

SOKOL TIMES

FEBRUARY 12, 2009

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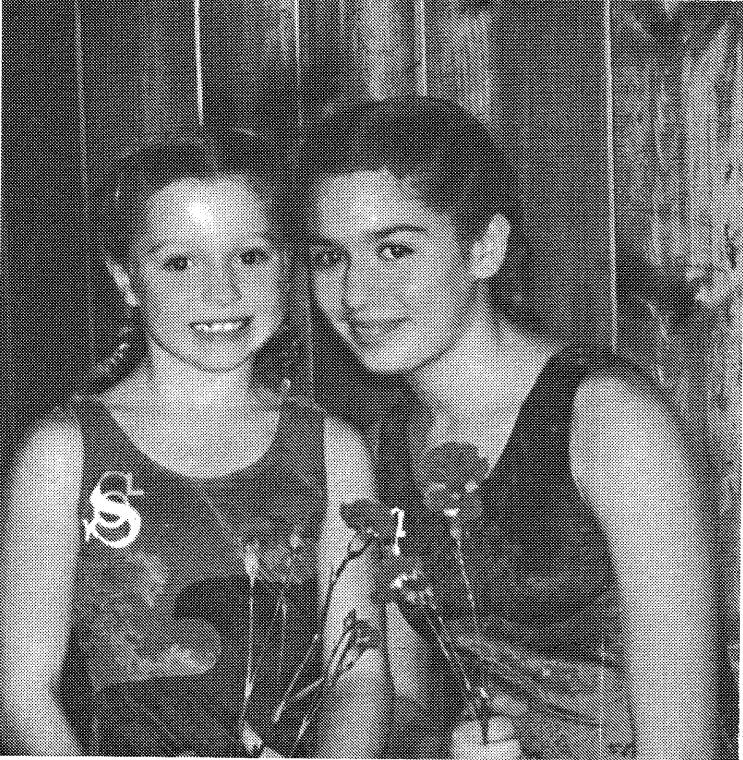
Shelby Evans is named Gymnast of the Month

When Shelby Evans was told that she was chosen to be Gymnast of the Month, she was so excited but asked, "Why me?" "Because you are such a good Sokol," she was told. "You come early every week volunteering your time to help teach the Sokolettes, you serve at Pancake Breakfasts and Fish and Chip Dinners, and whether you know it or not, you bring much enthusiasm and fun to the Junior Girl workout."

Shelby, the eldest of nine Junior Girls at the Boonton Lodge, shows determination and a positive attitude at every practice in a light hearted way. For instance, if you were to stop by any given Tuesday night, you would hear Shelby talking in some fashion about her "lucky yellow shorts." Last time she did her front hip circle on bars, Shelby exclaimed, "It's gotta be the yellow shorts!"

As can be expected, this fun-loving teen had a great time when she attended the 2007 Slet in Pittsburgh. When she was asked if she was going to Texas in 2009, she exclaimed, "I am so excited for Texas!" Shelby also added that she likes the slets because they are more than competing. There are other social activities.

Shelby started Sokol when she was 5 years old and recalls that she could never remember

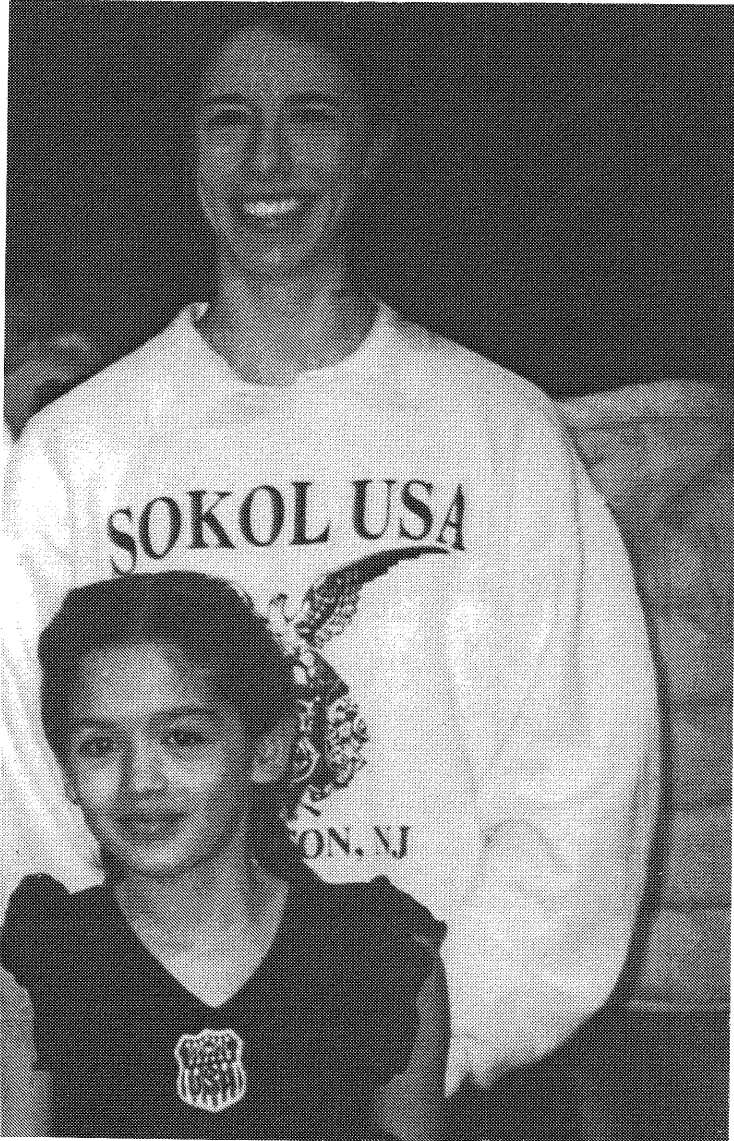


Above, Shelby Evans (right) and her cousin Makenna Sweeney after the 2008 MM Hodza District competition in Boonton. At right, Gymnast of the Month Shelby Evans and her coach Miss Nicole after Shelby's first USofE competition in 2003.

her routines so she worked on them at home with her mom. Next, Shelby was asked about what she likes about Sokol now that she's been involved for nine years. She responded,

"Everyone is sort of together with each other all the time. It's easier to learn in small groups and I like making friends. Also I've had Miss Nicole as an instructor forever." Shelby has made some

gymnastics goals for herself which include being as good as she can be and moving up gradually. Her favorite event is the bars because she progresses (See GYMNAST, Page 3)



