

SOKOL



TIMES

MAY 10, 2007

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Lisa Fabrizio brings Sokol ideal of helping others to Calcutta

Lisa Fabrizio joined Byram Sokol 10 years ago after being introduced to Sokol by Darrell Ingram. Darrell joined Byram Sokol as an adult to support the goals of this society. Sokol fraternity had been of immeasurable help to his mother and aunts who participated in gymnastic and social activities in their formative youth and young adult years. He attended Sokol conventions and volunteered his professional skills as treasurer and member of the House Committee, aka Board of Directors of the Club.

Lisa's fraternal interests are obviously now understood by the members attending the April 7 Lodge meeting. Her lecture and photo presentation left the audience somewhat speechless, having heard in detail about people who don't live for themselves. They devote their lives to others.

Having heard of the work of Missionaries of Charity through her church, Lisa's interest in the works of Mother Theresa led her and her friend Ed Nemcek, to travel to Calcutta, India with a team of 13 others for two weeks. While there, they volunteered to help the Missionaries care for some 80-plus children in an orphanage. Armed with mega-inoculations, and luggage filled with canned food for their sustenance, they flew halfway round the world. The cost of the trip was about \$4,000 and was paid by them personally. The basic simple wardrobe of work clothes for a hot climate was an incidental matter. They were well studied and prepared, however it was still a shock to witness the conditions in Calcutta, India.

The vast numbers of people attempting to live where economics force starvation, illness and the poorest of poor living conditions were obvious. One by-product of this society is the Missionaries of Charity Orphanage for children born in some deformed, maimed or incurably ill state. The 80 helpless children were either left at the Orphanage doorstep in the dark of night by pathetic parents who just could not cope or brought there by someone who found them in the street.

The children range in age from newborn to 13 years old. Each lives in a crib 24/7 unless someone can take the child in their arms or move them to a wheelchair to go outdoors. Outdoors is not a beautiful place. The cribs sit rail to rail in dormitory facilities. The children are not adoptable, and it is not expected any of them will ever leave their crib/home. All need to be fed, dressed, and shown



Lisa Fabrizio of Byram Sokol recently worked as a volunteer in an orphanage in Calcutta, India.

some love and amusement. Lisa and Ed fell in love with the many beautiful faces and outstretched arms. Memories of their experience will never leave them.

The volunteers are "helpers" to the minimal staff of the Orphanage, Sisters of the Order of Mother Theresa. The in-house staff lives in a small home. The first floor of this house contains the crypt where Mother Theresa is entombed. This is the site for pilgrims to visit and pay homage to her memory.

The volunteers, including Ed and Lisa, lived in female and male barrack-style dormitories in a house near the Missionary Staff/Sister Theresa entombment house. They walked and took a public bus to the Orphanage where their long day took on many phases. Exhausted and tired, they returned to their house to eat some canned food and to sleep to face another day. The last evening in Calcutta was an emotional, tear-wrenching occasion. The Sisters had prepared an Indian style dinner to thank the team for their help. This, beyond the daily toil of childcare, seemed an unbelievable effort.

When asked if she would do this again, Lisa replied that she just could not do it again. It took tremendous toll on her life, as well as create an appreciation for it. She learned how some people live half way around the world, and how there are devoted people who give selflessly of their own lives so others can survive – a day at a time.

While Sokol society's fraternity never encompassed the severity of problems faced in Calcutta today, the early years of immigration from Slovakia at the turn of the century presented the brave settlers in search of a better way of life with many problems. Outreach to each

She learned how some people live half way around the world, and how there are devoted people who give selflessly of their own lives so others can survive – a day at a time.

other for support was an extremely important step on the ladder of life in these glorious United States. This can be effective today, as it was historically.

The Settlers had, and we have and will have problems. We continue to be the place where life, liberty and the pursuit of happiness exist. The joy of joining with people of mega lifestyles and backgrounds to achieve goals was important to our founders and thousands whose lives were enriched by fraternity.

Thank you, Lisa, Ed and Darrell for putting together the presentation about the Missionaries of Charity for the members of Lodge 7. You opened our eyes to think about how important we each can be to make life better for others. Congratulations for the fortitude you exhibited on your mission.

There is a Missions of Charity in New York City. Lisa, Darrell and Ed volunteer at that facility. You will enjoy knowing more about our interesting Sister Sokol Lisa Fabrici through her weekly American Spectator column on subjects which are not often discussed. Do check her web site at www.lisafab.com

Adelaide Darula

From the President's View

Now that spring is officially here and daffodils are blooming everywhere, I'd like to share with you yet another story that was passed on to me by one of our members. It is called the "Daffodil Principle."

Several times my daughter had telephoned to say, "Mother, you must come to see the daffodils before they are over." I wanted to go, but something always came up. "I will come next Tuesday," I promised a little reluctantly.

Next Tuesday dawned cold and rainy. Still I had promised, and reluctantly I drove there. When I finally walked into Carolyn's house, I was welcomed by the joyful sounds of happy children. I delightedly hugged and greeted my grandchildren.

"Forget the daffodils, Carolyn! The road is invisible in these clouds and fog, and there is nothing in the world except you and these children that I want to see badly enough to drive another inch."

My daughter smiled calmly and said, "We drive in this all the time." "Well you won't get me back on the road, until it clears and then I'm heading for home!" I assured her.

"But first we're going to see the daffodils. It's just a few blocks and I'll drive. I promise you will never forgive yourself if you miss the experience."

After 20 minutes, we turned onto a small gavel road and I saw a small church. On the far side of the church, I saw a hand lettered sign with an arrow that read, "Daffodil Garden." We got out of the car, each took a child's hand and I followed down the path. Then, as we turned a corner, I looked up and gasped. Before me lay the most glorious sight. It looked as though someone had taken a great vat of gold and poured it over the mountain peak and its surrounding slopes. The flowers were planted in majestic swirling patters, great ribbons and swaths of deep orange, creamy white, lemon yellow, salmon pink and saffron and butter yellow. Each different-colored variety was planted in large groups so that it swirled and flowed like its own river with its own unique hue. There were five acres of flowers.

"Who did this?" I asked. "Just one woman," answered Carolyn. "She lives on the property. That's her home." Carolyn pointed to a well-kept A-frame house, small and modestly sitting in the midst of all that glory. We walked up to the house.

On the patio we saw a poster. "Answers to the Questions I know You Are Asking" was the



Bea Walko

the headline. The first answer was a simple one, "50,000 bulbs," it read. The second answer was "One at a time, by one woman, two hands, two feet and one brain." The third answer was "Began in 1958."

For me that moment was a life-changing experience. I thought of this woman whom I had never met, who, almost 50 years before, had begun one bulb at a time, to bring her vision of beauty and joy to an obscure mountaintop. Planting one bulb at a time, year after year, this unknown woman had forever changed the world in which she lived. One day at a time, she had created something of extraordinary magnificence, beauty and inspiration. The principle her daffodil garden taught in one of the greatest principles of celebration: That is, learning to move toward our goals and desires one step at a time – often just one baby-step at a time – and learning to love the doing, learning to use the accumulation of time. When we multiply tiny pieces of time with small increments of daily effort, we will, too, find we can accomplish magnificent things. We can change the world.

