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Sokolfest XXVII was a success!

By Chris Yatchyshyn

For most attendees of Sokolfest XXVII, the events began on Wednesday, June 29. However, it takes many months, even years, of pre-planning in order to orchestrate several fun-filled days of competitions and socials that enable the participants to leave with those special Sokol memories that so many of us cherish. A few weeks after the event, my sister asked me if I still had fun when I went to a Slet. I laughed and replied, "It's a little hard to have fun when you are running the Slet." She then asked me why I continue to do it. I thought for a minute and answered, "Because when I was younger, our leaders gave me the chance to have great times at Sokol events and I think it is important to do that for others." Thank goodness there are other Sokols who also share my sentiments!

The National Directors and Assistants of the Sports, Fitness and Wellness Department arrived at the Holiday Inn in West Mifflin on Tuesday. The decision not to use a downtown hotel was

made to offer a more reasonable room rate and, while the hotel did not have a pool or a bar, it had a ballroom. Luckily, just a few doors down from the hotel was the Skyvue Lounge and, just five miles away, Baldwin High School was chosen for the sports tournaments because it offered a spacious air conditioned gym and a beautiful outdoor stadium for the Slet performance.

Tuesday afternoon, there were tickets to count and insert in packets for each lodge and unit. We counted and double checked – we didn't want to short anyone's packet. Then we had the daunting task of folding and sorting 500 GBU-sponsored T-shirts and adding them to each group's bag or box depending on the number required. We decided a short break for dinner was in order, before returning to fill hundreds of goodie bags with pens, flashlights, hot/cold packs, headbands, reflector wrist bands, paper airplanes, pedometers, key rings, etc. We filled bags for 189 gymnasts, 130 5K walkers, 12 golfers, 22 bowlers; and there were more trinkets for the 80

banquet bags and for the WSF meeting attendees. Nobody left Sokolfest without a bag of GBU and Sokol USA goodies – and everyone enjoyed them!

After a late night of folding shirts and filling bags, we were up early on Wednesday to meet the gymnastics equipment company's 18 wheeler at Baldwin High School, where we had to unload and set up two sets of women's equipment and one set of men's equipment. While we may have been a few short on the "10 strong men" requested by the company, we made up for it with the 40 or so volunteers – mostly female – from Monessen Sokol who worked non-stop for four hours until the high school gym was transformed into a fine competitive gymnastics venue.

At 2 p.m., it was time to start the Marching Competition that was held in the main gym. We were treated to two excellent performances from Lodge 12 Central Jersey and Lodge 306 Chicago. Thank you to Jan and Chuck Kalat and Howie and Jane

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SOKOL OFFICE:

Telephone: (973) 676-0281

FAX (973) 676-3348

E-mail: SOKOLUSAHQS@aol.com

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4254 Saw Mill Run Boulevard

Pittsburgh, PA 15227-3394

412-884-5100 * 800-765-4428

www.gbu.org * Email: info@gbu.org

Attention Sokol USA Directors

SAVE THE DATES

Saturday & Sunday, October 29 & 30, 2016

American Sokol will be hosting a Development Conference on the weekend of October 29-30, 2016, at Sokol Greater Cleveland. There will be many sessions on a variety of gymnastics and sports-related topics, as well as sessions that will teach the Cals, Special Number and Folk Dance that will be performed at the American Sokol XXIV Slet and Festival scheduled for June 22-25, 2017, at Cedar Rapids, Iowa.

Sokol USA will hold our annual directors meeting (preceded by a conference call in September) in conjunction with this event so that we can take advantage of the many beneficial sessions and prepare for the upcoming American Sokol Slet. More details will follow.

Nazdar,
Sokol USA Directors

IN MEMORY

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

MILAN BUCHER – (1932-2015) A member of Lodge 276, Pittsburgh, Pa.

JOHN PECUS – (1928-2016) A member of Lodge 255, Leechburg, Pa.

MILTON CUPRIK – (1925-2014) A member of Lodge 47, Monessen, Pa.

JOSEPH HORNIK – (1921-2012) A member of Lodge 26, Guttenburg, N.J.

ANN JAMBRISKA – (1921-2016) A member of Lodge 7, Byram, Conn.

RONALD VRABEL – (1930-2015) A member of Lodge 219, Canton, Ohio.

60th Wedding Anniversary!



Brother Gerald and Sister Arlene von Schwedler of Mount Prospect, Ill., recently celebrated their 60th wedding anniversary on April 21 with their family. Brother Gerald was a long-time Supreme Lodge Finance Committee Member and President of District L. Stur, and is currently Treasurer of Lodge 39. Sister Arlene is the Recording Secretary of Lodge 39 in Berwyn, Ill.

MILAN GETTING SCHOLARSHIP RECIPIENTS

Each year, Sokol USA is proud to award the Milan Getting Scholarship to a limited number of qualified Sokol USA members who are furthering their educations.

Applications for the \$500 scholarship are due by March 1 of each year and scholarship recipients are announced in late spring. Recipients are eligible to receive their scholarship for up to four years providing they maintain their membership in Sokol USA and a specified grade point average. To request a scholarship application, contact Sokol USA Headquarters at 973-676-0281 or send an e-mail request to sokolusahqs@aol.com.

Congratulations to the 2016 Milan Getting Scholarship recipients!

Devin Bendel – Monessen Lodge 47

Abby Moffit – Monessen Lodge 47

Phillip Tudisco – Chicago Lodge 306

Madison Ustupski – Boonton Lodge 32

DONATIONS GRATEFULLY ACKNOWLEDGED

For the Milan Getting Scholarship Fund

From Sokol USA Lodge 130, \$100.00
New Kensington, Pa.

In memory of Helen Slaninka

For The Sports, Fitness & Wellness Fund

From Sokol USA Lodge 276, \$50.00
Pittsburgh, Pa.

In memory of Mary Pickel

Lodge 39 Springs into Summer



Lodge 39 had a "Spring into Summer" luncheon at McCook's Restaurant in McCook in June. After a meeting, members ordered their choice of a delicious meal and socialized. Everyone got a pretty flowering plant to take home and plant in their garden. At the event are (seated from left) Millie Melissa and Emily Brower and (standing from left) Paul Brinley, Arlene von Schwedler, Debbie Golden and Am Brower. Not pictured are Beth Brinley and Zoey

From the President's View

As I sit in front of the air conditioner on this sweltering summer day to write this article, I begin to reminisce about the wonderful Sokolfest and the great events that occurred at the end of June.

Hundreds of people came from all over the United States, Canada and Europe to participate in the Sokolfest activities. The Baldwin High School athletic facility was full for several days beginning with the opening ceremony and ending with the Slet performance on the final afternoon. In between, there was the fitness challenge, gymnastics, volleyball, basketball, golf and the 5K fun walk.

There was great energy in the air and a good time was had by all. The 5K fun walk was a new event and generated a large turnout as well as very generous donations to the food bank by the participants in the fun walk. GBU was kind enough to send a snow cone truck to give the participants cool refreshments on the hot July afternoons. Many, many people appreciated this.

It was very, very exciting to see the energy among the participants. Many young people attended to compete in gymnastics and sports. Their enthusiasm and excitement was wonderful to see. Many compliments were received from Hana Mouckova and Vladimir Dostal from the Ceska Obec Sokol from Prague regarding the energy and quality of the gymnastics and Slet performances.