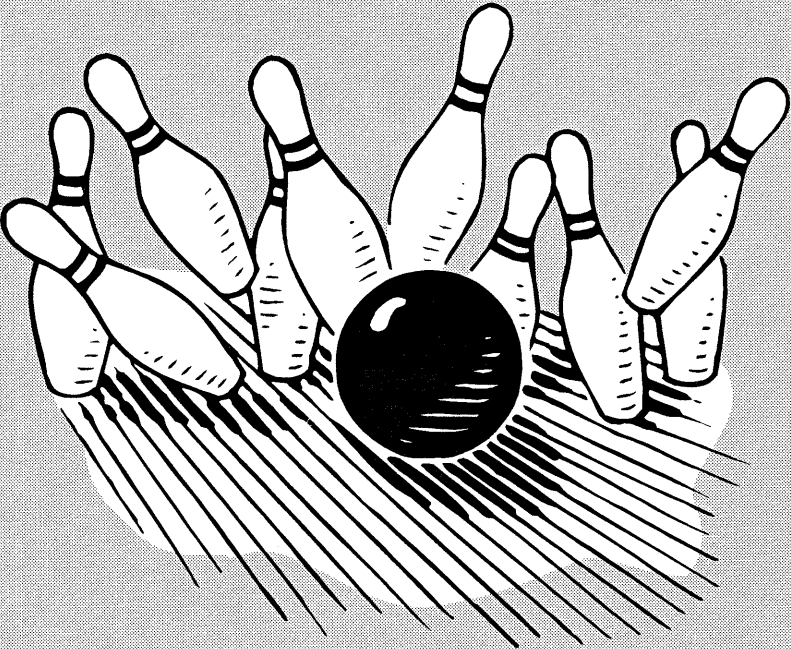
Bea Walko

FROM THE PRESIDENT'S VIEW

National events have certainly made this winter more than dreary and boring. The election and inauguration of our new president has given us much to discuss and deliberate. In this vein, I recently had a discussion about flag protocol. Our instructors and gymnasts and virtually anyone attending a Slet know that the flag and flag protocol is very important in our Sokol world. During my tenure as Sokol Kurz instructor, we spent time teaching proper flag (See PRESIDENT, Page 2)

61st Sokol USA National Bowling Tournament

Put May 16th and 17th on your calendar
And start making plans
To attend the 61st Annual National Bowling Tournament!



Hosted by Sokol USA Lodge 32,
Boonton, NJ

Saturday, May 16:
Tentative Schedule:
9AM and 12 Noon,
Doubles & Singles events

Sunday, May 17:
Tentative Schedule:
9 AM, four-bowler team events

More information coming soon.

SOKOL TIMES

official organ of the
SLOVAK GYMNASTIC UNION SOKOL
OF THE USA

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DONATIONS GRATEFULLY ACKNOWLEDGED

To the Sokol USA Gymnastic Fund

From Sokol Times Editor Anthony Puglisi <i>Wishing all of you a successful Year</i>	\$50.00
From Virginia R. & Daniel M. Dimucci, Jr. of McKeesport, Pa. <i>In memory of Stephen T. Tomko</i>	\$25.00

To the Milan Getting Scholarship Fund

From Arthur (Buddy) Burkhardt of Guttenberg, N.J. <i>In memory of Stephen T. Tomko</i>	\$25.00
From Sokol Times Editor Anthony Puglisi <i>Wishing all of you a successful Year</i>	\$50.00
From Lodge 15 of Yonkers, N.Y. <i>In memory of deceased members</i>	\$150.00
From Bessie A. Babuska of Tampa, Fla. <i>May your Holidays Bright with Peace and Love</i>	\$50.00
From Mary F. Predaina of Hobart, Ind. <i>In memory of Sister Helen Stolzmann</i>	\$20.00
From Helen Koudelik of Trenton, N.J. <i>Wishing everyone a Healthy 2009</i>	\$100.00

FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

protocol. We taught the Kurzists how to properly raise and lower the flag and how to fold it correctly after flag lowering. It was always a special time of the day and an impressive ceremony – to any guests who might be looking on. At that time, I did not fully realize the significance of all that we were teaching.

A military honor guard folds the flag of the United States meticulously 13 times. Many think that this is to symbolize the original 13 colonies. However, many of the traditions handed down from our founding fathers used the Word of God and its teachings. Thus the meaning of the 13 folds:

- 1st fold is a symbol of life.
- 2nd fold is a symbol of eternal life.
- 3rd fold is made in honor and remembrance of veterans who gave a portion of their lives for the defense of the country to attain peace throughout the world.
- 4th fold represent the weaker nature, for as American citizens trusting in God, it is to Him we turn in time of peace as well as in time of war for His divine grace.
- 5th fold is a tribute to the country.
- 6th fold is for where people's hearts lie. It is with their heart that they pledge allegiance to the flag of the United States of America and the Republic for which it stands.
- 7th fold is a tribute to its Armed Forces, for it is through the Armed Forces that our country is protected against all her enemies.
- 8th fold is a tribute to the one who entered into death that we may see light.
- 9th fold is a tribute to womanhood and mothers, for it has been through their faith, their love, loyalty and devotion that the character of the men and women who have made this country great have been molded.
- 10th fold is a tribute to fathers who have given their sons and daughters to the defense of this country.
- 11th fold represents the lower portion of the seal of King David and King Solomon and glorifies in the Hebrews eyes, the God of Abraham, Isaac and Jacob.

BOONTON SOKOL LODGE UPCOMING EVENTS

March 6 – Lenten Fish & Chips Dinner
4:30 to 7 p.m.; Adults \$8, Children \$5
Featuring batter fried fish or chicken tenders, fries, coleslaw, hush puppies, coffee, tea and dessert. Soda and beer will be available. Snow Date: March 7.



April 25 – Murder Mystery Night
For reservations and information, call 973-263-9831.



Friendship Club
Starts on January 16 and features a picnic on June 7. New members are welcome.



WESTERN PENNSYLVANIA SLOVAK CULTURAL ASSOCIATION

Manor Oak Two, Suite 500 + 1910 Cochran Road + Pittsburgh, PA 15220
(412) 531-2990 or (888) SLOVAKS + Fax: (412) 531-4793

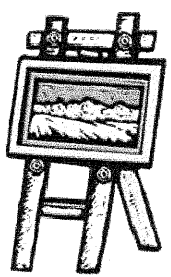
ENJOY A TOUCH OF SLOVAKIA

February 7 – Two Photo Exhibits from Slovakia
"Slovakia, Slovaks and Connections on Historic Postcards and Photographs"
"The Magic Number "8" in the History of Slovakia"

WHEN: February 7 thru February 28
WHERE: National Slovak Society Heritage Museum
351 Valley Brook Road
McMurray, PA 15317
PRICE: Free – No reservations needed

At the opening reception on Saturday, February 7, from 2 p.m. to 4 p.m., Professor Martin Votruba will explain the history of Slovakia highlighted in these exhibits.


