

(USPS 500-660)

SOKOL *TIMES*

DECEMBER 13, 2007

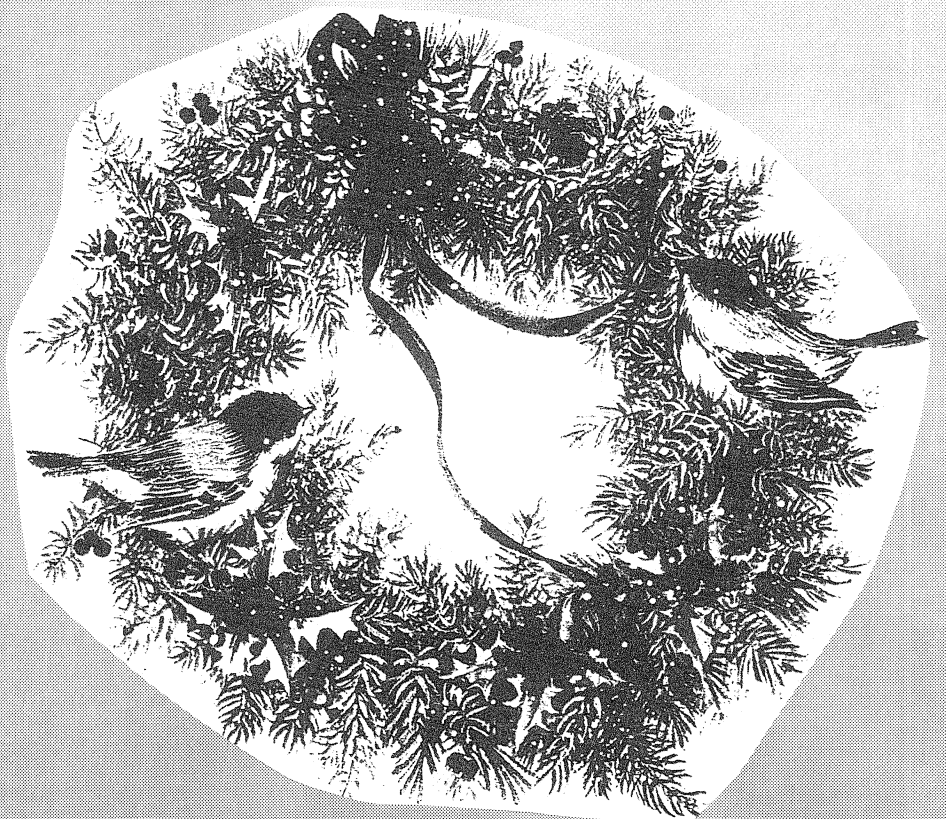
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Vesele Vianoce A Stastny Novy Rok!

~ ~ ~

Merry Christmas and Happy New Year!



To all our members

From the
Supreme Lodge Officers
Of Sokol USA

SOKOL TIMES

official organ of the
SLOVAK GYMNASTIC UNION SOKOL OF THE
USA

Published monthly on the 2nd Thursday of the month.

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The Hodza Cheer Song

Arranged by Joe Skapik, circa 1950

On and on for Hodza,
Gymnasts one and all
Victory is our aim
So, all others, here's a challenge to consider.

All our girls are pretty
Boys are handsome, too.
We're tops in all we do.
Na - zdar to you.

Da da da da da da da

On and on for Hodza,
Gymnasts one and all.
Victory is our aim
So, all others, here's a challenge to consider.

We can sing much louder
Dance more gracefully
Than any other Sokols
Wait and see!

It is that special time of year. Once again we pause from the daily routines, even for a little while to reflect, to greet family and friends and to spend a little more time on our knees. Children sparkle with glee. We carefully choose appropriate gifts for family and close friends in remembrance of the greatest gift ever given. Christmas lights fill the night with brightness. We share old memories and hopefully make new ones.

Christmas is and has always been an extraordinary time for sharing and giving. It is also a time for peace, love and goodwill among human kind. It is the season for celebration and for renewal. It is a time for us to forget the things that have divided us during the course of the year and to celebrate the things that bind us together as a community and a society. Let it be a time for hope and renewed promise, of joyful expectation for young and old alike, a time for the giving and receiving of gifts, especially the greatest gifts of love and friendship.

In our Sokol spirit of brotherhood, let us remember the less fortunate, the grieving, the depressed, the sick, and even the lonely member who doesn't get out much anymore. In this holiday light, I send the sincerest of Christmas greetings to all our members and the members of our sister organizations, especially American Sokol Organization, DA Sokol, Sokol Canada, Sokol Na Slovensku, and the Slovak

Catholic Sokol. I wish you all the blessings of Christmas – peace, joy and love.

During this time, I especially think of and thank those who are working so diligently for Sokol. I am proud and honored to serve with each and every current Supreme Lodge officer: Sisters Judy Smith, Teena Coleman, JoAnne Check, Debbie Golden, Christine Yatchyshyn, and Karen Ondira, and Brothers Milan Kovac, John Kamenitsky, Scott Pracko, Joe Bielecki, David Walko, Gerry von Schwedler and Rich Yatchyshyn. They get little recognition and some criticism for faithfully fulfilling the job they were elected to do.

I also extend a special thank you to Brother Charles Bednar for his leadership on the Camp Board. Brother Bednar assumed the role during a difficult time in the life of Sokol Woodlands. We have weathered the storm under his leadership and thank both Brother and Sister Bednar for also setting the example and leading the way in donations of time and money, and to all the members of the Camp Board who continue to also donate their time and talents and money. Speaking of donations, the Camp Board is still accepting donations for the motel roof at Sokol Woodlands.

Congratulations to Lodge 30 of Danbury, Conn., on their 105th Anniversary Celebration. Brothers Skandera, Burlinson and Fako did a fine job of organizing a wonderful party. Sokols from neighboring



Bea Walko

Bridgeport and Byram were delighted to join in the celebration of Lodge 30. We wish you continued success and growth.

Our sincerest condolences go to the family of Bob Darula, who recently passed away. We are sure he is carrying the flag for the Sokol Grand March with all who have preceded him. NaZdar, Brother Bob.

Once again, I wish you all the most blessed of Christmas seasons and pray for peace around the world that only love can bring.

Vesele Vianoce!!
Bea Walko
President

Sokol USA Districts Celebrate their 100th Anniversaries

At the National Gymnastics Meeting held on September 8, 2007, Brandi Kovac announced that it was the 100th Anniversary of District M.M. Hodza. It was then pointed out that all of the Sokol USA Districts were founded in the same year, so they are all celebrating this milestone.

While there is much less district activity than there once was, it was suggested that perhaps members would like to share fond memories of district events. If you have a special memory that you would like to share on the Sokol USA website, please send it to Chris Yatchyshyn at cyatch@comcast.net or by mail to 63 Autumn Lane, Levittown, PA 19055.

