competition
Evening - Opening Ceremonies
Thursday, June 30
Gymnastics Competitions
Fitness Challenge
Evening - Outdoor Games, Softball Challenge**

**Friday, July 1
Volleyball Tournament
Fitness Challenge
Kennywood Amusement Park
Evening - Banquet
Saturday, July 2
Morning - Slet Rehearsal
Afternoon - Slet Performance
Evening – Celebration Dance, Social Gatherings**

If there is enough interest, a Bowling Tournament can be added and possibly a Sunday morning Golf Tournament followed by an afternoon social at the Hofbrauhaus in Pittsburgh's Southside.

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.

JOSEPH BACHNA (1939-2015) – A member of Lodge 260, Cleveland, Ohio.

JOSEPH BALAZIK (1923-2015) – A member of Lodge 20, Ford City, Pa.

STEPHEN FAKO (1920-1998) – A member of Lodge 30, Danbury, Conn.

JOHANNA KNAPEK (1921-2015) – A member of Lodge 255, Leechburg, Pa.

JULIA KRISTAN (1918-2000) – A member of Lodge 260, Cleveland, Ohio.

EDWARD KUBISEK (1924-2015) – A member of Lodge 30, Danbury, Conn.

ANN LONGO (1937-2015) – A member of Lodge 32, Boonton, N.J.

MARIANE MILLS (1952-2015) – A member of Lodge 276, Pittsburgh, Pa.

VERA PACHASA (1922-2015) – A member of Lodge 260, Cleveland, Ohio.

ALEXANDER VACULA (1947-2015) – A member of Lodge 12, Newark, N.J.

BETTY VRETENAR (1929-2015) – A member of Lodge 96, Cudahy, Wis.



Sokolfest XXVII Team Marching Competition Rules and Information Wednesday, June 29, 2016 2:00 PM Baldwin High School

This competition is designed to encourage traditional Sokol marching skills combined with creativity, originality and enthusiasm. Winners will perform their marching routines in the Opening Ceremony of Sokolfest XXVII. The number of routines chosen to perform will depend on the quality and uniqueness of the marching routines in the competition.

This is a team event with 6-10 member teams composed of any combination of males and/or females - children, juniors and/or adults.

There is one division.

Each team will perform an optional, self-composed, marching routine containing at least the prescribed set of maneuvers done to an optional musical selection.

The routine must encompass an entire musical selection between 2 and 2 1/2 minutes in length, with or without vocals.

Movement(s) should be continuous throughout.

Formations, except where indicated, are at the discretion of the routine composer.

No commands are permitted during the routine; however words may be spoken sporadically during the routine if spoken for special effect.

The competition area is 40 feet by 40 feet.

Competitors may wear the appropriate regulation Sokol uniforms for their class, but optional team uniforms that complement the musical selection are also acceptable, as are hand-held props that add to the overall effectiveness of the routine.

Competitors are encouraged to perform the calisthenics at the Slet Program.

Team and Individual Team Member awards will be given.

Prescribed minimum set of marching maneuvers

Order of maneuvers is optional and may be combined with additional marching maneuvers to form a complete marching routine.

1. Column movements (in two's or three's); left and right
1.5 pts
2. Flank movements; left and right
1.5 pts
3. Half wheels (in at least three's); left and right
1.5 pts
4. Oblique movements; left and right
1.5 pts
5. To-the-rear march
1.0 pts
6. In-place-march; forward march; class halt (at end)
0.5 pts
7. General marching technique and execution of other maneuvers
1.0 pts
8. Appropriateness of team uniforms or optional props to musical selection
0.5 pts
9. Creativity / Originality / Enthusiasm (judge's discretion)
1.0 pts

Total: 10 pts

Sokol USA Sports Fitness & Wellness Department Annual Conference Call Minutes

Held: Sunday, September 27, 2015 – 8 PM EST

Call Participants: National Staff: Chris Yatchyshyn, Todd Yatchyshyn, Charity Ruhl, Amy Pracko, Matthew Reynolds, Kathy Naccarato; Directors: Boonton - Eric Skovronek, Pat Ritz, Central Jersey - Brandi Kovac, Ellen Kovac, Chicago - Scott Pracko, Farrell – Steve Banjak, Amanda Goda Michaels. (Monessen was represented by Charity Rule and Pen Argyl by Todd Yatchyshyn) SL/District Board: Joe Bielecki, Milan Kovac

Welcome: Sister Yatchyshyn welcomed the participants on the call. Brother Bielecki and Brother Kovac briefly addressed the group. Brother Bielecki mentioned the upcoming meeting the GBU requested be held to see how they could support and participate in Sokolfest XXVII.

