

SOKOL TIMES

SEPTEMBER 11, 2008

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From the President's View

I began writing my article to you when I came upon George Carlin's essay on aging. It made me smile and think of so many of you who have let me know that you enjoy reading these "parables." With end of summer here and predictions of a very cold winter, I hope this put a smile on your face too.

"Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

'How old are you?' 'I'm four and a half!' You're never 36 and a half. You're four and a half, going on five! That's the key.

You get into your teens. Now they can't hold you back. You jump to the next number, or even a few ahead.

'How old are you?' 'I'm gonna be 16!' You could be 13, but hey, you're gonna be 16! And then the greatest day of your life. You become 21. Even the words sound like a ceremony: YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that, it's a day-by-day thing. You HIT Wednesday!

You get into your 80s and every day is a complete cycle. You HIT lunch, you TURN 30, you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards: 'I Was JUST 92.'

Then a strange thing happens. If you make it over 100, you become a little kid again. 'I'm 100 and a half!'

May you all make it to a healthy 100 and a half!!

HOW TO STAY YOUNG:

1. Throw out non-essential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them.'

2. Keep only cheerful friends. The grouches pull you



Bea Walko

This made me think of so many of you who have let me know that you enjoy reading these "parables."

down.

3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.

6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, and hobbies, whatever. Your home is your refuge.

8. Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

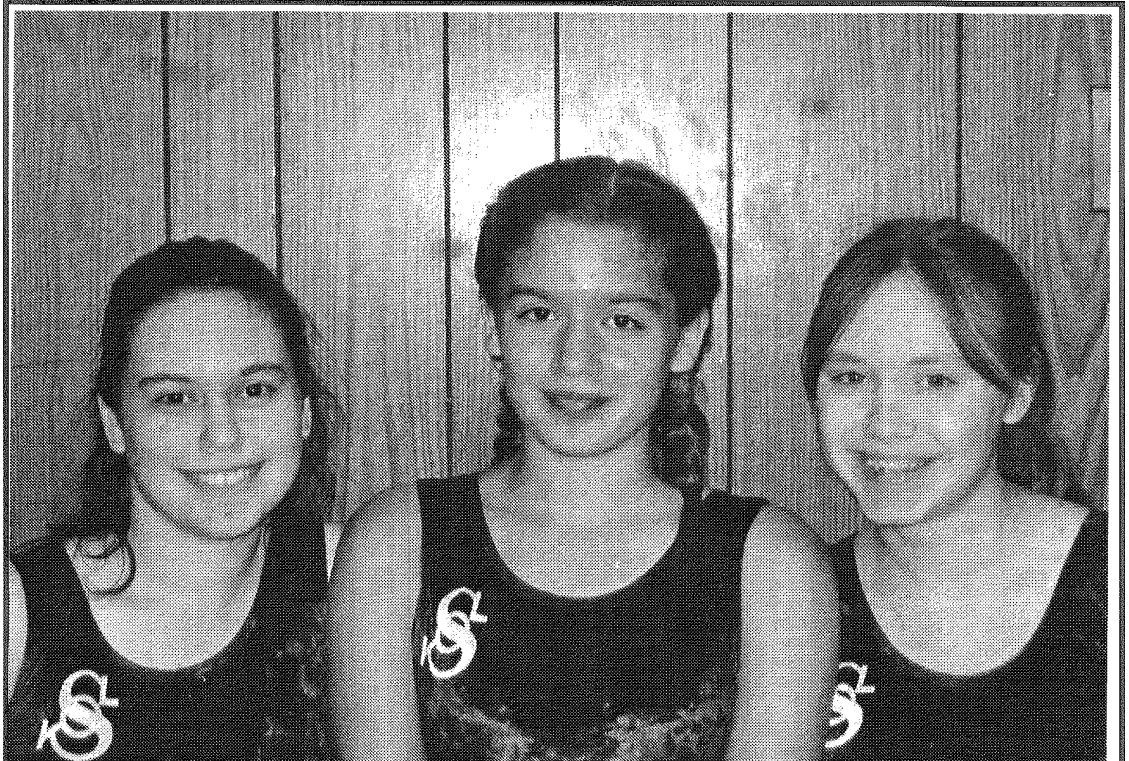
9. Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away."

NaZdar!
Bea Walko



GYMNASTIC COMPETITORS – Taking a break during the United Sokols of the East competitions are Bonnie Valentin of Lodge 12 and Shelby Evans and Cindy Chada of Lodge 32. Results appear on Pages 3-5.

Recovering from the June Flood

WEATHER DAMAGE IN CEDAR RAPIDS & CRETE

Dear Brothers, Sisters and Friends of American Sokol:

By now, you're aware of the devastation that has struck Sokol Cedar Rapids during the horrendous June flood. However, you may not be aware that Sokol Crete was hit hard as well – not by flooding – but during the times of turbulent weather with high winds and tornadoes. Severe damage was sustained by Sokol Cedar Rapids, the Czech Village and the National Czech & Slovak Museum.

An account has been established at the Village Bank in Cedar Rapids to receive donations toward the **Sokol Cedar Rapids** flood damage. Please make checks payable to "**Sokol Cedar Rapids Flood**."

If you would like to donate toward repairs to the roof at **Sokol Crete**, please make checks payable to "**American Sokol Crete Roof Fund**."

Mail checks to: American Sokol National Office
9126 Ogden Avenue
Brookfield, IL 60513

If you would like to **wire transfer** money, please contact Jean Hruby at the American Sokol Office to obtain routing information. For more information, please call the American Sokol Office at 708-255-5397.

All donations are appreciated

THE NATIONAL CZECH & SLOVAK MUSEUM

The National Czech & Slovak Museum is facing what may be the greatest challenge in its entire 34-year history. In the wake of a disaster that has devastated thousands of people in Cedar Rapids, and hundreds of thousands in the Midwest, **we are calling on everyone who is able, to please consider helping in one or more ways:**

The unprecedented flooding affecting so many others has done overwhelming damage to our museum. We have flood insurance on the collection which is paying for initial treatment, but it won't go far enough. The building was not insured for flood and the loss will be in the millions. Recovering from this setback is a huge task that is overwhelming in its enormity. Our minds and hands are busy with the immediate disaster and it will take time to step back and assess where we are and where we want to go.