Sokol Times Online

In you haven't visited the Sokol USA website lately, you might not be aware that you can read the Sokol Times online.

To access the Sokol Times, go to www.sokolusa.org and click on the Today icon on the left-hand side of the homepage. On the pull down menu, select Sokol Times. From there, you have the option of reading the most current issue or one of the archived issues that go back to November 2006.

It's a great way to keep up with Sokol news and it's posted earlier than most of us receive our Sokol Times. So if you're anxious to see what's happening in Sokol USA, the news is just a few clicks away.

One hundred years ago, a convention of the Slovak Gymnastic Union Sokol (now known as Sokol USA) decided to form districts to aid the rapidly growing numbers of lodges around the country.

It's important to note that the function of the districts was and still is to assist and support the physical fitness activities of the lodges. According to Article XXVI, Section 2 of the Sokol USA By-Laws, "Districts are established for the purposes of facilitating the gymnastic activities, contests, public exhibitions, as well as educational work of the Sokol U.S.A."

Fifteen districts were created, each with a number and a name, and each with a lodge designated as its seat. (The 16th district was formed many years later.) The names of most districts were those of Slovak heroes during a time of struggle for national identity and independence. Here is a list of the current districts with their number, name, seat, and brief description of the Slovak leader for which each was named.

1. Michal Miloslav Hodza, New York, N.Y. Hodza (1811-1870) was a Lutheran pastor, linguist, poet, and leader of intellectual thought. He helped develop Slovak literary language and, as part of the "Stur generation," advocated for an autonomous Slovakia within the Hungarian Empire.

2. Jan Francisci, Bridgeport, Conn. Francisci (1822-1905) co-organized the Slovak revolutionary movement of 1848-

1849. He was Chairman of the Slovak National Assembly and Permanent National Committee; founding committeeman of Matica Slovenska cultural organization, and editor and a lawyer.

3. Stefan Marko Daxner, Gloversville, N.Y. Daxner (1822-1892), like Hodza and Francisci, was a member of the "Stur generation," opposed forced Magyarization, co-authored the Petitions of the Slovak Nation, and escaped a death sentence for instigating the revolution of 1848 against the Hapsburg Empire.

4. Pavel Mudron, Wilkes-Barre, Pa. Mudron (1835-1914) served as chairman of the Slovak National Party; promulgated pan-Slavic and Czecho-Slovak cooperation; transformed the city of Martin into a center of cultural and political life; and provided free legal assistance to hundreds of peasants.

5. Matus Cak Trenciansky, Pittsburgh, Pa. Cak Trenciansky (1260-1321) was ruler of as many as 14 counties and 50 castles and estates from Bratislava to Trencin within the Hungarian kingdom, but kept his own court and army, and functioned as the only autonomous oligarch in Hungary.

6. L'udevit Stur, Chicago, Ill. Stur (1815-1856), writer, poet, teacher, revolutionary, is considered by many to be the most important Slovak of the past millennium. He rallied the soul of the nation from the yoke of Hungarian domination; codified the Slovak literary language; argued for cooperation

between Lutherans and Catholics, and advocated for social reform, human justice, and civil and national equality.

7. Jan Kollar, Philadelphia, Pa. Kollar (1793-1852), "the Slovak Socrates," was a historian, professor, staunch Slav, and linguist. He published many scholarly works, several of which were condemned by the Hungarian nobility and churches; and instituted educational reforms as a school headmaster.

8. Lake Erie Svatopluk, Cleveland, Ohio. Svatopluk (about 840-894) was Prince of Greater Moravia. Originally an administrator in the town of Nitra, he strengthened his position and expanded his domain, eventually gaining recognition by the pope as King of Greater Moravia. On his deathbed, he told his three sons to hold together in the manner of three bound willow branches, so as not to be broken or defeated. His sons did not follow his advice, and the Great Moravian Empire soon crumbled.

9. Jan Holly, Lansford, Pa. Holly (1785-1849) retired as a priest to become a classical poet, popularizing Anton Bernolak's literary Slovak language and inspiring the Stur generation.

10. Tatra, Charleroi, Pa. The Tatras, especially the Vysoky Tatry (High Tatras), are the main mountain range in Slovakia, a favorite vacation destination for both Slovaks and tourists.

15. Nitra, Binghamton, N.Y. Nitra is the fourth largest city of Slovakia, is located east of Bratislava, and was settled, at least as early as the Sixth Century. It is where, in the Ninth

Century, Byzantine Christian missionaries Cyril and Methodius translated the Bible into the Old Slavonic language. Svatopluk ruled Great Moravia from Nitra.

16. Masaryk Sunshine, Tampa, Fla. Tomas Garrigue Masaryk (1850-1937), professor of philosophy at Charles University in Prague, took the maiden name of his wife, American Charlotte Garrigue, as his middle name when they married. At the outbreak of World War I, Masaryk became a co-founder of the Czechoslovak National Council, formed in Paris in 1916 as a government-in-exile in anticipation of independence from the Austro-Hungarian Empire at the end of the War. He also was the organizer of the Czechoslovak Legion, comprised of soldiers in exile. In 1918, after having proclaimed the independence of the new country from the steps of Independence Hall in Philadelphia, Pa., Masaryk was elected the first President of the Czechoslovak Republic. He served as President until 1935. Under Masaryk, Czechoslovakia was an island of democracy and modernization in central Europe.

Congratulations to the districts of Sokol USA and their officers for 100 years of work in behalf of Sokol programs.

Thank you!
From
Sokol Woodlands

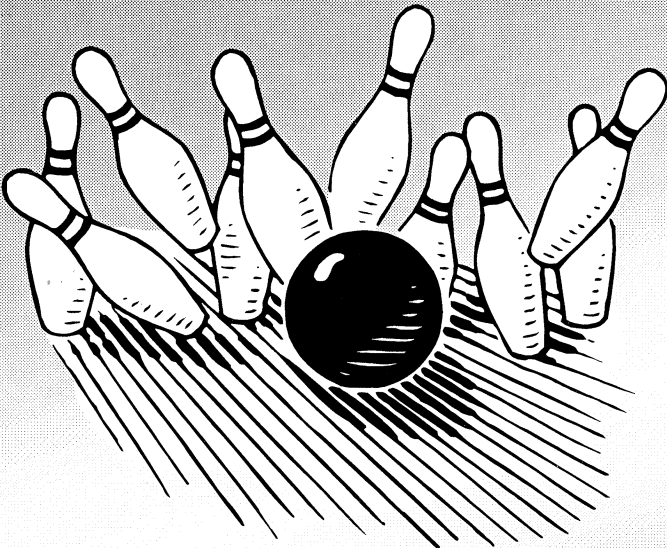
Roof Fund Donations
As of November 26, 2007

