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SOKOL



TIMES

JUNE 11, 2020

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From the President's View

In the time since my last President's View article, many extraordinary events have happened. The country experienced a nationwide pandemic, the likes of which have not been seen since the deadly Spanish influenza epidemic of 1918-1920. The country has experienced a lengthy lockdown period where people were forced to stay at home. Many millions were out of work and the unemployment statistics soared to numbers not seen in two generations. Sadly, many thousands died or became ill with COVID-19.

Fortunately, the situation has begun to change. The quarantines are ending in many states. Many things are being slowly phased in as part of a return to normalcy. While many regions are still shut down, the gradual reopening of large parts of the country is a promising sign. While many activities that involve large groups of people are still not possible at the moment, there is optimism that these activities will return as the pandemic begins to cease. We look forward to the reopening of our lodge halls and our Sokol USA gyms when the pandemic is concluded.

Many have found that after long quarantine days they have put on a few pounds. Even though our gyms are still presently closed due to the COVID-19 pandemic, as restrictions ease our members can benefit from the Walking Club and the Bicycle Club as well as traditional aerobic exercises and being to shave off some of the calories that accumulated during the quarantine period. At home, one can do solitary aerobic exercises, lift weights, use kettle bells or other simple exercises.

Many people are having difficult economic situations following the lengthy quarantine and COVID-19 crisis. I encourage our members to do what they can to help those in need.

There are many ongoing

campaigns to raise money for community food banks, first responder emergency medical services, and other charities that assist those in need. Our members can also keep in mind the elderly and the shut-ins. You can call people from home and raise their spirits or help the shut-ins who need some assistance with grocery shopping or other tasks that are more difficult for them to do in light of the COVID-19 pandemic. You can easily share our strong SOKOL fraternal spirit in this manner.

I encourage our members to acknowledge the great services provided by first medical responders, nurses and doctors to the communities in general. These healthcare professionals were the front line in the fight against the COVID-19 virus. They made many sacrifices to take care of the sick during this pandemic crisis. Many became ill and some died in the course of their work caring for the sick. They deserve our recognition and our congratulations for their heroic efforts.

GBU has recently sent out to all SOKOL USA District 4000 members letters encouraging the membership to make donations to certain first responder charities or food banks in their area. Please note that if you send in a donation to the GBU Financial Life Headquarters along with the bottom portion of the letter requesting the donation that GBU will match 100 percent of the donations received for the particular charity through its letter up to \$2,500 total. The donations must be received within 30 days of when you receive the letter. This is a very worthwhile project and I urge our membership to participate if possible.

GBU has budgeted \$250,000 in donations and matching funds organization wide for donations to first responders and food banks due to the COVID-19 crisis. This is a very public spirited and generous program and it is my hope that our membership will



Joseph Bielecki

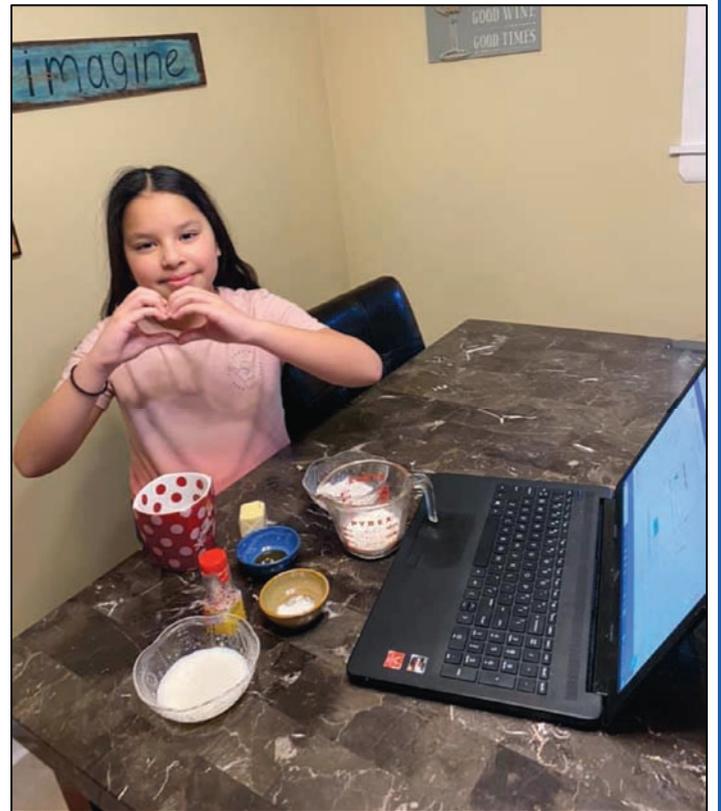
wholeheartedly respond to the GBU donation request letters. SOKOL USA District Board has designated several charities as the recipients of the GBU matching donations from its membership. These are: the Connecticut Food Bank and Food Share, the Community Food Bank of New Jersey, the Lehigh Valley Health Network, UPMC Emergency Medical Services, and Amita Health Foundation in Chicago.