Of one thing we are sure, we will rebuild and will be even better than ever. Czechs and Slovaks are strong from having survived many trials in their history and we are counting on their resilience.

Gifts may be made online by visiting the National Czech & Slovak Museum & Library at www.ncsml.org, visiting any Wells Fargo Bank location in the United State or by mailing a check to: National Czech & Slovak Museum & Library, 30 Sixteenth Avenue SW, Cedar Rapids, Iowa 52404.

The National Czech & Slovak Museum & Library is a 501c (3) nonprofit organization as determined by the United States Internal Revenue Service. Thank you considering a gift to this organization whose mission is to be the foremost museum and library in the United States preserving and interpreting Czech and Slovak history and culture. Gifts to the NCSML are tax-deductible to the fullest extent of the law and/or IRS code, as no goods or services are provided in consideration of a gift.

SOKOL TIMES

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OF THE USA

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NOTICE OF MEETING

The Supreme Lodge of the Slovak Gymnastic Union Sokol of the USA

October 4 & 5, 2008

Finance Committee
Saturday, October 4, 2008
9 AM to 5 PM

Supreme Lodge
Sunday, October 5, 2008

All meetings will be held at:
Boonton Sokol Hall
Pine Street
Boonton, NJ

All proposals, recommendations, petitions
and complaints of individual members, Lodges
and Districts are to be duly signed and certified
by officers, and forwarded to the office
of the Supreme Secretary, Sokol USA,
P.O. Box 189, East Orange, NJ 07019-0189,
postmarked no later than September 30, 2008.

Nazdar!

Beatrice Walko, President
Judith A. Smith, Treasurer
Milan S. Kovac, Secretary

LODGE 2 BRIDGEPORT ANNOUNCES SCHOLARSHIP PROGRAM

Lodge 2, Bridgeport, Conn., Sokol USA has initiated a scholarship program for high school graduates, it was announced by Lodge President Miguel Alicea. "Up to two \$500 scholarships will be awarded to high school seniors accepted for admission to an accredited four-year college/university who are Slovak or Carpatho-Russian descent and residents of Bridgeport, Stratford, Trumbull or Shelton, Connecticut," said Alicea.

"Criteria to be used in judging are overall merits of applicants, cumulative grade average, community activities, college acceptance, financial need and essay content," he continued.

"The essay content," said Lodge Secretary John Kamenitsky, "is somewhat unique. Rather than the usual 'why do I want this award,' we are asking the applicants to discuss the history, culture or traditions of Slovak or Carpatho-Russian heritage or stories about their ancestors in Slovakia."

"We hope to encourage the applicants to study the history, customs and traditions of their forefathers in Slovakia," he concluded.

Applications were sent to all high schools and churches in the area and are available from the Lodge at jkamenitsky@snet.net.

Sokol Woodlands Gymnastic Camp: Last Camp Standing

Note: The following article was submitted to the Sokol Times by Lenny Gianitsos, a member of the American Sokol unit in New York City. He has visited Sokol Woodlands many times over the years, often volunteering his expert basketball coaching skills, as he has done for years at the Sokol NY Hall in Manhattan.

Deep in the heart of the Catskill Mountains in Barryville, New York, is the Sokol Woodlands. For many years, the Woodlands has provided a safe and inexpensive haven for children, gymnasts, campers, and guests from all over the world.

Camp facilities include a large gymnasium, swimming pool, game room, arts and crafts center, cottages, bar, and basketball and volleyball courts.

Before the season officially begins, there are a number of work-related weekends where volunteers engage in a myriad of tasks to ensure the camp is ready to be opened in a timely manner. This year STAR Camp opened on July 6th.

Once the season begins, the children participate in numerous activities, including gymnastics, swimming, volleyball, basketball, hiking, arts and crafts, games, singing, and dancing. The days are filled with the pitter-patter of little feet and children laughing, always under the watchful eyes of dedicated counselors.

The Woodlands also has a history rich in special events that include competitions, Slets, reunions, and the annual Clambake. These events have marked the start of many friendships and unions that have lasted lifetimes.

There is, however, a problem. Running the Woodlands is a daunting responsibility, both physically and financially.

We have a number of dedicated people who work at the camp whose names are too numerous to list. However, just as an example, mention could be made of the Kovac family: Ellen, Brandi, Milan, and Lance. The Kovacs are life-long Sokols who give their hearts and souls to the camp. Likewise, Charles and Belka Bednar have contributed a great deal to the camp. Notably, Belka has beautifully transformed the motels with new paint and wallpaper this spring and summer.

But all of the efforts of the Kovacs, Bednars, Trnkas, and so many others are in the face of a declining economy, the cost of gas, competition from other camps, and the constant maintenance needs of a large property with several buildings and an outdoor pool. At one time, there were six Sokol camps in the Northeast. Five are gone. Woodlands is the last camp standing.