District Jan Francisci On the 100 th Anniversary of the District	\$1,000.00
Sokol USA Lodge 59, Trenton, N.J.	\$1,000.00
Sokol USA Lodge 2, Bridgeport, Conn.	\$100.00
The following individuals:	
Walter Adamek Bess Babuska Barbara Babuska	
In honor of: Lance, Jenn, Emeline & Wyatt Kovac, Brandi Kovac, Bess Babuska, Dave & Debby Kruger, Ellen Kovac, Linda & Dennis Beach, John David & Nivea Babuska, Kathy & Gene Naccarato, Karen, Norm & Katherine Peterson, Paul, Jill, Sydney & Drew Kralovanec, David & MaryBeth Kralovanec, Lindsay Hanson, Aaron Hanson, Albert, Carol & Johathan Jardines, Daniel Babuska, David Babuska, and Matthew Reynolds. WHEW!	
Charles & Bielka Bednar Vanessa Beldengreen Joseph Bielecki Paul & Georgie Booth Julie Conklin	
In memory of Karol Bednar & Vladislav Slavik	
Adelaide Darula Adrienne Filip	
"as a token of good times shared at Woodlands"	
Erin & Jason Fusco Lillián & Frank Hrbek	
In memory of Lud Zachar & Joe Skapik	
Ann & Frank Huber Ellen Kovac Lance & Jenn Kovac	
In honor of Milan Kovac, Ellen Kovac & Barbara Babuska (Merry Christmas!)	
Milan S. Kovac	
In memory of "Uncle" George Repasky, "Uncle" Martin Cernak, "Uncle" Joe Darula & John Babuska	
Dave & Debby Kruger	
In honor of Paul & Jill Kralovanec, David & MaryBeth Kralovanec & Bess Babuska	
Paul & Jean Lojpersberger Anne Miert Hubert & Barbara Murray Kathy & Gene Naccarato	
Wishing our family a Very Merry Christmas	
Emil Trgala Milan & Honey Trnka Norah & Sandy Valentin	
In honor of Julia Valentin	
John & Dorothy Walek Bea Walko	

Thank you all for your generosity and continued support. We are on our way toward attaining the needed funds to complete the roof replacement of the motel.

SOKOL WOODLANDS CAMP BOARD

HOLIDAY GREETINGS AND DONATIONS GRATEFULLY ACKNOWLEDGED	
To the Sokol USA Gymnastic Fund	
Sokol USA Lodge 17, Perth Amboy, N.J. <i>May your Holidays be filled with lots of Joy and Laughter, and may you have a Happy New Year!</i>	\$50.00
Sokol USA Lodge 74, Plymouth Pa. <i>Best Wishes for the Holidays and the coming year.</i>	\$25.00
Mary & Joe Penarczyk, Herdon Va. <i>In memory of Ludmilla Zachar</i>	\$50.00
Sokol USA Lodge 500, East Orange N.J. <i>May the Joy of this Holiday Season bring Health and Happiness to All!</i>	\$250.00
Milan S. Kovac <i>May the Spirit of Christmas Fill Everyone to Delight, and Health and Joy be Yours in the upcoming New Year!</i>	\$50.00
To the Milan Getting Scholarship Fund	
Sokol USA Lodge 74, Plymouth, Pa. <i>May everyone have a Merry Christmas and a Prosperous New Year.</i>	\$25.00
Sokol USA Lodge 32, Boonton, N.J. <i>In memory of Mary Bindas</i>	\$50.00
Sokol USA Lodge 32, Boonton, N.J. <i>In memory of Mary Kuffa</i>	\$25.00
Sokol USA Lodge 500, East Orange N.J. <i>A Very Merry Christmas and Happy New Year to All!</i>	\$250.00
Sokol USA Lodge 39/40W, Berwyn Ill <i>To all our Sokol friends near and far, "May your Christmas be a happy one, filled with joy and cheer, and may God bless and keep you throughout the New Year."</i>	\$100.00
Milan S. Kovac <i>To all, a Very Merry Christmas and a Healthy and Happy New Year!</i>	\$50.00
Sokol USA Lodge 30, Danbury, Conn. <i>"Wishing all a Very Merry Christmas and a Healthy and Happy New Year"</i>	\$100.00



DIAMOND JUBILEE
60th SOKOL USA
NATIONAL BOWLING TOURNAMENT

Put May 17th and 18th, 2008 on your calendar and start making plans to attend the 60th National Bowling Tournament!

King Pin Lanes
Egg Harbor Township, New Jersey
(Near Atlantic City)

Saturday, May 17: 9am and 12 pm Doubles and Singles events
Sunday May 18: 9 am Four-Bowler Team events

More information coming soon.

World Sokol Federation to Host October 2008 Competition

The World Sokol Federation (WSF) met during Sokolfest on June 29 at the University of Pittsburgh. During the meeting it was announced that it will be the 90th anniversary of the Czechoslovak Republic in October 2008. In honor of this occasion, Ceska Obec Sokolska recommended that in conjunction with the WSF meeting, sports competitions and cultural exhibitions should be held during October 17-20, 2008.

Two competitions were recommended. The first is a skills test competition for youth up to the age of 18 and the second is a calisthenics competition. Each member organization is encouraged to participate in the skills competition by holding their own competitions from September 2007 through May 2008. This will determine their top competitors who would then be invited to Prague for the final competition. The calisthenics competition requires that the composition be filmed and a DVD sent to be judged. The descriptions and guidelines for both competitions are listed below and can also be found on the WSF website on their Activities Section at: <http://www.world-sokol.eu/english/cinnosti>

I. Fitness Program

Sokol general fitness as the main program activity in Sokol Units has a great importance above all for the human health and physical fitness. It combines activities:

- Aerobic - i.e. the activities practiced with higher intensity for a longer time period, the organism is involved as a whole. Such activity develops the heart and lungs activities, supports the ventilation of the lungs and an effective utilization of oxygen. It develops general endurance.
- Development of brawn (myodynamia) - i.e. activities developing static and dynamic abilities and muscle endurance. Well developed muscles ensure effective abilities, influence building of the body and enable carry out physical activity with minimum endeavor.
- Development of dexterity, mobility and coordination - i.e. exercises aimed at the development of moveability of spine and arthral system. Important with respect to sedentary way of life.

We have well prepared battery of motor tests with performance tables, which allow the comparison of the performance of different age groups. We have chosen 5 tests which contain the exercises from all the above groups of activities.

Test no. 1 - THE SET WITH A BAR

The test of spina flexibility and general dexterity.

Equipment: short bar, mat, stopwatch

Performance: Standing position, legs a little apart, bar behind back, hands holding the bar in shoulders width - step the bar over with left and right leg - fluently down through sitting and lying position make a cradle and at the same time cross the bar with both legs (bar now at the back, behind the knees, again) and through sitting quickly up to the basic position. The subject must hold the bar with both hands all the time.