There were many social events which added to the success of Sokolfest 2016. Many people went to Kennywood Amusement Park and had a wonderful time at this great Pittsburgh amusement park. A very elegant 120th anniversary banquet was held at the 20th Century Club which included the cutting of a 120th anniversary

cake which was served to attendees to celebrate this Sokol milestone. People had great fun dancing to the music of the George Batyi Gypsy Orchestra. The Silent Auction which concluded at the banquet generated a very nice sum of money for the Milan Getting Scholarship Fund.

The beach party, held at the Skyvue Lounge, was filled to capacity. People had great fun with the photo booth and dancing to the DJ's beach party music. The beach party festivities lasted until almost midnight and it was clear everyone had a great time!

Several very generous sponsorships and donations were received in connection with the Sokolfest. Sokol USA District MCT gave a donation of \$5,000 to sponsor the anniversary banquet. Sokol USA Northside Pittsburgh Lodge generously sponsored with beach party with a \$2,500 donation. DA Sokol from New York kindly gave a \$2,000 donation to our activities. Our New Kensington Lodge was very generous in its sponsorship of the 5K Fun Walk evening.

Additionally, many, many people graciously gave financial gifts, paid for program book ads, and made generous cash and silent auction donations, all of which greatly contributed to making Sokolfest 2016 a very memorable occasion.

I would like to give special thanks to all of the many volunteers who made these events so wonderful and special. Our Sports, Fitness and Wellness Department, and in particular Chris and Todd Yatchyshyn and their assistants, did a spectacular job organizing, coordinating and running all of the various sporting events. Many, many months of careful planning and hard work went into making the sporting events such a great success. Many thanks also go out to Nancy Shurina for creating the new and very



Joseph Bielecki

successful 5K Fun Walk. Many congratulations to the ladies from the New Kensington and North Side Pittsburgh Lodges who volunteered to help at the banquet and the beach party. Their attention and energy helped make two very special and successful evenings. Our silent auction donors were very generous in donating prizes to help make the silent auction a success.

The Board of Directors of the World Sokol Federation attended Sokolfest. Their feedback was very positive and they were impressed with the sporting events, the gymnastic numbers, and the various social events they attended. The President of the World Sokol Federation, Dr. Hana Mouckova, as well as Brother Vladimir Dostal, were particularly enthusiastic about the rhythmic gymnastic numbers presented at our Sokolfest.

The next Sokolfest will be in the summer of 2017, hosted by the American Sokol in Cedar Rapids, Iowa.

In conclusion, many people helped create Sokolfest 2016 – athletes, our Sports, Fitness and Wellness Department, volunteers, sponsors, patrons, and attendees. Their hard work and devotion made it a great success! Many thanks to all for having made such a wonderful Sokolfest 2016!

NAZDAR!
Joe Bielecki
President, Sokol USA



The Bednar-Klimow Award is given in honor of our two distinguished Honorary Chief Physical Directors Brother Karol Bednar and Sister Betty Klimow. It is given to a lodge in Sokol USA that had both the largest number of gymnasts participating in the Slet program and other Sokolfest events, and has distinguished itself in competition. The Sokolfest XXVII Winner is Chicago Lodge 306. Congratulations!



Above, the Opening Ceremonies ran smoothly thanks to this group of volunteers: (from left) Tim Brandt who handled the slides, Scott Yatchyshyn who ran the music, Kathy Naccarato who was the back stage manager, and director/author Stephen Banjak. Below, Students who attended the 2015 Sokol Instructor School performed a calisthenics exercise written by the four advanced level male students, pictured in the first row.



At left, the Opening Ceremonies began with the National Anthems. In center, the first number was performed by the Sokol USA Farrell gymnasts. At right, Junior girls from Sokol Naperville Tyrs performed their graceful group rhythmic gymnastics routine with ribbons.

Sokolfest Recap



At left, Sokol Greater Cleveland had the First and Second Place Teams in the Basketball Tournament. At right, the 3-on-3 Basketball Tournament was held on Wednesday afternoon at Baldwin High School.



At left, the First Place Trophy in the Team Marching Competition went to Sokol USA Chicago Lodge 306. At right, Sokol USA Central Jersey Lodge 12 received the second place Trophy in the Team Marching Competition.



At left, Sokol USA Chicago performed a pyramids and mini tramp number that displayed their skills and their ability to work together. At right, Lodge 12 Central Jersey performing their routine in the Team Marching Competition. Below, Level 8 gymnast Abby Raicost from Monessen Sokol performed her beautifully choreographed optional floor exercise.

(Continued from Page 1)
 Wise for serving as the judges and making the hard decision to award the First Place Trophy to Lodge 306.

Across the hallway in another gym, the Basketball Competition was underway. There were two teams in this competition, both from Greater Cleveland. While there were no other teams to compete against, the Cleveland teams had a good time battling it out and still enjoyed the satisfaction of taking home both the First and the Second Place Trophies!

At 3 p.m., it was time to begin rehearsals for the Opening Ceremonies. It's no easy task to coordinate this event and we are grateful to Brother Stephen Banjak for once again accepting this challenge. Not only did he write the interesting narration "What We as Sokols Believe" that was read throughout the event, he prepared slides run by Tim Brandt to further illustrate the quotes read from Tyr's "Sokol Task Aim and Goal" and to introduce each performance group with their photos; coordinated the music for each number with Scott Yatchyshyn; and worked with Kathy Naccarato who served as the back stage manager. While there was little time to rehearse, grab dinner and get back to line up at 6:30 p.m., the result was a wonderful one hour 15 minute show that captured the audience's attention.

The Opening Ceremonies began with the presentation of flags and anthems. Next Sokol USA Farrell presented their "podium routine" entitled "Immigration: Old World Values vs. New World Fads" that vividly portrayed the difficult but successful journey our Sokol forefathers faced as they worked together to form a new generation of Americans. Next were floor exercises performed by some of the youngest boys and girls from Monessen Sokol, followed by a more advanced and beautifully choreographed routine by Monessen Sokol Level 8 Gymnast Abby Raicos. The third number was an original calisthenics exercise written by advanced level Kurz students from American Sokol: Conor Wodarczyk, Coleman Sutter, Joe Bajek and Raymond Wodarczyk and performed by attendees of the 2015 Instructors School. I was extremely impressed that the young male authors contacted Todd to see if they could perform their calisthenics at Sokolfest. We were very happy to include them in our Opening Ceremonies and equally encouraged to know there are cal authors for the future!

In an effort to further engage the audience, especially the children, the Central Jersey and Boonton lodges led cooperative parachute activities followed by resistive exercises on the floor

mat. It was neat to watch how eager the kids were to participate, how well they followed the directions, and how much fun they had in such a short period of time.

Lodge 306 Chicago next wowed the audience with their pyramids and mini tramp number. This was another well-executed number; it was quite evident that all the groups made their performances a priority and put in the extra time it takes to put on a good show.

Though Sokol USA had no lodge volunteer to perform with hand apparatus, a phone call with a member from American Sokol Naperville Tyrs revealed that their gymnasts still competed in rhythmic gymnastics. As a result, we asked their young junior girls to perform their individual hoop routines and their group ribbon number. They did an excellent job; we were so pleased they accepted the invitation.

In addition to taking home the First Place Trophy, the winner of the Team Marching Competition also performs their routine at the Opening Ceremonies. Lodge 306 Chicago performed their lively routine for the second time and received great applause for their precision marching and formation changes.