Slovak wine and cheese will be available to our guests at the opening reception.



March 7 – Lenten Cooking Demonstration

WHEN: Saturday, March 7, 10 a.m. to 12 p.m.
WHERE: Nativity of the Blessed Virgin Church
4027 Beechwood Boulevard
Pittsburgh, PA 15217
PRICE: Free – Donations are appreciated


We have a cook from Slovakia who will demonstrate making bryndzove halusky. Recipes will be available. Afterward, all will enjoy homemade soup, halusky and dessert. Attendance is limited to 25. Call for reservations at (412) 531-2990.



February 24-April 14 – Slovak Language Lessons

WHEN: Tuesday evenings from 7 p.m. - 8:30 p.m.
WHERE: Mt. Lebanon Public Library
16 Castle Shannon Boulevard
Pittsburgh, PA 15228
PRICE: Free – Reservations needed, please call (412) 531-2990

The new format will feature vocabulary building and basic conversation by Bozena Hilko.



- 12th fold represents an emblem of eternity and glorifies, in the Christians' eyes, the Trinity.
- 13th fold, or when the flag is completely folded, the stars are uppermost reminding them of their nation's motto, "In God We Trust."

After the flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington, and the sailors and marines who served under Captain John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for them the rights, privileges and freedoms they and we enjoy today. And, the 21-gun salute we often hear – ever wonder why 21? It is the sum of the numbers in the year 1776.

So much history, so many traditions with such deep meaning. We probably all would benefit from more history lessons. God bless America!

As I finish writing to you, the Super Bowl has just concluded. Congratulations to all of you in the "Steeler Nation." All five grandchildren dressed in Steeler regalia – this one's for you Albert.

NaZdar!
Bea Walko

*So much history,
so many traditions
with such deep
meaning.
We probably all
would benefit from
more history
lessons.*

Don't Stop For Red Lights: The Creation of The Czechoslovak Room

Brother Joe Bielecki was the banquet speaker at the Federation of East European Family Historians 2008 North American Convention, which was held in Pittsburgh from July 31 to August 2, 2008.

The story of the Creation of the Nationality Classrooms at the University of Pittsburgh is an amazing tale of ordinary people who pushed ahead, one step at a time, to accomplish extraordinary things. Sokol USA also features prominently in the story of the creation of the Czechoslovak Classroom.

Shortly after World War I, the University of Pittsburgh embarked on an ambitious program to expand its campus. The centerpiece of the expansion was a 40-story tower called the Cathedral of Learning. The tower was to be a vertical high-rise devoted to knowledge and learning. It was designed to hold classrooms, labs and offices. Unfortunately, the construction ran over budget, the economy was in a downturn, and the Pennsylvania legislature declined to provide any additional construction funds.

This left Pitt's Chancellor, John Bowman, in the position of having to turn to the community to find the funds necessary to complete the building. He sought donations from wealthy industrialists, corporations and other entities. It was not enough to complete the building.

One day in the early 1920s, he was invited to speak at the steel workers union hall in Duquesne, Pa. When he arrived, the hall was filled to capacity with over 1,000 people, many of whom were immigrants from Eastern Europe.

Chancellor Bowman shared his vision with this poorly educated, poorly paid crowd. He gave a stirring speech and urged them to build the future and to build a place where students could be educated. He told them to think ahead to their children and grandchildren's futures and spoke to them of how education could change their lives and open the world to them.

The speech was so stirring that many immigrants jumped up and pledged to not eat meat for a month "or that they would not buy a new coat for a year" and pledged to give the savings to the university.

The Czechoslovak Classroom is a monument to the energy, will power and determination of a generation of immigrants!

As the Chancellor was leaving the building, the local fire chief, a Slovak immigrant, pulled the town's fire truck up. The fire chief told Bowman that the Chancellor had a great idea but he would encounter obstacles along the way. He stressed that in order to fulfill his vision, the Chancellor had to be like a fire truck and "Don't Stop For Red Lights!" With that, the fire chief and his men threw the Chancellor on the fire truck and drove more than 10 miles back to the Chancellor's mansion with the fire truck's sirens blaring and the bells clanging.

Touched by this experience, Chancellor Bowman tapped Ruth Crawford Mitchell, a professor of social work at the University who also worked extensively with the immigrant communities, to devise a way to bring the energy and excitement of the immigrant community to the university.

The result was the Nationality Classroom Program. Under this program, an ethnic community can come together, design and build a classroom as a memorial to its homeland. Each classroom committee is required to create a scholarship endowment and provide at least one scholarship.

One of the earliest Nationality Classrooms created was the Czechoslovak Classroom. One of its first leaders was Milan Getting and the Slovak Gymnastic Union Sokol was one of its largest benefactors at the beginning.

The Czechoslovak Classroom was dedicated in March of 1939, after many years of fundraising efforts. In 2009 it will celebrate its 70th anniversary. The moral of the story is "Don't Stop For Red Lights!" The Czechoslovak Classroom is a monument to the energy, will power and determination of a generation of immigrants!

Announcing

The XXXIII CONVENTION

Of The

Slovak Gymnast Union Sokol

of the U.S.A

August 2, 3, & 4, 2009

To be held at:

Wyndham Pittsburgh – University Place

3454 Forbes Avenue

Pittsburgh, PA 15213

The Gymnastic Department of SOKOL USA will conduct its Annual Meeting at this site on Saturday, August 1, 2009.

The Convention is the highest legislative body and judicial tribunal for the Sokol U.S.A., and shall consist of Supreme Lodge officers, delegates of the local lodges, representatives of the districts, Honorary officers, appointive officers, and guest delegates.

Each lodge in good standing is entitled to one (1) delegate for every fifty (50) members in good standing or major fraction thereof as of December 31 of the year preceding the Convention. Each lodge having less than fifty (50) members is entitled to one (1) delegate. The Supreme Lodge will reimburse the traveling and lodging expenses of not more than two delegates per lodge.

The lodge delegate shall be an adult member in good standing of the lodge for at least one year.

Lodges, districts, or individual members having motions or suggestions for the good of the Sokol U.S.A., or petitions, shall forward the same on forms furnished by the Supreme Secretary, not later than sixty (60) days prior to the Convention, to the Supreme Secretary, who shall deliver the same to the appropriate convention committee.