"It makes me sad in a way," I admitted to Carolyn. "What might I have accomplished if I had thought of a wonderful goal 35 or 40 years ago and had worked away at it 'one bulb at a time' through all those years? Just think what I might have been able to achieve!"

My daughter summed up the message of the day in her usual direct way, "Start tomorrow."

She was right. It is so pointless to think of the lost hours of yesterdays. The way to make learning a lesson of celebration instead of a cause for regret is to only ask, "How can I put this to use today?"

Use the Daffodil Principle. Stop waiting....
(See PRESIDENT, Page 6)

SOKOL TIMES

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USA

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You are invited
to a Sharing Party
**WE ALSO COOK SHOW & TELL
SLOVAK WEEKEND**
August 3-5 at Sokol Woodlands

Good News: We are cooking up another party at Woodlands. You are invited to come to Show and Tell or Watch and Listen (or both). You will enjoy gourmet dining as never, ever presented on this planet earth. We promise a memorable weekend of sharing. Don't delay to make a reservation. Overflow guests will be accommodated at nearby motels.

Anne Budner, Kolace Queen crowned at her 90th birthday party, is excited about sharing her kolace technique with Sokol friends. Alumni met this remarkable lady at the Reunion. She is special in many ways. There are many in our Sokol circle with skills and artistry to share. Everyone with something interesting to share is invited to participate. "We Also Cook" is the 158-page book compiled in the 1970s by Bess Erhardt, Alica Simon, Anna Seamen and Betty Klimow with recipes submitted by Sokol members. The memory of these ladies' contribution to our culture will be saluted. at the Sharing Party. The book has been reprinted several times and is available now at Sokol USA headquarters.

Bob Hurta picked up Gerry Supola Toth's stuffed cabbage recipe in "We Also Cook." He makes it for a covered dish item. There are no leftovers when he brings it to a Mahwah, NJ, party. Beef with dill sauce, chicken paprikas, and pork with kapusta are tricky to make unless one sees the production. The mighty cabbage/kapusta is a base for making cake, soup, salad or vegetables. Marie Prazenka's pork with kapusta is a tradition at Woodlands Fourth of July and Labor Day. It is said a Slovak woman can take three slices of bacon plus something else to produce a pot of soup to die for.

Impressive delicacies from our heritage have come from Slovak kitchens in Danbury, Boonton and McAdoo, Pa. Dottie Pekar Kovac is an expert baker for her huge family. Her maiden name, Pekar, means baker. Dottie brought cases of kolace for Jenn and Lance Kovac's wedding dessert table. Margie Prusky Hurta whips out puffed pastry kuskys fast. She is a kuskys puffed pastry expert. Sasha Banjak in Farrell bakes the best poppy seed roll kolace. Karla Jones Segita is a professional in desserts in Virginia. One can't get

married or buried without Bear Paws in Chicago. They get festive in Byram with Bialos. We expect demonstrators from Westfield, Mass., Ohio, Bethlehem, Bridgeport, Danbury, and Sokol New York, so we learn what's cooking in all Sokoland. Bea Walko and Ellen Kovac both know how to beat and stretch strudel dough paper thin to the size of a table. Honey Plesnik Trnka's inherited Zazvorniky recipe is a two-day event worthy of the results. Bielka Bednar's Bublanina is a melt in your mouth treat. Dottie Walek makes classic Baba in Boonton with a 21st century technique.

Paul Booth will bring his klobasi making equipment so we can play with his toys. Will the klobasi be smoked? Paul said they could be smoked if someone brings/builds a smoker and tends it expertly. Klobasi will be made for sure, be they fresh or smoked. There is banter about a roasted pig. The halusky, knedle, noodle sphere are in another world of wonders. There are lots of tricks involved producing them. Does anyone like grey Slovak jello AKA huspenina/studenina? We can make it by request. A mass palacinky production will happen.

Milan Kovac is expert on Varene/Hriato for holidays. There are many recipes for this hot toddy. Do you use butter or bacon, or is it wine or vodka? Milan's is the best according to those in the know. We shall sample several recipes in a Varene Tasting Hour. Come to show and tell of your holiday specialties such as bobalky, mushroom and sauerkraut soup, Easter egg cheese, etc.

Don't be shy about volunteering to show and tell something. The informal atmosphere of a family gathering will prevail, without kitchen fights. Our kitchen has a commercial dough mixer and new three-oven, 12-burner range bought for Woodlands by Sokol Gothenburg. Thank you, again, Sokol Gothenburg, for your generous gift. How will this complicated event take place without total chaos? Trust us. A schedule will organize the three days and two nights of showing and telling and watching, listening and eating to flow

See SHOW & TELL, Page 7

ATTENTION ALL LODGES AND SOKOL MEMBERS

At the last Sokol USA National Gymnastics meeting, approval for STAR Camp subsidies was passed. The STAR Camp experience is available to all Sokol youth – gymnasts, as well as non-gymnasts. In fact, it's a great way for inactive lodges to have their young members participate in a summer Sokol program!

The recommendation is:
That Sokol USA financially support Sokol USA members attending STAR Camp with a \$3,000.00 subsidy to be divided equally among the participants with a maximum allowance of \$275.00 per participant or the cost of one week's tuition.

Offer this opportunity to one or more of your juvenile members. It will be an experience they will remember for years to come. Nazdar!

National Directors Sokol USA

Important Information

Sokol USA - STAR Camp

Featuring Sokol Training And Recreation under the reliable supervision of the Sokol USA National Gymnastic Staff. The camp is an overnight camping program for children ages 8 to 14 years old and includes: gymnastics training, swimming, sports and games, arts and crafts, hiking and traditional camping activities.

Campers can stay one, two or three weeks. The 2007 season is as follows:
Week 1: Sunday, July 8 – Saturday, July 14, 2007
Week 2: Sunday, July 15 – Saturday, July 21, 2007
Week 3: Sunday, July 22 – Saturday, July 28, 2007

Sokol Woodlands is located in the beautiful countryside in the foothills of the Catskill Mountains near the Delaware River. The STAR Camp's purpose is to provide quality gymnastics training and an introduction to the Sokol philosophy of "A Sound Mind in a Sound Body." STAR campers will have up to three gymnastics workouts daily, including tumbling and all men's and women's competitive events.

A certified nurse is on the premises at all times. In addition to our qualified teaching staff, there will be a certified lifeguard. A House Mother will supervise campers while in their rooms and during meal times. Cabin-style accommodations are available.