Scoring: the set is repeated 5 x, the time is measured with the accuracy of 1 s.

Test no. 2 - SIT-UPS

Test of the dynamic, endurance-strength ability of abdominal muscles and loin-hip-thigh flexors.

Equipment: A felt strip, carpet or non-elastic gym mat, a stopwatch.

Performance: The subject takes the starting position - lying on his back, his arms clasped behind the neck, the elbow touching the mat. The knees are bent at a 90 degree angle, the feet are 20 - 30 cm apart, the soles on the ground. (nobody keeps the legs). When the signal is heard, the subject repeats the action as quickly as possible, i.e. repeats the sit-ups (with alternately left elbow touching the right bent knee and right elbow touching the left bent knee) and lie-downs (with back and hands touching the mat).

Scoring: The score is the number of complete and correct cycles (performances) per 2 minutes.

Test no. 3 - SHUTTLE RUN 4 x 10m

Test of the running speed ability with a change of the direction. Agility test.

Equipment: Level ground. Two bases about 20cm high placed 10m from each other. Stopwatch.

Performance: The subject takes up the position close to the starting line. After the command he starts moving forward to the base which is 10m away. He runs around the base and returns to the first base, around which he runs in such a way that the route run between the second and third section forms the figure eight. At the end of the third section he does not run around the base any longer, he only touches it with his hand and returns in the shortest way to the finishing line. He must again touch the first base with his hand.

Scoring: The time is registered with the accuracy of 0.1s.

Test no. 4 - STANDING BROAD JUMP

Test of the dynamic, explosive-strength ability of lower extremities. (The test of the power of the legs).

Equipment: flat, hard surface, mat or plastic strip or sandpit.

Performance: The subject stands with his feet a little apart, close to the take off line and jumps as far as possible with his feet together. Preparatory movements of arms and trunk are allowed, but no jump prior to the take off is permitted. There are three trials.

Scoring: According to the athletic rules. The scoring is done in centimeters (with the accuracy within 1 cm), the best of the three trials is registered. The distance is measured from the take off line to the nearest touch of the heel or any part of the body.

Test no. 5 - PUSH-UPS

Test of the dynamic strength/endurance ability of arms and shoulders muscles.

No **equipment** needed.

Performance:

a) Men and boys over 10: -Support in lying position (hands in shoulders width) - bend arms, elbows close to the trunk chest slightly touching the floor - push up to the basic position. Repeat as many times as possible.

b) Women of all age categories and boys under 9: the same but the basic position is support in kneeling position, trunk, hips and thighs in one line, knees bend, crura aiming upwards.

Scoring: only finished push-ups are registered. Head, trunk, hips and thighs must be in line. Incorrectly performed push-ups are not counted.

These tests can be performed with minimum preparation and in fact anywhere. It is however necessary to carry them out exactly according to the description, bad attempts are not counted. In the attached tables you can find the respective items up and consequently to make up the order of tested persons according to the number of achieved points.

With respect to the needs of Sokol unit it is possible to make the absolute order regardless the age category and other orders in respective categories. The results will be comparable in all Sokol member organizations.

II. Proposal for Video Show of Stage Compositions of WSF Member Organizations

After several unsuccessful attempts we assume that it is really necessary between the Slets to realize the events in which the respective WSF member organizations could participate, regardless the distances that separate us.

Therefore we suggest the first "Video - show" of stage compositions for both youth and adults which could show us both the level and various directions of compositions creation in different parts of the world. We give out the conception of competition - from our experience we know very well that assessment of different composition genres performed by gymnasts of different levels and categories is very problematic and never can be objective.

That is why the Czech Sokol Organization organizes not competition but the show, in which compositions of various kinds are included, for many years. We do believe that similar show could be also a contribution for WSF. With respect to long distances between Sokol organizations in the world it doesn't seem to be probable that we could realize such show "live" in some of our member countries. Having present communication and information technology we find it easy to organize that show at a distance and such provide all our organizations with the possibility to compare the levels, genres, creative ideas and sharing experience. Besides that the acquired video record could promote Sokol movement both inside and outside.

Basic conditions of the show:

5. The groups consisting of 6 - 16 members can participate (younger and older juniors, women, men, seniors). Co-educated groups can be comprised in any composition (regarding sex and age categories)
6. Any music can be used - duration up to 4 minutes (tolerance 30 seconds)
7. Authors can choose any motion genre - with or without equipment (also nontraditional)
8. Assessment and evaluation of the compositions: It is to remind again that the show and not the competition is proposed. The order of compositions will not be announced but the jury will award chosen compositions.
The composition must include:
 - o at least 5 big space changes
 - o the usage of the whole space (12 x 12 m) will be assessed
 - o the motion content should adequate to music and age category
 - o harmony of music and motion is one of basic criteria
 - o the technique with equipment (if any) and its usage in the composition will be assessed
 - o the performance will be assessed (unity of performance, elegance-)
 - o the gymnasts should uniformly dressed - clothing should be adequate to the motion content
6. The composition will recorded on video (DVD)
 - o by one camera from one place - from the center of the main tribune (as seen by the viewer)
 - o the DVD record will be sent to COS - addressed to Director of Women

(Please state the names of the author(s), title of music and the name of the composer, basic information about the performing group, the name of the Sokol unit and WSF organization).

Evaluation of the Show:

4. All compositions will be recorded on one DVD - anonymously. The compositions will be only numbered.
5. This record will be sent to the directors of all member organizations to be evaluated
6. This year we set an award on:
 - o the best choreography,
 - o the wittiest composition,
 - o the best performed composition,
 - o the most impressive composition(music, realization, general impression)