As I write this article, Mother's Day has just past and Father's Day is coming soon. We should remember all of the good deeds and sacrifices that our parents have made in the past for us. They deserve our remembrance and honor and respect for all that they have done in our lives.

I also encourage our members to honor those who have served our country in the military. The recent Memorial Day holiday commemorated all of those who have served our country in the military. It also gives us pause to remember the sacrifices of those who have given their lives in service of the country. Please remember that it is thanks to their service that our present-day freedoms continue.

Recently Brother Bohon and I sent a letter to the SOKOL (Continued on Page 7)

Let's bake!



Sokol USA Lodge 306 in Chicago has been keeping their members engaged by hosting various types of virtual meet ups. One of those sessions included learning how to make a mug cake. Pictured are members getting ready for their baking tutorial and enjoying the tasty treat!



SOKOL TIMES

official organ of the
**SLOVAK GYMNASTIC UNION SOKOL
 OF THE USA**

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

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DONATIONS GRATEFULLY ACKNOWLEDGED

For the Milan Getting Scholarship Fund

Sokol USA Lodge 164, Detroit, Mich. \$100.00
In Memory of Deceased Members

From Sokol USA Lodge 258, Campbell, Ohio \$85.00
In Memory of Deceased Members

From Sokol USA Lodge 26, Guttenberg, N.J. \$50.00
In Memory of Sister Catherine Malik

From Sokol USA Lodge 26, Guttenberg, N.J. \$50.00
In Memory of Sister Nikki Hluchan

For the Sport, Fitness & Wellness Fund

From Sokol USA Lodge 164, Detroit, Mich. \$100.00
In Memory of Deceased Members

From Sokol USA Lodge 258, Campbell, Ohio \$50.00
In Memory of Deceased Members

From District Pavel Mudron \$90.00
In Memory of Deceased Members

From District Nitra \$9.00
In Memory of Deceased Members

From Milan S. Kovac \$100.00
*Given in Memory of:
 Sister Helen Bindas, Lodge 32
 Sister Nikki Hluchan, Lodge 26
 Brother "Bud" Shannon, Lodge #55*

MINUTES OF M.M. HODZA DISTRICT MEETING

OCTOBER 19, 2019

ALL OVER THE TRI-STATE AREA

(Continued from April 2020)

SafeSport course, but we encourage all athletes and their parents to take it. There's information on "grooming" behaviors, how to avoid & end it, and role models positive dialogue to children / athletes. There is also a "Positive Coaching Alliance", developed by the US Olympic Committee. There are three courses & is recommended taking one course a year. Sis. Ellen Kovac has seen the videos and thinks they're quite good.

Sis. Chris Yatchyshyn emailed minutes from the SF&W meeting, so please refer to them for National info.

Lodge Reports:

#1 New York – Bro. Fernandez is not a Lodge #1 Officer, and is not sure if the remaining Lodge #1 officers are meeting regularly. The District is thrilled that Bro. Fernandez continues to serve as a District Officer. Bro. Fernandez and Bro. George Dano are still active with some activities at Sokol New York.

#12 Central Jersey – Lodge 12 is in the same location: Henderson's Gymnastics Academy in Edison, NJ on Friday nights. The gym has other groups working out at the same time; but the good news is that the other groups leave earlier than last year, so there is more room to get on the equipment. However, we have a wonderful relationship with the gym owners. Lodge 12 still have a few Senior Men work out, and now has a Junior Instructor to help with the Tots. We are lucky to have enough instructors, and have room for more gymnasts; there is only one Junior who works out, and one Junior assists with the Tots. We would love to have more participants, which is difficult with word of mouth advertising. Last June, Lodge 12 had eight members attend the Buffalo Slet, and had a wonderful time. We are proud of Bro. Emil Trgala, Lodge 12 member, who served as Slet Treasurer. There is real buzz surrounding the new Lodge 12 flag that made its debut in the Sokolfest.

#32 Boonton – Boonton did not have a gymnastics program this year; although they have had a few former members express interest in helping run an athletic program (not necessarily a gymnastics program). They still rent the upstairs hall out, in addition to the renting the downstairs meeting room to Sokol USA Headquarters. Sis. Bindas will keep us informed of any changes.

The Officers were bummed when they realized that there may not have ever been a District MMHodza flag.