Up next were the Monessen Sokol gymnasts. Over 30 gymnasts performed choreographed dance moves and exciting tumbling skills. The fast-paced routine and their high skill level was a real treat for the audience.

To end the show, the 120th Anniversary Finale began when the Farrell gymnasts ran onto the floor waving flags as fanfare music played in the background. When the music ended, each of the performing groups was announced and invited back onto the floor exercise mat, and the following narration was read:

"2016 is a significant year in many ways. For Sokol USA, it is the 120th anniversary of our founding. For our nation, the United States of America, it is the 240th anniversary of our founding. 2016 is also the 120th Anniversary of the First Modern Olympic Games. And for our City of Champions, most recently the Stanley Cup Champion Pittsburgh Penguins, it is the 200th Anniversary of the founding of the city of Pittsburgh! It's a great year for celebrating all these extraordinary institutions that have endured the test of time."

"And so, we invite you to do another activity that Sokols love to do. And that is to sing! In honor of the 240th anniversary of our independence, 'God Bless America,' and, in honor of the 120th anniversary of Sokol USA, in the original Czech language 'Lvi Silou.'"

After singing there were a few more encouraging words: "And (Continued on Page 5)



SOKOLFEST COMPETITION RESULTS

Team Marching

- 1st Place Sokol USA Chicago Lodge 306; Score 24.9
- 2nd Place Sokol USA Central Jersey Lodge 12; Score 21.9

Basketball

- 1st Place American Sokol Greater Cleveland Team #I
- 2nd Place American Sokol Greater Cleveland Team #II

Volleyball

Men's Tournament

- 1st Place American Sokol Greater Cleveland
- 2nd Place American Sokol Central District
- 3rd Place American Sokol Ceska Sin

Women's Tournament

- 1st Place American Sokol Ceska Sin
- 2nd Place American Sokol Greater Cleveland
- 3rd Place American Sokol Spirit

Sokolfest Recap

(Continued from Page 4)

so, forward and upward! In our constant quest for improvement and in facing life's challenges, let us hold our heads high, and let our eyes sparkle with determination; upward and onward to the heights even as the falcon soars toward the sun itself! With these words, I proclaim the XXVII Sokol USA Slet – Sokolfest 2016 to be officially open. NAZDAR!"

Shortly after, Brother Steve was acknowledged for his fine work and presented with a "thank you" plaque by the directors. Sokolfest XXVII was off to a fantastic start!

Thursday was a long day of competitions that began at 8 a.m. with warm ups and concluded at 4 p.m. when the last awards were presented. 189 gymnasts competed – 149 females and 40 males ranging in age from 6 to over 50! Since the first session included all the male competitors, their equipment was disassembled as soon as their competitions concluded. The females competed in both sessions and, as soon as they were finished on the floor, everyone pitched in to get the apparatus back on the truck. It's a huge and heavy job – thanks to everyone who helped! And a very special thanks to our meet directors Charity Ruhl and Dan Bajek.

At the same time as the gymnasts competed, others were participating in the Fitness Challenge Competition that included four elements testing performance in muscular strength, muscular endurance, speed and agility. 120 Sokols, ranging in age from 6 to over 70, participated. Since many of the gymnasts also participate in this competition, the competitors had the option of competing on Thursday or Friday morning.

But, Thursday events were not yet over. At 6 p.m., there were outdoor games and challenges run by Rich Yatchyshyn and, at 7 p.m., we held our first 5K Fun Walk coordinated by Fraternal Activities Chair Nancy Shurina. While most participants walked, a more challenging course was offered for those who wanted to run. In lieu of a registration fee, participants were asked to bring food or a financial donation to support a local food bank. We are pleased to announce that \$520 along with five cases and two wash baskets full of food were presented to the Cloverleaf Food Bank in Pittsburgh, Pa. It was a fun night and a great sight to see everyone in their Sokolfest T-shirts. The 5K Fun Walk was our Community Service Project, a tradition we hope to continue at many future Sokol USA events.

The Volleyball Tournaments were held on Friday. There were four men's and four women's teams. While the teams were warming up inside, outside on the stadium field was a very special trio who took on the task of marking the field for the Slet performances. A very big thank you goes to Scott Pracko for taking on this task when we ended up with only three, instead of four, volleyball refs and Rich Yatchyshyn had to leave his field duties to ref volleyball. I'm not sure what Scott promised Sammy and Matthew in order to get them out on the field at 7:30 a.m. to help him with that arduous task! Congratulations to the first place volleyball tournament winners - Sokol Greater Cleveland's Men's team and Ceska Sin's Women's team!

For most of the gymnasts and family members, Friday was spent at Kennywood Amusement Park, one of the oldest and most beloved amusement parks in America. We had over 320 Sokols at the park. I heard that everyone had a great time and since it was 4th of July weekend, the night ended with fireworks!

For others, Friday offered some cultural experiences. During the day, tours of the Nationality Rooms at the Cathedral of Learning on the University of Pittsburgh Campus were offered. Each room is a historic tribute to the homelands of the ethnic groups who built the city of Pittsburgh. The rooms span most continents and cultures; the Czechoslovak Classroom is devoted to the cultures of both Slovakia and the Czech Republic. We are so glad that people took advantage of one of the most popular and interesting tourist

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MEN'S GYMNASTIC RESULTS (Only highest scores listed)

Name	Team	Level/Age	FX	PH	R	V	PB	HB	Score
David Murton	Sokol Canada Toronto	2/9& under	9.1	7.6	8.2	9.5	8.9	9.7	53.0
Alexej Banjak	USA Farrell	2/12-14	9.4	9.4	9.1	9.3	9.1	8.7	55.0
Will. Rehwinkel	USA Central Jersey 12	2/15-18	9.4	8.9	8.1	9.6	9.0	8.4	53.4
Bryce Ballengee	Princeton Gym	3/10-12	9.1	6.4	8.9	9.3	9.2	8.9	51.8
Terry Boyke, Jr.	USA Chicago 306	3/9& under	8.1	7.2	9.1	9.6	8.5	8.6	51.1
Sam Weaver	ASO Grtr. Cleveland	4/10-12	9.2	8.9	9.4	9.9	9.0	9.2	55.6
Owen Mastroiani	USA Chicago 306	4/12-14	9.5	8.5	8.7	9.5	9.2	8.6	54.0
Ryan Long	DA New York	4/15-16	9.5	8.8	10.5	9.9	9.6	10.3	58.6
Phil Tudisco	USA Chicago 306	4/17-24	9.7	8.6	9.0	10.2	9.9	9.3	56.7
Scott Pracko	USA Chicago 306	4/35-49	10.0	8.6	10.1	10.2	9.9	10.2	59.0
Alfred Vogt	USA Monessen 47	4/50& over	8.2	8.8	10.6	9.9	10.5	10.3	58.3
Matthew Pracko	USA Chicago 306	5/12-14	8.2	6.0	7.0	9.6	9.1	7.0	46.9
Andy Corrigan	ASO Spirit	5/15-18	9.5	9.2	9.5	9.4	9.9	10.3	57.8
Ray Wodarczyk	ASO Grtr. Cleveland	5/17-24	7.0	5.8	9.6	8.9	8.9	10.1	50.3
Andrew Powers	DA New York	5/25-34	8.2	6.0	7.4	9.4	9.0	7.8	47.8
Lance Kovac	USA Central Jersey 12	5/35-49	9.6	9.5	10.5	10.1	10.1	11.3	61.1
Max Pajer	ASO Spirit	6/10-12	8.5	9.4	9.4	9.9	9.3	9.6	56.1
Ken Fron	ASO Tabor	6/25-34	11.0	8.6	9.5	10.3	9.9	10.3	59.6
Joe Bajek	ASO Naperville	8/17-24	10.4	10.2	9.4	11.1	10.3	10.3	61.7