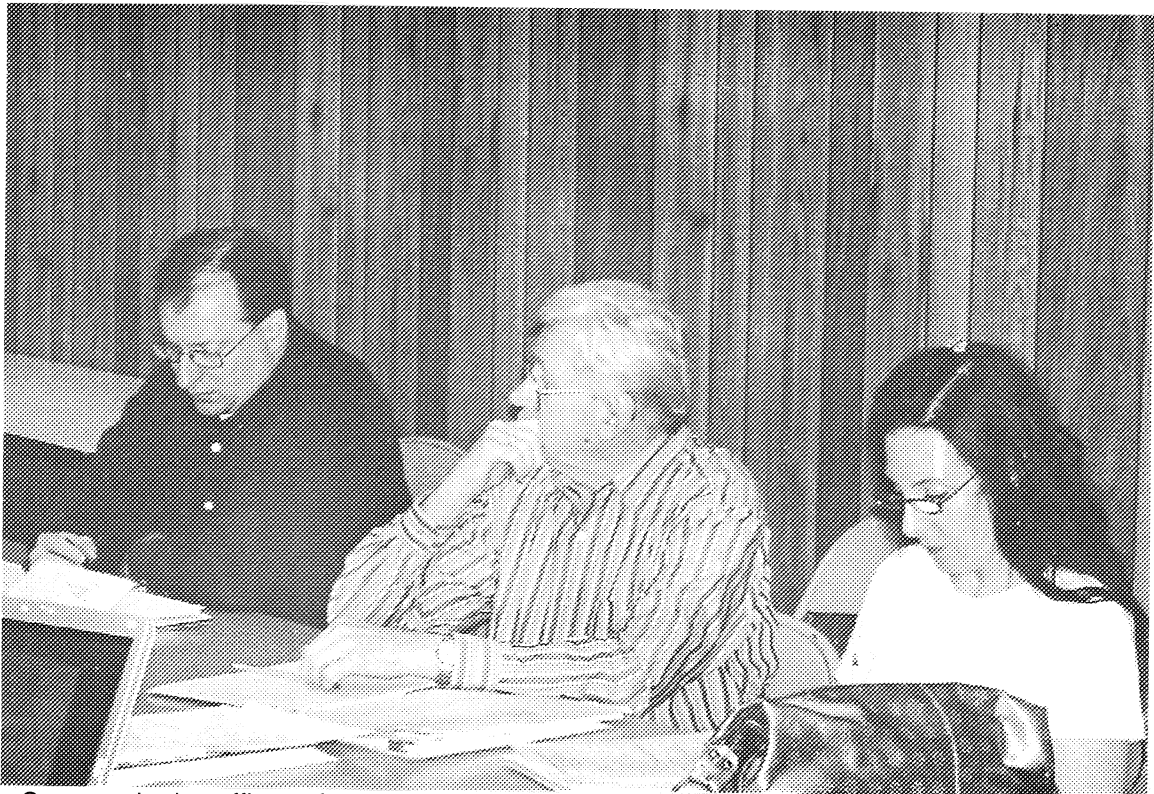
The COS directors reserve the privilege to award any other composition additionally (we have no idea so far what compositions will be sent)

6. After evaluation by respective directors, please, send your results and evaluations back again to the COS director

Supreme Lodge Meeting



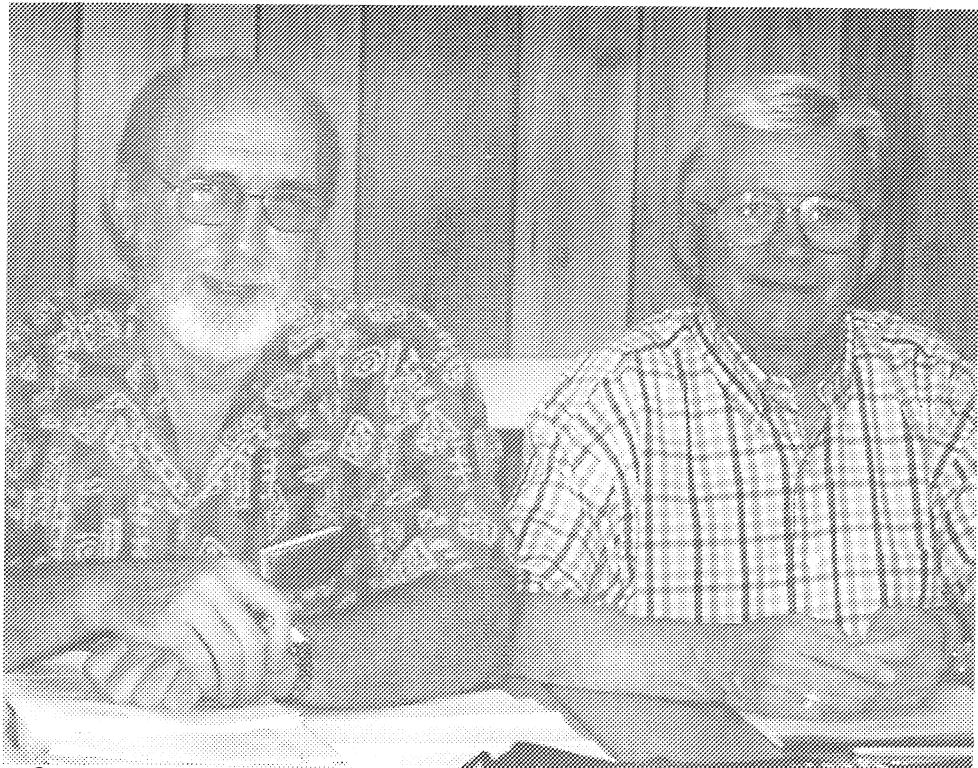
At the recent Supreme Lodge meeting, Director of Men Rich Yatchyshyn presented Judy Smith with a SokolFest trophy acknowledging her help with the Pittsburgh Slet. Judy served as the hotel liaison and handled the trophy fund donations.



Supreme Lodge officers, from left, Vice President Scott Pracko, Finance Committee Chairman John Kamenitsky and Finance Committee Member Debbie Golden ponder a recommendation that came before the Supreme Lodge.



Members of the Finance Committee, from left, Teena Coleman, Joanne Check and Debbie Golden



Supreme Secretary Milan Kovac and Chair of the Finance Committee John Kamenitsky



Finance Committee members Joe Bielecki and Tina Coleman take a lunch break between sessions of the Supreme Lodge meeting. Special thanks to the Boonton Lodge for their hospitality and a fine lunch.

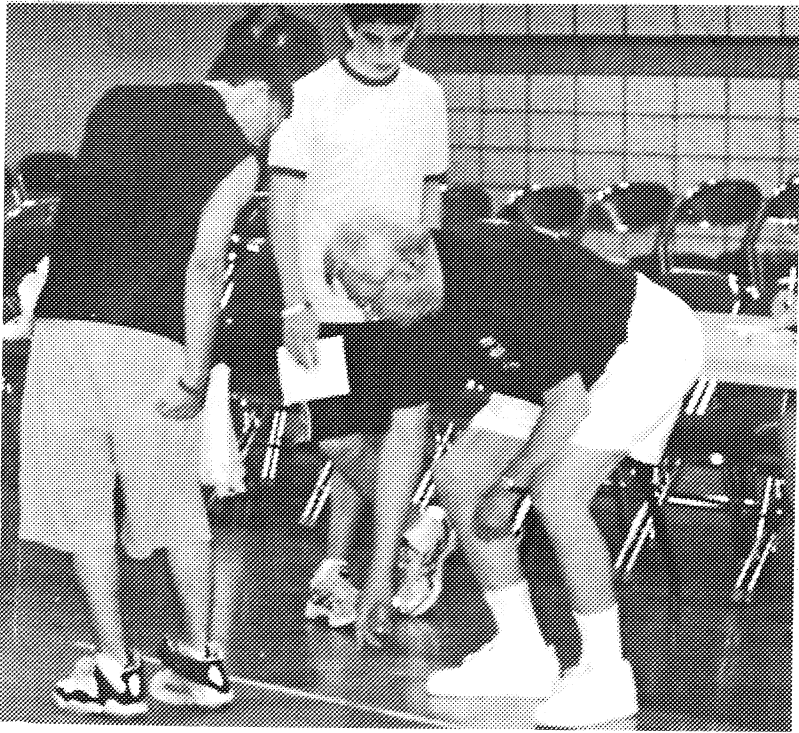


Supreme Lodge officers listen attentively as Financial Secretary Milan Kovac clarifies an insurance point during the October 20 meeting held at the Boonton Sokol Hall.