Sis. Bindas thanked the Officers for their dedication; the rest of the Officers thank Sis. Bindas in return.

Motion made & seconded to accept Lodge Reports.

Recommendations from the co-Directors for 2019-2020

1. The District help finance District students sent to Sokol Instructors' Schools by reimbursing 50% of the most reasonable means of transportation.
2. The District host at least one Eastern Area training session, if needed, during the 2019-2020 season, with reimbursement provided by the Sport, Fitness and Wellness Department.
3. The District reimburse Director(s) travel, lodging and food expenses arising from District participation in authorized activities.
4. The District retain its membership with the United Sokols of the East. (The \$100 annual membership fee will be paid as follows: \$30 by the District, \$35 by Lodge 12 and \$35 by Lodge 32. The recommended way to pay is with a check in person at the US of E meet in the spring.)
5. The District sponsor an event (not necessarily a competition, could be family games, activities, etc) for Children, Juniors and Seniors; and the District financially support this event by paying for awards, and the participants' and volunteers' meals (@ \$3 per meal).
6. The District have representation at the 2020 Sokol USA National Sport, Fitness and Wellness Department Board meeting; paying for expenses not covered by the National Sport, Fitness and Wellness Department.
7. The District subsidize expenses for District participants in any 2020 Sokol USA National sports tournament (golf, bowling, volleyball, etc.), excluding Sokolfest activities, by paying \$10.00 per participant, per tournament.

(Continued on Page 8)

Blast from the past



This is a photo from the MCT Braeburn Camp in New Kensington, Pa., from circa 1949-50. Sister Lillian Hasko from Lodge 276 shared this photo.

Our Condolences

Members and Officers of Guttenberg Lodge 26 offer their condolences and prayers to the families of Nikolina Hluchan and Katherine Malik.

Niki was a long-time member of both the Ladies' Lodge 12W and the combined Ladies' and Men's Lodge 26. She was a staple at our meetings and could always be counted on to relate stories from the past and to identify folks in the pictures of events and meetings that were brought to meetings, which brought back fond memories.

Katherine was also a long-time member in a long line of Maliks active in the Lodge. Her brother James is our Lodge President.

Again, our condolences and prayers for our departed members and their families.



Milan Getting Scholarship Deadline Extended

Looking for some help to achieve your goal of attending college? 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 education at an accredited college or university.

If you or a family member will be entering college or a university this coming fall, please contact Sokol USA headquarters at SOKOLUSAHQ@aol.com and ask for a Milan Getting Scholarship application. **Applications for the 2020-2021 academic year are due by August 31st.**

FIT FOR LIFE: Pandemic Response Edition, Part 2

An unprecedented time like this calls for words of wisdom and advice to help us cope with mental stress, physical threat and major upheavals to our lives. All of these threats are lessened when we maintain the best health we can. For inspiration, here are a few quotes that may fit the situation we find ourselves in:

"Be kinder than necessary, for everyone you meet is fighting some kind of battle." Unknown

"Do what you can, where you are, with what you have." (possibly) Franklin Delano Roosevelt

"The future ain't what it used to be." Yogi Berra, baseball player and manager known for witticisms

"Life is a team sport and, now more than ever, we need to be good teammates to one another." Positive Coaching Alliance

"KEEP CALM AND CARRY ON." On a British poster, 1939.

News alert: OBESITY THREAT

Here is a sad report from a recent newspaper article: "Childhood obesity experts had already noted that many children gain weight excessively during the summer and do not lose it when they return to school in the fall. Quite a change from generations ago, when children could lose excess weight in the summer through outdoor activities. Now, they are noticing that children are actually gaining weight *since schools have closed in March!* Not only are they not in school, many have had little or no opportunity to play outdoors.

According to Andrew Rundle, who heads a childhood obesity research project at Columbia University, "This pandemic will have multiple impacts on childhood health and development, . . . [and] places kids at higher risk of experiencing obesity."

Don't let this happen to your children! Do whatever you can to incorporate active physical playtime and games, in your home or backyard or in any available playground or park. By the way, an hour of activity a day should not be a chore. Keep it relaxed and fun. It should bring a feeling of joy and refreshment to the participants.

Here are many suggestions to help you and your family get going.

INDOOR FUN

Nerf balls, foam balls, and beachballs can be used for kicking, batting, or
(Continued on Page 6)



Ellen Kovac

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3 easy payments*

Youth permanent life insurance ensures that your child will have coverage throughout their lifetime. Their policy will grow in cash value throughout their lives and can act as a building block for future financial success. GBU's Youth 3 Pay Life Membership life insurance policy is permanent life insurance that offers a lifetime of coverage and financial growth for just 3 low, annual payments.