WOMEN'S GYMNASTIC RESULTS (Only highest scores listed)

Name	Team	Level/Age	V	UB	BB	FX	AA
Ginevra Kellogg	USA Chicago 306	Silver/9& under	7.85	8.65	8.75	8.50	33.75
Amy Tudisco	USA Chicago 306	Silver/50 & over	8.20	9.45	9.05	9.35	36.05
Charity Ruhl	USA Monessen 47	Silver/35-49	8.65	9.00	9.15	8.80	35.60
Heidi VencI	ASO Greater Cleveland	Silver/25-34	8.625	9.15	9.15	9.15	36.075
Alix Wilt	ASO Spirit	Silver/17-24	0.00	9.00	0.00	8.20	17.20
Erin Gullatta	ASO Greater Cleveland	Silver/15-18	9.40	8.65	9.35	9.025	36.425
Sydney Bowden	ASO Greater Cleveland	Silver/ 12-14	9.225	9.25	8.95	8.70	36.125
Gina Difilippo	USA Monessen 47	Silver/10-12	9.50	9.15	8.55	8.85	36.05
Stacy Hoffman	USA Monessen 47	Platinum/35-34	8.875	8.75	9.05	9.10	35.775
Dakota Symons	USA Monessen 47	Platinum/17-24	8.65	8.20	9.30	9.10	32.25
Joelle Ramson	ASO New York	Platinum/15-18	8.60	7.50	9.20	9.10	34.40
Corinn Brewer	USA Monessen 47	Platinum/12-14	9.00	9.20	8.60	9.05	35.85
Kristina Kelly	USA Chicago 306	Novice/9 & under	9.00	8.60	8.95	8.30	34.85
Piper Campus	USA Chicago 306	Novice/10-12	8.40	7.15	7.65	7.35	30.55
Willow Lynch	ASO Ceska Sin	Gold/35-49	8.00	9.25	9.05	9.025	35.325
Kristen Mercker	USA Chicago 306	Gold/25-34	8.40	9.00	9.30	9.05	35.75
Mackenzie Soneson	ASO Ceska Sin	Gold/17-24	8.10	8.00	9.30	9.20	34.60
Meghan Bowden	ASO Greater Cleveland	Gold/15-18	8.10	9.00	9.15	9.35	35.575
Sheana McPaul	USA Monessen 47	Gold/12-14	8.40	9.20	8.10	9.425	35.125
Savannah Kapis	ASO Greater Cleveland	Gold/10-12	8.50	8.70	8.15	9.20	34.55
Scarlet Pajer	ASO Spirit	Diamond/9&under	9.10	9.45	9.50	9.50	37.55
Emma Lucas	USA Monessen 47	Diamond/17-24	8.85	9.00	8.90	9.00	35.75
Talladaga Dewitt	USA Monessen 47	Diamond/15-18	8.475	8.60	8.90	9.05	35.025
Abigail Raicos	USA Monessen 47	Diamond/12-14	8.775	8.80	8.25	9.45	35.275
Maddie Stefancik	USA Monessen 47	Diamond/10-12	8.60	8.50	8.85	9.00	34.95
Chyral Becka	ASO Greater Cleveland	Bronze/50&over	9.15	8.70	8.70	8.70	35.25
Natalie Smith	USA Chicago 306	Bronze/35-49	8.675	6.50	8.35	9.05	32.575
Gretchen Obrovac	ASO Greater Cleveland	Bronze/25-34	9.00	9.30	9.60	9.25	37.15
Caroline Finn	DA New York	Bronze/17-24	8.50	9.10	9.25	8.50	35.35
Ava Glover	USA Farrell	Bronze/15-18	8.45	8.25	8.70	9.00	34.40
Mikayla Adams	ASO Greater Cleveland	Bronze/12-14	8.95	9.40	8.70	8.60	35.65
Emma Curilla	Sokol Canada Toronto	Bronze/11&under	8.00	8.15	8.35	8.20	32.70
Ava Levine	USA Monessen 47	3/10-12	8.75	8.55	9.15	9.475	35.925
Ella Neil	USA Monessen 47	3/9&under	9.30	8.60	9.10	9.65	36.65
Sky Lee	USA Boonton	2/10-12	8.725	6.75	9.05	9.20	33.725
Peri Wisner	ASO Greater Cleveland	2/9&under	8.05	9.00	9.35	8.50	34.90
Kayla Rembert	USA Central Jersey 12	1/9&under	9.125	8.90	8.75	8.40	35.175
Amaya Rico	USA Chicago 306	1/10-12	9.00	9.00	8.80	9.10	35.90



Katherine Koch, a member of Lodge 12 Central Jersey, holds the trophy for attaining the highest total score, 441.3, of all male and female participants in the popular Fitness Challenge event at the Sokolfest. This fantastic athlete also won First Place on Floor Exercise and Second Place All Around in the Gold Level of the gymnastics competitions. She also competed in group marching and was a member of the champion Relay Race team at the Sokolfest. Congratulations, Katherine.



Lance Kovac of Lodge 12 Central Jersey placed first All Around in the Senior Men, 35-49 age group, Level 5. His performances in gymnastics, the Relay Race team, the tug of war, the marching competition, and the Fitness Challenge exemplify the Sokol goal of "fitness for life." Lance is the boys' instructor at Central Jersey.

Sokolfest Recap

(Continued from Page 5)

attractions in the city of Pittsburgh.

And some chose to participate in the "Fun" Bowling Event on Friday afternoon. About 20 Sokols enjoyed two hours of bowling, pizza and soda coordinated by Kathy Naccarato. Since bowling was early in the afternoon, it gave participants ample time to head over to Kennywood or downtown to the banquet. Congratulations to Dennis Beach of Lodge 12 Central Jersey who earned both First Place High Series and High Game, and to the First Place Team Sokol Spirit.

Later in the evening, the 120th Anniversary Banquet was held in the elegant Grand Ballroom at the Twentieth Century Club in Pittsburgh. The banquet began at 5 p.m. with a cocktail hour, followed by dinner. There was a Silent Auction for the benefit of the Milan Getting Scholarship Fund and a ceremonial cutting of Sokol USA's 120th Anniversary Cake. During dinner, attendees enjoyed cabaret performances by guest vocalists from Opera Theater of Pittsburgh and later there was dancing to music provided by the George Batyi Gypsy Orchestra. During the banquet, "Thank You" awards were presented to our major Sokolfest sponsors: District MCT, Pittsburgh Lodge 276 and New Kensington Lodge 130. Also presented with awards were Slet Committee members Joe Bielecki, Milan Kovac, Emil Trgala and Nancy Shurina.

The culmination of Sokolfest XXVII was the outdoor exhibition featuring hundreds of performers in a majestic grand march, beautifully coordinated calisthenics, and special performances held at the Baldwin H.S. Stadium on Saturday afternoon. Morning rehearsals went well, despite a slow audio set up and the weather cooperated by providing sporadic cloud coverage giving some much needed relief from the sun and the high 80s temperature.