We encourage the membership and lodge officers to begin planning and selecting delegates as promptly as possible. In addition, we encourage submission of motions or appeals at the earliest possible time so that these topics can then be presented to lodges and delegates prior to their departure to the Convention. It is the intent of the Supreme Lodge to have certain Convention Committees meet prior to the opening of the Convention, which will require the attendance of at least one additional day.

Lodge Secretaries will begin receiving material concerning the Sokol USA Convention no later than February 1, 2009. The tentative schedule of Convention events will be published in the next issue of the SOKOL TIMES.

Nazdar!

Milan S. Kovac

Supreme Secretary

Beatrice Walko

Supreme President

WESTERN PENNSYLVANIA SLOVAK CULTURAL ASSOCIATION AWARDS DINNER

August featured and elegant banquet sponsored by the Western Pennsylvania Cultural Association. This society is supported by the Slovak Fraternal Societies, including Sokol USA. Brother Joe Bielecki is the President of the Western Pennsylvania Cultural Association. Brother Matt Blistan is a member of the Cultural Association's Board of Directors.

The awards dinner is held every third year and awards are given to members of the Slovak

American Community involved in various fields such as business, fraternalism, and the arts.

Among the awards recipients were Joseph T. Senko, the Slovak Honorary Consul to Pittsburgh; Rudy and Sue Ondrejko, Leaders of the Slovak Radio Hour, and Charles Daugherty, President of Duquesne University.

Brother Joe Bielecki from the Supreme Lodge and John and Justine West from Lodge 16 Braddock represented Sokol USA at this elegant recognition event.

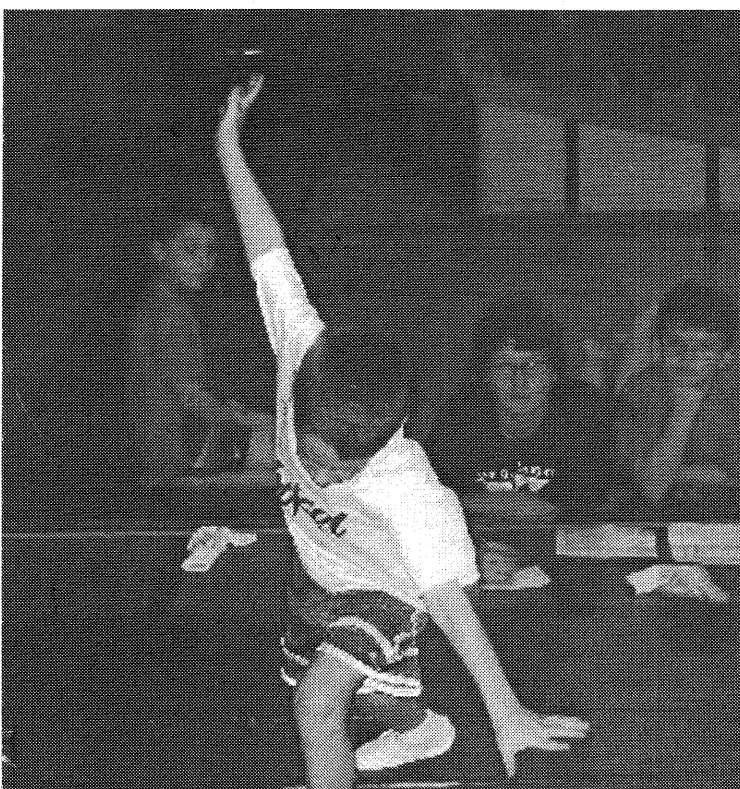
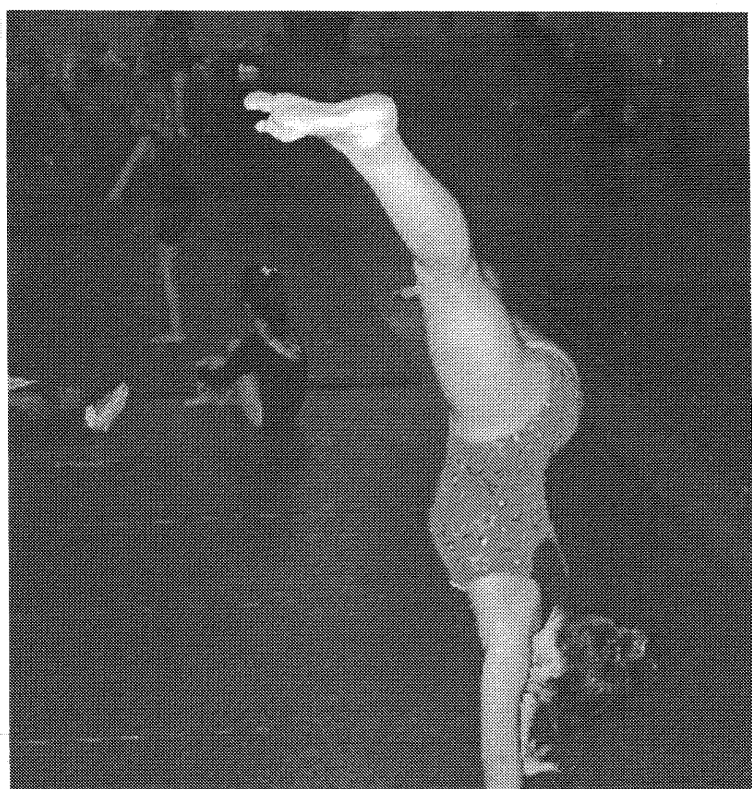
GYMNAST OF THE MONTH

(Continued from Page 1)

easily whereas she has to work harder on vault.

Shelby also enjoys spending time with her supportive family. She has a twin brother and older sister. She is currently a freshman at Boonton High School and is starting to get involved there in the Spanish Club and GSA (Group Sports Association). Shelby is also proud to be on the honor roll.

Shelby hopes to continue doing gymnastics for many years and plans on being involved in Sokol as much as she can.



LODGE 2 BRIDGEPORT ANNOUNCES SCHOLARSHIP PROGRAM

Lodge 2, Bridgeport, Sokol USA has continued and improved its scholarship program for high school graduates, it was announced by Lodge president Miguel Alicea.