The cost per week is \$405.00 for the first two weeks, and \$395.00 for additional weeks. There is a \$10.00 per week discount for additional siblings. A \$50.00 deposit is required by March 1, 2007 with the submission of the attached application and the remaining balance due by June 1, 2007. Attached medical and parent consent forms must be completed, and are due at registration. While minor needs are attended to by our certified nurse, occasions may arise when the services of a hospital or a physician are needed. All costs for such services will be assumed by the camper's parent or guardian.

Camp registration is held every Sunday from 2:00 – 4:00pm. Check out is Saturday after lunch.

In the event of an emergency, parents can contact Sokol Woodlands at: 845-557-8413. This number is for emergencies ONLY. Students will be allowed to make collect phone calls home during their free time. If you must speak to your child, the best time will be during meal hours. Call 845-557-9911. At other times during the day, the campers will be at various locations and not within close proximity of the phone.

Breakfast: 8:00 – 8:30am ☺ Lunch: 12:00 – 12:30pm ☺ Dinner: 6:00 – 6:30pm

The mailing address is as follows: Camper's Name
c/o Sokol Woodlands
211 Mail Road
Barryville, NY 12719

Students will need the following supplies:
Clothing – Sokol uniform, proper gymnastic apparel for workouts, no baggy or loose clothing in the gym. Gym shoes, sneakers (two or three pairs of sneakers or shoes are recommended in case they get wet). Jeans, shorts, polo shirts/T-shirts, underwear, socks, bathing suit, foot apparel for the pool area. Jacket, sweatshirt (the temperature tends to drop quite low in the evening; warm clothing is necessary).
Linens – towels, wash clothes, pillow and pillow case, sheets and a blanket OR a sleeping bag.
Personal Articles – toothpaste and toothbrush, soap, shampoo, deodorant, etc.

FOOD AND DRINK ARE NOT ALLOWED IN THE SLEEPING QUARTERS!

Rules for acceptance and participation are the same for everyone without regard to race, creed, color, or national origin.

Sokol Woodlands, 211 Mail Road, Barryville, NY 12719



SOKOLFEST TICKETS

Thurs., June 28 Kennywood	\$22
Opening Ceremonies at 6PM – Ticket good for all-day admission	
Friday, June 29 Children’s Social @ Convention Center	\$15
Friday, June 29 Competitor’s Bowling (@ Arsenal Lanes	\$15
Saturday, June 30 Competitor’s Celebration Dance - Westin	\$10
Saturday, June 30]Sokol Alumni Social - Westin	\$20
Sunday, July 1 Sokolfest Performance – Convention Center	\$5

Send ticket requests to: Karen Ondira, 1550 York Ave., Apt. 8H, New York, NY 10028
Make checks payable to: *Sokol USA Slet 2007*

IMPORTANT SOKOLFEST DEADLINES

<p>May 15 Registration deadline for Gymnastics, Volleyball, Basketball and Fitness Challenge Double entry fees charged after the May 15 deadline No entries accepted after June 15</p> <p>May 15 Deadline for Banquet Tickets Deadline for Trophy Fund donations Deadline for Pittsburgh City Tour</p> <p>June 8 Registration deadline for Golf and Bowling Tournaments</p>

SUPPORT THE TROPHY FUND

In June 2007, the global Sokol community will gather to participate in the XXV Sokol USA Sokolfest in Pittsburgh, Pa. It’s an exciting time for all Sokol members as we engage in various activities, visit with our Sokol friends and perform at our Slet program.

As in the past, the top achievers in various competitions will be presented with awards specially designed for the Slet. Many of those reading this have sought and even received these treasured rewards at past Slets. Your assistance is requested to help make the awards at the Slet as special as the efforts they represent.

You can help by financially supporting the Trophy Fund. We gratefully accept contributions of any amount. For contributions of \$100 or more, your name or organization’s name will appear on the award as the sponsor. Please let us know if you have a particular award that you would like to sponsor. We will honor requests on a “first come first served” basis.

Checks should be made payable to “Sokol USA Slet 2007. Please send contributions to:

Judy Smith
68 Orchard Place
Maywood, NJ 07607

Thank you very much for your continued support. It is truly the support of the Sokol community that allows our festivals to be so successful.

SOKOLFEST BANQUET TO BE HELD AT SPORTS MUSEUM

The dazzling Great Hall of the Heinz History Center will be the setting for the Sokolfest 2007 Banquet on Friday, June 29th. The banquet will be a festive and sparkling affair. The doors open at 6 p.m. with a cocktail hour.

An elegant and delicious banquet meal will be served by the staff of Pittsburgh’s Tony Common Plea Restaurant and Catering. The menu consists of a garden salad, chicken in a lovely Milanese sauce, potatoes roasted to perfection, seasonal vegetables and, as a finale, a scrumptious chocolate mousse with raspberry sauce accompanied by coffee and tea.

A full range cash bar will be available. There will also be plenty of lively music and lots of room for dancing.

The entire museum, including the sports wing of the History Center, will be open until 10 p.m. solely for the pleasure of those attending our banquet. You can wander through the exhibits and see Steelers, Pirates, Penguins and Sokol memorabilia. You can visit the huge immigrant history exhibition or you can tour through the glittering exhibit called “Shattering Notions” about glassmaking. There are many, many fascinating exhibits in this six-story building, which covers an entire square block. We will also have several young and energetic tour guides who have volunteered to escort our Sokol banqueteers through the museum.

A special feature of the dinner will be the presentation of a rare Sokol Slet document from 1938 Tenth Slet in Prague by Sokol USA President Beatrice Walko. The document belonged to her late husband, Albert Walko, and she is giving it a spectacular home in the History Center.

There will be a superb silent auction at the banquet. The Czech and Slovak consuls to Pittsburgh have donated beautiful items. Many lodges have also donated beautiful gift baskets to help make the event a success. There are beautiful crystal items, wine and spirits, as well as an awesome Czech crystal decanter and glasses etched with the Steelers team logo! Be sure to bring cash or your checkbook so that you won’t go home disappointed! The silent auction proceeds will be used to defray the costs of the sporting events at the Slet.

A \$50 bill is all it will cost for you to be able to eat, drink, dance and tour this fun and glamorous site. For those interested in attending the banquet, you can reserve tickets by sending your \$50.00 payment to our banquet chairperson, Justine West, at 2638 Saybrook Drive, Pittsburgh, PA 15236. Reservations and payment in full must be received no later than May 15th.

Special thanks go out to Sokol USA District MCT, which graciously volunteered to be the banquet sponsor, as well as many thanks to Lodge 16-Braddock, which paid the fee to have the museum open for this wonderful Sokol evening!

So be sure to save the date (June 29) and come to the banquet for a delicious dinner and a great evening!