Lodge Updates The lodges gave brief updates regarding things that have occurred since their mid year reports were submitted in April. Boonton's number of participants this year are about the same as last year. Central Jersey continues to workout on Friday's by renting Henderson's Gymnastic facility. Chicago had a strong response this year to date with nearly fifty girls, 15 boys, and 15 juniors – their Sr. Class has not yet started. Farrell will be representing Sokol USA in the American Sokol 150th Anniversary Celebration by performing their special number at the competition to be held on Friday, November 13. Monessen began several new initiatives including a boys pre-team, a Pre-school program, Fitness classes, a Functional Fitness Class (similar to Crossfit) and a Cise class which is popular with older women. Pen Argyl's website is now active; they are planning an OCT Grand Opening, are going to start an after-school program for middle school students; and plan to target travel softball teams. They also are developing a 16-week off-season/pre-season program and plan to get American College of Sports Medicine (ACSM) certifications this year, in place of Bigger Faster Stronger (BFS) which they did this past year. Chris thanked all the directors for their hard work in keeping our Sokol USA programs running.

American Sokol Instructors School

Chris congratulated the Sokol USA graduates. Beginner Students: Roberta Pegg of Farrell, Emily Pranskevicius and Samantha Pracko of Chicago; Intermediate Student: Caroline Young of Chicago; and Advanced Student: Phil Tudisco of Chicago. She also recognized Roberta Pegg for receiving the Beginner Leadership Award. Todd, who served on the 2015 staff, mentioned how well the Sokol USA students did overall. Chris encouraged all lodges to consider sending students in the future.

Weekend Instructors School

Discussion held about Sokol USA holding a weekend Instructors School. A tentative date has been set to hold it in Monessen on January 8-10, 2016.

Regional Training Sessions

The Eastern Area will hold a training session Christmas week at Boonton Sokol Hall and Brandi Kovac will coordinate with Sokols of the East to set up another session in the American Sokol Hall in NYC. In the Western PA Area Farrell will hold a training session in either February or May depending on who is available in the area, including the American Sokol Units in Cleveland. The Chicago Area may hold a session in late April. Arrangements will need to be made to bring the cal authors to the sessions to teach.

Supreme Lodge/District Board Update

Finance Committee Member Paul Brinley has resigned effective SEP 30. The board is seeking candidates to fill the vacated spot; information has been sent to all lodges. As a result of the Transition Committee & ByLaws Meetings the board is recommending a change in the number of board positions from 14 to 11, with 3 additional non-voting positions. Also recommended are the following Structural Committees: Administrative, Membership/Marketing, Audit, Budget, Fraternal Activities, Sports Fitness & Wellness Committee, and Milan Getting Scholarship Committee. The Executive Committee will consist of the President, Vice President, Fraternal Secretary, Treasurer and Executive Financial Trustee. The Convention – will be reduced to 2 days; candidates must declare 4 months in advance and all recommendations must be submitted 4 months in advance. Information regarding the proposed changes will be sent to all lodges prior to the Convention and regional informational meetings will be scheduled. Chris suggested perhaps they could be in conjunction with the SFW training sessions.

World Sokol Federation (WSF) Update

Brother Banjak explained that the WSF was updating their ByLaws and Sokol USA has submitted their recommendations. Todd explained that the WSF has agreed to use the Fitness Tests from Sokolfest 2016 this program year and from the tests from the American Sokol Slet the following year. All Sokol USA lodges were encouraged to participate in the world fitness test competition and also at Sokolfest in 2016.

Code of Conduct

A copy of the Code of Conduct was sent out to all lodges. Directors were urged to

review the code with all instructors, adult participants and lodge officers.