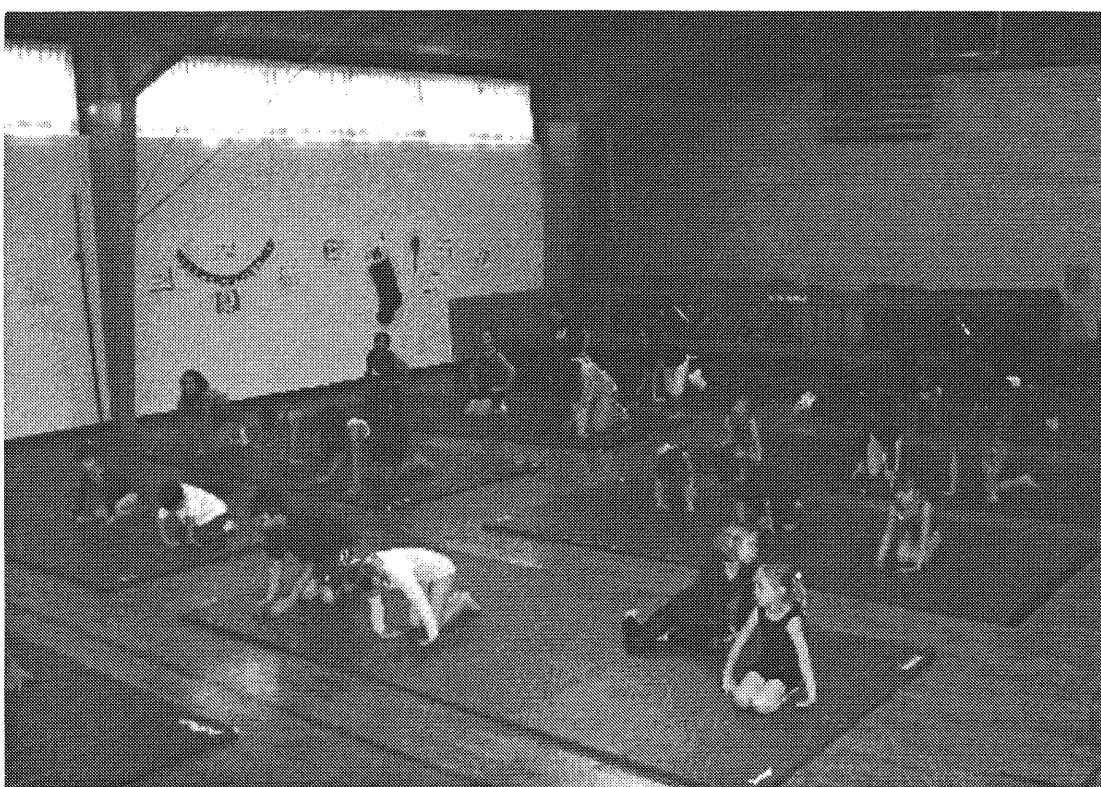
"This year up to two \$1,000 scholarships will be awarded to high school seniors accepted for admission to an accredited four-year college/university who are Slovak or Carpatho-Russian descent and residents of Bridgeport, Stratford, Trumbull or Shelton, Connecticut," said Alicea.

"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.



ON A ROLL FOR A GOOD CAUSE – Chicago, Lodge 306 held its annual cartwheel/roll-a-thon again in December. This is an annual fundraiser where the children get pledges and donations and are then given a set amount of time to complete their cartwheels (10 minutes) and rolls (5 minutes). They then win prizes for doing the most cartwheels/rolls and prizes are awarded to the top three money collectors.

NOTICE

Annual Meeting Supreme Lodge S.G.U. SOKOL USA

March 12, 13, & 14, 2009

Finance Committee will meet
Thursday, March 12
at Headquarters at 9:30 AM
and on Friday, March 13
at the Embassy Suites in Parsippany.

The Supreme Lodge will meet on
Saturday, March 14 beginning at 9:00 AM

*All requests, recommendations and grievances
from Members, Lodges and Districts
must be received at Headquarters no later
than March 6, 2009*

Milan S.Kovac
Supreme Secretary

Beatrice Walko
Supreme President

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)

Slovakia On Line (General Information)
www.skonline.sk

Slovak National Museum
www.snm.sk

Slovak National Theater
www.snd.sk

Slovak Newspapers
www.szm.sk (Slovak)

General Guide to the Slovak Republic
www.slovakia.org

Web Page for Tourists
www.enjoyslovakia.com

Slovak Cultural Calendar
www.kultura.sk

Slovak Academy of Sciences
www.savba.sk

Slovak Television
www.stv.sk



SOKOL ALUMNI 2009 REUNION

This is the time for a gallant Sokol to step forward to take the baton to orchestrate the next Reunion of old colleagues in the gymnastic world of Sokol.

While the previous committee members have not reneged, it is felt some new people can enjoy the fun of planning this exciting event. I am ready and willing to give support with all the experience gained at the 2006 event.

Please contact me with your interest in getting on board to host a summer 2009 Sokol Reunion at Sokol Woodlands in Barryville, N.Y.

Adelaide Darula
203-531-9532
adelkadarula@aol.com

Parents can halt the alarming increase in childhood obesity

According to the Centers for Disease Control and Prevention, nearly 15 percent or about 9 million American children ages 6 to 17 are overweight or obese. This excessive weight, particularly at a young age, puts them at increased risk for adult health problems earlier in life.

Young people need to be active and learn to eat right. When it comes to healthy living, parents are their children's most important role models. If children see their parents enjoying healthy foods and exercising, they are more likely to do so.

Pathologists, physicians who treat patients through laboratory medicine, say the primary causes of obesity in children are overeating and inadequate exercise. Children's attitudes toward exercise and eating are shaped early and can last a lifetime. Parents should encourage their children to enjoy a variety of foods, especially cereals, fruits and vegetables, as well as low-fat dairy products and lean meats, and limit unhealthy fast food and soft drinks.

Parents need to realize that how their child manages his or her weight now can have a profound effect on their future health. A diagnosis of type II diabetes at a young age can mean a lifetime of complications.

Although commonly thought of as "adult onset" diabetes, diagnoses of type II diabetes in children is increasing at a rapid rate. Diabetes puts children as young as 10 at a lifelong risk for heart disease, kidney failure and blindness. In addition, children with type II diabetes must monitor their blood glucose levels for the rest of their lives.

If diabetes is suspected, a primary care doctor will order blood tests and from that test, pathologists will determine the level of glucose in the blood stream. However, since most people first learn they have diabetes through routine tests or through blood tests done for another condition, regular visits to a physician are important.

