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SOKOL TIMES

MAY 14, 2009

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Attending the Slovak Reception for President Ivan Gasparovic were (from left) President Gasparovic, Amelia and Matt M. Blistan and Silvia Gasparovicova.



Matt Blistan greets President Ivan Gasparovic.

From the President's View

Once again, our Sokol world is saddened by the passing of Sokol members. I bring to your attention those members who have served on the Supreme Lodge and thus are known to many. Recently we have mourned the passing of Sister Ann Halama, who served as a member of the Finance Committee and was an active member in her local lodge of Aliquippa, Pa., and of Brother John Bagel, who served in numerous capacities both in Lodge 306, District L. Stur and on the national level.

On behalf of the Supreme Lodge Officers and the entire Sokol USA membership, I extend our deepest sympathies and condolences to the families of Sister Ann Halama and of Brother John Bagel. Thank you, Ann, for all your work, your dedication and love of Sokol.

Brother Bagel was a dedicated Sokol who served this organization well. His love for life made it easy for him to engage in Sokol activities. I remember John Bagel as the heart of Lodge 306, who worked tirelessly to ensure that the new building would be built and would sustain itself. He carried his love for Sokol to the national level, serving as Assistant Chief Physical Director, member of the Finance Committee and Vice President. He was coach/manager of the Sokol USA team that traveled to Vienna in 1962. His contributions



Bea Walko

were many and his mark left on the history of Lodge 306 and Sokol USA.

John, along with his Sokol sidekicks, John Pracko, Milan Tomaska, Milan Kriho and Dennis Katz, are the only members in our Sokol time to have taken a road trip to visit each Sokol Hall and camp. There were many, many stories to share from that Sokol venture.

I take this opportunity to thank you, Brother John Bagel, for your service to Sokol USA. Your work and dedication made you stand out as a leader. Betty Ann, Jean, Annie and Johnny take peace in the fact that your husband and (See PRESIDENT, Page 2)

LODGE 276 HOSTS SPECIAL GUEST

Our April 5, 2009 meeting had a satisfactory attendance and was helpful in many ways.

On October 10, 2008, a Slovak Reception for President Ivan Gasparovic was held at Lamont Restaurant in Pittsburgh, Pa. Our Brother Matt Blistan was so proud to meet Mr. Gasparovic and shake his hand. The U.S. Steel Corporation, along with Honorary Joseph Senko, greeted the President with a translator for fraternal friends. The Duquesne University Tamburitzans provided entertainment.

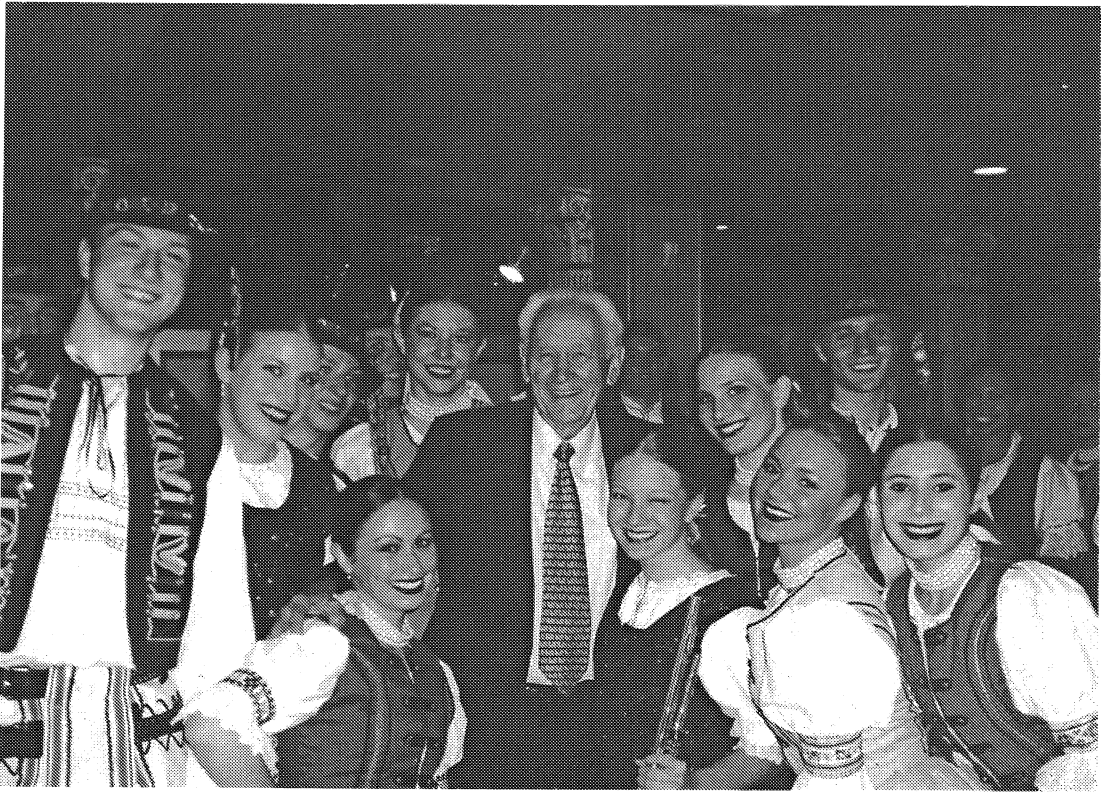
This month brought us sad news of the passing of Sister Ann Halama of Lodge 240, Aliquippa. Sister Ann was a former Supreme Officer and gymnast with our lodge and

participated in many slets. We have special memories of her as she gymed with us as far back as Mary Kadrik's teaching years.