SOKOLFEST BANQUET

Friday, June 29, 2007
6:00 PM – Cash Bar
7:00 PM – Dinner
 Sen. John Heinz Pittsburgh Regional – History Center
 1212 Smallman Street
 Pittsburgh, PA 15222-4200
Enjoy dinner, music, museum tours and a silent auction
All for just \$50 per person

Sokolfest Banquet Reservations
Deadline – May 15

Name(s) _____

Address _____

Town _____ State _____ Zip _____ Phone # _____

Please Reserve (# of tickets) _____ @ \$50 = _____
 Make checks payable to: *Sokol USA Slet 2007*

Mail reservations to: Justine West, 2638 Saybrook Drive, Pittsburgh, PA 15235-5131
 Tables of eight (8) can be accommodated

Names of Attendees:

SOKOLFEST GOLF TOURNAMENT

Friday, June 29 – 8:00 AM
 Grand View Golf Club
 Calloway System
 \$65.00 per golfer *includes*
 Continental breakfast, cart, lunch & prizes

Sokolfest Golf Tournament – Registration Deadline June 8

Name(s) _____

Address _____

Town _____ State _____ Zip _____ Phone # _____

of golfers _____ @ \$65 = _____
 Make checks payable to: *Sokol USA Slet 2007*

Mail reservations to: Joe Dubovi Jr., 279 Ice Pond Road, Leechburg, PA 15656
 For more information contact Joe at 724-845-8070



PITTSBURGH CITY TOUR

One of the stellar features of the Sokolfest 2007 will be a city tour of Pittsburgh on Saturday, June 30th. A spacious coach bus will arrive promptly at 9 a.m. to the Westin Hotel to take Sokolfest visitors on an enchanting tour of Pittsburgh. The tour will travel through Polish Hill, the South Side (Pittsburgh's Slovak neighborhood), and stop at the University of Pittsburgh's world famous Nationality Rooms for a tour of the Czechoslovak Classroom and others. The Nationality Rooms are one of the most special and unique attractions in the city. Then it will be off to Station Square on the tour bus for a ride up the Incline to the top of Mt. Washington and the spectacular panorama of downtown Pittsburgh. From Mt. Washington, the tour bus will cross the rivers and return past the Andy Warhol Museum to the Westin Hotel. All admission fees for the Incline and the Nationality Rooms are included in the \$20 cost of the tour package. Remember to reserve your seat right away as there are only 50 seats available on the bus tour!

CITY TOUR OF PITTSBURGH RESERVATION FORM

Saturday, June 30, 2007 - 9:00 AM
Tour leaves from the Westin Hotel - only 50 seats available!
Enjoy a spacious coach bus
Travel through Polish Hill and the South Side - Pittsburgh's Slovak neighborhood
Stop at the University of Pittsburgh's famous Nationality Rooms
Visit Station Square and ride up the incline to Mt. Washington for a view of the city
\$20 per person

Pittsburgh Tour Reservations
Deadline – May 15

Name(s) _____
Address _____
Town _____ State _____ Zip _____ Phone # _____
of tickets _____ @ \$20 = _____
Make checks payable to: Sokol USA Slet 2007

Mail reservations to: Judy Smith, 68 Orchard Place, Maywood, NJ 07607

CONTACT INFORMATION

Watch the Sokol Times and check the Sokol USA website for the latest news. In the near future we will be announcing information for a Sokolfest Tour. For additional information you may contact the following Sokolfest 2007 Committee members:

Chair	Joseph S. Bielecki	412-824-2885 or bielecki1@earthlink.net
Treasurer	Stephen V. Tomko	412-673-4981 or stephen.tomko@hotmail.com
Sports Tournaments	Richard Yatchyshyn	215-943-1258 or rcyatch@comcast.net
Registration/Tickets	Karen Ondira	212-288-5301 or adam40@aol.com
Gym. Competitions	Charity Ruhl	724-544-1721 or teamfred@comcast.net
Banquet	Justine West	412-242-5666
Housing Liaison	Judy Smith	201-843-2892 or Judith.Smith@chemtura.com
Program Book	Stephen T. Tomko	412-678-8184 or sorry-charlie@juno.com
Sokolfest Tour	Bea Walko	203-531-9669 or sokolprez@aol.com
Publicity	Chris Yatchyshyn	215-949-4073 or cyatch@comcast.net

Nazdar!
National Directors, Rich Yatchyshyn and Karen Ondira

SOKOL ALUMNI REUNION EVENING

A new feature at Sokolfest 2007 will be an alumni reunion evening on Saturday night, June 29th at the Westin Hotel. This will be a fun event featuring former champion gymnast Jim Mulvihill as the Master of Ceremonies. Guests will be able to see old friends, reminisce and view a huge collection of Sokol posters and photos that have been brought from Sokol Woodlands in Barryville, N.Y., especially for the evening. You will be able to see team photos and Kurz photos from days gone by. There will be light music, a cash bar, munchies and plenty of time to see old friends, to relive former days and to learn what became of old friends. The cost of the evening will be \$20.00. Come, enjoy and have great fun!

SOKOLFEST BOWLING TOURNAMENT

Saturday, June 30 – 8:00 AM
Arsenal Lanes
\$20.00 per bowler or \$25 if bowling on a team

Sokolfest Bowling Tournament
Registration Deadline June 8

Name _____
Sanction # _____ Avg. _____ Lodge _____
Name _____
Sanction # _____ Avg. _____ Lodge _____
Name _____
Sanction # _____ Avg. _____ Lodge _____
Name _____
Sanction # _____ Avg. _____ Lodge _____
Name _____
Sanction # _____ Avg. _____ Lodge _____
Team Captain _____
Address _____
Town _____ State _____ Zip _____
Phone # _____

of bowlers _____ @ \$20 = _____

OR # of bowlers _____ @ \$25 = _____

Make checks payable to: Sokol USA Slet 2007

Mail reservations to: Joanne Check, 1715 Keith Drive, Hellertown, PA 18055

For more information contact Joanne at 601-838-9367 or jbc1hs71@hotmail.com

'BODIES IN FORMATION' EXHIBIT COMES TO SLET

Something very unique will come to Pittsburgh in time for Sokolfest. A special exhibition called "Bodies In Formation" will open at Point Park University in downtown Pittsburgh, just a short walk from the Convention Center.

The exhibition was created by Open Society Program and Archives at the Central European University in Budapest. It has traveled in the past to Slovakia, the Czech Republic and to Germany. This will be the exhibition's North American premiere.

It is coming to the Slet via a partnership between Point Park University and Sokol USA. The exhibition's American journey is the outgrowth of Brother Joe Bielecki's trip to Prague for the 2006 Slet. Joe attended the Prague Slet and then traveled to Bratislava and Budapest to visit friends. One of his friends in Budapest works for the Central European University Open Society Archives, and she showed him the exhibition at the archives.

After months of negotiations, all necessary approvals have been obtained and the exhibition is being shipped to Pittsburgh. Its opening will coincide with the Sokolfest.

The exhibition's content is exciting. It consists of photos and text. It addresses the issue of how regimes of all sorts have used sports to transmit political and societal values. There is a special focus on the Sokol movement and how it conveyed democratic values in Czechoslovakia between the two World Wars.