Children become members of GBU District 4000-Sokol USA upon approval and will become part of a large and supportive community of fellow members with access to additional membership benefits.

For our youth members we offer

- Outstanding scholarship and grant opportunities.
- Access to the Sokol USA sports program.
- Support to make a difference in local communities through our volunteer programs.

Call
(833)-888-0205

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www.gbu.org/life-insurance
to get started!

Features

- A lifetime of coverage in just 3 annual payments. Find your annual payment using the chart to the right.
- **Guaranteed cash values**, plus policy dividends that are built over time.
- **Ages 0-17 can purchase \$3,000* of coverage** using a simple GBU life insurance application (ICC19-MemY3PayAPP or FL-Mem3PayAPP 19 in Florida).
- **Dividends** can be taken as cash, paid-up additions, or accumulate at interest. Dividends are not guaranteed.
- **Lifetime membership** in GBU District 4000-Sokol USA.

Current Age:	Male & Female Rates for \$3,000 In Coverage (3 annual payments of the rate stated below)
0	87.78
1	89.85
2	91.95
3	94.11
4	96.33
5	98.58
6	101.10
7	103.71
8	106.35
9	109.08
10	111.87
11	114.87
12	117.96
13	121.11
14	124.38
15	127.71
16	130.89
17	134.04

A parent or legal guardian must sign the application. If the policy is to be owned by someone other than the parent or legal guardian, the parent or legal guardian must also sign the application. *Higher face values are available. Not available in all states

Sokol USA

GBU District 4000

A Division of

GBU FINANCIAL LIFE

4254 Saw Mill Run Blvd. Pittsburgh, PA 15227
sales@gbu.org www.gbu.org

Karaoke Zoom Session



Another way Sokol USA Lodge 306 in Chicago is keeping their members engaged and socializing is hosting fun events like Zoom Karaoke nights.



Kimberly Elliot, aka Coach Kim, is being recognized as a Soaring Falcon.

Soaring Falcon: Kimberly Elliot

Our Soaring Falcon for this issue is a woman named Kimberly Elliot, aka Coach Kim. Coach Kim has been a member of Sokol for many years and is currently a member of Sokol United in Stickney, Ill. While in Sokol, she has held many leadership positions in both Sokol USA and American Sokol. During the early '90s, Coach Kim was the Physical Director at Sokol USA Lodge 306 in Chicago. For over 20 years, she was the Physical Director of Sokol Stickney. Currently, she is the Central District Women's Director for American Sokol National.

Over the past 30 years, Coach Kim has coached many levels of gymnastics ranging from preschool to advanced levels. She continues to develop and refine her coaching techniques, strategies, and methodologies through attending numerous trainings, professional development opportunities, and clinics run through USAG/IPDGC. Not only does she take the time to develop her own coaching talents, but she continues to encourage the coaches she works with at her unit and coaches she collaborates with from Sokols all around the state of Illinois to take part in these same training opportunities as well.

In addition to continued development of her own skills. Coach Kim has also taken the time to participate in various Slets over the last few years. During the Prague Sokol Slet held during the summer of 2018, Coach Kim performed Calisthenics. During the Sokol USA National Slet held in Buffalo, N.Y., during the summer of 2019, Coach Kim competed in the "all around" category for the gymnastics competition.

During the most recent situation which has hit the world, COVID-19, Coach Kim has stepped up in ways that will continue to move the American Sokol organization forward during these constantly changing times. She has not only been proactive in keeping her gymnasts engaged by organizing regular Zoom gymnastics themed classes, but has also spearheaded collaborative opportunities between lodges and units of the Central District Sokols to promote social opportunities to keep all Sokol members connected. In addition to the Zoom gymnastics classes, Coach Kim is one of several individuals who organized and developed a virtual calisthenics competition to keep kids and families engaged and "Sokoling" (Continued on Page 8)

ANNOUNCEMENT:

THE "PARTY-LINE" IS BACK!

Looking for a way to safely hold an officer meeting during this time?

The GBU Financial Life Fraternal Department can help!

IT'S AS EASY AS DIALING A PHONE NUMBER, ENTERING (2), 4-DIGIT NUMBERS AND YOU'RE IN!

If you are interested in taking advantage of this resource for an upcoming meeting, call District and Special Project Coordinator, Anna Hershberger at 412-884-9814 or email anna.hershberger@gbu.org.

Officer Meetings held on our party line count towards the District Award Program!



Fit for Life

(Continued from Page 4) throwing without damage to furniture. (Put away the breakables.) Do you have a hula hoop? Get it out and see how long you can keep the hoop circling. Blow up large balloons and bat them to another player or two. One person can tap a balloon up with alternating hands, similar to juggling. How many times can you tap the balloon before it lands on the floor?