Keep your kids healthy

Limit your children's access to unhealthy foods

Plan family outings that involve exercise

Limit your children's "couch potato" time in front of the television or playing video games

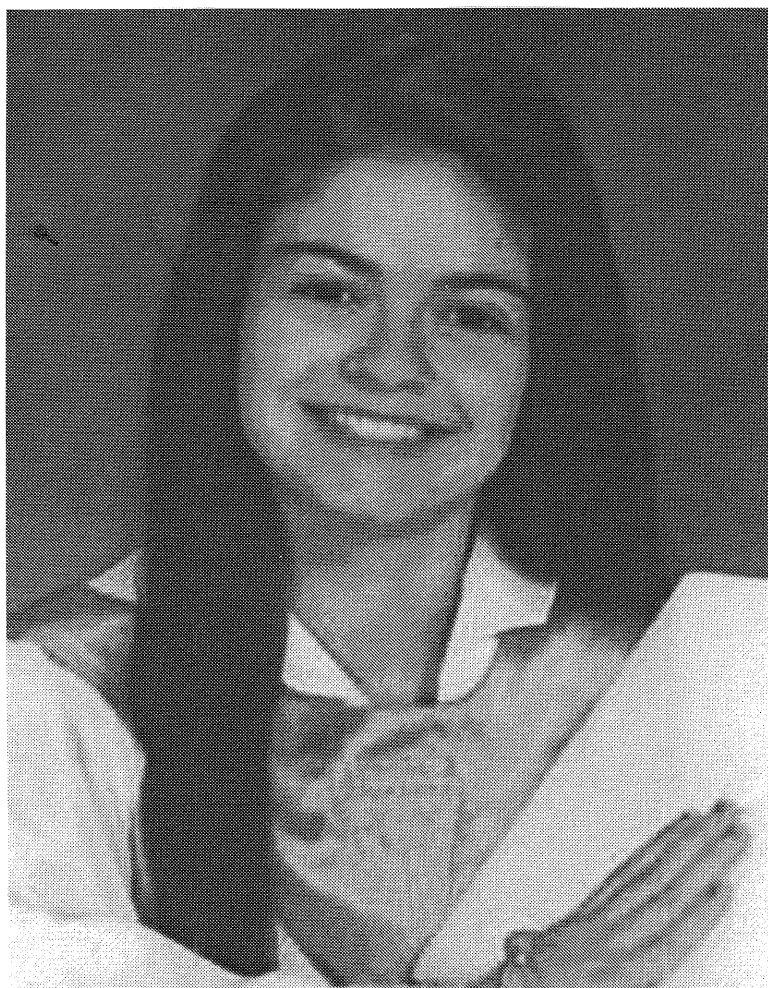
Be a role model for healthy habits

Eating a healthy diet is only part of the fight against obesity and its health complications. Turning off the television and video games and increasing physical activity is necessary to keep your children at a healthy weight. Almost half of children ages 8 to 16 years watch three to five hours of television a day. And it is the kids who watch the most television who have the highest rate of obesity.

Encouraging your child to be

active today can lead to good health habits when they are adults. Take up family hobbies like hiking, bowling, swimming and biking that you can all enjoy together.

Parents who set good examples for eating and exercise with their children are not only helping youngsters today, but provide healthy lifestyle choices that will be passed on for future generations.



Julia Valentin

Milan Getting Scholarship Recipient

I would like to take this opportunity to convey my utmost appreciation and gratitude for being awarded the Milan Getting Scholarship for the 2008-2009 school year. This financial support will be of great assistance with college expenses.

I have been a Sokol member since I was 8 years old, attending gymnastics class weekly since then with my family. My fascination and interest with the sport grew so big that I desired to go more often. I began classes at a nearby gym called Surgents. Soon I joined their club team, which I stayed with until my graduation last spring. My gymnastics career at Surgents culminated with my winning first place at the State competition. Along with my participation at Surgents and Sokol, I was also on my high school's gymnastics team throughout high school and a co-captain my senior year.

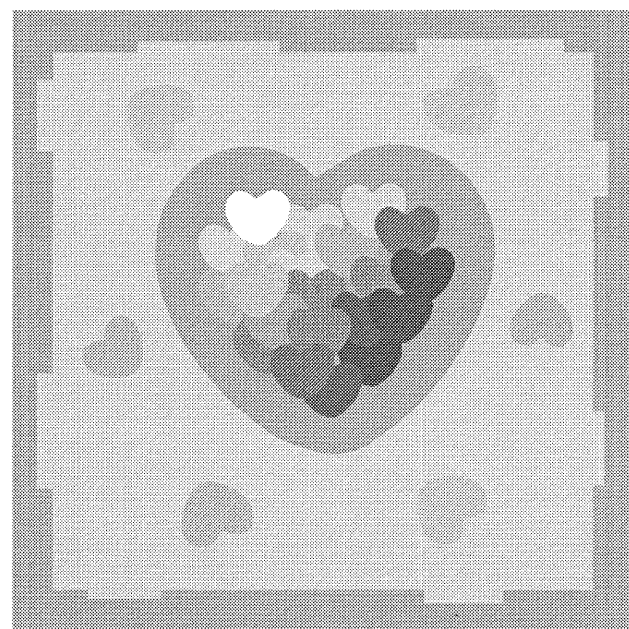
I have attended the various Sokol slets ranging from the annual one in Barryville to Canada, Pittsburgh and Valparaiso, winning artistic and fitness challenge awards along the way. I also competed in regional competitions in Sokol New York and Boonton, as well as judging at many of those meets. I have spent every summer at Sokol Woodlands, first as a camper, then a worker and counselor. My experiences in the Sokol program and the friends I've made along the way will be with me for the rest of my life.

I am currently attending Bucknell University as a freshman. I remain an undecided major in order to fully broaden my liberal arts education. After completing the first semester, I can say that my college experience is off to a roaring start.

Although it is difficult to maintain the same level of dedication to Sokol while being in college, I plan to contribute however I can.

Nazdar!
Julia Valentin

DON'T FORGET:
Valentine's Day is
Saturday,
February 14th!



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.

Don't let the cold keep you from staying active

According to statistics at the Mayo Clinic, more than 65 million Americans suffer from back pain each year, preventing them from enjoying weekend leisure activities. Fortunately, there are steps you can take to help you stay active.

Neck and arm pain is the most common exercise-related pain, which often results from a wide variety of activities including unaccustomed exercise, physically demanding work, and overuse or repetitive use of a muscle or joint. Pulled muscles are more likely to occur in the fall and winter months because your muscles tighten and contract in the cold weather.

Here are some tips to help you perform at the top of your game:

Stretch your muscles: Not only does stretching improve performance, it helps prevent injuries and improves flexibility. One of the best times to stretch is right after a workout, such as running, skating or skiing. Stretching fatigued muscles immediately following the exercise that caused the fatigue helps enhance the promotion of muscle growth and will actually help decrease the level of post-exercise soreness.