Midway through rehearsals, we took a break to present the Fitness Challenge awards. To everyone's surprise a young junior girl, Katherine Koch of Lodge 12 Central Jersey, attained a score of 441.3 and was awarded the Highest Score Trophy. Medals were awarded to the other winners in the various men's and women's age groups and Norah Valentin was presented with a "thank you" award for coordinating the competition. I would also like to note that Norah assisted the National Staff many times during Sokolfest, filling the void when Assistant Matthew Reynolds was unable to take vacation from his job, due to a recent promotion to a supervisory position. During the rehearsal break, we also presented National Assistants Charity Ruhl, Amy Pracko and Kathy Naccarato with "thank you" plaques.

At 2 p.m., the Grand March began with an impressive march down a winding road leading into the stadium below. Once all the participants were on the field, the national anthems were sung and the presentation of commemorative banners for each flag was held. Then the colors were posted and a brief welcome was given by Sokol USA President Joe Bielecki. He ended by turning the program over to National Directors Chris and Todd Yatchyshyn.

The first exercise was the Children's Calisthenics, performed very well by nearly 80 children. After the performance, children's cal author Ellen Kovac was recognized and presented a "thank you" plaque.

Next, four teams participated in the Relay Race Challenge. American Sokol, Sokol Canada, DA Sokol and Sokol USA each entered a team in the 4x100 race. The Sokol USA Team of Lance Kovac and Katherine Koch from Central Jersey, Roberta Pegg from Sokol Farrell, and Todd Yatchyshyn from Sokol Pen Argyl put on an impressive show and captured first place.

Following the race, it was time for the Parents and Tots Cal. This year, we had nearly double the number of sets performing the cal as we had in our past two Slets. Joining the always well represented Cleveland contingent were parent

(Continued on Page 7)



At left, Tim Brant, President of the Farrell Lodge and the newest member of the Sokol USA "District 4000" Advisory Board, times the push-ups event, one of the four parts of the very successful Fitness Challenge which ran for two days during Sokolfest 2016. At right, Sokol USA Director Todd Yatchyshyn holds the plank position as his nephew Luke watches and Debbie Golden times the event. He held it for the full four minutes.



MEN'S FITNESS CHALLENGE (Only highest scores are listed)							
Age	Name	Gym	Push-Up Score/Pts.	Jump Rope Score/Pts.	Shuttle Score/Pts.	Plank Score/Pts.	Total
6-9	David Mudron	Sokol Canada Toronto	46/132	90/60	11.6/64	4:00/120	375.9
10-12	Max Pjer	ASO Spirit	40/120	128/85	10.6/74	4:00/120	399.0
12-14	Spencer Adams	ASO Greater Cleveland	40/120	151/101	9.9/81	4:00/120	421.8
15-plus	Michael Barcal	ASO Spirit	45/130	140/93	9.1/89	4:00/120	432.0
17-24	Phil Tudisco	USA Chicago 306	27/94	117/78	9.9/81	1:30/45	297.4
25-34	Todd Yatchyshyn	USA Pen Argyl	37/114	130/87	9.3/87	4:00/120	407.9
35-49	Scott Pracko	USA Chicago 306	38/116	162/108	9.9/81	4:00/120	425.0
50-59	Bryan Pracko	USA Chicago 306	10/60	80/53	15.3/27	1:00/30	169.8
60-plus	Dennis Shutway	ASO Greater Cleveland	48/136	160/107	11.0/70	4:00/120	432.7

K CAEN'S FITNESS CHALLENGE (Only highest scores are listed)							
Age	Name	Gym	Push-Up Score/Pts.	Jump Rope Score/Pts.	Shuttle Score/Pts.	Plank Score/Pts.	Total
6-9	Scarlet Pajer	ASO Spirit	35/110	109/73	11.1/69	4:00/120	371.5
10-12	Ava Levine	USA Monessen 47	44/128	122/81	12.0/60	4:00/120	389.5
12-14	Corinn Brewer	USA Monessen 47	38/116	95/63	11.0/70	4:00/120	369.2
15-plus	Katherine Koch	USA Central Jersey 12	44/128	170/113	10.0/80	4:00/120	441.3
17-24	Alix Witt	ASO Spirit	38/116	145/97	10.7/73	4:00/120	406.1
25-34	Heidi Vencel	ASO Greater Cleveland	30/100	118/79	11.4/66	4:00/120	364.5
35-49	Kandi Pajer	ASO Spirit	37/114	103/69	9.1/89	4:00/120	391.6
50-59	Anna Rehwinkel	USA Central Jersey 12	38/116	130/87	12.0/60	4:00/120	382.9
60-plus	Maryann Fiordelis	ASO Detroit	29/98	143/95	12.2/58	4:00/120	371.0

Sokofest Recap

(Continued from Page 6)

and tot pairs from Sokol USA Farrell, Chicago and Pen Argyl. Everyone did a great job and it looked like they all had fun performing! Gretchen Obrovac of Sokol Greater Cleveland was called forward, recognized and given a "thank you" plaque for organizing the rehearsals for this cal, not only this year but for our two previous Slets as well.

The first performance by the Pittsburgh Slovakiens, Pittsburgh's oldest Slovak Cultural Organization, included songs and dances. They entertained the audience between calisthenics exercises and added some cultural flavor to the event.

Next up was the outstanding calisthenics performance by the Senior Men and Women. It was clearly evident that seniors take their cal serious and I know they made Ellie Babka proud! At the end of the performance, Ellie was presented with a Sokofest "thank you" award.

The next organizational challenge was tug-of-war. Three teams entered: American Sokol, DA Sokol and Sokol USA. Once again, the strong American Sokol team clinched First Place. The last time Sokol USA won a Tug-of-War challenge was at our 100th Anniversary Slet in Philadelphia, Pa., when the team was led by Gene Naccarato.

The presentation of the Bednar-Klimow Award was explained but postponed and awarded later in the evening at the Celebration Dance since not all tally sheets had been submitted. Once again the Pittsburgh Slovakiens, in their beautiful costumes, entertained the audience with their singing and stellar dancing, highlighting traditions of the Slovak heritage.

The Juniors and Young Adults Calisthenics was selected to be the finale number since it was a new calisthenics written especially for Sokofest XXVII. This calisthenics also had the greatest number of participants, even though it required a high level of energy and a bit more skill level in order to perform it well. At the end of the performance, the audience gave the gymnasts a rousing applause and author Kristin Merker was called forward to receive a "thank you" award. The two-hour outdoor performance ended with the singing of "God Bless America" followed by "To the successful conclusion of our Sokofest Slet, Tri krat zdar!" to which the participants responded "zdar, zdar, zdar!" The most important event of Sokofest XXVII had concluded and it was indeed a success!

Later in the evening, the Celebration Dance for gymnasts was held at the Holiday Inn. The attendees enjoyed DJ music, a photo booth, light refreshments, glow sticks and lots of give-aways. During one of the breaks, the Bednar-Klimow Award was presented to Lodge 306 Chicago, who came to Sokofest with two buses full of enthusiastic participants. They were very excited to take home this award! A "thank you" plaque was also given to DA Sokol for their generous donation which sponsored the Celebration Dance. Thanks also to the Monessen Sokols for preparing all the goodies for the dance. And finally, thanks to some very special people, Doreen Kowall Harris from Monessen Sokol, Jill Porter from Sokol Farrell and Bob Katz from Chicago, for stopping by to catch up with their old Sokol friends!