MORE INDOOR CHALLENGES

1.a. Lie on your back, legs

tucked, feet up off the floor. Bicycle your legs.

b. More advanced: As above, but from sitting on floor in a V-Sit, using your arms for support if needed.

2. Stretch your Achilles tendons by standing on your heels, balls of feet flexed up off the floor.

3. While washing hands, stand on one foot for 20 seconds.

4. While brushing teeth, stretch one leg backward. Flex leg, aiming foot upward. Replace leg and repeat with

other leg.

5. To avoid neck stiffness caused by too much screen time, do these frequently:

a. Lift chin and press shoulders down, making your neck as long as possible. Hold 10 seconds.

b. Turn head right. With left hand push gently on jaw to maximize turning of head. Hold ten seconds.

c. Repeat to opposite side.

The **Presidential Youth Fitness Program** recently ran a contest which included several exercises and a chart to enter your score for each event for four weeks. The goal was to show improvement over the

four weeks. These challenges are fine for whole families to try together. It's the *effort* that's important.

Indoor challenges included four items:

1. Curl ups from bent leg lying, heels on floor. If necessary, tuck feet under a chair to keep heels in contact with floor. How many can you do?

2. Continuous push-ups, with emphasis on straight body position.

(2.A. Not included in the PYFP Challenge, but useful for those who cannot do regular push-ups, are several variations, such as standing push-ups. Stand an arm's length from a wall. Place palms on wall, keep body straight, and bend elbows slowly. Straighten arms and repeat as many times as possible. Or, place hands on a countertop, moving feet far enough back from counter to maintain a straight body while bending and straightening arms. Another modification is to perform push-ups with support from the knees rather than from the toes. Keeping a straight body is important in all variations.)

3. Squats with heels remaining on the floor throughout, arms lifting forward during each squat. How many can you do without stopping?

4. Plank hold, body straight and supported on forearms and toes. How many seconds can you hold this position?

(For good core strength, keep working at it over a long period of time until you can hold this for at least a minute. Listening to any music that you like while planking will be a great motivator and make the seconds go by much more quickly.)

Outdoor aerobic exercises in the PYFP Challenge included three items:

1. One-mile run-walk for time.

2. 30-foot shuttle run, 30 feet back and forth between cones, as many times as you can without stopping.

3. Jumping with or without a jump rope, as many times as possible without stopping.

Sokolfests include Fitness challenges, too. Check out the most recent one by going to www.sokolusa.org and click on "Today," "Sokolfest," "Sokolfest 2019," "Fitness Challenge."

MORE OUTDOOR FUN

Note: Be careful, for everyone's safety, to comply with governmental rules about wearing face masks and keeping six-foot social distances.

Any games that involve continuous movement are good. No need for complex

rules or drills that will interrupt the activity. Shooting baskets with a basketball is a good example. Draw a hopscotch grid on a sidewalk and play that. Two or three can kick a soccer ball back and forth.

If you can't get to a park with a basketball court, any hoop attached to your house or garage or on a portable pole will present an opportunity for fun physical activity within your family unit. Challenge your children to a game of "Around the World" or "H-O-R-S-E" (perhaps we should call it S-O-K-O-L). Everyone starts on one side of the basket and takes turns making a shot. When you make a basket, move to a spot between the side and the middle and try to make a basket from there. Move "around the world" toward the opposite side each time you make a basket.

8,000 STEPS A DAY = LONGER LIFE

New research by the CDC, the National Institute on Aging, and the National Cancer Institute has found that people who walk 4,000 steps (roughly two miles) a day add years to their lives. But those who walk 8,000 steps per day (roughly four miles) are likely to live even longer. Regardless of age, sex, or race, the more steps per day taken, the lower the risk for dying. Interestingly, the rate or intensity of the steps taken had no independent effect on the person's mortality risk. Only the number of steps taken seemed to make a difference.

The steps can be accumulated through several shorter walks during the day. Wear a face mask if required or recommended where you live. To add value, walk to a store within a mile or so and walk home carrying your purchase.

If you can't go outdoors, you can still walk.

Put on continuous lively marching music (John Philip Sousa or Sokol marches are good) and do varieties of continuous marching in place: Start with easy steps. Then, step with knee lifts, with step kicks, steps forward and backward, step-closer to each side, large steps to lunge and return, and hopping or jumping steps. You can add knee dips to your steps and arm movements such as pumping your arms, stretching arms to sides, and clapping in front or overhead. Create your routine by repeating each kind of step for 16 or 32 counts, or according to your music. Between more vigorous kinds of steps, return to intervals of plain marching. Don't stop! Continue for 10 to 20 minutes, or until your heart rate and breathing have increased.

