

(USPS 500-660)

# SOKOL



# TIMES

OCTOBER 8, 2020

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

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

## From the President's View

As I write this President's View article, the Fall Season has begun. Mornings and evenings are getting cooler and cooler. In a few months, winter will be here in full swing. This has been the most unusual year due to Covid-19 and the pandemic. Our Sokols have proved their resilience. For a very long time, much of the country was in lock-down and many activities were not possible. Our lodges have managed to weather the storm and have finally begun reopening as the various state authorities began to permit reopenings. Some of our lodges have engaged in take out food sales as a way of keeping up their visibility and their membership's spirits. Others had meetings via Zoom and other technological programs, and others have done more traditional forms of exercise and calisthenics. It is a credit to our membership that things have gone so well in comparison to many other places and situations in the country.

Our National Board has reached a decision on a venue for our 2021 National Convention which will be held August 5 through 8, 2021. It will be held at the Park Inn Hotel in the Sharon/West Middlesex area of Western Pennsylvania. This is very near to the Sokol USA Farrell Lodge. Several sites had been investigated and this site was chosen because we will be able to support and showcase the gymnastics program at the Farrell Lodge. People will arrive on the afternoon of August 5<sup>th</sup> and leave late morning August 8<sup>th</sup>, 2021. During this time, there will be committee meetings and the transaction of Sokol USA business.

I urge our lodges to start thinking about selecting delegates for the convention and making plans to attend next year. There will be many communications over the next many months from the headquarters in Boonton to our



Joseph Bielecki

individual lodges. There is a committee working on addressing by-law changes that carried over from the last convention. It is important for each lodge to begin discussing and eventually selecting delegates to attend the convention as the delegates are the voices of the lodges at the convention and in the governance of Sokol USA. It is important for each lodge to send delegates and have a voice at the convention.

There will also be some social events for the convention delegates such as an opening evening reception, an evening visit to the Farrell Lodge and a concluding banquet on August 7<sup>th</sup>. The banquet will celebrate a milestone anniversary of the founding of Sokol USA as well as the anniversary of the Farrell Lodge.

The GBU Fraternal Department is exploring new ways of engaging members via its website. There will be many new activities for members in which to participate and I encourage you to visit the members communication platform and explore it and see what is there that appeals to you. This is a good way to be engaged during these Covid-19 times where people are hesitant to go out and do group

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## Milan Getting Scholarship Recipients

### Samantha Pracko

Throughout my second year at University of Wisconsin-Platteville, I have continued to be a member of the Cheer and Stunt team and am in the process of completing my steps to be inducted into the National Society of Leadership and Success. I am continuing to work towards a major in criminal justice as well as a minor in accounting. My family at home as well as my Sokol family have helped me immensely to get to the point I am in my life and I would not be the person I am today if it weren't for the help of all of these people. I am extremely grateful to everyone at Sokol that has helped me throughout the years as well as the Milan Getting Scholarship Committee for continuing to support me in this journey.

NaZdar!

### Abigail Raicos

I am a member of the Charleroi Area High School's Class of 2020. I reside in Fallowfield Township in Charleroi, Pa., with my parents Nick and Deb Raicos. At the age of 2, I joined my first Mommy & Me gymnastics class at Falcon Gymnastics Sokol Lodge 47. Since then I have been a part of the Sokol family by volunteering and participating in Sokolfest events near and far. We have always enjoyed spending this time with long-time friends while constantly making new ones through the fun events.

I am currently enrolled at the University of Pittsburgh to study in the biological sciences in hopes of becoming a biomedical engineer or even



Samantha Pracko

continuing my education through medical school. I also plan to continue by gymnastics career at the club level and stay connected with my Sokol family by teaching classes and practicing with my team when I am home from school.

I will continue to carry the mission of Sokol with me – "A sound mind in a sound body" – as I move forward in life and in all that I do.