Liability Insurance

A previous e-mail discussion was held regarding liability and why the SL/District Board did not offer it last year under an umbrella policy. The reason was that K & K would no longer insure us. Most gyms are going through MIC using Wagner as the agent. Chicago uses American Specialty Insurance.

Motion made to have the SL/National Board investigate a possible umbrella policy for Sokol USA lodges. Motion seconded; passed unanimously.

Milan Kovac agreed to look into an umbrella policy in the beginning of October. Scott will forward the contact information from American Specialty and Charity will forward the contact for MIC.

GBU Insurance Policies

This topic was addressed out of order but a request was made to mention the challenges lodges are having at the SEP 29 meeting with GBU. Chris noted that Milan has been discussing the situation with GBU; alerting them about the lodges' concerns. She said perhaps it could be addressed briefly after the Sokolfest meeting.

Sokol Times/GBU Reporter Submissions

Chris urged all lodges to continue to submit items to headquarters. sokolusahqs@aol.com

And to Nancy Hughes (Shurina) who writes articles for the *Sokol Times* and the *GBU Reporter*. Her e-mail address is hughesnp@westinghouse.com

Sokolfest 2016

Dates & Location: June 29-July 2, Pittsburgh PA

Theme: *Sokol USA Celebrates 120 Years*

Venue: Baldwin High School

Accommodations: Holiday Inn Express, West Mifflin & other local motels

Opening Ceremonies: Chris and Steve explained the need for a special number from each lodge to be performed at the Opening Ceremonies. They hope every lodge will participate in some way. Besides special numbers we will need to demonstrate warm-ups, games, pyramids, (marching will be demonstrated by the competition winner), dance - everything we do in Sokol. We hope this will provide an entertaining evening for all and be informative for our GBU friends. The lodges will send their ideas about 4-minute special numbers to music ASAP. The theme is *What is Sokol?*

Calisthenics

Parents & Tots: *Fun with Mother* (same as used in 2011 & 2007)

Children: Washington DC Cal – *Yankee Doodle* music, cal written by Ellen Kovac

Junior/Young Adult: New cal written by Kristin Merker (Thank you Kristin!!!!)

Senior: 2009 Composition by Sister Zitna with revisions by Ellie Babka

Gymnastics Routines

Boys/Men: Sokol Level 2, 3, USAG Compulsories 4-10

Girls: Novice (Old USAG Level 1), Current USAG1, 2, 3, Xcel Silver, Gold, Platinum, Diamond (No Xcel Bronze for this group.)

Junior Girls & Senior Women: Xcel Bronze, Silver, Gold, Platinum, Diamond

Fitness Challenge

Shuttle Run, Jump Rope, Hand Release Push-up, Plank Hold (There are youtube videos.)

Schedule

WED JUN 29	Afternoon	3 on 3 Basketball Tournament
	Afternoon	Marching Competition
	Evening	Opening Ceremonies
THU JUN 30	All Day	Gymnastics Competitions
	All Day	Fitness Challenge
	Evening	5K/Fun Walk, Outdoor Games, Softball
Challenge FRI JUL 1	All Day	Volleyball Tournament
	Morning	Fitness Challenge
	Day-Evening	Kennywood Amusement Park
	Evening	Banquet
SAT JUL 2	Morning	Slet Rehearsal
	Afternoon	Slet Performance
	Evening	Celebration Dance, Social Gatherings

Under consideration are a Bowling Tournament (date TBD), a SUN JUL 3 morning Golf Tournament followed by an afternoon gathering at the Hofbrauhaus, and a possible gathering at the Spoonwood Brewing Company. These events will depend upon survey response. These will be informal events offering additional opportunities for socializing. **Participation Surveys will go out in early fall.** All information will be posted on the Sokol USA website. Charity is looking into setting up a web based registration form with payment through Pay Pal. Brother Bielecki updated the group on the banquet plans including tours of the Nationality Rooms in the Cathedral of Learning and possible entertainment during the event.

(To be Continued in February 2016)

Gymnasts in training



Gymnasts of Lodge 12, Central Jersey, are preparing to participate in District, United Sokols of the East, and Sokol USA Sokolfest events. Behind the gymnasts are instructors Emil Trgala (Emeritus), Neechee Rehwinkel, Wendy Koch, Lance Kovac and Ellen Kovac. Missing from the photo are instructor Norah Valentin and several gymnasts.