(Continued on Page 7)

**SOKOL USA
Balance Sheet
As of December 31, 2019
(Unaudited)**

ASSETS

Current Assets

Cash/Savings

GBU #30117006 16,758.28

GBU #30117105 1,614,046.00

Investor Bank Operating Account 1,590.61

Petty Cash 100.00

Total Checking/Savings 1,632,494.89

Other Current Assets

Escrow Receivable 1,400.00

Total Collateral Loans 18,274.98

GBU A/R 48,338.85

Mortgages Receivables 34,000.00

Total Other Assets 102,013.83

TOTAL ASSETS 1,734,508.72

LIABILITIES & EQUITY

Liabilities

Current Liabilities

Other Current Liabilities

Expenses Payable 347.02

Total Liabilities

347.02

Equity

Consolidated Fund (Retained Earnings) 1,827,468.37

Retained Earnings - 71,337.95

Net Income -21,968.72

Total Equity 1,734,161.70

TOTAL LIABILITIES & EQUITY 1,734,508.72

**SOKOL USA
INCOME & EXPENSE
JANUARY 1 THRU DECEMBER 31, 2019
(unaudited)**

Ordinary Income/Expense

Income		
Interest on Account #30117105		70,832.02
Interest on Account #30117006		720.26
Membership Dues from GBU		18,074.00
Member Fees Assessed		4,608.55
Sport, Fitness & Wellness Donations		6,427.50
Milan Getting Scholarship Donations		8,982.50
Mortgage Interest Income		1,800.00
Collateral Loan Interest Income		1,096.99
Misc. Income		10,198.00
Total Income		122,739.82
Expense		
Assessment Reimbursement		1,440.34
Misc. Expense		371.68
Advertising		4,531.20
Donations	7,250.00	
Less Subsidy	-2,530.00	
	Total Donations	4,720.00
Fraternal Dist. To Lodges		2,014.40
Fraternal Expense		157.60
Insurance		5,373.60
Milan Getting Scholarship		4,500.00
National Board Meeting Exp		
Travel Expense	11,095.21	
Expense	9,912.88	
Total National Board Meeting Expense		21,008.09
National Board Meeting Fees		6,379.88
Non Employee Compensation		29,045.00
Office Exp		2,182.27
Officer Travel Expense		8,510.32
Postage		559.32
Professional Fees		4,875.00
Publication Expense		10,898.54
Rent		9,900.00
Return of Sokolfest 2019 Advance		-5,000.00
Sokolfest Officer Travel Expense		10,767.44
Sport, Fitness & Wellness Expenses		
AAU Membership	160.00	
Slet Travel Expense	7,028.13	
Annual Gym Subsidy	10,000.00	
Stipends for Assistants	1,320.00	
Training Session Expense	465.00	
Program Development	180.00	
SF&W Misc Expense	539.09	
Instructors School	880.00	
National Golf Tournament	300.00	
Total Sport, Fitness, & Wellness Expense		20,862.22
Telephone Expense		1,611.64
Total Expense		144,708.54
Net Income		-21,968.72

**FROM THE
PRESIDENT'S VIEW**

(Continued from Page 1)

USA lodges. We encourage all the lodges to communicate with the headquarters. The National Board understands that these are extraordinary times and if there is some extraordinary need arising from the COVID-19 pandemic the National Board is here to assist the lodges. If any lodge needs assistance or has concerns, do not hesitate to contact SOKOL USA headquarters.

Some states are in the process of reopening and lifting stay at home orders. I urge you to keep in the mind the health and safety of the membership when reopening SOKOL buildings or when holding meetings or events and urge you to follow all guidelines setout by the state civil authorities when resuming activities following the end of the pandemic. It is very important that our members stay well and stay safe.

NAZDAR!
Joseph Bielecki
President, SOKOL USA

FIT FOR LIFE

(Continued from Page 6)

AEROBICS WITH SOKOL CALISTHENICS

Maybe you have performed calisthenics at a Sokolfest and could do one of those now to add variety to your fitness program. Calisthenics are aerobics! You can go to www.SOKOLUSA.ORG and find calisthenics videos for 2016 and 2019. From SokolUSA.org, click on Today, then Sokolfest 2016 or Sokolfest 2019. Find the calisthenics that you already learned, and click on the video for that. Two of the more aerobic calisthenics arrangements are the 2016 Children's, Exercise 1, and the 2019 Jr-Sr Cal, Ex. 1.