Point Park University was eager to partner with Sokol USA. Helen Fallon, chair of Point Park's Journalism Department, as well as Chris Rawlinson and Andy Conte, professors of Journalism, are eager to present the exhibit. It will be displayed in Point Park's Thayer Hall, its main campus building, in the splendid Atrium. Fallon and Conte are of Slovak-American background and have presented several wonderful Slovak themed exhibits in the past.

"Bodies In Formation" is a great celebration of Sokol's history and ideals.



SOKOL FITNESS CHALLENGE SCORES AND POINTS

*PULL UPS			STANDING LONG JUMP			SHUTTLE RUN		ROPE JUMP			
Fem.	Male	POINTS	feet & inches	inches	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
10	20	100	9'0"	108"	100	8.0	100	300	100	150	50
	19	97	8'11"	107"	98	8.1	98	297	99	147	49
9	18	94	8'10"	106"	96	8.2	96	294	98	144	48
	17	91	8'9"	105"	94	8.3	94	291	97	141	47
8	16	88	8'8"	104"	92	8.4	92	288	96	138	46
	15	85	8'7"	103"	90	8.5	90	285	95	135	45
7	14	82	8'6"	102"	88	8.6	88	282	94	132	44
	13	79	8'4"	100"	86	8.7	86	279	93	129	43
6	12	76	8'2"	98"	84	8.8	84	276	92	126	42
	11	73	8'00	96"	82	8.9	82	273	91	123	41
5	10	70	7'10"	94"	80	9.0	80	270	90	120	40
	9	67	7'8"	92"	78	9.1	78	267	89	117	39
4	8	64	7'6"	90"	76	9.2	76	264	88	114	38
	7	61	7'4"	88"	74	9.3	74	261	87	111	37
3	6	58	7'2"	86"	72	9.4	72	258	86	108	36
	5	55	7'0"	84"	70	9.5	70	255	85	105	35
2	4	52	6'10"	82"	68	9.6	68	252	84	102	34
	3	49	6'8"	80"	66	9.7	66	249	83	99	33
1	2	46	6'6"	78"	64	9.8	64	246	82	96	32
	1	43	6'4"	76"	62	9.9	62	243	81	93	31
			6'2"	74"	60	10.0	60	240	80	90	30
3/4	3/4	37	6'0"	72"	58	10.1	58	237	79	87	29
			5'10"	70"	56	10.2	56	234	78	84	28
1/2	1/2	34	5'8"	68"	54	10.3	54	231	77	81	27
			5'6"	66"	52	10.4	52	228	76	78	26
1/4	1/4	31	5'4"	64"	50	10.5	50	225	75	75	25
			5'2"	62"	48	10.6	48	222	74	72	24
Hanging			5'0	60"	46	10.7	46	219	73	69	23
			4'10	58"	44	10.8	44	216	72	66	22
Seconds		Pts	4'8"	56"	42	10.9	42	213	71	63	21
60	60	30	4'6"	54"	40	11.0	40	210	70	60	20
50	50	25	4'4"	52"	38	11.2	38	207	69	57	19
40	40	20	4'2"	50"	36	11.4	36	204	68	54	18
30	30	15	4'0"	48"	34	11.6	34	201	67	51	17
20	20	10	3'10"	46"	32	11.8	32	198	66	48	16
10	10	5	3'8"	44"	30	12.0	30	195	65	45	15
			3'6"	42"	28	12.2	28	192	64	42	14
			3'4"	40"	26	12.4	26	189	63	39	13
			3'2"	38"	24	12.6	24	186	62	36	12
			3'0"	36"	22	12.8	22	183	61	33	11
			2'10"	34"	20	13.0	20	180	60	30	10
			2'8"	32"	18	13.2	18	177	59	27	9
			2'6"	30"	16	13.4	16	174	58	24	8
			2'4"	28"	14	13.6	14	171	57	21	7
			2'2"	26"	12	13.8	12	168	56	18	6
			2'0"	24"	10	14.0	10	165	55	15	5
			1'10"	22"	8	14.2	8	162	54	12	4
			1'8"	20"	6	14.4	6	159	53	9	3
			1'6"	18"	4	14.6	4	156	52	6	2
			1'4"	16"	2	14.8	2	153	51	3	1

*A 3/4 pull up is demonstrated by pulling up beyond a 90 degree elbow bend.
*A 1/2 pull up is demonstrated by a 90 degree elbow bend.
*A 1/4 pull up is demonstrated by any break in the elbow angle.
After the first full or partial pull up 1 pt for break in angle and 2 pts for beyond 90 degrees
Hanging points are awarded only if a partial or full pull up cannot be executed

BONUS POINTS will be awarded to scores exceeding 100 points:
PULL UPS: 3 points per completed pull up
STANDING LONG JUMP: 2 points per full inch.
SHUTTLE RUN: 2 points per tenth of second.
ROPE JUMP: 1 point per every 3 points of score

SOKOLFEST SILENT AUCTION

One of the new features of this year's Sokolfest banquet will be a silent auction. The banquet committee is seeking donations of items so that several attractive gift baskets can be compiled and offered at the banquet's silent auction.
If you or your lodge are interested in donating silent auction basket or items for use in a silent auction basket, please call Slet Chairman Joe Bielecki at 412-824-2885 or Banquet Chair Justine West at 412-242-5666. If you don't donate an item, please come to the banquet, have fun and bid!

SOKOL UNIFORMS

Sokol USA has adopted the ASO uniforms and all calisthenics will be performed in uniform at the Slet. Please do not wait until the last minute to order any items you may need. The ASO keeps a supply of items on hand, but if you wait too long they may not have what you need.
Orders can be placed through the uniform manager Jean Hruby at the ASO office.
American Sokol Organization
122 West 22nd Street, Oak Brook, Illinois, 60523-1557
Phone: 630-368-0758 Fax: 630-368-0758

FITNESS CHALLENGE

For Sokols of all ages . . .
take the challenge!

Events:
Pull-ups: Competitor hangs from a horizontal bar with arms fully extended and feet free the floor, using an over grip, palms of hands facing away from body. Smaller participants may be lifted to bar. Competitor pulls their body up until the chin clears the bar, and then lowers body to full hang starting position. One pull-up equals chin clearing the bar and returning to full hang. No kicking of legs or swinging of body is allowed....such action ends the event. Pull up progression: A score will be given for length of time hanging or a partial pull-up.

Shuttle Run: Two Parallel lines 30 feet apart are marked. Two blocks will be set just beyond one line (erasers, blocks of wood 2"x2"x4", or similar objects), and competitor starts behind the other line. On "GO", competitor runs to the blocks, picks one up, runs back to the starting line, PLACES block on the start line, runs back and picks up second block and runs back across starting line with block in their hand. This event is timed up to tenths of a second. (2.0 second penalty for dropping or throwing the block).