At the same time, the Beach Party Adult Social, held at the Skyvue Lounge, was in full swing. Attendees were greeted with leis and then enjoyed plenty of finger food hors d'oeuvres. There was a DJ, photo booth, a wildest shirt competition, and silly door prizes like grass skirts and coconut bras. Everyone had a great time socializing and dancing. Special thanks to Joe Bielecki for organizing this event, as well as the banquet, silent auction and the tours of the Nationality Rooms.

The 2-person Golf Scramble was held on Sunday morning at 8:30 a.m. at the Westwood Golf Club. The teams consisted of two players and, after each shot, the best of the two shots was selected. Both team members then played from
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Congratulations to the incredibly fast members of Sokol USA relay team for winning the Sokofest Relay Race, perhaps the most exciting part of the Slet program. The team members are (from left) Lance Kovac and Katherine Koch, both of Lodge 12 Central Jersey, Roberta Pegg of Farrell; and Todd and Devin Yatchyshyn of Pen Argyl, Pa. Todd is Sokol USA's National Co-Director of Sports, Fitness and Wellness. Note: It was not possible to immediately confirm whether it was Todd or Devin who was the fourth member of the relay team.



Josephine Funkhouser of New Kensington and Carolyn Coleman of Pittsburgh have sno cones after the fun walk



Norah Valentin announces the Fitness Challenge winners during a break in the Slet rehearsals.



In lieu of a registration fee, participants in the 5K Fun Walk were asked to bring food or a financial donation to support a local food bank. A contribution of \$520 along with five cases and two wash baskets full of food were presented to the Cloverleaf Food Bank in Pittsburgh, Pa. It was a fun night and a great sight to see everyone walking in their Sokofest T-shirts, sponsored by GBU.



While most participants walked, a more challenging course was offered for those who wanted to run.

SOKOLFEST COMPETITION RESULTS

Fitness Challenge Overall Winner (Male & Female)

1st Place Katherine Koch Score 441.3
Sokol USA Lodge 12 Central Jersey

Outdoor Games

1st Place – Youth (8-9) Terry Boyke
Sokol USA Chicago Lodge 306
1st Place – Adults (50-59) Terry Boyke
Sokol USA Chicago Lodge 306

Slet Relay Race

1st Place Sokol USA

Slet Tug-of-War

1st Place American Sokol



Debbie Golden and Ellen Kovac at the Fun Walk.



Above, American Sokol Spirit from Chicago earned the First Place Team Trophy in the Fun Bowling Event. Congratulations to Dennis Beach (at right) of Lodge 12 Central Jersey, who earned both First Place High Series and First Place High Game in the Fun Bowling Event



Sokolfest Recap

(Continued from Page 7)

that spot, until the ball was holed and one score per team was recorded. The winners were Scott and Bryan Pracko from Chicago Lodge 306 with a score of 81. Thanks to Director Todd Yatchyshyn for running the golf tournament, as well as the basketball and volleyball tournaments, and for designing this year's Fitness Challenge.

The final event of Sokolfest was to host the World Sokol Federation meeting on Sunday at the Holiday Inn. Representatives from American Sokol, the Czech Sokol Organization, DA Sokol, Sokol Canada, Sokol Slovenia, and Sokol USA attended the morning meeting.

It was hard to believe how quickly all the events went, but I think that was a good sign. Everything ran smoothly and many praises were given to the National Staff. I'd like to end with a letter from our good friends at Sokol Greater Cleveland. All our volunteers should be pleased to hear their very kind words that were sent to me, but are a compliment to everyone who had a part in making Sokolfest XXVII a reality:

Dear Chris;

On behalf of all the participants of Sokol Greater Cleveland, we would like to thank you for your dedication, time and energy you devoted to the XXVII Sokolfest.

We thought Baldwin High School was a great choice for all the events. There was adequate space between the two gyms to conduct all the activities and still have plenty of seating for the audience. The opening ceremony offered a nice variety of numbers and was done in a timely fashion. The competition sessions ran smoothly, though we have to admit, the awards presentations seemed a bit long. We did like the awards being presented right after the competition rather than on another day. Basketball, volleyball, and the fitness challenge ran smoothly and efficiently.

We liked the Thursday 5K Walk/Run, but were personally disappointed that more of our SGC participants did not take advantage of this fun activity. We know that many of them had been at the school all day for the competition and were looking for some down time. Kennywood was again a popular item for our families that came to the Slet. As you know, we attended the banquet and very much enjoyed the delicious food and atmosphere of the Twentieth Century Club.

We are very much in favor of the Saturday Slet concept and thought the rehearsals and the program ran very smoothly with all participants being prepared and giving an exceptional performance. The Celebration Dance and the Beach Party were a wonderful way to end the Sokolfest giving everyone a chance to mingle, let loose, and enjoy an evening of fun before going home.

Thank you again to you and your many committees for giving us the opportunity to create more Sokol Slet memories. We know everyone went home very energized about their Sokol experience and are looking forward to many more.

Nazdar,
Jane and Howie Wise
Directors, Sokol Greater Cleveland



At left, in the Women's Volleyball Tournament, Ceska Sin captured the First Place Trophy. At right, Sokol Greater Cleveland was the winner of the First Place Trophy in the Men's Tournament.



Senior gymnastics staff and assistants at Sokol USA Central Jersey are (standing from left) Lance Kovac, Anna (Neechee) Rehwinkel, Norah Valentin and Ellen Kovac and (kneeling from left) William, Madeline, Elizabeth and Katherine. Missing from photo is Wendy Koch.



Brandi and Beckett

Sokol Central Jersey Welcomes New Members

Sokol Central Jersey welcomes new members as they resume their gymnastics and fitness classes for the 2016-17 season. Our season will run from mid-September until June on Fridays from 7:30 to 9 p.m. Now is the chance to make your plans to join us! Here's what you need to know:

- We are located on Tingley Lane in Edison, N.J., in a full gymnastics gym equipped with all apparatus for boys and girls, a tumble track, floor exercise area and pits.
- Our personalized, safe, family-oriented program offers instruction at various levels for pre-school children through seniors of retirement age in a relaxed, fun environment.
- Our highly qualified instructors include experienced competitors and certified judges with many years of experience, who provide individual instruction within small groups.
- We welcome everyone who wants to improve their physical fitness through gymnastics and related overall fitness activities. Come join us in September!
- For more information, please contact Ellen at ellenkovac@aol.com or 908-659-0121 or Norah at norahjane@verizon.net.

SOKOLFEST COMPETITION RESULTS

2-Person Golf Scramble

1 st Place	Sokol USA Lodge 306 Chicago Byan Pracko/Scott Pracko	Score 81
2 nd Place (Tie)	Sokol USA Lodge 240 Blairsville Nick Shurina/Tony Angelo	Score 82
2 nd Place (Tie)	Sokol USA Lodge 103 Farrell/Lodge 47 Monessen Tim Brandt/Scott Yatchyshyn	Score 82

Fun Bowling

1 st Place High Game	Sokol USA Lodge 12 Central Jersey – Dennis Beach
1 st Place High Series	Sokol USA Lodge 12 Central Jersey – Dennis Beach
1 st Place Team	American Sokol Spirit



At left, the Sokol USA Color Guard led the Grand March. In center, members of the Sokol USA Board of Directors participated in the Grand March. At right, Anna Janous of Sokol Canada proudly marched with her walker. Sister Janous used the walker to conserve her energy for Senior Calisthenics, which she performed admirably later in the afternoon. She is the epitome of Sokol determination and spirit!