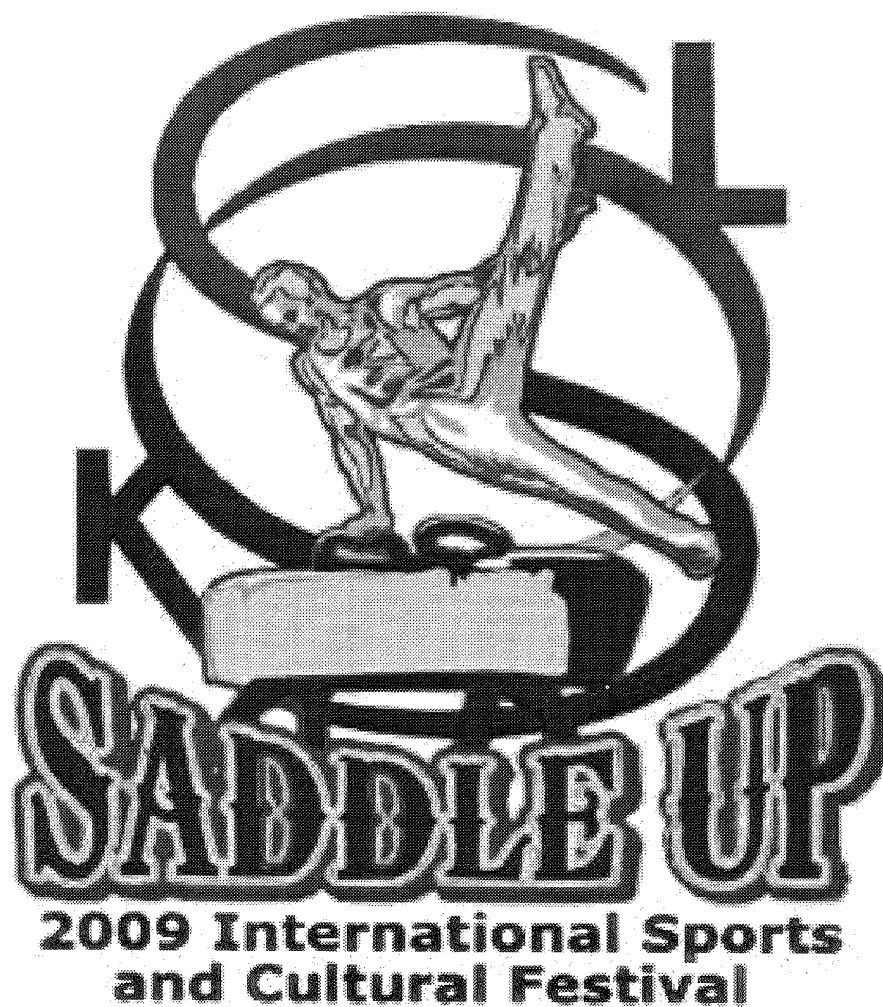
Some of my best memories as a child are of the times I spent at camp. I write this to ask you to join me in doing our part to allow future generations of children to have the same wonderful memories of weeks spent at camp.

Sokols as a group are strong, proud, dedicated, and determined. Let's pool our resources: all our units, all of our members and friends, and support Sokol Woodlands.

Please help, and give generously.

If you cannot get to Sokol Woodlands to participate in the activities, please think about sending a check to Sokol Woodlands and mail your donation to the Woodlands' off-season address:

Sokol Woodlands
c/o Sokol USA
276 Prospect Street
East Orange, NJ 07017



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United Sokols of the East Gymnastics Competition

GIRLS GYMNASTICS COMPETITIONS									
NOVICE									
Name	Organization	Vault	Uneven bars	Balance Beam	Floor Exercise	All Around	Individual Place	Team Score	Team Place
Rosa Cardona	DA Sokol 1	6.80	6.50	8.00	7.50	28.80	17	77.30	6
Nicole Arnone	DA Sokol 1	6.03	5.00	1.00	8.00	20.03	25		
Sonia Boyko	DA Sokol 1	5.80	6.50	6.00	6.00	24.30	22		
Sophia Levit	DA Sokol 1	6.00	5.00	5.00	8.20	24.20	23		
Mia Zaida	DA Sokol 2	8.10	8.70	8.50	9.10	34.40	2	102.40	1
Nicole Stoeva	DA Sokol 2	8.20	8.40	7.80	9.20	33.60	6		
Carla Hernandez	DA Sokol 2	7.20	8.70	8.90	9.30	34.10	3		
Isabel Levit	DA Sokol 2	8.30	8.00	8.80	8.80	33.90	5		
Faye Magaris	DA Sokol 3	7.20	8.00	8.00	8.50	31.70	8	88.80	5
Loren Francione	DA Sokol 3	6.80	6.00	9.10	8.00	29.90	14		
Amelia Bohmer	DA Sokol 3	6.20	6.00	7.00	8.00	27.20	20		
Malena Colon	DA Sokol 3	5.00	5.50	5.00	7.40	22.90	24		
Caitlin Samargian	DA Sokol 4	6.70	7.00	7.10	9.40	30.20	12	91.50	3
Haroula Kyriakopoulos	DA Sokol 4	5.00	6.70	7.50	7.70	26.90	21		
Sasha Spajic	DA Sokol 4	6.20	6.80	7.80	7.20	28.00	19		
Julie Moran	DA Sokol 4	8.00	7.00	9.20	9.10	33.30	7		
Michelle tolochko	USA B	8.00	8.00	9.40	8.60	34.00	4	97.60	2
Brooke Morris	USA B	7.20	7.50	6.50	7.70	28.90	16		
Frances McCormick	USA B	8.50	8.00	8.80	9.40	34.70	1		
		0.00	0.00	0.00	0.00	0.00	26		
Julie Baty	Sokol NY	7.00	6.50	8.10	7.80	29.40	15	90.40	4
Kaitlin Evans	Sokol NY	7.50	7.80	7.80	7.70	30.80	11		
Eiona Boettner	Sokol NY	6.50	6.80	8.00	8.90	30.20	12		
Kennedy Fuchs	Sokol NY	6.30	7.20	7.50	7.50	28.50	18		
Georja Fotiou	DA Sokol	7.90	7.20	7.30	9.20	31.60	9	---	---
Vanessa Gapa	DA Sokol	7.80	7.00	7.50	8.70	31.00	10		
LEVEL 1									
Name	Organization	Vault	Uneven bars	Balance Beam	Floor Exercise	All Around	Individual Place	Team Score	Team Place
Kara Falon	DA Sokol 1	7.90	8.70	8.60	9.70	34.90	1	101.00	1
Talin Janian	DA Sokol 1	7.60	8.00	8.40	8.60	32.60	5		
Laura Moran	DA Sokol 1	8.40	7.50	8.70	8.90	33.50	3		
Julia Francione	DA Sokol 1	7.30	6.00	5.90	7.80	27.00	16		
Ruby O'Reilly	DA Sokol 2	0.00	6.50	9.30	9.30	25.10	17	84.20	4
Wendy Nulty	DA Sokol 2	7.50	6.00	7.10	9.10	29.70	9		
Deana Danke	DA Sokol 2	7.30	6.00	8.10	8.00	29.40	11		
		0.00	0.00	0.00	0.00	0.00	19		
Mikayla Harris	Boonton	8.60	7.50	8.90	9.60	34.60	2	---	---
Anna Sikles	Boonton	8.20	6.00	8.40	8.80	31.40	6		
Liliana Sydorenko	Sokol NY1	7.70	6.50	7.90	8.10	30.20	8	86.80	3
Maya Shah	Sokol NY1	7.10	6.00	7.50	7.30	27.90	15		
Coco Triolo	Sokol NY1	7.30	6.50	8.10	6.80	28.70	13		
		0.00	0.00	0.00	0.00	0.00	19		
Kendal Kimsey	Sokol NY2	8.10	7.00	8.80	9.20	33.10	4	92.70	2
Georgia Little	Sokol NY2	7.40	6.80	6.80	7.10	28.10	14		
Saloni Majmudar	Sokol NY2	7.60	7.50	8.00	7.60	30.70	7		
Ashirai Muthukumar	Sokol NY2	6.80	6.00	7.80	8.30	28.90	12		
Aryaa Karkare	Sokol NY	7.10	6.00	8.40	8.20	29.70	10	---	---
Samantha Langford	Sokol NY	0.00	6.00	6.20	6.50	18.70	18		
LEVEL 2									
Name	Organization	Vault	Uneven bars	Balance Beam	Floor Exercise	All Around	Individual Place	Team Score	Team Place
Haley Hartigan	DA Sokol 1	8.10	6.00	6.80	7.30	28.20	15	91.30	2
Jade O'Reilly	DA Sokol 1	8.50	6.50	8.30	8.00	31.30	6		
Cailin Fallon	DA Sokol 1	8.30	8.00	7.70	7.80	31.80	5		
		0.00	0.00	0.00	0.00	0.00	23		
Adrianna Georgiou	DA Sokol 2	8.70	6.50	6.90	7.40	29.50	13	88.60	3
Ciara Keoga	DA Sokol 2	8.10	6.50	8.50	7.00	30.10	11		
Tatiana Falzone	DA Sokol 2	8.90	6.50	6.50	7.10	29.00	14		
		0.00	0.00	0.00	0.00	0.00	23		
Natalie Suss	DA Sokol 3	9.30	7.50	8.70	8.20	33.70	3	97.00	1
Maria-Eleni Kollaros	DA Sokol 3	8.60	8.00	7.60	7.90	32.10	4		
Kendra Ellis	DA Sokol 3	7.90	7.50	7.40	8.40	31.20	7		
		0.00	0.00	0.00	0.00	0.00	23		
Kaeta Jarkow	Sokol NY1	8.10	6.50	5.00	7.20	26.80	19	88.00	4
Joy Yanda	Sokol NY1	8.20	7.50	8.10	7.00	30.80	8		
Mariey Storch	Sokol NY1	7.00	8.00	7.00	4.80	26.80	20		
Erica Lisser	Sokol NY1	7.70	8.50	7.20	7.00	30.40	10		
Bailey Landow	Sokol NY2	7.90	7.00	7.90	7.80	30.60	9	85.70	5
Neve Oren	Sokol NY2	8.10	6.00	6.90	7.00	28.00	16		
Joelle Ramson	Sokol NY2	7.30	6.50	6.80	6.50	27.10	19		
Abigail Fisher	Sokol NY2	6.00	6.00	7.60	4.50	24.10	22		
Isabella DeRocco	Sokol NY3	7.10	6.50	6.60	7.70	27.90	17	85.10	6
Megan Hemberger	Sokol NY3	8.20	6.00	7.40	8.00	29.60	12		
Melissa Lilly	Sokol NY3	6.70	6.00	7.50	7.40	27.60	18		
		0.00	0.00	0.00	0.00	0.00	23		
Makenna Sweeny	Boonton	9.10	9.00	8.90	7.20	34.20	2	---	---
Maselyn Leva	Boonton	8.80	9.50	9.30	7.20	34.80	1		