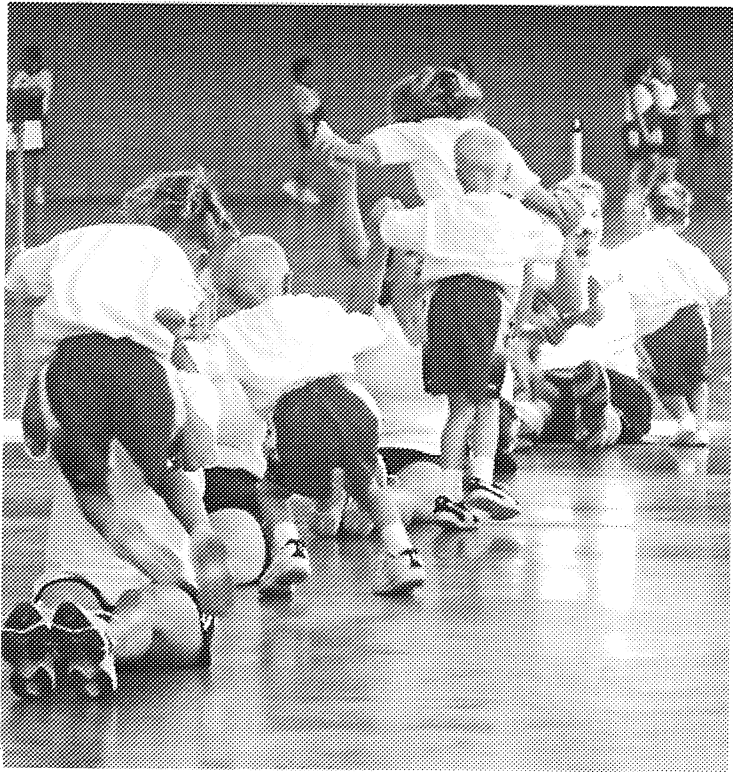
One more look at the SokolFest in Pittsburgh



Monessen and Farrell Sokol members enjoyed a few minutes together at Kennywood Amusement Park. In back row from left are Rich Yatchyshyn, Todd Yatchyshyn, Brent Whitehead, Scott Yatchyshyn, Stephen Banjak, Sasha Banjak and Stephanie Banjak; and in the front from left are Molly Yatchyshyn, Maddie Yatchyshyn and Alex Banjak.



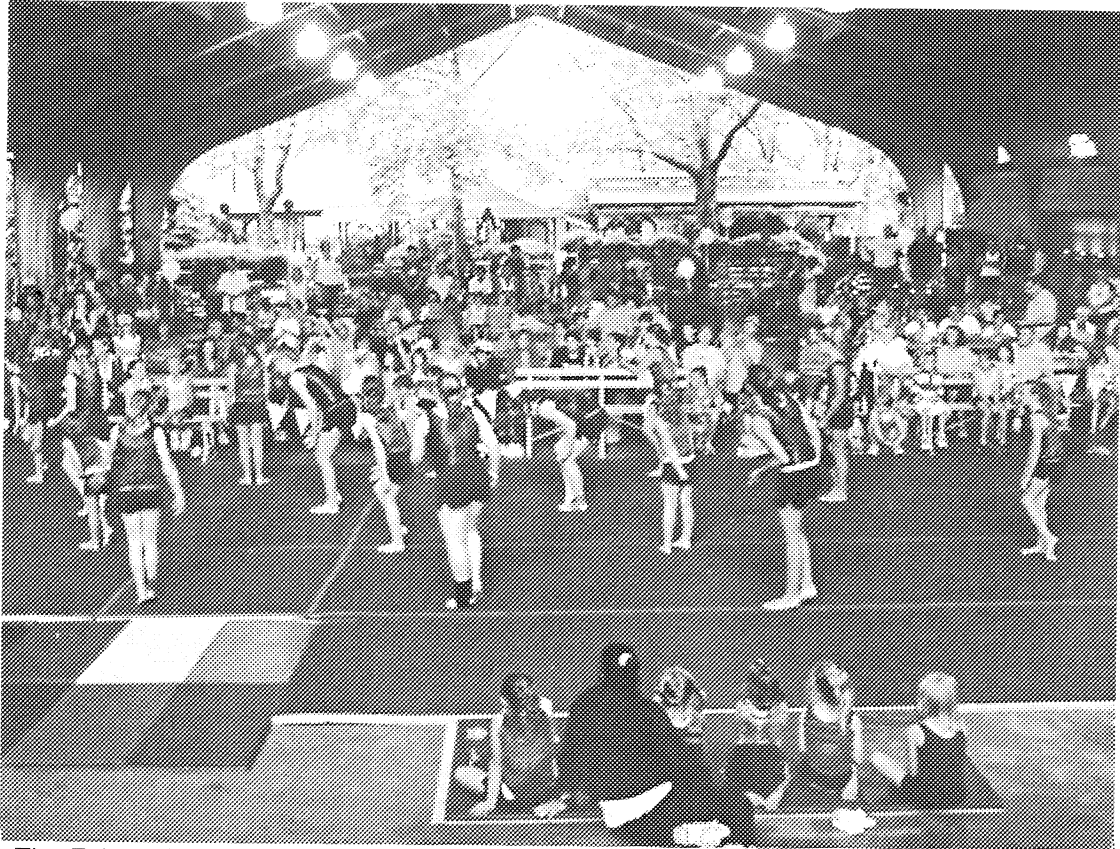
Supreme Lodge Finance Committee Chairman John Kamenitsky measures a competitor's long jump effort during the Fitness Challenge. It took many volunteers to man the four events that were offered to competitors on June 29 and 30. 165 competitors took part in the Fitness Challenge that was divided into age groups in the men's and women's divisions.



Parents & Tots Calisthenics



Cheers! From left, National Assistant Lance Kovac, National Director of Women Karen Ondira and National Director of Men Rich Yatchyshyn take a moment to celebrate back at the hotel following a successful Opening Ceremonies at Kennywood Amusement Park.