Treat sore muscles: If stretching didn't do the trick, don't think sore muscles will just go away; beat them to the punch with heat therapy.

Eat right: Smaller, more frequent meals are easier to digest and increase your metabolism, helping keep fuel reserves at their peak. Your body can only handle so much food at one time, and the digestive process is much more efficient with smaller quantities of food, making nutrient absorption more complete. Also, it's extremely important to stay hydrated throughout the day, so drink a lot of water.

Dress appropriately: Layer your clothes. Wear tights under sweatpants and a turtleneck under a sweatshirt with a light jacket. Once you warm up, layers can be removed.

Keep these tips in mind and you'll be able to perform at your best and feel great too.

Health spas: Exercise your rights

If you're thinking of getting in shape by joining a health club, you're not alone. Nearly 33 million people are members of some 17,000 health clubs in the United States today.

Although most consumers who join health clubs are pleased with their choices, others are not. To avoid the problems of high-pressure sales tactics, misrepresentation of facilities and services, broken promises about cancellations and refunds, here are some suggestions:

Inspect the spa

Look closely at the spa's fees, contractual requirements and facilities before you join. Then, inspect the spa. Visit the spa during the hours you would normally use it to see if it's overcrowded. Notice whether the facilities are clean and well-maintained, and note the condition of the equipment. Ask about:

Trial periods. Is there some time when you can sample the services and equipment for free?

Number of members. Many spas set no membership limits. While the spa may not be crowded when you visit, it may be packed during peak hours or after a membership drive.

Hours of operation. Some spas restrict men's use to certain days and women's to others. Some may limit lower-cost memberships to certain hours.

Instructors and trainers. Some spas hire trainers and instructors who have special qualifications. If you're looking for professionals to help you, ask about staff qualifications and longevity.

Review the contracts

Some spas ask you to join – and pay – the first time you visit and offer incentives like special rates to entice you to sign on the spot. Resist. Wait a few days before you decide. Take the contract home and read it carefully. Before you sign, ask yourself:

Is everything that the salesperson promised written in the contract? If a problem arises after you join, the contract probably will govern the dispute.

Could you get a refund for the unused portion of your membership if you had to cancel, say, because of a move or an injury? What if you simply stopped using the spa? Will the spa refund your money? Knowing the spa's cancellation policies is especially important if you choose a long-term membership.

It may be to your advantage to join on a trial basis, say, for a few months, even if it costs a little more each month.

Research the spa's history

Finally, before you join a health club, contact your local consumer protection office, state Attorney General or Better Business Bureau to find out whether they have received any complaints about the business.

A MEMORIAL GIFT TO THE MILAN GETTING SCHOLARSHIP FUND

In appreciation of the Slovak Gymnastic Union
Sokol of the USA
The following gift of \$1,000 is given

*In loving memory of my parents
Stephan Francis Fronko
And Emma Radakovich Fronko*

By Barbara Fronko Froehlich



SAVE THE DATE

17th Annual Slovak Ball

February 21, 2009
6 PM to Midnight
New York Athletic Club

*Slovak-American Cultural Center
Music by the Express led by Marek Soltis*



WHO NEEDS MONEY FOR COLLEGE?

High School Seniors planning to attend college or current college students, Sokol USA's **Milan Getting Scholarship** is available to Sokol USA members!

Education is never something that should take a back seat. Improve your financial ability to attend college by applying for the Milan Getting Scholarship. Each year, Sokol USA is proud to award the Milan Getting Scholarship to Sokol USA members who are furthering their education. Contact Sokol USA Headquarters by phone or e-mail (1-888-253-0362 or SOKOLUSAHQ@aol.com) and obtain an application and get ready to enjoy one of the benefits of being a Sokol USA member.

Applications for the 2009-2010 academic year must be received at Sokol USA by April 1, 2009. New scholarship recipients will be announced by June 1, 2009.

Reminder: all current Milan Getting Scholarship recipients must submit a scholarship renewal application each year by June 29th. Please contact Sokol USA headquarters with any questions.

Sokol Social News

ENGAGEMENT



Matthew Reynolds and Stacey Peterson

Reynolds, Peterson
announce engagement

Gene and Kathy Naccarato of Lodge 12, Central Jersey, are pleased to announce the engagement of their son, Matthew Reynolds, to Stacey Peterson. Matthew is a member of Lodge 32, Boonton and a member of the National Gymnastic Department.

Both Matthew and Stacey are graduates of Valparaiso University in Indiana. They currently reside in Indianapolis. A spring 2010 wedding is planned.

HAPPY BIRTHDAY

Dale Green, a resident of Palmerton, Pa., and a member of Sokol USA Lodge 214, celebrates his 40th birthday on February 17th.

IS YOUR FAMILY COVERED?

Insurance coverage for all family members is an essential part of personal financial planning. Don't put off taking care of this responsibility.

See your lodge Financial Secretary or call Sokol Headquarters toll free at 1-888-253-0362 for additional information or membership applications.

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: _____

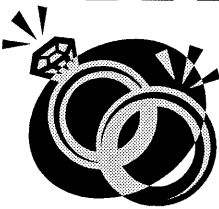
CITY: _____ STATE: _____ ZIP: _____

SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

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

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

ENGAGEMENTS,
WEDDINGS &
ANNIVERSARIES



NAMES: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

YEARS MARRIED (IF APPLICABLE): _____

BIRTHDAYS



NAME: _____

BIRTH DATE: _____

AGE: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

PROMOTIONS,
HONOR ROLLS &
OTHER EVENTS



NAME: _____

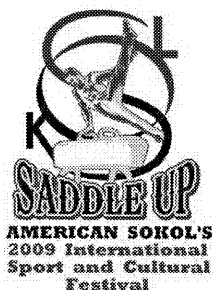
PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

EVENT: _____

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



The 2009 International Sport and Cultural Festival June 23 to 29, 2009 Forth Worth, Texas

Welcome

American Sokol has joined forces with USA Gymnastics, Pan American Gymnastics, Union Gymnaestrada, Special Olympics and others to create a week-long extravaganza of sport, recreation, culture and fitness. Each organization will be holding its own competitions and activities for all to enjoy in the Fort Worth Convention Center.

American Sokol Slet events will include artistic and rhythmic gymnastics, volleyball, basketball, bowling, team marching and calisthenics, a fun walk/run, fitness challenge, golf tournament and, of course, our demonstration of mass calisthenics.

Combined events will include the opening and closing ceremonies, an exhibition gala showcase, a parade in downtown Fort Worth, socials and vendor displays.