Standing Long Jump: Competitor stands at starting line and jumps forward as far as they can. Distance is measured from start line to the part of the body that may fall backwards. Distance is measured in inches. Competitor is awarded the better of two attempts.

Jump Rope: Competitors have one minute to jump rope. The judge will count the number of times the competitor's rope turns. If competitor misses, he/she should start again and continue until time is up. The rope may not turn twice on one jump.

Divisions: Eight age groups each for GIRLS/WOMEN and BOYS/MEN (16 groups total). The eight age groups are: up to 9, 10-11, 12-14, 15-16, 17-24, 25-34, 35-49 and 50-plus.

If there are less than three (3) entrants in a division, that division will be combined with an adjacent age division with the fewest entrants.

Scoring:
Each score will have a point value; the better the score, the higher the value. The points will be added up. The competitor with the most points wins. See chart.

Sign Up:
You must sign up with your lodge or unit registration. Sign up must include age of competitor as of the date of the Slet.

Registration Fee: \$5.00
Note: There is no additional charge for gymnastics competitors. The \$65 fee entitles them to compete in both gymnastics and the Fitness Challenge.

Dates & Times:
The Fitness Challenge will be held in the late afternoon and evening on Friday, June 29 and all day Saturday, June 30. Exact times will be announced in the future.

Questions:
Please direct any questions about this competition to Eric Skovronek, Sokolfest Fitness Challenge Coordinator, via e-mail: eskov@optonline.net.



THINGS TO DO IN PITTSBURGH

The following information was taken from www.visitpittsburgh.com, the official tourism web site of the Greater Pittsburgh Convention and Visitors Bureau. This month we take a quick look at Family Fun.

Carnegie Museum of Art
4400 Forbes Ave., Pittsburgh
412-622-3131; www.carnegiemuseums.org
Founded by Andrew Carnegie in 1895, Carnegie Museum of Art is internationally recognized for its distinguished collection of American and European works of art from the 16th century to the present. The museum’s Heinz Architectural Center is dedicated to the collection, study and exhibition of architectural drawings and models. Admission is \$10 for adults, \$6 for children and \$7 for seniors.

Carnegie Museum of Natural History
4400 Forbes Ave., Pittsburgh
412-622-3131; www.carnegiemuseums.org
Carnegie Museum of Natural History is a hands-on interactive museum of the earth. Known for its famous dinosaur collection, the museum is an adventure millions of years in the making. Admission is \$10 for adults, \$6 for children and \$7 for seniors.

Carnegie Science Center
One Allegheny Ave., Pittsburgh
412-237-3400; www.carnegiesciencecenter.org
The perfect place to visit with over 300 hands-on exhibits. UPMC SportsWorks, Rangos Omnimax Theater, interactive planetarium, miniature railroad and village, World War II submarine, River View Café and Xplore Store. Admission is \$14 for adults, \$10 for children and \$10 for seniors.

Children’s Museum of Pittsburgh
10 Children’s Way, Allegheny Square, Pittsburgh
412-322-5-58; www.pittsburghkids.org
Come see how we’ve grown! The new museum continues to delight and inspire children of all ages, providing four times more space to learn, play and create amidst “real stuff” exhibits that include the Studio, Attic, Backyard, Garage, Workshop, Nursery, Theater and Mister Rogers’ Neighborhood. Admission is \$9 for adults, \$8 for children and \$8 for seniors.

Fort Pitt Museum
101 Commonwealth Place, Point State Park, Pittsburgh
412-281-9284; www.fortpittmuseum.com
The museum houses exhibits on the history of the 18th century in what would become western Pennsylvania. A new exhibit follows the course of Colonial and Revolutionary conflicts from 1754 to 1803, examining the prominent role “the Forks of the Ohio” and its forts played in determining the course of American history. Admission is \$5 for adults, \$2 for children and \$4 for seniors.

Fun Fest Entertainment Center
2525 Freeport Road, Pittsburgh
412-828-1100; www.funfestcenter.com
Forty lanes of bowling, state-of-the-art music and light show, laser tag arena, arcade games, pool tables, full service food and lounge.

Just Ducky Tours
The Shops at Station Square, 125 West Station Square Drive, Pittsburgh
412-402-3825; www.justduckytours.com
A land and water sightseeing tour of Pittsburgh. The fully narrated, one-hour tour begins at historic Station Square and travels through downtown, the Strip District, the Cultural District and, of course, a splash into the river for a fantastic view of the City of Pittsburgh.

Senator John Heinz Pittsburgh Regional History Center
1212 Smallman St., Pittsburgh
412-454-6000; www.pghhistory.org
There are six floors of exhibits at this Smithsonian affiliate, including the new Western Pennsylvania Sports Museum, celebrating Pittsburgh’s unmatched sports tradition. Admission is \$7.50 for adults, \$3.50 for children and \$6 for seniors.

South Side Works
400 Penn Center Blvd., Pittsburgh
412-824-7400; www.sofferorganization.com
This 34-acre lifestyle, shopping, dining district is located between East Carson Street and the Monongahela River.

SPONSORSHIP OPPORTUNITIES

Here’s your opportunity to help make the XXV Sokol USA Slet a huge success!

Support Sokolfest 2007 by sponsoring on or more of the events at the upcoming slet that epitomizes Sokol USA – Fitness & Fraternity Bridging Three Centuries. Help us highlight the longevity of the Sokol movement that began in the 19th Century and continues into the 21st Century. And do it in the city of Pittsburgh!

SPONSORSHIP LEVELS

Platinum - \$5,000

Sponsor the Slet Performance
Sponsor the Gymnastics Competitions
Sponsor the Gymnastics Equipment

Gold - \$3,000

Sponsor the Banquet
Sponsor the Volleyball Tournament

Silver - \$1,500

Sponsor the Opening Ceremonies at Kennywood Park
Sponsor the Basketball Tournament
Sponsor the Friday night Junior/Young Adult Social
Sponsor the Friday night Children’s Social
Sponsor the Banquet Entertainment

Red, White & Blue - \$500

Sponsorships at this level will be combined to help support Sokolfest events.

Awards Sponsors

Donations of all monetary levels are requested to help subsidize competition awards.

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

For more information, contact
Chris Yatchyshyn, Fraternal Activities Chairperson
Day: 215-949-4073; Evening: 215-943-1258
e-mail: cyatch@comcast.net

VOLUNTEERS NEEDED

While the National Gymnastic Staff and the Slet Committee have most of the events and venues scheduled for Sokolfest 2007, there will be a need for additional volunteers to implement all that is planned. Help from members in the Pittsburgh area would be greatly appreciated, but living in the area in not a requirement. We certainly could use the help of anyone interested in making this a memorable event in the history of Sokol USA.