The Falcon Gymnastic Team from Monessen Sokol performed an exciting finale highlighting their advanced tumbling and dance skills.



Monessen's "Falcon Future Stars" began the evening's entertainment at the Opening Ceremonies.

WSF COMPETITION

(Continued from Page 4)

5. All received evaluations will be summed, the winning compositions published and awarded by diplomas. All participating groups will receive the diploma. The representatives of member organizations agreed on organizing this show in this year.

DVD records should be sent by the end of February 2008 at the latest to the WSF Director of Women. The common DVD will be sent to the respective WSF organizations till May so that the compositions could be evaluated in time and in autumn the results could be announced.

In the interest of all Sokol organizations is to realize such show, not only as an interesting spectacle but also as an important methodical material for further education of the trainers and as a comparison of the work of Sokol organizations
Possible questions will be welcomed.

With our Sokol greeting NAZDAR! to all of you!

Miroslav Vrána - WSF Director of Men
Jarina Žitná - WSF Director of Women

Sokol Social News

BIRTH

Caleb Burlinson was born November 8, 2007, to Ara and Amanda Burlinson of Bridgewater, Conn., and members of Lodge 30 in Danbury, Conn. Caleb, the newest and youngest member of Lodge 30 was 7 pounds 9 ounces and 19¾ inches. Grandparents are Jack and Joan Burlinson of Bridgewater, Conn., and members of Lodge 30.



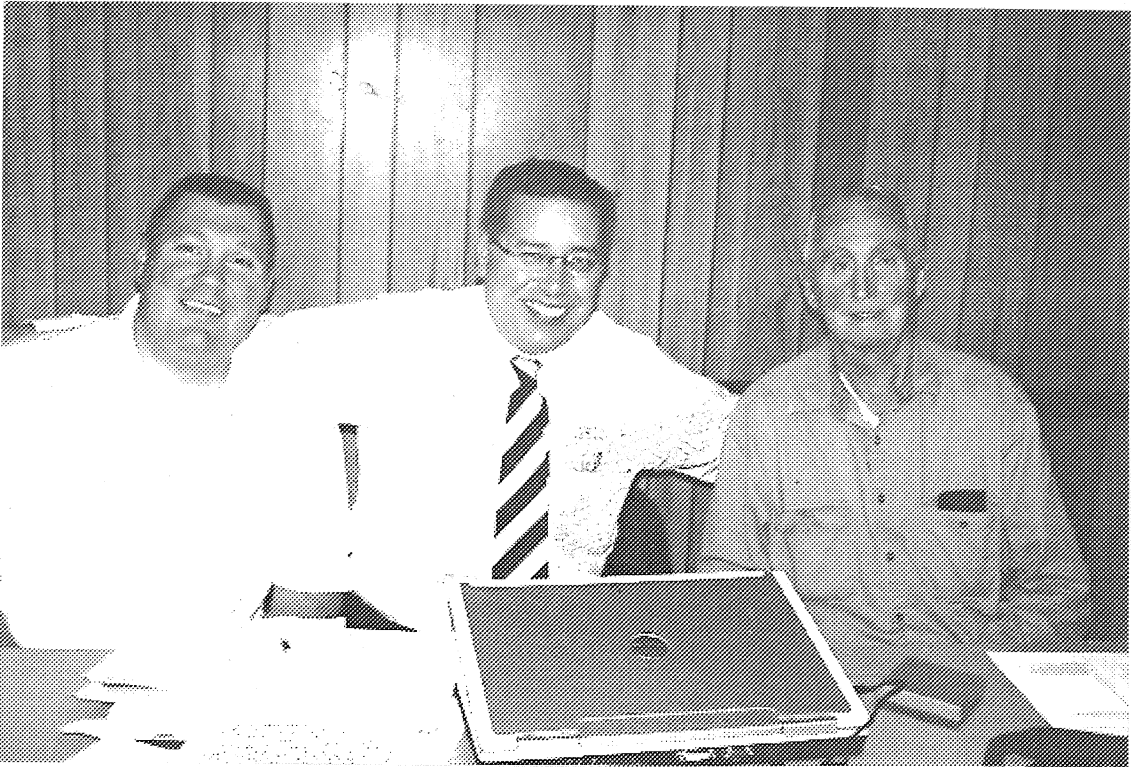
ATTENTION HIGH SCHOOL SENIORS!
(AND THEIR PARENTS AND GRANDPARENTS)

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 in a four-year college or university.

If you or a family member will be entering a four-year college or university this coming fall, please contact Sokol USA headquarters (1-888-253-0362) and ask for a Milan Getting Scholarship application.

Applications for the 2006-2007 academic year must be received at Sokol USA by April 1, 2008. New scholarship recipients will be announced by June 1, 2008.

Reminder to current Milan Getting Scholarship recipients: Please submit a scholarship renewal application each year by June 29th.



Members of the Finance Committee, from left, David Walko, Joseph Bielecki and Gerald von Schwedler

SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

The Sokol Times Social Page is a new way to keep up with your old and new friends! Share your families' events with your Sokol family. We want to hear from you. Only news regarding members of our lodges will be printed.

Complete one of the attached forms and mail the information and a photograph of clear quality to Sokol USA, 276 Prospect Street, P.O. Box 189, East Orange, NJ 07109-0189. Information and photographs also may be e-mailed to: SOKOLUSAHQS@aol.com

ENGAGEMENTS,
WEDDINGS &
ANNIVERSARIES



NAMES: _____

PHONE #: _____
HOMETOWN: _____
SOKOL LODGE: _____
YEARS MARRIED (IF APPLICABLE): _____

BIRTHDAYS



NAME: _____
BIRTH DATE: _____
AGE: _____
PHONE #: _____
HOMETOWN: _____
SOKOL LODGE: _____

PROMOTIONS,
HONOR ROLLS &
OTHER EVENTS



NAME: _____
PHONE #: _____
HOMETOWN: _____
SOKOL LODGE: _____
EVENT: _____

Photographs are not required, but they do add to the presentation.
Please include a self addressed, stamped envelope if you would like your photograph returned.

IN MEMORY

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

ANNA SCERANKO – (1912-2007) A member of Lodge 65 in Rockaway, N.J. She is survived by her daughter, Dorothy Sherbuk.

ANNA DUNN – (1919-2007) A member of Lodge 75 Jersey City, N.J. She is survived by her sons, William Dunn, Bruce Thurston and Gary Thurston.

STEVE MATECKA – (1926-2007) A member of Lodge 130 in New Kensington, Pa. He is survived by his wife, Mary J. Matecka.

PAUL BOGAN – (1932-2007) A member of Lodge 130 in Kensington. PA. He is survived

by daughter Monica Wabich.