### Emily Pranskevicius

I am currently a junior at Illinois State University. I was enrolled in Sokol Lodge 306's gymnastics program as a gymnast from the fall of 2012 to the winter of 2016. Within that time, I have won multiple first place awards, received the honorable Frankie Kajari Achievement Award and attended both the 2016 and 2019 Sokol USA slets. In the summer of 2015, I attended the Kurz instructor school and began assistant coaching both



Emily Pranskevicius

girls and tots classes.

During my sophomore year of high school, I began participating in cheerleading as well as gymnastics. Unfortunately, the following school year, I decided to give gymnastics a break to focus on cheerleading, but I remained assistant coaching the tots class every week. I trained for and competed in gymnastics for the first time since 2016 at the 2019 Buffalo slet and earned a first-place win for Lodge 306.

Currently at ISU I am a member of Gamma Phi Circus, the oldest collegiate circus in the nation and I perform in the bike built for 10 act. I am also continuing to major in chemistry with pre-pharmacy in mind to hopefully attend pharmacy school. Due to the Covid-19 outbreak, my spring semester was moved completely online and the 2019 home show for the circus was cancelled.

# SOKOL TIMES

official organ of the  
**SLOVAK GYMNASTIC UNION SOKOL  
OF THE USA**  
*Sokol USA - District 4000 a Division of GBU Financial Life*

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

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

All communication for publication should be sent  
to Editor at 301 Pine Street, P.O. Box 677,  
Boonton, NJ 07005-0677

Or [SokolTimesSubmissions@gmail.com](mailto:SokolTimesSubmissions@gmail.com)  
by the 22<sup>nd</sup> of the previous month.

Second Class postage paid in East Orange, NJ  
Annual Subscription for non-members is \$10.00

## GBU Financial Life

A Member Owned, Not-for-Profit  
Insurance Provider

4254 Saw Mill Run Boulevard  
Pittsburgh, PA 15227-3394

412-884-5100 \* 800-765-4428

[www.gbu.org](http://www.gbu.org) ~ Email: [info@gbu.org](mailto:info@gbu.org)

# SOKOL USA

A Division of **GBU FINANCIAL LIFE**



## 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.*

**MICHAEL CEKLOSKY** – (1931-2019) A member of  
Lodge 273, Wilkes-Barre, Pa.

**WAND CORBRDA** – (1930-2020) A member of Lodge  
30, Danbury, Conn.

**HELEN JANOS** – (1926-2020) A member of Lodge  
59, Trenton, N.J.

**MARGARET LUCAS** – (1922-2020) A member of  
Lodge 269, Whiting, Ind.

**MARY POLAK** – (1922-2020) A member of Lodge  
500, Boonton, N.J.

**DONALD SHANNON** – (1974-2020) A member of  
Lodge 269, Whiting, Ind.

## REVISED DISTRICT 4000 SOKOL USA LODGE ACTIVITIES SCHEDULE

### Lodge 103 Farrell, Pa.

All Sokol Farrell activities are conducted in the Slovak Home, 800 Spearman Avenue, Farrell, PA 16121. Contact Information: Sokol Farrell office new telephone number: 724-877-2653 (leave a message); website: <http://sokolfarrell.org>; or visit Sokol Farrell on Facebook.

Monthly meetings are held at 7:30 p.m. on the first Tuesday of each month (except January, July and August).

Gymnastic Classes:

Mondays beginning at 6:00 p.m.

--All Children 3 to 6 years (Accompanied by a parent on the floor)

--Children 7 to 11 years (with some or no gymnastic experience). Emphasis is primarily on introducing basic gymnastic skills and progressing through various levels of difficulty.

Tuesdays 6:30 to 8:30 p.m.

--Competition Gymnastics: Emphasis is on routine building and perfection, as well as basic dance movements. Continuous registration. Students may begin at any time during the season.

### Applications and eligibility requirements for the "Steve Banjak Memorial Scholarship"

Download the four-page form from our website: <http://sokolfarrell.org>. Click on "News and Events > Scholarship. Deadline for receipt of completed applications from first year (new) applicants by the Scholarship Committee is May 1 of each year. Renewal applications are due June 1 of each year. Awards are up to \$2,000.