We will also need help in the following areas:

Information booth attendants
Display room attendants
Souvenir sellers
A crew to set up gymnastics equipment – Friday morning
A crew to tear down gymnastics equipment – Saturday, late afternoon
Crew to lay markers on Slet floor – Saturday afternoon
Ticket collectors at various Sokolfest events

MONESSEN EQUIPMENT FUND

This month we gratefully acknowledge the following donation:
Agnes Ducar Elish and Anna Deane Ducar
\$100.00
In memory of our parents, Frank and Anna Ducar, formerly of Lodge 205 Stockdale, Pa. Our parents were proud and active members of the Sokol Hall and we attend many functions there.
Thank you, Agnes and Anna, for your generous donation. Nazdar!

FROM THE PRESIDENT’S VIEW

(Continued from Page 1)
Until your car or house is paid off
Until you get a new car or home
Until your kids leave the house
Until you go back to school
Until you finish school
Until you clean the house
Until you organize the garage
Until you clean off your desk
Until you lose 10 pounds
Until you gain 10 pounds
Until you get married
Until you get divorced
Until you have kids
Until the kids go to school
Until you retire
Until summer
Until spring

Until winter
Until fall
Until you die...

There is no better time than right now to be happy. Happiness is a journey, not a destination. So work like you don’t need money. Love like you’ve never been hurt. Dance like no one’s watching. Don’t be afraid that your life will end, be afraid that it will never begin.

Wishing you a beautiful, beautiful daffodil day!

Bea Walko

**Sokol
Social
News**

**WEDDING
ANNIVERSARY**

Mary & George Raykos,
members of Sokol Lodge 93
in Bethlehem, Pa., celebrate
their 60th Wedding
Anniversary on May 10th.

Visit us online at:

**WWW.
SokolUSA
.org**

Sokol Woodlands Calendar 2007

FROM	TO	ACTIVITY
May 19	May 20	🏠 Work Weekend
May 26	May 28	🌳 Memorial Day Weekend
June 2	June 3	🏠 Work Weekend
June 9	June 10	🏠 Work Weekend
June 16	June 17	🏠 Work Weekend
June 23	June 24	Open
June 30	July 2	🗓 4 th of July Weekend
July 8	July 14	☆ Star Camp (week #1)
July 9	July 13	☞ Day Camp (week #1)
July 15	July 21	☆ Star Camp (week #2)
July 16	July 20	☞ Day Camp (week #2)
July 22	July 28	☆ Star Camp (week #3)
July 23	July 27	☞ Day Camp (week #3)
July 30	August 3	☞ Day Camp (week #4)
July 30	August 3	🏠 National Camp 🏠
August 3	August 5	🎤 Show and Tell
August 6	August 10	☞ Day Camp (week #5)
August 10	August 12	🦞 Clam Bake
August 13	August 17	☞ Day Camp (week # 6)
August 18	August 26	Open
Sept 1	Sept 3	I Labor Day Weekend

Attention Lodge Directors

The American Sokol Organization has announced their 2007 Instructor School. Since it has been decided that Sokol USA will not host an Instructor School this year, the following recommendation will be in effect:

That in the event there is no Sokol USA Kurz, the Supreme Lodge financially support any Sokol USA member by paying their full tuition to attend an American Sokol Kurz with the recommendation of their Lodge Director and prior to attending the Kurz, obtain the approval of the National Directors.

Take advantage of this financial support and send your prospective instructors to the ASO Instructor School this summer.

National Directors Sokol USA

2007 American Sokol Organization Instructor School

July 16 - July 30

Novice, Beginner, Intermediate, Advanced & Advanced II

Hosted By: Sokol Greater Cleveland

Students should plan to arrive on July 16 before 6:00 PM

Graduation Ceremonies will be on July 29

Flight arrangements should be no sooner than 1:00 PM on July 30

Deadline for Application Forms - **June 1**

For more information go to: <http://www.american-sokol.org/boi/is/>
or contact instructor school secretary Jane Wise:
(216) 642-1429 or E-MAIL hjwise@sbcglobal.net

Extra Curriculum Offerings to Include:
USAG Safety Certification & PDP Level I

**WE ALSO COOK
A SHARING PARTY
SHOW & TELL-- SLOVAK WEEKEND
AUG 3-5 SOKOL WOODLANDS
BARRYVILLE, NY**

RATE FOR SLEEPING & DINING – 2 NITES
\$125 each person in Motel
\$100 each person in Dormitory
\$ 50 each Saturday—day only
\$180 each person Eldred Preserve

RESERVATIONS FOR SLEEPING & DINING
Mrs. Charles (Bielka) Bednar
1285 Sheridan Road, Coopersburg, PA 18036
610-967-3794; beluse@aol.com

VOLUNTEERS TO SHOW & TELL
APPETIZERS, SOUPS, MAIN COURSES
DESSERTS & OTHER
Contact Mrs. Milan (Honey) Trnka
827 Roslyn Avenue, West Chester, PA 19382
610-696-9137; ptrnka@comcast.net

INFORMATION – QUESTIONS – INPUT
Contact Mrs. Adelaide Darula
28 High Street, Greenwich, CT 06830
203-531-9532; adelkadarula@aol.com

Show and Tell

(Continued from Page 2)

smoothly. Volunteers are asked to indicate the quantity of items they will prepare. The cost of ingredients will be reimbursed to them. The Woodlands chef and kitchen staff will be on hand to fill in missing items for the gourmet dining experience. Do connect with Honey Trnka to discuss your demo subject.

Production will begin Friday. The first meal will be served Friday night with breakfast, lunch, dinner, and brunch to follow. Count on plenty of delicious food for every palate. People with special dietary needs are welcome to bring their own. Are your taste buds salivating as you read on?

You ask what the people who are not showing, telling, watching, listening do? They will occupy their time rocking on the porch, talking in the gazebo, walking in the woods, swimming and sunning in the pool. They are not expected to come to learn anything except the sound of the dinner bell. They are coming to fill their bellies with fancy food. They may be treated to a joke or two from Joke Master Charlie Bednar's repertoire. If you name a topic, expect Dr. Bednar to probably have a joke about it.

The Campfire Sing along will fire up outdoors. Tuck your folding chair in the car trunk for comfortable seating. A deluge of rain washed out the Alumni outdoor fire last year. Undaunted by the weather, the Kurz Alumni improvised to gather dining room candles. They were grouped together on one table. The Alumni nestled together around the candle fire to sing for hours with Eddie Bena's accordion leadership. This was the first indoor campfire in Woodlands history.

Dress for dinner is Casual Smart or Slovak. We have the Satna from Newark Sokol coming out for air. An antique is something more than 70 years old. We are very proud to have a real live antique male with the trim physique and stature needed to model a stunning black outfit from the Satna. Do bring your krojs to model or show, whether you are or are not an antique. No discrimination will be shown regarding age or weight. Do bring your Slovak art. Official weekend languages are English and Slovak. Czech will be allowed.

This event is designed as an educational experience for old, young and those in between. Come to experience our ageless fraternal society. Mark your calendar for August 3rd to 5th. Reserve your spot with Bielka today for sleeping and dining. Connect with Honey for your Show & Tell demonstration.