HEALTHY FOOD FOR A GOOD IMMUNE SYSTEM

While regular exercise is crucial, experts tell us that no amount of physical activity can make up for poor eating habits. Needless to say, junk foods do not belong in a house with children. They just don't belong in any house, period. Every meal, every day (for adults as well as children) should consist of half fruits and vegetables. Seven to eight portions are recommended, although the size of the portions must be small for small children. It's all but impossible to eat too many fruits and vegetables, so don't limit yourself. Snacks should be real foods, like carrots, cherries, orange sections, yogurt, or peanut butter on celery sticks.

According to a spokesperson for the Academy of Nutrition and Dietetics, it's important to strengthen one's immunity to any illnesses by eating healthy foods like these, which provide key nutrients:

Fruits and vegetables like carrots, kale, spinach, sweet potatoes, squash, cantaloupe, and apricots, which contain **Beta Carotene/Vitamin A**.

Fruits and vegetables like oranges, strawberries, Brussels sprouts, cooked cabbage, red and green peppers, and broccoli, for **Vitamin C**.

Eggs, cheese, tofu, and mushrooms for Vitamin D. **Vitamin D** is also produced by spending some time in the sun.

Beans, nuts, lentils, tofu, fortified and whole-grain cereals, seeds, oysters, crab, beef, dark meat poultry, pork chop, and yogurt for **zinc**.

Fish, poultry, beef, milk, poultry, milk, yogurt, cottage cheese, eggs, nuts, seeds, beans, and lentils for **protein**.

Water, fruit, and soup for **hydration**.

Kefir, kimchi, sauerkraut, miso, tempeh, sourdough bread, whole grains, bananas, onions, garlic, leeks, asparagus, artichokes, and beans boost the health of the microbiome, in turn supporting your **immune system**.

You may find that supermarkets have some newer selections of fruits and vegetables. You can add variety to your healthy diet by trying something new. Find simple ways to cook vegetables with various herbs and spices, and olive oil or butter. You may be surprised to find that you like them!

In closing this column, a recap of inspirational sayings: *If the future ain't what it used to be, we need to adjust. We need to do what we can, where we are, with what we have. Be kind, and be good teammates for each other. Keep calm and carry on.*

Ellen Kovac

MINUTES OF M.M. HODZA DISTRICT MEETING

(Continued from Page 2)

- 8. The District reimburse member instructors one-half their tuition upon completion of a Safety Course (however prior approval from Directors is required).
- 9. The District pays for the (Adult) Membership in AAU for each of the District Officers, if the Membership is not paid by the Supreme Lodge.
- 10. The District subsidize expenses for District participants in the 2020 Sokolfest (if applicable), by paying \$ TBD per participant (by participating or assisting) a sanctioned event or official Slet activity.

Motion was made and seconded that the recommendations be accepted. Motion carried.

Old Business

At some point, the District should take stock of what inventory is left of t-shirts, back packs and cook books.

A motion was made to thank the current and former Gymnastics Directors from the Boonton Lodge in whatever celebratory fashion that's most enjoyable to them, partly subsidized by the District. We are looking forward to honoring their decades of fraternalism and volunteerism!

New Business

GBU might possibly have a one page application and may start up a 3-pay policy. We hope this happens and are eager to hear more details.

As always, the District feels it's important communicate to the District National Board what the challenges are in their Lodges. The District's function is to support the Lodges.

New Salaries:

President	\$75.00
Vice President	\$30.00
Secretary	\$75.00
Treasurer	
Co-Directors	\$ 0.00 each

As in the past, any urgent business and business that arises before the next annual meeting can be discussed and voted on via email.

Nomination of Officers:

Nominations of officers were opened. Sis. Ellen Kovac moved that the present slate of Officers remain the same, Judy Bindas nominated for President. She accepted the nomination. Teddy Fernandez nominated for Vice President. He accepted the nomination. Brandi Kovac nominated for Secretary. She accepted the nomination. Norah Valentin nominated for Treasurer. She accepted the nomination. Brandi Kovac nominated for Co-Director. She accepted the nomination. Ellen Kovac nominated for Co-Director. She accepted the nomination. There being no more nominations, nominations were closed.

Motion made and seconded that the secretary cast one vote for the slate. Motion carried.

- President – Judy Bindas
- Vice President - Teddy Fernandez
- Secretary – Brandi Kovac
- Treasurer - Norah Valentin
- Co-Directors – Brandi Kovac and Ellen Kovac

We are hoping to plan an in-person reunion for the spring of 2020. Our next meeting will be on 10/17/20. The meeting location and time is TBD, please contact Brandi Kovac if you're interested in attending.

The meeting adjourned at 2:55PM.