### Applications for the Sokol Farrell Four Person Open Golf Scramble

Download the team registration form from our website: <http://sokolfarrell.org>. Click on "Golf Scramble" > PDF golf registration. This event which is not limited to Sokol members closes quickly and is held annually the second Saturday in June at the Shenango Lake Golf Club, 99 Birchwood Drive, Transfer, PA 16154.

## Brother Donald M. Patrick Sr.: Lifelong member of Sokol Farrell

Brother Donald M. Patrick was born Sept. 19, 1932, in Farrell, Pa., and was the son of Brother Stephen J. and Veronica Malak Patrick. The family moved from Farrell to nearby Youngstown, Ohio, when he was a child.

Brother Don competed in Sokol competitions and participated in slets, representing our club from 1952, the time our lodge was reactivated after World War II, well into his adult years. It was a normal occurrence for him to be seen with his brother Steve in the Sokol Farrell gym twice a week and then in the gym in Sokol Youngstown twice a week. Additionally, Brother Patrick served as Gymnastic Instructor and as Juvenile



Donald M. Patrick

Chairman for our lodge for many years.

Brother Patrick was a Patrick!

graduate of Youngstown State University, where he received a bachelor's degree in accounting. He was employed as an agent for the Internal Revenue Service for more than 26 years and retired in 1988. He was a veteran of the Army and served in the Korean War.

Brother Don leaves his wife of over 57 years, who he met at Sokol and who was a championship caliber gymnast in her own right, Sis. Aggie (nee Zabotsky), whom he married July 27, 1963; sons, Brother Donald Patrick, Jr. of Struthers and Brother Ronald Patrick of Sewickley, Pa.

NAZDAR, Brother Don

# Happy Thanksgiving!

To all our members  
From the Supreme Lodge  
of Sokol USA



## XXXVI Convention of SOKOL USA

*is scheduled for*

### August 5-8, 2021

at the

### Park-Inn Hotel, Sharon, Pa.



At left, registering 112 golfers in sunny weather. At right, our kitchen staff made some changes to the menu... getting corn on the cob ready for grilling.

## SOKOL FARRELL'S GOLF SCRAMBLE SUCCESSFULLY IN THE BOOKS!

Another beautiful day... and 112 golfers who had been cloistered in their homes for months because of the coronavirus, set us up for the 11<sup>th</sup> straight very successful Sokol Farrell 4 Person Golf Scramble!

Under the leadership of Brother Tim Brandt, it was decided that since many of our sponsors are small businesses, we would, because of their support in previous years, offer them sponsorship at no cost. Our strategy was that we wanted to keep a good relationship with our sponsors by promoting their business at no cost to them in this difficult time. We found that our strategy rewarded us extremely well.

All the golfers received a grilled half chicken, baked beans, some delicious home-made potato salad made by Sister Sasha Banjak and, of course, grilled corn on the cob. In addition, the remainder of our entire staff consisted of Chris Pegg, Samantha Hayes, Roberta Pegg, Kristi Barwell, Stephanie Banjak, Denise Snyder, Alex Banjak and Debbie Goda.

## FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

activities.

I also encourage our members to be attentive to their health, to get a flu shot and to follow the various CDC and public health department guidelines for the prevention of Covid-19. It is important for our members to be healthy and stay healthy and well during these trying pandemic times.

It is also important to keep physical fitness in mind as Thanksgiving and the winter holidays such as Christmas and New Year's draw near. It is at times like this when people celebrate and eat too much turkey and forget to work off the calories that come with the turkey. Walking is a very good way to reduce weight in a gradual manner. There's also the bicycle club as another means of exercise as well as our traditional Sokol, USA gymnastics and calisthenics. All of these are very useful ways to stay physically fit as well as to attempt to lose weight.

I encourage all of our members to honor our Veterans as Veterans Day approaches. Their sacrifices have made our country strong and ensured our democracy. A good way to do this is to participate by sending donations to GBU's Operation Reachout. This project does many, many good things for soldiers stationed in far away locations overseas. It is a very worthwhile project to support.