Above at left, nearly 140 gymnasts performed the Juniors/Young Adult Calisthenics. Above at right, this creative and unique Junior/Young Adult Calisthenics was written by Kristin Merker of Lodge 306 Chicago. Below at left, the Juniors and Young Adults did an admirable job performing their calisthenics which served as the finale for the 2016 Slet. Below at right, Senior Calisthenics, led by Ellie Babka, were performed beautifully, delighting the audience with their carefully executed moves and formations.



The Children's Calisthenics routine was performed by nearly 80 youth ages 6-12. At right, Ellen Kovac, author of the Children's Calisthenics, leads the children during their performance.

Enjoying the Sokolfest Banquet



At left, Sokol USA Past President Bea Walko and current President Joe Bielecki share the duty of cutting the Sokol USA 120th Anniversary cake at the Sokolfest 2016 Banquet. Brother Bielecki arranged for the banquet to be held at the beautiful Twentieth Century Club in Pittsburgh – a classy site for our historic event. At right, Joe Bielecki and Gwen McDonald.



Celebrate Sokol USA's 120th Anniversary

2016 is the 120th Anniversary of the Slovak Sokol Gymnastic Union Sokol USA, now named Sokol USA, District 4000 - A Division of GBU Financial Life, after the merger in 2014. A fraternal benefit society since 1896, Sokol USA has a proud tradition of offering insurance; gymnastics and sports programs; providing education and cultural activities; and promoting patriotism among the members. This long tradition is a testament to our forefathers who were determined to continue the Sokol Movement in the United States, based on Dr. Miroslav Tyrš' original Sokol Physical Education Society that he founded in Prague, Czechoslovakia, in 1862.

Since 2016 is Sokol USA's 120th milestone anniversary, the Sports, Fitness and Wellness Department decided that would serve as the theme of Sokolfest XXVII and a traditional logo, that has endured throughout our long history, would be used. Our Opening Ceremonies, entitled "What We as Sokols Believe," was written and directed by Stephen Banjak of Lodge 103 Farrell. The presentation was comprised of various performances, each preceded by a brief narration taken from Tyrš's' *Sokol Task, Aim and Goal*, that helps explain what it means to be a Sokol.

Calisthenics is the signature activity of Sokol that continues to be the highlight of all our Slets. The Children's Calisthenics for Sokolfest XXVII was first used at our Slet in Washington, DC, in 1987. The composition was written by Sister Ellen Kovac of Lodge 12 Central Jersey. One of the songs in this calisthenics is "Yankee Doodle." It was a perfect tribute to our country that celebrated its 240th Birthday in 2016 and to our organization that was founded on July 4, 1896.

While it is always appropriate to celebrate our long history, it is also important to look forward. Sister Kristin Merker of Lodge 306 Chicago wrote a new calisthenics for juniors and young adults, which we were pleased to present in Pittsburgh. Kristin described the essence of her composition as follows: "This calisthenics is a celebration of the youth of Sokol. It represents the journey they will go on to have their voices heard and acted upon. It is these young adults that will help Sokol move forward as an organization. In order for Sokol to evolve, we must utilize these young minds as an important resource. Let them take you on this exciting journey."

For our Senior Calisthenics, we were fortunate to have permission from Sister Jarina Zitna of the Czech Sokol Organization to perform a calisthenics composition she wrote for 2009. With Sister Zitna's permission, the composition was modified by Sister Ellie Babka of American Sokol, making it a little less challenging so that all of our seniors were able to perform it. We are grateful to both of these women for providing us with a unique calisthenics that included some traditional music from the Czechoslovak heritage.

The Slet also featured a Parents and Tots Calisthenics that we have used at our last two Sokolfests entitled "Fun with Mother." It was written by Viola Bartolenovaj and was translated into English by Stephen J. Banjak. Since our children are tots for only a short time, this fun composition serves to initiate a new group of young Sokols each Slet, and once again it delighted the audience.

We urge all lodges to do something special in honor of Sokol USA's 120th Anniversary. Sokolfest XXVII started the celebration, but there are five more months to continue to honor our forefathers and the Sokol ideals promoted by Sokol USA for the past 120 years. Have a fun event; share Sokol memories; make plans to ensure the future of your lodge.



At left, international guests Sokol Canada's Wendy Malasek and Anna Janous, Ceska Obec Sokol President Hana Mouckova from Prague, American Sokol President Jean Hruby and Cesak Obec Sokol's Vladimir Dostal. At right, lively entertainment at the banquet.



Late Days of Summer 2016

As we move into August and the final stretch of summer, it's important to look back and see that it's been a very busy season for our Sokol members. A belated congratulations are in order for our scholarship winners. This year, we had four Milan Getting Scholarship winners: Madison Ustupski from Lodge 32, Phillip Tudisco from Lodge 306, and Devin Bendel and Abby Moffit from Lodge 47. From Sokol USA Farrell, we'd like to honor Kaitlyn Slezak and Eric Konopski as recipients of the Steve Banjak Memorial Scholarship, which was presented at Farrell's recent 110th anniversary celebration. We also would like to recognize Lodge 2 Bridgeport, Conn., winners Nathan Vargoshe, a member of Slovak Catholic Sokol, and Mark Duffy, a graduate of Joseph A. Foran High School, for receiving their \$1,000 scholarships.

Brother John Kaminsky, longtime secretary of Lodge 2, shared with me this interesting fact about Lodge 2's scholarship application process. Like many applications, in addition to GPA and community service requirements, an essay is also submitted. What is unique about Bridgeport's essay requirement is, instead of the usual "I want or need this award," they are to send an essay discussing the history, culture or traditions of the Slovak or Carpatho-Russian heritage. They can also send an essay about the lives of their ancestors in Slovakia as an alternative. The lodge uses this requirement to encourage its younger members to study their family's customs and traditions from Slovakia. Such a wonderful idea to continue our fraternal and cultural history!

Viewing the many pictures in this publication of the Sokol Times showing the Pittsburgh Slet displays what a terrific time all that had a chance to attend and participate in. I want to personally thank all our members who contributed to the community service we initiated during this Slet. This was the sponsorship of nonperishable goods and money to the Cloverfield Food Pantry. We raised \$530 in cash and donated a significant amount of food as well. What a wonderful way to show the community we visited the strong values of Sokol USA. Going forward, we intend to sponsor more community services at our district wide events. We would also like to thank GBU for facilitating the delivery of our donations to the food bank.

A new initiative sponsored by GBU is recognizing our heroes that donate their time to local, non-profit organizations. Anyone who donates time to a 501C non-profit organization will have a donation for the value of their hours up to 15 hours at \$10.00 an hour. All of our Sokol members who volunteer in this manner, or know someone who has devoted their time to an organization in this way, please forward this information to us at Sokol USA so we can acknowledge their service and provide funds to their charity. We need to recognize all the good that community service does and is being done quietly by our membership. These are the unsung heroes of our Sokol USA union!