(More Results on Page 4)

DISTRICT MM
HODZA FEMALE
COMPETITORS
CLEAN HOUSE

The United Sokols of the East competitions, where Sokol USA competes against DA and ASO gymnasts, were held at Sokol New York.

The gymnasts who proudly represented Sokol USA at the Children's competition, held on April 12th were Mikayla Harris, Madelyn Leva, Frances McCormick, Brooke Morris, Anna Sikles, Makenna Sweeny and Michelle Tolochko.

On May 10th, Sokol USA's Junior participants were Cindy Chada, Shelby Evans and Bonnie Valentin.

Way to go girls!

MILAN GETTING
SCHOLARSHIP
RECIPIENT

Susan Arminio

Thank you for providing me with this scholarship for another year. In 2007, I started my first year of college at West Virginia University, where I pursued a career in Pharmacy. But as the semester progressed, I realized Education would be a better field of study for me. By the second semester, I decided to continue my education at Rutgers University.

I had a challenging first and second semester, but kept up good grades and left West Virginia University with a 3.3 grade point average. I obtained the full college experience by participating in activities and events. Now I am working during my summer vacation to make money for the upcoming school year. I am excited to start another year and keep working toward my goals. Thank you again.

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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.

United Sokols of the East Gymnastics Competition

(Continued from Page 3)