Also as Thanksgiving approaches, it is important to remember the needy. There are many, many thousands of people out of work in this very difficult economic situation. Many are facing declining unemployment compensation. The food banks nationwide are being stressed to capacity. It is my hope that our lodges and our members will remember the needy at this time of year and donate to food banks and other charities in their respective areas.

I wish all of you a very Happy Thanksgiving Holiday.

NAZDAR!  
Joseph Bielecki  
President, Sokol USA



Above, the line was long. Below, final instructions from Brother Tim Brandt.



### Sokol Flu Shot Drawing Form

Name: \_\_\_\_\_

Lodge #: \_\_\_\_\_

Address: \_\_\_\_\_

Date & Place of Shot: \_\_\_\_\_

**Mail to:**  
**Sokol USA Headquarters**  
**301 Pine Street, P.O. Box 677, Boonton, NJ, 7005-0677**

# Guttenberg Lodge 26



Sokol USA Lodge 26 Guttenberg enjoying some time together socializing.



Adrienne Schupp



Carly Slezak

## BANJAK MEMORIAL SCHOLARSHIP AWARDED TO TWO ADDITIONAL SOKOL FARRELL MEMBERS

It has been 14 years since Sokol Farrell has been awarding higher education scholarships. We are proud to announce two additional members to the list. The 2020 awards go to Adrienne Schupp and Carley Slezak.

The first award was given in 2006 at our 100th anniversary celebration. At that time, the award was \$500 for one year, given to only one person. Since that time, thanks to the support of the Slovak Home and the many individual contributions we have received, we have expanded our pool of money in the fund. Therefore, we have increased the scholarship award to up to \$2,000, allocated in annual installments of \$500 over a four-year period, providing a grade point average of 2.0 (4.0 system) or above is maintained. Additionally, all applicants who are Sokol Farrell members and who meet the requirements will be awarded the grant.

One of the requirements for applicants is to write a one-page hand written essay describing an event in their life in which they strove to attain perfection in accomplishing a task and how that event, either directly or indirectly, contributed to the "greater good."

### Adrienne Schupp

Throughout my high school career, I have performed in the various spring musicals we had done each year. This year, I was cast as a lead performer in the show "Rock of Ages." During the musical season, I spent countless hours practicing my lines, songs and dances. Considering that this would be my first time performing as a lead, I wanted to perform perfectly.

From January to March of 2020, I rehearsed lines with my cast mates after school. Before rehearsal, I would also meet with my choir director during my study halls so that I could get extra practice with my songs. By the end of the months of rehearsal, I was confident in how I was going to perform.

I strove for perfection in this task because I love to perform and I also wanted to inspire other young singers, dancers and actors to one day choose to perform as well. This was also an opportunity to contribute to the "greater good" because I then had the opportunity to perform this musical production to our community.

This opportunity to perform for my community allowed me to strive to perform to the best of my ability while also giving back to those around me.

Adrienne plans to attend John Carroll University in Cleveland, Ohio majoring in Economics.

### Carley Slezak

During my four years of high school, I participated in marching band. This activity has had a great influence on my life and the way I approach accomplishing tasks that ultimately contribute to the greater good.

This past season was definitely a challenge for me. I was serving in a leadership position as a co-captain of the woodwind section and my other co-captain unexpectedly left at mid-season. This meant that I had to take on a leadership position made for two people on my own. My co-captain leaving also showed me how important a single person is

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BACK IN THE GYM – Sokol USA Chicago Lodge 306 has started up their programs again and the kids have new energy to bring back to the gym.



## Sokol USA Fall Update

The time has come. Shorter days and cooler nights are upon us, and Fall has arrived. Unfortunately, unlike the warm Summer days we've been enjoying, Covid-19 is still with us. I hope all of you are safe and following the recommendations of the health experts in order to stay that way. However, as the new season begins, there is another looming threat that we must face: the flu. To encourage our members to take this threat seriously, the Sokol is once again sponsoring the Vaccine Awards Program. In this issue, you will find the form to cut out and send in to Headquarters for your enrollment in this rewards program. I hope all our members who receive a vaccine will take the time to participate as it only takes a few minutes and I think all of us could use an extra \$25.00 of unplanned windfall money in our pockets.