PAULINE MIKLUSAK – (1919-2007) A member of Lodge 1 in New York, N.Y. She is survived by her daughter, Barbara Miklus Whelan, and her son, Paul Miklus, Jr.

IRENE FURDEK – (1925-2007) A member of Lodge 96 in Cudahy, Wis. She is survived by her husband, Robert Furdek, her daughter, Christine, and her son, Daniel Furdek.

MICHAEL LUKACS – (1914-2007) A member of Lodge 235 in Carteret, N.J. He is survived by his wife, Anna Lukacs, and his daughter, Carol Holzheimer.

MCT DISTRICT REPORTS A WELL-DONE SOKOLFEST

The October 28 MCT meeting began as President Matt Blistan welcomed all delegates and member guests. Secretary Patricia Blistan was away and Sister Justine West was capable in handling the reading of the April 22 minutes, which were approved. Sister Justine took over the minutes written for this scheduled meeting.

Brother Joseph Bielecki supervised the election of this day's officers, which were motioned to be the same. However, we welcomed Sister Nancy Shurina from Blairsville Lodge to be next year's new Audit Officer, who was reinstated for Brother Melvin Cernicky, retired and devoted officer for MCT.

Reports from attending lodge

delegates were given respectfully. Regarding active attendance, it appears to be relatively inactive, but officers are keeping ahead for the times.

Brother John West, Financial Secretary, verbally gave his itemized paper bank report update for April 23 through October 28, which was approved and accepted by all.

Brother Bielecki, Chairman of the SokolFest 2007 Committee, gave a gratified report from the Supreme Officers recent meeting, and noted they all were overwhelmed by the attention given each day of the sports competition from June 28 to July 1. The gymnastic exhibition attendance showed a record of over 700 people on July 1, which was remarkable. The banquet at

the Heinz History Center was well attended and the day brought in new members and proud older members. The Supreme Officers were very impressed by the success in Pittsburgh and voted for the next Sokol convention to be scheduled there. Brother Bielecki made it known that this success relates to adequate sponsorship. He intends to carry on with the coming convention arrangements.

The raffle of the day was won by "yours truly," with grateful thanks.

The next MCT summertime meeting will be April 20, 2008 at 1:15 p.m.

Nazdar!

Amelia Blistan

Reporter for MCT District

INSURANCE CORNER

The family pictured below feels secure because its life insurance coverage is adequate. Can you say the same about *your* family?

One of the most popular types of insurance nowadays is called Three Payment Life, because the annual payment is made for only three years. The annual rates for this type of coverage are shown in the chart on this page. As you can see, they are quite affordable.

Ask about our Single Premium rates if you would rather pay just once for permanent life insurance coverage.



The **3 Payment Life Certificate** is paid over a period of 3 years which may be most suitable for one's pocketbook or budget. The certificate becomes paid up and the insurance remains in force for the life of the member without any further payments to Headquarters.

Upon payment of premiums, this certificate has cash value and earns dividends which may be taken in cash, left on deposit or the dividends may be used to purchase "paid up additions."

This plan is issued from ages 0 to 70 and is subject to the same underwriting limits as our other plans of insurance.

Anyone with an insurable interest may purchase this plan for another. This makes an excellent gift from a grandparent or parent to a grandchild or child.

As a member of Sokol USA, the individual may participate in all programs of our organization and a youngster may at some point desire to seek a Milan Getting Scholarship.

See your lodge secretary for an application or call Headquarters toll free at 1-888-253-0362 for additional information.

The columns to the right indicate the premiums for each of three years under Sokol USA's 3 Payment Life Insurance Plan. Find the age of the person to be insured to the nearest birthday, and the amount of insurance desired, to determine the actual payment.

3 payment life rates – 1980 CSO 4 ½ %

Issue Age	\$1,000	\$2,000	\$3,000	\$5,000	\$10,000	\$15,000	\$20,000
0	55	77	100	136	226	316	406
1	55	79	103	141	236	331	426
2	55	81	106	146	246	346	446
3	55	83	109	151	256	361	466
4	55	85	112	156	266	376	486
5	55	87	115	161	276	391	506
6	55	89	118	166	286	406	526
7	55	91	121	171	296	421	546
8	55	93	124	176	306	435	566
9	55	95	127	181	316	451	586
10	55	97	130	186	326	466	606
11	55	99	133	191	336	481	626
12	55	101	136	196	346	496	646
13	55	104	141	206	366	526	686
14	55	107	145	211	376	541	706
15	55	109	148	216	386	556	726
16	60	113	154	226	406	586	766
17	63	116	160	234	419	604	789
18	66	119	164	242	437	632	827
19	69	122	168	248	448	648	848
20	72	125	172	256	466	676	886
21	75	128	177	263	478	693	908
22	78	132	182	272	497	722	947
23	81	135	187	281	516	751	986
24	83	138	191	287	527	767	1,007
25	85	141	196	296	546	796	1,046
26	87	145	202	306	566	826	1,086
27	89	150	209	317	587	857	1,127
28	91	155	217	331	616	901	1,186
29	93	159	223	341	636	931	1,226
30	95	163	228	350	655	960	1,265
31	98	169	237	365	685	1,005	1,325
32	100	173	244	376	706	1,036	1,366
33	103	179	253	391	718	1,081	1,426
34	105	183	259	401	756	1,111	1,466
35	108	189	268	416	786	1,156	1,526
36	111	195	277	431	816	1,201	1,586
37	114	201	286	446	846	1,246	1,646
38	118	209	298	466	886	1,306	1,726
39	121	215	307	481	916	1,351	1,786
40	124	221	316	496	946	1,396	1,846
41	128	229	328	516	986	1,456	1,926
42	131	235	337	531	1,016	1,501	1,986
43	135	243	349	551	1,056	1,561	2,066
44	139	251	361	571	1,096	1,621	2,146
45	143	259	373	591	1,136	1,681	2,226
46	147	267	385	611	1,176	1,741	2,306
47	151	275	397	631	1,216	1,801	2,386
48	155	283	409	651	1,256	1,861	2,466
49	159	291	421	671	1,296	1,921	2,546
50	163	299	433	691	1,336	1,981	2,626
51	168	309	448	716	1,386	2,056	2,726
52	172	317	460	736	1,426	2,116	2,806
53	177	327	475	761	1,476	2,191	2,906
54	182	337	490	786	1,526	2,266	3,006
55	186	345	502	806	1,566	2,326	3,086
56	191	355	517	831	1,616	2,401	3,186
57	196	365	532	854	1,659	2,464	3,269
58	201	375	547	881	1,716	2,551	3,386
59	206	385	562	906	1,766	2,626	3,486
60	212	397	580	936	1,826	2,716	3,606
61	219	409	599	967			
62	227	423	619	999			
63	236	436	640	1,032			
64	246	451	662	1,066			
65	257	467	685	1,101			