In conclusion, as we prepare to close out the enjoyment of our summer activities, remember that we all like to earn rewards. So, continue to track your walking, running and biking miles and turn in your results by the 5th of the month to GBU. You may call in at 412-884-5100 or e-mail them to info@gbu.org. But as always, before starting any new fitness routine, check with your doctor, start slow to build up both pace and distance, and stay hydrated at all times.

NAZDAR
Sister Nancy Shurina

Beach Party!



The Yatchyshyns are happy that the Slet was a success and is DONE!

Thank you for making Sokolfest XXVII possible!

Sokolfest Committee

Chris Yatchyshyn & Todd Yatchyshyn – *Directors*
Emil Trgala – *Treasurer*
Milan Kovac – *Ticket Sales Coordinator*
Tammy Bendel & Charity Ruhl – *Registration Coordinators*
Joseph Bielecki – *Banquet & Beach Party Coordinator*
Kathy Naccarato & Rich Yatchyshyn – *Activities Coordinators*

National Sports Fitness & Wellness Department Co-Directors

Chris Yatchyshyn, Todd Yatchyshyn

Assistants

Kathy Naccarato, Amy Pracko, Matthew Reynolds,
Charity Ruhl

Welcome & Registration Packets Coordinator – Amy Pracko

Opening Ceremonies Director – Stephen J. Banjak All the performers

Gymnastics Competitions

Directors – Charity Ruhl & Dan Bajek
Competition Volunteers – Monessen Sokol

Fitness Challenge Coordinator – Norah Valentin

Sports Events Coordinators

Todd Yatchyshyn, Matthew Reynolds, & Kathy Naccarato

5K Fun Walk Coordinator – Nancy Shurina

Outdoor Games Coordinator – Rich Yatchyshyn

Calisthenics Authors

Parents & Tots – Viola Bartolenovãj

Translator – Stephen J. Banjak

Children – Ellen Kovac

Juniors/Young Adults – Kristin Merker

Seniors – Sister Jarina Zitna

Revisions – Ellie Babka

History Display & Silent Auction Baskets – Joe Bielecki

Audio and DJ – Scott Yatchyshyn

Program Book Committee

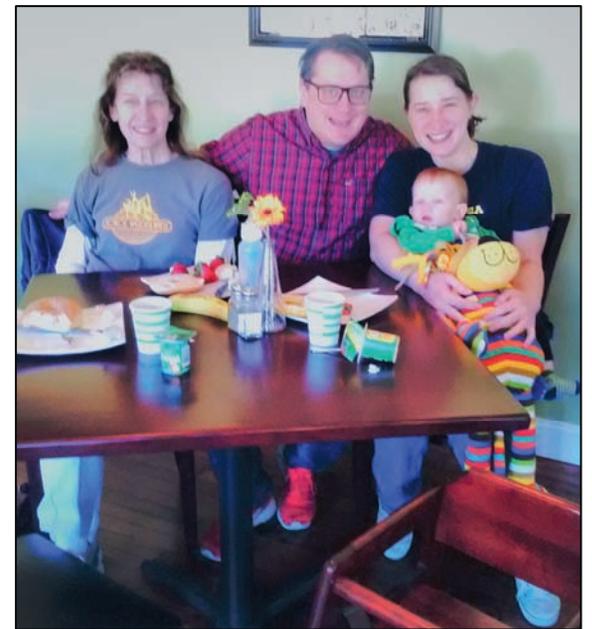
Tammy Bendel, Charity Ruhl, Donn Ruhl & Chris Yatchyshyn
I.k. graphic communications

All the other volunteers – we can't thank you enough!

SOKOL WOODLANDS REVISITED

This past May, a number of Sokol Camp Board members and friends had a weekend visit to Sokol Woodlands, however it is now known as Catskil Mountains Resort.

The new owners have almost renovated the entire facility for use as a resort. The main building is hardly recognizable on the inside with a beautiful dining room and major renovations of the upper floors to contain five hotel rooms. In addition, the motel, pool, brick and stone as well as the cabins have been substantially upgraded.



At left is the new foyer and entrance way. Above (at left) are Bea Walko and Marge Hurta and (at right) are Ellen Kovac, Joe Schiappa and Brandi and Beckett Kovac. Below (at left) are Justine Preiser and Bob and Marge Hurta and (at right) is a group photo in the dining room.



THE SEVENTH ANNUAL SOKOL FARRELL GOLF SCRAMBLE

There were ominous forecasts of rain and even hail, but the forecasts were all wrong; the "golf Gods" were with us again and the weather turned out to be ideal golfing weather. Large puffy clouds blocked the sun from time to time and there was a nice breeze to keep things just perfect. The second Saturday in June had, for the seventh straight year, been kind to us with ideal golfing weather. All of our golfers were present and accounted for and we were ready to begin golfing at 9 a.m.

Shenango Lake Golf Club in nearby Transfer, Pa., was suddenly awirl with activity. Tim Brandt, our President and Chairman of the outing, began giving instructions. Our Sokol workers began all the registration and food preparations, and everything went according to plan. A total of 27 teams had entered. In all, 108 golfers were lined up and ready to go to their positions for the "shot gun" start.

As usual, there were refreshments placed strategically at certain holes on the course, hot dogs (with Tim's homemade chili sauce) and refreshments at the turn, and a huge steak complete with all the trimmings at the end.

Top prize was \$800, the second place team took home \$400 and the third place team received \$200. As they have done since the very beginning of our "scrambles," Brother Mel Slezak and Sister Dorothy Slezak sponsored the \$5,000 Hole-in-One prize for the 3rd Hole.

It goes without question that we could not have done this without the leadership of Brother Tim Brandt and our great committee: Sherry Brandt, Lodge Financial Secretary Rachel Bender, Melvin Slezak, Dorothy Slezak, Lodge Vice President Sasha Banjak, Gymnastic Directors Stephen Banjak and Amanda Michael, as well as newly elected Treasurer Sandy Glover and her husband Dick, Chris Pegg, Peggy Slezak, Val Hurst-Tamura, Sadie and Janel Brandt, Lili and Ava Glover, Juliann Hurst-Tamura and Alex Banjak. Thanks to everyone for making this our most successful outing yet.



Above, our faithful and indispensable workers (standing from left) Nadiya Hurychova, Sandy Glover, Debbie Goda, Peggy Slezak, Sasha Banjak and Dick Glover; and (sitting from left) Dorothy and Melvin Slezak. Below, Brother Tim Brandt and Brother Melvin Slezak discuss the shot gun start.



Brother Tim Brandt, President of Sokol Farrell, presents the "Steve Banjak Memorial Scholarship" awards to Kaitlyn Slezak and Eric Konopski.

2016 STEVE BANJAK MEMORIAL AWARDS

Since the 100th anniversary celebration held in 2006, Sokol Farrell Lodge 103 has awarded a grant to a deserving high school graduating senior who has been a member of the lodge for at least three years. The scholarship is named in honor of our late Brother Steve Banjak, Sr. as a way to honor him for his many years of service to Sokol. Brother Banjak passed away in October 2006.

Previously, when there were two qualified recipients, the scholarship was divided between them. This year, for the first time, each winner, Kaitlyn Slezak and Eric Konopski, received the entire \$1,000 stipend.

The scholarship is funded entirely from private contributions, and not lodge funds, therefore donations can be sent to Brother Tim Brandt; Sokol Farrell President, 1448 Hall Avenue, Sharon, PA 16146. The scholarship application is available to qualified Sokol Farrell members.