On a different note, the next Sokol Convention is tentatively scheduled for August 5<sup>th</sup> thru 8<sup>th</sup> of 2021 and will be held at the Park-Inn Hotel in Sharon, Pa. This location is near our Farrell Lodge just across the Pennsylvania/Ohio border.

A committee is currently working on shortening and simplifying the Regions and Lodges by-laws. These changes will be presented to the delegates at the convention next Summer. As always, start discussing and electing your delegates to represent all lodges and regions at the convention.

On Saturday, September 19<sup>th</sup>, I participated in GBU's Zoom Fraternal Activity Council Meeting. This new and exciting member communications platform will be rolled out in a couple of months with many useful functions for each District to use. All District Officers will be offered introductory training in October, but to take advantage of these enhanced features, we need all our members to supply emails to Headquarters promptly so we can have these ready to go for both organizations. Until next time, be responsible and stay safe.

NAZDAR  
Sister Nancy Shurina

**UNITED STATES POSTAL SERVICE® (All Periodicals Publications Except Requester Publications)**  
**Statement of Ownership, Management, and Circulation**

1. Publication Title SOKOL TIMES	2. Publication Number 500-800	3. Filing Date 9-10-2020
4. Issue Frequency EVERY OTHER MONTH	5. Number of Issues Published Annually 6	6. Annual Subscription Price \$10.00
7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4®) 301 PINE STREET, BOONTON, NJ 07005-0677		Contact Person EDWARD BOHON Telephone (Include area code) (973) 676-0281

8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer)  
 SOKOL USA, PO BOX 677, BOONTON, N J 07005-0677

9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank)  
 Publisher (Name and complete mailing address)  
 SOKOL USA, PO BOX 677, BOONTON, NJ 07005-0677

Editor (Name and complete mailing address)  
 EDWARD BOHON, C/O SOKOL USA, PO BOX 677, BOONTON, NJ 07005-0677

Managing Editor (Name and complete mailing address)  
 EDWARD BOHON, C/O SOKOL USA, PO BOX 677, BOONTON, NJ 07005-0677

10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)

Full Name	Complete Mailing Address
SOKOL USA	301 PINE STREET, PO BOX 677, BOONTON, NJ 07005-0677

11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box  None

Full Name	Complete Mailing Address

12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one)  
 The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes:  
 Has Not Changed During Preceding 12 Months  
 Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)

13. Publication Title  
SOKOL TIME

14. Issue Date for Circulation Data Below  
10/08/2020

15. Extent and Nature of Circulation

		Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
<b>a. Total Number of Copies (Net press run)</b>			
b. Paid Circulation (By Mail and Outside the Mail)	(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	1,750	1,700
	(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	125	125
	(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	0	0
	(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)	15	15
<b>c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))</b>		1890	1840
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)	(1) Free or Nominal Rate Outside-County Copies included on PS Form 3541	0	0
	(2) Free or Nominal Rate In-County Copies included on PS Form 3541	0	0
	(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)	0	0
	(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	0	0
<b>e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))</b>		0	0
<b>f. Total Distribution (Sum of 15c and 15e)</b>		1890	1840
<b>g. Copies not Distributed (See instructions to Publishers #4 (page #3))</b>		510	560
<b>h. Total (Sum of 15f and g)</b>		2400	2400
<b>i. Percent Paid (15c divided by 15f times 100)</b>		100	100

16. Electronic Copy Circulation		Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Paid Electronic Copies		0	
b. Total Paid Print Copies (Line 15c) + Paid Electronic Copies (Line 16a)		1890	0
c. Total Print Distribution (Line 15f) + Paid Electronic Copies (Line 16a)		1890	1840
d. Percent Paid (Both Print & Electronic Copies) (16b divided by 16c x 100)		100	100

I certify that 50% of all my distributed copies (electronic and print) are paid above a nominal price.