GIRLS GYMNASTICS COMPETITIONS									
LEVEL 3									
Name	Organization	Vault	Uneven bars	Balance Beam	Floor Exercise	All Around	Individual Place	Team Score	Team Place
Denise White	DA Sokol	7.70	6.00	7.70	7.90	29.30	7	92.10	1
Caroline Flynn	DA Sokol	7.90	7.80	8.30	8.40	32.40	1		
Sarah Duffy	DA Sokol	7.80	6.00	8.00	8.60	30.40	3		
Cynthia Yu	Sokol NY1	8.20	7.00	6.80	8.90	30.90	2	88.60	2
Alena Rosenthal	Sokol NY1	7.50	6.00	7.20	6.60	27.30	9		
Johanna Sanderslebem	Sokol NY1	6.90	6.80	8.50	8.20	30.40	3		
Cecily Burge	Sokol NY2	6.90	8.00	8.60	6.00	29.50	6	87.30	3
Leila Murphy	Sokol NY2	7.00	6.00	7.20	8.00	28.20	8		
Jessica Murphy	Sokol NY2	6.60	7.70	7.10	8.20	29.60	5		
LEVEL 4									
Name	Organization	Vault	Uneven bars	Balance Beam	Floor Exercise	All Around	Individual Place	Team Score	Team Place
Allison Hourigan	DA Sokol	8.60	7.00	6.70	8.20	30.50	3	94.20	1
Lillian Mangalino	DA Sokol	8.80	7.80	8.70	7.80	33.10	1		
Dina Manalino	DA Sokol	8.90	8.30	7.40	6.00	30.60	2		
Mindy Kristt	Sokol NY1	6.80	6.60	7.70	7.20	28.30	7	84.70	2
Lena Renshaw	Sokol NY1	7.00	7.00	7.10	6.50	27.60	9		
Karyna Lambert	Sokol NY1	7.40	7.20	6.70	7.50	28.80	4		
Danielle Herlihy	Sokol NY2	6.70	7.10	7.50	6.70	28.00	8	85.20	3
Gina Fuchs	Sokol NY2	7.90	7.50	7.00	6.20	28.60	5		
Rebecca Kiss	Sokol NY2	7.50	6.70	8.20	6.20	28.60	5		
JUNIOR LEVEL 2									
Name	Organization	Vault	Uneven bars	Balance Beam	Floor Exercise	All Around	Individual Place		
Christine Hu	Sokol NY	7.50	7.40	8.50	7.90	31.30	1		
Clara Ramos	Sokol NY	7.70	6.90	7.90	6.90	29.40	2		
JUNIOR LEVEL 3									
Name	Organization	Vault	Uneven bars	Balance Beam	Floor Exercise	All Around	Individual Place		
Chaunice Devine	Sokol NY	7.80	8.30	8.20	7.90	32.20	1		
Karin Brian	Sokol NY	7.40	6.30	8.70	8.20	30.60	2		
Cindy Chada	Boonton	8.00	5.80	8.10	7.90	29.80	3		
JUNIOR LEVEL 4									
Name	Organization	Vault	Uneven bars	Balance Beam	Floor Exercise	All Around	Individual Place		
Stephanie Herlihy	Sokol NY	8.30	8.70	8.50	8.90	34.40	3		
Colleen Herlihy	Sokol NY	8.70	8.80	8.60	9.00	35.10	1		
Samia Fakh	Sokol NY	8.40	8.20	8.60	8.00	33.20	4		
Maya Pruitt	Sokol NY	8.60	9.40	8.40	8.40	34.80	2		
Bonnie Valentin	Central NJ	7.80	6.30	7.60	9.40	31.10	8		
Evita Polokova	DA Sokol	6.70	8.30	6.50	8.20	29.70	10		
Stephanie DeLuoise	DA Sokol	8.30	8.40	7.80	7.80	32.30	6		
Paige Grimaldi	DA Sokol	7.80	8.50	7.40	6.80	30.50	9		
Rebecca Moran	DA Sokol	7.40	8.20	7.80	8.30	31.70	7		
Shelby Evans	Boonton	7.70	8.80	8.10	8.30	32.90	5		
JUNIOR LEVEL 5									
Name	Organization	Vault	Uneven bars	Balance Beam	Floor Exercise	All Around	Individual Place		
Nikki Trojanowski	DA Sokol	8.20	8.00	8.50	8.60	33.30	1		
SENIOR LEVEL 5									
Name	Organization	Vault	Uneven bars	Balance Beam	Floor Exercise	All Around	Individual Place		
Jesica Stewart	DA Sokol	7.80	8.90	8.20	2.50	27.40	2		

(More Results on Page 5)

ATTENTION
LODGES AND
GYMNASTS

CHECK OUT

Gym Chat

at

<http://www.gymchat.com/>

See what they have to offer for you!

Gym Chat offers gymnastics clubs an easy way to build on the team community with the Club Teams Website builder. There are fully packed-features, including your own Calendar, Competitions Schedules & Results, Workout Schedules, Online Forms, Booster Club, Multimedia, Blogs & News, Gymnast Pages, Links, Message Board, and Contact Us pages where you can post/view/print events and information, and upload your documents/photos/videos or post links!

Also, you can make money for your Booster Club on your Club Teams Web Site by posting your sponsor ads through your easy-to-use control panel. Stylize your web to match your club. Password-protect your web site to only allow your members access to your web pages. No web experience necessary. We offer free gymnast web sites to gymnasts, which may be connected by them easily to your Club Teams Web site (i.e. their gymnast web icon will be posted on the club "Gymnast Pages" with the link to their web) by filling in your club connect code in their account panel. These gymnast web pages may be set to PRIVATE as well, for added security. Even if you already have a club web site, you don't have one like this! The Gym Chat Club Teams Web site makes a great addition to your regular club web site, add the link to it for your teams!

Gym Chat also has many other free services, including a gymnastics clubs/stores directory with a user rating feature, classifieds, message boards, news, calendar/community calendar (where you can post and promote your club's events), television schedule, and gymnastics links. We also provide photomedia mix services. We look forward to hearing from you!

“The future belongs to those who ACT and to those who DARE to act. Standing water becomes stagnant. Those who do not endeavor to move forward will fall behind in this world of reality which moves ahead.”

– Miroslav Tyrs

United Sokols of the East Gymnastics Competition

(Continued from Page 4)