SOKOL WOODLANDS CAMPBOARD

GYMNASTICS COMPETITIONS!

**Whether you're getting ready to compete, or
getting ready to cheer on our athletes – here are
some upcoming gymnastics competitions to put
on your calendar:**

June 9-10, 2007 – Pittsburgh Prep Weekend at
Sokol Woodlands in Barryville, NY.
Work weekend combined with calisthenics rehearsals
for Pittsburgh Slet.

June 27-July 1, 2007 – Pittsburgh Slet in Pittsburgh,
PA.

Sokol Woodlands Annual Clambake

August 10-12, 2007

Price per person includes:

Friday – bar snacks

Saturday tradition – Bake all day

Sunday brunch

Sleeping accommodations for Friday and Saturday nights!

\$125 per person, for double occupancy in motel room

\$115 per person, for 3 or more in motel room

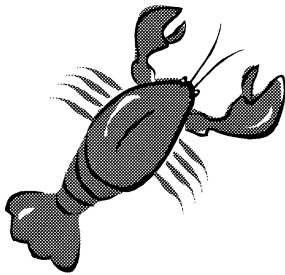
\$95 per person, for bunk in cabin (bring your own sleeping bag/linens)

\$75 per person, for the Saturday Clambake only

Children under 6 eat for free – Children 7-16 eat for \$30!

Email reservations to: SokolWoodlands@yahoo.com

Or call Brandi Kovac at: 908-400-2169



Bethlehem Lodge 93

613 Hillside Ave., Bethlehem

Summer Hours

Starting June 1st
the Sokol Hall will be open
Thursday to Sunday
7:00 PM to 12:00 AM
(closed Monday, Tuesday and Wednesday)

OPEN BOWLING \$1.00 per game
Plus Drink Specials and More!!!



April 19, 2007

Slovak Gymnastic Union Sokol
of the U.S.A.
276 Prospect St., Box 189
East Orange, NJ 07019

Gentlemen:

This will certify that we have completed a valuation of the outstanding certificates of the Society as of December 31, 2006, according to the schedules of insurance submitted to us, and have found the reserves to be as follows:

41 CSO 2.25 %	131,547
41 SI 3 %	221,745
58 CET 2.5 %	13,996
58 CET 4 %	2,468
58 CET 4.5 %	725
58 CSO 2.5 %	200,722
58 CSO 4 %	44,702
58 CSO 4.5 %	165,713
80 CET 4 %	5,978
80 CSO 4 %	89,564
80 CSO 4.5 %	329,640
80 CSO 5 %	172,562
AE 3 %	1,198,878
AM 3 %	821,139
Annuities	544,498
Non-Deduction of Deferred Premiums	2,714
Unearned Premium Reserve	3,362
Immediate Payment of Claims	52,357
For AIDS Risk	4,900
Reinsurance Credit	-
Total Life Reserve	\$ 4,007,210
Reserve for Accident & Health Certificates	2,464
Total Reserve	\$ 4,009,674

The Society's valuation indicates that on the bases specified above, the future assessments of the Society at the net rates then being collected, together with the admitted assets as they appeared in the Society's 2006 annual statement, were sufficient to meet all certificates as they mature by their terms with a surplus of \$5,492,810 (or 107.48%) above the statutory standards.

Ratios of assets to liabilities: 2006-207.48%; 2005-208.11%; 2004-199.38%; 2003-197%; 2002-204.1%.

Sincerely,

Allan Ferrone, FSA, MAAA
Actuary

6% ANNUITY RATE

The Single Premium and Flexible Premium Annuities offered by the Slovak Gymnastic Union Sokol earn a 6.00% rate of interest. Annuities are a very sound investment for your retirement years.

For information and an application, write to the home office at 276 Prospect Street, P.O. Box 189, East Orange, NJ 07019 or call our toll free number at 1-888-253-0362.

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.

THERESA HUSOVSKY – (1927-2007) A member of Lodge 66W in Bethlehem, Pa. Surviving are her husband, John, and two daughters, Sandra Thomas and Barbara Ann Hein.

ANDREW J. MADURA – (1917-2007) A member of Lodge 103 in Farrell, Pa. Surviving are his wife, Gloria Madura; a daughter, Beth Klega, and a son, Mark Madura.

EUGENE P. FABIAN – (1927-2007) A member of Lodge 47 of Monessen, Pa. Surviving are his wife, Dorothy Fabian, and a daughter, Janet F. Skiles.

PAULINE FIALA – (1912-2007) A member of Lodge 42W of Tarrytown, N.Y. Surviving is her son, John P. Fiala.

MILDRED FREDRICK – (1914-2007) A member of Lodge 246 of Muskegon Heights, Mich. Surviving are a son, Robert Fredrick, and a daughter, Joyce Stewart.

PAUL A. MORGAN – (1918-2007) A member of Lodge 304 in Chicago, Ill. Surviving is his son, Norman P. Morgan.

JOHN S. SHUREN – (1921-2007) A member of Lodge 59 in Trenton, N.J. Surviving are his daughter, Cathy Shuren-Stone, and his son, Richard Shuren.

JOSEPH URBAN – (1916-2007) A member of Lodge 300 in Passaic, N.J. Surviving is his niece, Dale M. Quinn

ELIZABETH VEROSKO – (1922-2007) A member of Lodge 126 of Ellsworth, Pa. Surviving are his daughters, Dolores Mehalik and Elizabeth Wright, and his son, Edward Verosko.

ATTENTION LODGE OFFICERS

The 2007 National Sokol Summer Camp sponsored by Sokol USA, DA Sokol and the American Sokol Organization will be held at Sokol Woodlands from July 30 to August 5. This camp is an opportunity for any Sokol member ages 12-17 to participate in an exciting program that does not focus on gymnastics. The emphasis is on making Sokol friends and having fun!

At the last Sokol USA National Gymnastics Meeting, approval for National Camp subsidies was passed as follows:

That the Supreme Lodge subsidize the cost of tuition for up to ten Sokol USA campers to attend the National Camp with a \$3,000.00 subsidy to be divided equally among the participants with a maximum allowance of \$300.00 per participant or the cost of one week's tuition.

This is another great opportunity that active or inactive lodges can extend to their young members. So encourage your young members to attend and take advantage of this financial support.

National Directors Sokol USA

National Sokol Summer Camp 2007

Sponsored by
Sokol USA,

DA Sokol and American Sokol

Sokol Woodlands Camp, Barryville, NY
(2 hours north of New York City)
Monday, July 30 – Friday, August 3, 2007

Ages 12-17

Registration Fee – \$325

Registration & Fee Deadline:

May 1, 2007

Sokol Fun, Sports, Games, Outdoor Activities,
Arts, Water Sports, Special Events
& 1-2 days Sightseeing in New York City!
(Hosted by Sokol New York)

Look for additional information on the American Sokol Website at
www.american-sokol.org
or email questions to camp administrative assistant at
sokolsummercamp@american-sokol.org