17. Publication of Statement of Ownership  
 If the publication is a general publication, publication of this statement is required. Will be printed in the \_\_\_\_\_ issue of this publication.  Publication not required.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner  
 EDWARD BOHON, MANAGING EDITOR  Date: 09/10/2020

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

# Fit for Life: How Is Your Diet Doing?

It's been a rough few months. We may have been indulging comfort foods or just plain junk food. Whatever our situation, staying at home too long or out working overtime, we may have gained weight this year. So, it's time to analyze our eating habits and readjust if they haven't been good. This column is devoted to nutrition advice to help you back on the road to good eating habits and better health. But don't forget to continue with your exercise routines as usual!

According to *Healthy Together Summer 2020*, our meals should "include mostly fresh fruits and vegetables, unprocessed meats, nuts, beans, healthy fats like hummus and avocado, and low-fat dairy products, with limited sugar, preservatives, and white flour."

This is valuable and important advice, so let's repeat it: "Meals should include mostly fresh fruits and vegetables, unprocessed meats, nuts, beans, healthy fats like hummus and avocado, and low-fat dairy products, with limited sugar, preservatives, and white flour."

Exactly what is "processed food?" It's food that "has been changed in some way – cooked, canned, packaged, fortified, or otherwise preserved." By the way, if a frozen food is not otherwise processed with added ingredients, it's not considered "processed" for nutritional purposes. Plain roasted nuts are also fine.

The convenience of prepared foods, often found in the frozen food section in food markets, is certainly very tempting. But when we read the ingredients list, we find words that are not recognizable as food. We can do better – and save money – by cooking simple homemade meals. For busy people, investing in a slow cooker or preparing foods in advance for the next few days are other ways to enjoy healthy eating.

Carbohydrates can be good or bad. Contrary to what we often hear, not all carbs are bad for us. How do you know which are which? In a new book called "Fast Carbs, Slow Carbs," author David Kessler, former Commissioner of the Food and Drug Administration, explains "people gain weight because they eat not only more calories than they burn but also the wrong things, namely many kinds of processed foods." White flour, the kind most cakes, cookies, bread and rolls, pizza crust, donuts, etc. are made of, is a processed food. In Kessler's terminology, that makes white flour a "fast carb" or, in other words, a "bad carb."

Why is it bad? During the processing of flour, starch is released from the structure of wheat (and corn). This enables the starch to "flood the body with large quantities of glucose (sugar) that are rapidly digested by the body." At the same time, this starch delivers fat and salt, added to enhance palatability, to the digestive system. Kessler says eating foods such as with white flour that are fast carbs "enables people to add pounds effortlessly." No wonder nutritionists recommend eating more foods made with whole grains rather than with processed flour!

What are whole grains? Here's a list, including some we've never heard of: aramant, barley, brown rice, buckwheat, bulgur, millet, oats, quinoa, triticale, wheat berries (whole wheat kernels) and wild rice. Try some – most of them are right in your supermarket!

Remember that no matter how much we may exercise, it's virtually impossible to exercise enough in a day to make up for excessive calorie intake.

To repeat: It's virtually impossible to exercise enough in a day to make up for excessive calorie intake.

So to lose weight we absolutely need to limit our daily calories. At the same time, we should avoid starving ourselves or extreme diets which usually result in yo-yo dieting: losing weight and then gaining it back, often repeatedly over the years. "Good carbs," that is fresh fruits and vegetables and whole grains, satisfy our hunger better. We feel full longer without eating as much food. By minimizing "bad (fast) carbs" which are found in highly processed foods, we can more easily reduce our calorie intake to attain and maintain a healthy weight.

Another hint: Avoid substitute sweeteners. Chemical sugar substitutes do not satisfy our appetites well, actually leading us to want to eat more!