BOYS GYMNASTICS COMPETITIONS											
LEVEL 2											
Name	Organization	Floor Exercise	Pommel Horse	Still Rings	Vault	Parallel Bars	High Bar	All Around	Individual Place	Team Score	Team Place
Christopher Moore	DA Sokol 1	9.30	7.40	8.60	8.00	8.50	8.00	49.80	1	145.20	1
Noah Kharbouche	DA Sokol 1	9.10	7.00	8.00	7.80	8.60	7.70	48.20	2		
Julian Billen	DA Sokol 1	8.30	5.50	7.70	7.80	7.70	7.00	44.00	11		
Fred Scollon	DA Sokol 1	9.00	7.00	8.20	7.90	7.60	7.50	47.20	6		
Thomas Flynn	DA Sokol 2	7.70	7.00	7.10	8.30	8.10	7.00	45.20	8	137.50	3
William Moran	DA Sokol 2	8.50	5.50	7.80	8.00	7.70	7.20	44.70	9		
Jonathan Moran	DA Sokol 2	8.80	8.00	7.80	8.10	8.20	6.70	47.60	4		
Caden Swain	DA Sokol 2	8.00	5.00	8.30	7.90	7.20	7.70	44.10	10		
Jack Humphrey	Sokol NY	8.70	6.50	8.40	8.20	7.80	8.20	47.80	3	141.30	2
Diego Serrano	Sokol NY	8.00	7.20	8.00	8.10	7.90	8.20	47.40	5		
Sean Yang	Sokol NY	7.80	8.20	7.40	8.00	7.70	7.00	46.10	7		
		0.00	0.00	0.00	0.00	0.00	0.00	0.00	12		
LEVEL 3											
Name	Organization	Floor Exercise	Pommel Horse	Still Rings	Vault	Parallel Bars	High Bar	All Around	Individual Place	Team Score	Team Place
Arthur Mielnik	DA Sokol 1	8.80	7.00	8.00	8.30	8.10	7.50	47.70	5	147.90	1
Benjamin Taylor	DA Sokol 1	8.70	8.00	8.10	8.20	9.10	7.50	49.60	3		
Fionn Keogh	DA Sokol 1	7.90	8.50	8.60	8.40	8.70	8.50	50.60	2		
	DA Sokol 1	0.00	0.00	0.00	0.00	0.00	0.00	0.00	17		
Ryan Long	DA Sokol 2	8.70	8.50	7.80	8.90	8.80	6.00	48.70	4	139.80	3
Sean Keogh	DA Sokol 2	7.80	7.50	8.50	8.20	7.10	5.50	44.60	14		
Brendan O'Brien	DA Sokol 2	7.90	6.50	8.90	7.90	8.50	6.80	46.50	8		
	DA Sokol 2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	17		
David King	DA Sokol 3	8.30	7.20	7.70	8.00	7.90	6.50	45.60	11	136.10	5
Christian Powell	DA Sokol 3	8.10	6.00	7.80	8.50	7.90	7.00	45.30	12		
Anthony Dragone	DA Sokol 3	7.70	7.00	8.30	8.50	7.20	6.50	45.20	13		
	DA Sokol 3	0.00	0.00	0.00	0.00	0.00	0.00	0.00	17		
Nathaniel Hamoway	Sokol NY1	6.00	6.50	7.90	8.50	7.20	6.50	42.60	15	136.60	4
Cole Yeager	Sokol NY1	7.60	7.00	7.70	9.10	8.40	6.50	46.30	10		
Jack Yeager	Sokol NY1	7.90	8.50	8.00	8.80	7.50	7.00	47.70	5		
	Sokol NY1	0.00	0.00	0.00	0.00	0.00	0.00	0.00	17		
Oz Oren	Sokol NY2	8.00	8.00	7.80	8.20	8.00	6.50	46.50	8	143.70	2
Nate Burkard	Sokol NY2	8.80	7.50	7.90	8.10	7.00	7.20	46.50	7		
Andrew Enoch	Sokol NY2	9.20	8.50	8.10	8.40	8.80	7.70	50.70	1		
	Sokol NY2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	17		
SENIOR LEVEL 4											
Name	Organization	Floor Exercise	Pommel Horse	Still Rings	Vault	Parallel Bars	High Bar	All Around	Individual Place	Team Score	Team Place
Abraham Rivera	Sokol NY1	7.70	6.80	9.10	8.30	8.20	8.30	48.40	1	142.80	1
Aitan Aharoni	Sokol NY1	8.30	7.60	8.00	8.60	7.00	7.30	46.80	3		
Younes Sebti	Sokol NY1	7.50	8.30	9.00	8.00	8.10	6.70	47.60	2		
	Sokol NY1	0.00	0.00	0.00	0.00	0.00	0.00	0.00	7		
Andrew Herlihy	Sokol NY2	7.00	6.40	7.10	7.80	7.90	5.90	42.10	5	118.80	2
Marco Barroux	Sokol NY2	7.10	7.20	8.00	8.40	7.30	6.30	44.30	4		
Dean Aroety	Sokol NY2	6.60	6.90	6.50	0.00	7.40	5.00	32.40	6		
	Sokol NY2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	7		
JUNIOR LEVEL 4											
Name	Organization	Floor Exercise	Pommel Horse	Still Rings	Vault	Parallel Bars	High Bar	All Around	Individual Place		
Jeremy Hitotsbashi	Sokol NY	8.90	7.10	9.40	8.40	7.80	8.50	50.10	1		
Jesse Cziotka	Sokol NY	8.20	7.50	9.10	8.70	8.60	7.60	49.70	2		
Max Moran	DA Sokol	6.50	7.10	7.60	8.10	7.40	5.50	42020	5		
Sam Levine	DA Sokol	8.00	7.50	8.60	8.90	8.70	8.00	49.70	2		
Alex Baez	Sokol NY	7.10	5.00	7.90	8.00	7.60	7.20	42.80	4		
Harry Moran	DA Sokol	6.60	6.60	7.50	8.30	7.40	5.50	41.90	6		
JUNIOR LEVEL 5											
Name	Organization	Floor Exercise	Pommel Horse	Still Rings	Vault	Parallel Bars	High Bar	All Around	Individual Place		
Moses Rivera	Sokol NY	6.70	5.90	7.40	8.40	8.10	8.30	44.80	1		
SENIOR LEVEL 5											
Name	Organization	Floor Exercise	Pommel Horse	Still Rings	Vault	Parallel Bars	High Bar	All Around	Individual Place		
James Finn	DA Sokol	8.80	8.10	8.50	9.80	9.60	9.30	54.10	1		
JUNIOR LEVEL 7											
Name	Organization	Floor Exercise	Pommel Horse	Still Rings	Vault	Parallel Bars	High Bar	All Around	Individual Place		
Noah Levine	DA Sokol	7.90	6.00	7.50	8.30	7.80	7.60	45.10	1		