We would be honored to have you and your organization present for all or part of this upcoming event as a participant or as a spectator. A tentative schedule of events and housing information follows.

You can also visit our website, www.2009iscfestival.com, to view updated information on the event and view a wonderful promotional video.

Please extend an invitation to all of your staff and friends and extend a hearty Sokol greeting from all of us at American Sokol. This event promises to be a dynamic international gathering where bonds of friendship will be strengthened or forged anew.

We look forward to having you "Saddle Up" with us in June 2009.

Nazdar!
Larry Laznovsky
President, American Sokol

Tentative Schedule

Monday, June 22nd	
7 PM	Coaches and VIP Reception
Tuesday, June 23rd	
12 Noon	Coaches Meeting
3 PM	Fun Run/Walk
5 PM	Opening Ceremony Rehearsal
7 PM	Opening Ceremonies
10 PM	Evening Social
Wednesday, June 24th	
8 AM	Volleyball
10AM	Team Marching
5 PM	Sokol/USAG Gala Rehearsal
7 PM	Sokol/USAG Gala
10 PM	Awards Ceremony Social
Thursday, June 25th	
7 AM	Golf Tournament
7 AM	Artistic Gymnastics Competition – Children
11 AM	Artistic Gymnastics Competition – Jr./Sr.
3 PM	Artistic Gymnastics Competition – Opt. Lvs.
5 PM	Pan American Gymnastics Rehearsal
5 PM	Archery Competition
7 PM	Junior/Children Social
7 PM	Pan American Gymnastics Gala
10 PM	Awards Ceremony Social
Friday, June 26th	
8 AM	Downtown Main Street Parade
12 Noon	Fitness Challenge, Female
12 Noon	Archery Competition
12 Noon	3-on-3 Basketball
12 Noon	Artistic Gymnastics Special Olympics
2 PM	Fitness Challenge, Children
4 PM	Fitness Challenge, Male
7 PM	Slet Program Rehearsal
10 PM	Awards Ceremony Social
Saturday, June 27th	
8 AM	Artistic Gymnastics Competition – Children
8 AM	Archery Competition
12 Noon	Bowling Championships
7 PM	Slet Program Performance
10 PM	Final Awards Ceremony Social
Sunday, June 28th	
8 AM	Farewell Texas Social at Sokol Fort Worth

Housing Information

Omni Fort Worth Hotel
1300 Houston Street
Fort Worth, TX 76102
Phone: 817-535-6664
Fax: 817-882-8140

Rooms can be booked by individuals by going to the web site. The special code needed for our rate will be automatically entered when booking here.

<http://www.omnihotels.com/FindAHotel/FortWorth/MeetingFacilities/2009InternationalSportsandCulturalFestival6.aspx>

The hotel is located directly across the street from the Convention Center.



A postcard promotes the 2009 American Sokol Slet at the International Sport and Cultural Festival this June in Fort Worth, Texas.

Sokol Participant Card

Happy New Year! Can you believe the American Sokol Slet is less than six months away? The National Board of Instructors and the Slet Committee have been feverishly working to make the International Sport and Cultural Festival an Event to Remember. We are excited and pleased that many of you have made your plans to attend or are in the process of doing so. To better serve you, we are sending this information request earlier than usual so that you have a better opportunity to take advantage of early registration discounts.

The "Sokol Participant Card" is a new concept for Sokol Slets and includes "primary activities" for each athlete for a discounted fee. These activities include such things as entrance to the opening ceremonies, Stockyards social and Pan American Gymnastics Union Gala, performance in Slet calisthenics and the finale (including a T-shirt), free use of local buses, parade participation, etc. The value of this card is over \$125. If purchased before April 1st, the card cost is \$50 and after April 1st the card cost is \$65. This card is required for all individuals competing in artistic, rhythmic, volleyball, basketball, team cal and marching and competitive fitness challenge, etc., as well as those performing in the Slet Program, calisthenics/folk dance, and "Let Loose" finale (which includes a T-shirt). Fees for competition and other events are considered "add ons." For example, if a person wants to compete in rhythmic, they would get the "Sokol Participation Card" for \$50 before April 1st and then pay a \$35 "add on" fee to compete.

We strongly urge you to purchase all Sokol Participant Cards before April 1st. Although we would appreciate having all participant names submitted now, as well, you can submit the names by May 15th along with the final entry fees a release forms. The Sokol Participant Card will include an ID photo of the participant so ID photos for all participants will also need to be submitted. The procedure for submitting the ID photos will be outlined in the future.

The "All Access Spectator Card" includes entrance to opening ceremonies, participant social, Slet performance, free use of local buses, etc. The value of this card is \$122 and the cost is \$80. Although we would prefer early purchase of the All Access Spectator Card as well, the purchase cost is fixed (no early discount will be given).

Actual entry forms will be sent on or about March 1st to all units, lodges and groups that submit a Participation survey. The deadline to submit those entry forms will be May 15th, which is also the deadline for all individual participant Information and Release Forms, ID photos, etc.

Copies of the forms and materials are available from the American Sokol Board of Instructors at American-sokol.org/boi.

For more information, please contact Barb Vondra, Director of Women, at topinkyd1@aol.com or Chuck Kalat, Director of Men, at ckalat@aol.com.

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.

FRANCES JURICA – (1919-2008) A member of Lodge 20 in Ford City, Pa. She is survived by her godson, Emil Bednar.

LOUIS TOKARSKY – (1921-2008) A member of Lodge 260 in Cleveland, Ohio. He is survived by his daughters, Judith, Catherine, Lillian and Nancy.

JOHN P. DURISH – (1909-2008) A member of Lodge 12 in Newark, N.J. He is survived by his daughter, Florianne, and his son, John.

SUSAN SANIGA – (1924-2008) A member of Lodge 126 in Ellsworth, Pa. She is survived by her sisters, Dolores and Veronica.

OLGA KUCHTA – (1917-2008) A member of Lodge 26 in Guttenberg, N.J. She is survived by her husband, Joseph Kuchta.

PHILIP A. POSIVAK – (1935-2008) A member of Lodge 93 in Bethlehem, Pa. He is survived by his wife, Hilde Posivak.

CHARLES HOLMAN – (1912-2008) A member of Lodge 269 in Whiting, Ind. He is survived by his son, Anthony Holman.

OLGA YUNASKA – (1913-2008) A member of Lodge 45/130 in Tarentum, Pa. She is survived by her son, Mathew, and her daughters, Suzanne and Mary Jo.

JOSEPH KUMPAN – (1913-2009) A member of Lodge 99/33W in Johnstown, N.Y. He is survived by his sister, Olga Kehoe.