The best approach to a better diet is to shift towards "good (slow) carbs." According to an article by Marlene Cmons in *The Washington Post*, because good carbs are unprocessed and still "structurally intact, the starch they contain stays trapped within fiber, making it harmless. They digest more slowly and keep us feeling satisfied longer. Examples of such foods with little starch, yet high in healthful fiber, include fresh fruits, cruciferous vegetables like broccoli and cauliflower, asparagus, bell peppers, and tomatoes; also, legumes like beans, lentils, and chickpeas.

Here's an easy cooking hint that I learned from my daughter: Vegetables should not be boring! Many fresh vegetables like broccoli or dark greens (such as Swiss chard or spinach) are delicious sautéed in olive or other vegetable oil, with some sliced garlic. Cooked pasta can be added to the sauté pan as the vegetables finish cooking for a complete meal. Or, simmer or microwave them with a sprinkling of Vegeta vegetable seasoning and a little water.

What about meat? Cold cuts, hot dogs, sausages, ham, kielbasy (or klobasy), chicken nuggets, and any meat or fish with an ingredient label attached to its packaging has been processed with additives, many of which are not healthy. Avoid

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Ellen Kovac

## FIT FOR LIFE

(Continued from Page 6)

them as much as possible. Eat poultry or seafood more often than red meat and be sure that half or more of every meal you eat includes more vegetables than meat. Don't leave eggs out of your diet. They are a very good source of protein, and nutritionists now agree they are a good, healthful food.

Quick cooking hint: Sauté chicken cuts (I prefer boneless thighs) in a fry pan with vegetable oil. Generously sprinkle lemon pepper (available in the spice section of a supermarket) on them, then turn them over. I use plain dried lemon in a spice bottle plus my own pepper. Easy, healthy and delicious!

What about traditional "starches?" Potatoes are quite healthy if we stick to baked, skins on. It's the excessive oil, salt, butter, gravy and so on that make them less healthy. (Sweet potatoes have more nutrient value than white.) Other good carbohydrates to round out a meal include whole wheat pasta or brown rice (or a mix of brown and wild rice).

Avoid snack foods like chips, granola bars and the like that come wrapped in plastic and have a shelf life of years. Ready-to-eat microwaveable foods, according to Cimons, are also likely to have been processed with a list of added sugars such as high fructose corn syrup, sodium, dyes, gums, stabilizers and so on. When you shop for groceries, bring home fresh food and not highly processed food.

Please share your favorite easy, low calorie, fresh-food recipe with Sokol Times readers. Send to me, [ellenkovac@aol.com](mailto:ellenkovac@aol.com), or send directly to [sokoltimessubmissions@gmail.com](mailto:sokoltimessubmissions@gmail.com). Or, Send to both addresses at the same time!

Warning: As we have been hearing from the Centers for Disease Control, obesity is tied to severe illnesses such as diabetes and heart disease, and causes complications from COVID-19.

**Where do you stand?** You may have heard of the BMI, or Body Mass Index. It will give you a pretty good idea of whether you are overweight. Here is the formula for you to compute your own BMI:

Your weight in pounds divided by the square of your height in inches, multiplied by 703.

Example for a person who weighs 160 pounds and is 69 inches tall:

Step 1: 160 divided by (69"x 69" or 4761) = .0336

Step 2: .0336 multiplied by 703 = 23.6 BMI

Next, find your BMI number on this chart:

BMI	Status
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30.0-39.0	Obese
40 or above	Extremely Obese

According to the chart, the example person with a BMI of 23.6 is in the "normal" weight range. Now, compute with your own weight and height to find your own BMI!

To conclude, a reminder to check yourself: How is your exercise program doing?

Yes No I exercise at least 20 minutes a day or 150 minutes a week.

Yes No I get up and move around after every hour of sitting.

Yes No I walk a mile or more a day (weather permitting).

Here's to your health! Nazdar!