Slovak Gymnastic Union Sokol Of USA
Profit & Loss
January through June 2008

	Jan – June '08
Ordinary Income/Expense	
Income	
SCHOLARSHIP-MILAN GETTING	2,937.62
ACCIDENT & HEALTH PREMIUM	41.85
AMORTIZATION-IMR	25,940.00
ANNUITY	50,040.00
ASSESSMENTS-GYMNASTICS	736.26
ASSESSMENTS-INDIGENT	149.04
ASSESSMENTS-LIFE	21,528.62
DIVIDEND ON STOCK	32,969.59
GAINS/LOSSES – STOCKS	
GAIN ON SALE OF STOCK-PREF	720.00
Total GAINS/LOSSES – STOCKS	720.00
GYMNASTIC INCOME	
NAT. BOWLING TOURN	3,389.00
GYM FUND DONATIONS	1,110.13
Total GYMNASTIC INCOME	4,499.13
INCREASE/DECREASE BONDS	452.33
INTEREST INCOME	
INVESTMENT INCOME	2.78
ACCRUED INT. PURCH OF BONDS	-14,098.06
BONDS – INDUSTRIAL	319,561.04
CAPITAL RESERVE	2,840.62
COLLATERAL LOANS	441.23
GYM DEPT-INVESTORS SVGS BK	84.62
MORTGAGE LOANS	28,076.96
PNC CHECKING	56.05
Total INTEREST INCOME	336,965.24
MISCELLANEOUS INCOME	41.00
RENTAL REAL ESTATE INCOME	
Total RENTAL REAL ESTATE INCOME	12,600.00
Total Income	489,620.68
Expense	
PAYMENTS TO MEMBERS	
CASH SURRENDER	13,226.72
DEATH CLAIMS	70,357.75
ENDOWMENTS PAID	1,000.00
INTEREST – ANNUITY	3,287.42
INTEREST ON ENDOWMENTS	50.00
Total PAYMENTS TO MEMBERS	87,921.89
ACTUARIAL & ACCOUNTING FEE	46,937.00
BANK CHARGES	375.05
BOOKS & PERIODICALS	181.00
CAMPAIGN REWARDS	498.22
DECREASE-LIFE RESERVE	56,440.00
DIVIDENDS	1,260.84
DONATIONS & ADVERTISING	946.67
EXPENSE OF SUP. LDG. MTG.	13,598.08
FRATERNAL EXPENSE	5,178.22
GYMNASTIC EXPENSES	
SAFETY CERTIFICATION	65.00
USAG PROFESSIONAL MEMBERSHIP	251.00
GYMNASTIC BOWLING	2,763.45
GYMNASTIC MISCELLANEOUS	990.00
Total GYMNASTIC EXPENSES	4,069.45
HOSPITALIZATION	11,548.08
INVESTMENT EXPENSES	7,679.90
MISC OFFICE EXPENSES AND SUPP	616.08
OFFICE EXPENSES	14,841.46
OFFICERS' TRAVELING EXPENSE	4,351.38
OFFICIAL PUBLICATIONS	9,595.00
PAYROLL TAX EXPENSE	5,123.29
POSTAGE, EXPRESS, TEL & TEL	1,612.00
PRINTING & STATIONARY	340.07
RENT EXPENSE (Rent)	12,600.00
RENTAL REAL ESTATE EXPENSES	
Total RENTAL REAL ESTATE EXPENSES	37,655.35
SALARIES	
SALARIES-SUPREME OFFICERS	3,750.00
OFFICE	25,332.52
OFFICER	36,749.96
Total SALARIES	65,832.48
SCHOLARSHIP EXPENSES	
MILAN GETTING SCHOLARSHIP	1,000.00
Total SCHOLARSHIP	1,000.00
STATE LICENSE FEES	2,499.42
TELEPHONE EXP	2,519.51
Total Expense	404,697.73
Net Ordinary Income	84,922.95
Net Income	84,922.95

CASH BASIS

Slovak Gymnastic Union Sokol Of USA
Balance Sheet
As of June 30, 2008

	June 30, 08
ASSETS	
Current Assets	
Checking/Savings	
CASH – PNC CHECKING	163,301.11
CASH – CANADIAN BK OF COM	3,780.96
CASH – M/M GYMNASTIC	32,543.35
PETTY CASH	500.00
Total Checking/Savings	200,125.42
Other Current Assets	
BONDS	
BONDS	8,519,626.13
Total BONDS	8,519,626.13
STOCK	
PREFERRED STOCK	842,909.00
COMMON STOCK	246,433.00
Total STOCK	1,089,342.00
MORTGAGES RECEIVABLE	
Total MORTGAGES RECEIVABLE	1,174,598.22
COLLATERAL LOANS	
Total COLLATERAL LOANS	394,348.56
CERTIFICATE LOANS	2,508.00
BENEFICIARY TRUST FUND	
RESERVE FOR TRUST FUND	-16,942.33
TRUST FUND FOR BENEFICIARY	16,942.33
Total BENEFICIARY TRUST FUND	0.00
BOND INTEREST DUE	153,576.00
EXCHANGE	-5,354.28
MORTGAGE INTEREST DUE	1,072.00
PREMIUMS DUE	3,143.84
Total Other Current Assets	11,332,860.47
Total Current Assets	11,532,985.89
Fixed Assets	
AUTOMOBILE	
ACCUM DEPREC – AUTO	-9,027.00
AUTOMOBILE – OTHER	30,095.95
Total AUTOMOBILE	21,068.95
REAL ESTATE - BUILDING	
ACCUM DEPREC - BUILDING	-47,111.40
REAL ESTATE – BUILDING – OTHER	67,898.25
Total REAL ESTATE – BUILDING	20,786.85
Total Fixed Assets	41,855.80
TOTAL ASSETS	11,574,841.69
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
NON-ADMITTED COLL. LOAN	34,000.00
A&H RESERVE	1,634.00
ADVANCE PREMIUMS	505.81
AVR	156,369.00
CLAIMS – LIFE	25,884.00
DISTRICT ASSESSMENTS	71.80
DIVIDEND ACCUMULATION	88,570.28
EXPENSES PAYABLE	76,511.00
FOREIGN EXCHANGE	-91.50
IMR	430,691.00
LIFE RESERVE	4,187,366.00
MORTGAGE LOAN ESCROW	
Total MORTGAGE LN ESCROW	-2,618.18
NON-ADMITTED – MORTGAGE	469,900.00
NON-ADMITTED – AUTO	21,068.95
RES. FOR UNPRES. CHECKS	3,746.65
TAXES DUE	32,355.45
Total Other Current Liabilities	5,525,964.26
Total Current Liabilities	5,525,964.26
Long Term Liabilities	
ANNUITIES – LEFT WITH SOCIETY	108,412.76
MATURED ENDOW. – LEFT W/SOC	181,901.98
Total Long Term Liabilities	290,314.74
Total Liabilities	5,816,279.00
Equity	
EQUITY-GAIN ON FOREIGN EXCH.	623.50
CHANGE IN NON-ADMITTED ASSETS	70,626.10
UNASSIGNED FUNDS	
UNREALIZED LOSS	-21,941.16
INDIGENT FUND	8,974.41
DECREASE-AVR	-61,338.00
ACCIDENT AND HEALTH FUND	53,610.29
Total UNASSIGNED FUNDS	-20,694.46
CONSOLIDATED FUND	5,623,084.60
(Retained Earnings)	
Net Income	84,922.95
Total Equity	5,758,562.69
TOTAL LIABILITIES & EQUITY	11,574,841.69
CASH BASIS	