Lodge 306, Chicago



American Sokol Central District recently held its Annual District Meeting, with over 65 Sokol members in attendance. Sokol USA Lodge 306 Chicago, which regularly participates in the Central District events, was invited to attend the meeting held at Sokol Spirit. Bryan Pracko was invited to make a presentation on the history of Lodge 306 and was later presented with a special recognition award from the Board of Instructors (BOI) for his 27 years of service to the BOI and all he has done to help the Central District during that time. Pictured from left are the Lodge 306 Delegation: Scott Pracko, John Pracko, Jackie Pracko, Bryan Pracko, Kristin Merker and Cindy Merker.

ATTENTION TECH SAVVY MEMBERS!

Sokol USA is in need of a complete redesign of our current website: <http://www.sokolusa.org/>. At our current page, you will find general information about Sokol USA, and I am sure you will see why it is time to update our site.

Our redesign goals are to increase our internet presence, improve communication with our membership, and gain the ability to easily update our website without the assistance of a third party administrator through the use of a more user friendly platform such as WordPress.

If you are able to assist with this process in any way or provide a quote, please include rates for web page design including, but not limited to, the pages listed below, development of interactive features, and yearly hosting fees.

- We would like our website to contain the following pages:
- Home Page
 - FAQ Page
 - General News and Events
 - Support Us/ Donation Page
 - Specific Events Page with registration forms
 - Links to Sister Organizations
 - About Us
 - Contact Us
 - Sokol USA Membership Options
 - Kids Page
 - Lodge Directory with contact info for lodge officers

We would also like to offer a "Secure Member Login" area for our membership to access specific information and a "Board Member Login" section to submit and access meeting minutes and officer reports, possibly linked to a Google account.

Thank you and we look forward to hearing from you. Please respond reply via e-mail to Sokol USA Director of Sports, Fitness, & Wellness Todd Yatchyshyn at tyatch18@gmail.com.

Join GBU's GET FIT CLUBS

- WALKING
- RUNNING
- BIKING

You have been thinking about it for years. Now is the time to do it!

Regular exercise can reduce your stress level, lower your risk of heart disease, increase flexibility and help control your weight.

Join GBU's "Get Fit" Clubs and keep track of your 2015 walking, running or biking mileage.

Compare your mileage with other GBU Club members by calling in or emailing GBU (info@gbu.org) once a month with your mileage. Submitted member's mileage will be published on the GBU website and in the bi-monthly Reporter. For privacy purposes, only your first name, last name initial, city and state will be listed.

There is NO COST to join! Make today the day you commit to getting healthier by calling the GBU Fraternal Department at (800) 765-4428 or emailing GBU (info@gbu.org) with your name and mailing address to register to join the 2015 Walking, Running and/or Biking Club(s).

You will receive a 2015 mileage chart and a "Welcome to the Club" gift to get you off to a fast-start! GBU will reward you for reaching selected mileage levels.

Please note this IS NOT a Race or a Competition; it is just a way to get active and stay active. You participate at your own pace.

If you have any questions, please feel free to contact the GBU Fraternal Department.

It's time to get fit! Let's Do It!



French Chinese Polish German Italian Slovak Hungarian Spanish Language Learning Program

Want to learn a new language? If you do, GBU wants to support you in your efforts to expand your "world of languages" with our NEW Language Learning Program.

The Language Learning Program is offered in place of the Concordia Languages Villages which GBU no longer offers.

GBU members have the opportunity to take a language course of his/her choosing and receive a reimbursement from GBU!

The member would simply complete a form, shown below, with requested information and mail or email it to GBU along with a copy of his/her paid invoice, tuition statement or receipt for the language class. **Upon approval, GBU will reimburse the member 50% of the cost of the course, up to \$125.**

Self-taught language computer courses such as Rosetta Stone do qualify!

Name	Email Address
Address	
Daytime Phone	Language Course
Language Course Instructor, School or Company	
Location of Course (College, Local School, Computer Course, etc.)	
Date of Language Course	Full Cost of Language Course

Documentation must be received within two months of payment and class enrollment. Please note that there are limited funds available for this benefit.

Happy Holidays!