Ellen Kovac

## DONATIONS GRATEFULLY ACKNOWLEDGED

### For the Milan Getting Scholarship Fund

From Sokol USA Lodge 6W, Perth Amboy, N.J. \$200.00  
*In Memory of Deceased Members*

From Sokol USA Lodge 74, Plymouth, Pa. \$70.00  
*In Memory of Deceased Members*

### For the Sport, Fitness and Wellness Fund

From Sokol USA Lodge 6W, Perth Amboy, N.J. \$200.00  
*In Memory of Deceased Members*

From Sokol USA Lodge 74, Plymouth, Pa. \$65.00  
*In Memory of Deceased Members*

## BANJAK SCHOLARS

(Continued from Page 4)

despite a marching band being such a large group of people. So, for the greater good of the band, I made it my goal to successfully take on this position and not let it affect the group as a whole.

Being a good leader means leading by example, being a good and confident teacher, and having a positive attitude. Something I would always do is check in with myself and make sure I was doing what I was supposed to do. I would always ask myself if I would want the people I was leading to behave how I was behaving.

Another goal of mine was to be a good teacher. I made sure to be clear and constructive, and I always tried to be kind and understanding throughout the learning process. Lastly, I always kept a positive attitude, even throughout tough situations. I was aware that my attitude had an effect on the people around me.

This marching band season, I tried to be the best leader I could be for my section and for my band. I believe I positively contributed to the greater good of my marching band and I also had a very enjoyable and memorable season while doing so!

### Youth 3 Pay Life Membership Life Insurance

*Start their dreams here*



*Start building a lifetime of dreams in 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  
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### 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**

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### GUTTENBERG LODGE 26

We anticipate having a December meeting and election of officers. Please contact Brother Buddy Burkhardt at [aburkh2130@gmail.com](mailto:aburkh2130@gmail.com) if you plan to attend.

James Malik, President  
Keith Burkhardt, Financial Secretary

### Silly, silly



Sokol USA Chicago Lodge 306 kids are even getting silly during their classes. It is great to hear their giggles and see their smiling faces!



## 2020 Virtual Slovak Heritage Festival

On Sunday, November 1<sup>st</sup> at 1 p.m., the Slovak Studies Program at the University of Pittsburgh will be hosting their Slovak Heritage Festival virtually. Due to the COVID-19 restrictions this year, the festival, now in its 30th year, will be live streamed on Facebook and YouTube.

The University of Pittsburgh is the only university in the United States where students can take Slovak language and culture classes and opt to receive a minor in Slovak Studies. The Slovak Studies Program has welcomed students, professors and employees from universities across the greater Pittsburgh area. In addition to being able to cross file for classes from local universities, students sometime come from universities around the country for a semester or two on a Foreign Language and Area Studies Fellowships Program scholarship.

Nearly 30 years ago, the Slovak Studies Program and Slovak Student Club at the University of Pittsburgh came together to celebrate the program with an annual cultural heritage festival. This year, many of the regular festival performers will be sending in archival footage or recording a demonstration.

The festival is the second largest Slovak festival in North America and the only festival to include an academic component. During the festival, attendees regularly attend lectures and films about Slovak history, language, culture

and genealogy.

Lyon Zeibak, the festival director, said that while this year's format provided challenges, it also provided many opportunities. "The Pittsburgh region has the highest concentration of people of Slovak heritage outside of Slovakia itself. This is an opportunity to introduce the rest of the world to our community," remarked Zeibak.

In an attempt to replicate the fun of greeting old friends and making new ones at the festival, anyone will be able to submit in advance a short video greeting to festival watchers. "We are hoping to hear from not just members of our local community, representing their organizations and families, but also from friends in other states and in Slovakia itself," explained Zeibak. "Anyone anywhere can record a brief greeting with their mobile phones, in front of or by an important landmark, for example, and highlight an area of Slovak cultural significance along with their message."

Zeibak said he couldn't guarantee all messages would be included in the festival but encouraged anyone who is interested in participating to follow the festival Facebook page. For more details on how to submit those videos and how to watch the festival at home go to the festival Facebook page at <https://www.facebook.com/SlovakHeritageFestival/>.



The 2019 Slovak Heritage Festival at the University of Pittsburgh