District Meeting
of
MCT Corps District
Sokol USA

ANNUAL MEETING

Sunday, October 26, 2008
1 PM


Clarion House
300 Tarentum Bridge Road
New Kensington, PA

Make sure your Lodge is represented
at this Annual Meeting. A free hot buffet
luncheon will be held following the meeting.
Please mail your reservations by Oct. 20, 2008.

Nazdar and Thank You!
Matthew M. Blistan, Sr.
President

Sokol Social News

ANNIVERSARY



Joe and Jeanne Dubovi

Web Sites
about
Slovakia

Slovak Embassy,
Washington, D.C.
www.slovakembassy-us.org

U.S. Embassy, Bratislava,
Slovakia
www.usembassy.sk

General Information on
Slovakia
www.slovensko.com

Office of Government in
Slovakia
www.government.gov.sk

Slovak Trade and
Development Agency
www.sario.sk

Slovaks and Slovakia
www.slovak.com

Slovak Tourist Board
www.sacr.sk

Slovak Chamber of
Commerce
www.spok.sk

Phone Directories in Slovakia
www.zoznamst.sk (Slovak)

Slovak Newspapers
www.szm.sk (Slovak)

General Guide to the Slovak
Republic
www.slovakia.org

Web Page for Tourists
www.enjoyslovakia.com

Slovakia On Line
www.skonline.sk

50th anniversary for
Joe and Jeanne Dubovi

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.

On July 26th, Joe and Jeanne Dubovi of Leechburg, Pa., celebrated their 50th wedding anniversary. Joining in the celebration were many friends and relatives including their four children and their spouses, and their 12 grandchildren – daughter Joanne, her husband Carl and their children, Matthew and Rebecca Jakubowski; son Joe, his wife Pam and their children, Joe IV, Elizabeth, Emily, and John; son Tom, his wife Bobbi and their children, Tom and Tyler; son Tim, his wife Carol-Lynn and their children, Lauren, Lou, Natalie, and Josiah.

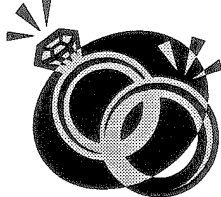
Brother and Sister Dubovi are members of Lodge 255 of Leechburg, Pa. Brother Dubovi has and still is an active Sokol leader. He is the current President of Lodge 255 and has been President for more years than anyone can remember. Additionally, Brother Dubovi has served on the Supreme Lodge of Sokol USA and was a Member of the Finance Committee. Currently, Brother Joe serves as the President of the Supreme Court of Sokol USA. We congratulate and extend best wishes to Brother and Sister Dubovi.

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: SOKOLUSAHQ@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.

FREDA REVELLA – (1922-2008) A member of Lodge 5W in Byram, Conn. She is survived by a son, Andrew Revella; a grandson, Derek James Revella, and a nephew, Douglas South.

HARRY V. CHOLTKO – (1918-2008) A member of Lodge 130 in New Kensington, Pa. He is survived by his wife, Helen Choltko, and a son, Harry F. Choltko.

SALLY KONECNY – (1915-2008) A member of Lodge 3W in Bridgeport, Conn. She is survived by her daughter,

Carolyn K. Barney.

MARTIN MATULA JR. – (1916-2008) A member of Lodge 500 in East Orange, N.J. He is survived by his wife, Josephine Matula, and a son, Martin Matula.

SHELLEY M. JOHNSON (HUZJAK) – (1968-2008) A member of Lodge 146 in Youngstown, Ohio. She is survived by her husband, Thomas Johnson; two sons, Corrie Matthew and Jessie Dylan Johnson; her mother, Lillian Huzjak, and her brother, Robert

Huzjak.

NICHOLAS DITCHKO – (1919-2008) A member of Lodge 130 in New Kensington, Pa. He is survived by his wife Alberta Mae Bain Ditchko, and a son, Jerry A. Ditchko.

ANNA MATUSOVIC – (1913-2008) A member of Lodge 28 in Duquesne, Pa. She is survived by two daughters, Elsie Ferencz and Maryanne Lasko.

SOKOL USA

276 Prospect St.
P.O. Box 189
East Orange, NJ 07019

Brothers and Sisters:
Why not take a little time and check your's and your children's (if you have any) insurance coverage. Most likely, you will discover that the amount is not sufficient and you need greater coverage. Why not act on it right now and apply for an additional certificate?

Please Send ____ New Member Applications to:

NAME: _____

ADDRESS: _____

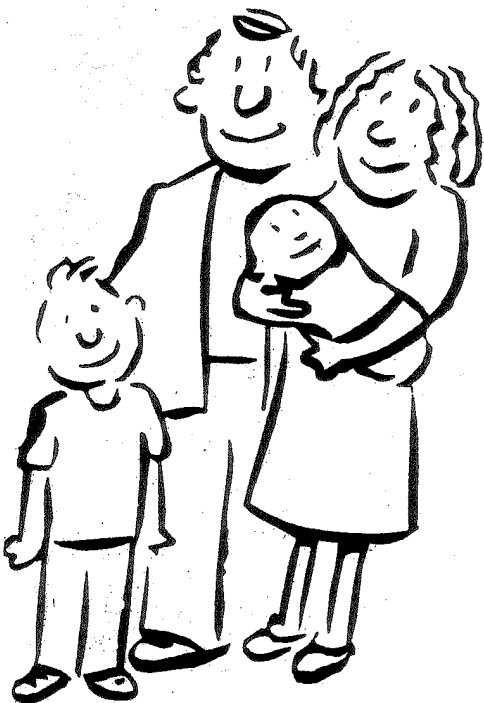
CITY: _____ STATE: _____ ZIP: _____

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 1/2 %

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			