Respectfully submitted,

Brandi Kovac, Secretary

SOARING FALCON

(Continued from Page 5)

on" when we can't see one another and perform calisthenics in our Sokol halls.

Overall, Coach Kim is an embodiment of what Sokol is. She continues to inspire the youth within the organization, as well as her fellow Sokol Colleagues. She regularly comes in with fresh ideas and is constantly looking for ways for Sokol to evolve and stay relevant as an organization. We are lucky to have someone so hard working who genuinely cares about Sokol and its roots. Thanks for all you do, Coach Kim!

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.

HELEN BINDAS – (1922-2019) A member of Lodge 32, Boonton, N.J.

LOUISE CHOLTKO – (1923-2017) A member of Lodge 130, New Kensington, Pa.

RAYMOND D. HENRY – (1927-2019) A member of Lodge 500, Boonton, N.J.

FRANK J. LAZORIK – (1931-2019) A member of Lodge 12, Newark, N.J.

MILDRED PLUCIENIK – (1930-2019) A member of Lodge 500, Boonton, N.J.

ANDREW STEC – (1919-2020) A member of Lodge 32, Boonton, N.J.

DID YOU KNOW YOU HAVE ALL THIS?

GBU Financial Life Member Benefits

Member Magazine. *The Reporter* magazine provides members with bimonthly news about GBU's programs, national and local activities, product information and GBU's financial statistics.

College Scholarships and Grants. Academic achievement scholarship and grant awards are provided to qualifying college/post-secondary students. Four college scholarship programs are offered: freshman, undergraduate, graduate and two-year.

The **GBU High School Freshman Grant program** is designed to assist eighth-grade GBU members with associated costs in their transition into the high school curriculum.

S.N.A.P. (Safety, Nutrition, Awareness Program):

Prescription Drug Discounts. Members can register to receive, free of charge, the ScriptSave® membership card which provides discounts for their family and pets' prescription drug needs at over 62,000 pharmacies nationwide.

Fingerprint Kit Program. Members can protect their loved ones with an easy-to-use, "inkless" fingerprint ID kit. The ID kits can be purchased for a nominal fee.

Driver's Safety Course. Upon completion of this valuable refresher course, members receive a 50% reimbursement of the classroom or online course fee from GBU.

Sports Safety Program. GBU offers high-quality child and adult bicycle/multi-sport helmets at a very minimal cost to GBU members.

Health/Nutrition Awareness. Through *The Reporter*, GBU provides members with advice and tips on general health, nutrition and well-being.

Personal Safety Wristband. Durable, soft vinyl wristband adjusts to the wrist and provides space to write an emergency contact number in case wearer becomes lost or is unable to communicate.

Magnetic Medic Take Note Pouch. Holds medical note cards for up to four people in one household. Assists in an emergency situation to get appropriate care.

Hertz Car Rental Discounts. GBU members receive, free of charge, a special GBU Hertz membership card which entitles members to receive car rental discounts.

MediAlert® Benefit. GBU members receive a 20% discount on any MediAlert® product, excluding 14k gold.

Newborn Child Benefit. GBU member parent(s) are provided with a "no-cost" \$1,000 death benefit for their newborn child from days 15-60 following birth. Within that period, a \$5,000 guaranteed-issue policy is available.

Annuity Nursing Home Rider. After the first year, GBU will waive the withdrawal charge on a partial withdrawal in an amount equal to 20% of the fund value on the date of withdrawal. Other qualifications apply.

Orphan Benefit. This benefit provides financial support to junior members who have lost both their parents. At least one parent must have been a GBU member for at least two (2) months.

Life Line Screening. Members receive discounted pricing on preventative health screenings that use ultrasound technology.

Make a Difference One Member at a Time. New GBU member applicants are given the opportunity to select a charitable organization to which GBU will donate funds.

Make a Difference One Hour at a Time. In support of a GBU member's individual volunteer work, GBU will provide a donation to the member's qualifying charitable organization.

Fraternal Library of helpful family information. This library of family-oriented books provides members with a selection of "family-oriented" material at a minimal cost.

Get Fit Clubs. GBU keeps track of your walking, running and biking mileage. Awards are provided at specified mileage levels.

Language Learning. GBU reimburses members up to \$250 annually for taking an approved language course.

American Hearing Benefits™. Provides access to free hearing consultations and significant discounts on hearing aids.

Membership Contests. Members of all ages have the opportunity to win CASH awards through contests held throughout the year. Contests include photography, puzzles and coloring.

Social and community activities. Opportunities to participate in district-sponsored activities, such as bus trips, dinners, dances, picnics, fundraising events and local charitable volunteer efforts.