Our Pittsburgh Lodge meeting for May has been cancelled due to other commitments. Our next meeting is June 7th at 2 p.m. We are satisfied that our meeting are being officiated and moderately attended at Holy Emmanuel Lutheran Church Auditorium.

It may be possible for some of our members to participate in the Boonton, N.J., Bowling Tournament on May 16 and 17.

Nazdar!
Amelia Blistan, Reporter
Lodge 276, Pittsburgh, PA



Matt Blistan poses with the Duquesne University Tamburitzans Dancers.

SOKOL TIMES

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WHO WAS MILAN GETTING?

Today's younger Sokol USA members recognize the name of Milan Getting from Sokol USA's scholarship program. However, many are not familiar with Getting's great accomplishments.

From a historical perspective, Milan Getting was an amazing man who did many great things. He emigrated from Slovakia to Pittsburgh in 1902. He was an avid Sokol. He was devoted to the Sokol values of freedom, brotherhood and equality.

The *Slovensky Sokol*, a bi-monthly newspaper, came into existence in June 1905. The *Slovensky Sokol* was the official newspaper of the Slovak Gymnastic Union Sokol of the U.S.A., now called SOKOL USA. In the initial formative years (1905-1908) of the newspaper, Karol Stiasny and Milan Getting served as editor and it appears as alternating years. Milan Getting recognized the value of having a publication which would keep the Sokol Lodges informed and in contact. Getting was firmly the paper's editor from January 1908 through mid-1919.

Getting was also a leading proponent of independence for the Slovaks and Czechs from the Austro-Hungarian Empire. He wrote unceasingly in support of his vision of a Slovakia free from the bonds of the Habsburg Empire. He published many articles in the campaign for independence from Austria-Hungary.

He promoted the concept of an alliance of Czechs and Slovaks in a state of their own outside of the rule of Austria-Hungary.

When World War I broke out, Getting tirelessly organized events promoting men to volunteer to enlist in the Czechoslovak legions fighting on the Western front and he worked to raise money for the war effort. As the end of the First World War neared in 1918, Getting worked unceasingly to raise the public's consciousness for Czech and Slovak independence from Austria-Hungary.

In May 1918, Getting was a key participant in the Pittsburgh meeting of American Slovak and Czech leaders with Thomas Masaryk. This meeting resulted in the Pittsburgh Agreement, a document instrumental in the birth of the new country of Czechoslovakia following the end of World War I.

At the end of World War I, Getting returned to Europe and worked in Bratislava for the newly independent Czechoslovak state. Later, he returned to the United States where he served from 1924 to 1932 as the Czechoslovak Consul for Western Pennsylvania and as chief of the Press Bureau at the Czechoslovak Embassy in Washington, DC.

Getting was a multi-faceted and talented man. He helped in creating the Czechoslovak Classroom at the University of Pittsburgh. He also was a talented puppeteer and gave puppet shows for his family as well as for the public at the Jan Hus Church in New York City and in Pittsburgh. Portions of Getting's puppet theater are on display at the Senator John Heinz Pittsburgh Regional History Center in Pittsburgh.

The Milan Getting Scholarship program was established in his honor by Sokol USA. Getting was the voice of the Slovak Sokol and tireless promoter of Sokol's key tenets of brotherhood, equality and independence. It is only fitting that this year's convention banquet will include a silent auction to raise additional funds for the Milan Getting Scholarship program. Getting's tireless work touched many lives and his memorial scholarship continues to do the same.

REMINDER TO CURRENT MILAN GETTING SCHOLARSHIP RECIPIENTS

As the school year comes to a close, please remember to submit your transcript and renewal form to Sokol USA Headquarters (276 Prospect St., P.O. Box 189, East Orange, NJ 07019) by June 30. We hope you have had a successful year and look forward to hearing about your progress in furthering your education.

If you need a renewal form, please contact Sokol USA Headquarters at SOKOLUSAHQ@aol.com or 1-888-253-0362. Good luck in the final weeks of this semester.

The Milan Getting Scholarship Committee

Sokol USA Farrell, PA

Invites all members, families and friends to our

ANNUAL MEETING AND GYMNAST RECOGNITION DAY

*Sunday, June 7, 2009
Slovak Home, Farrell, PA
800 Spearman Avenue*



2:00 pm.....Annual Business Meeting
3:00 pm.....Gymnastic Program

Lunch to follow program

*Our gymnasts are preparing for the American Sokol Slet in Fort Worth Texas.
Everyone is encouraged to come to the Sokol gymnasium and meet all
who are maintaining the Sokol traditions of "A Sound Mind in a Sound Body".*

FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

father will be missed and will be remembered by many for the passion he had for life and the way he lived that life.

I am also deeply saddened by the passing of Kathy Babuska Naccarato's husband, Gene. Our prayers are with Kathy at this untimely passing of Gene. I am sure that the love of family and friends will sustain Kathy during this time of sadness. In addition, her son, Matthew Reynolds, has been recalled to active duty and will deploy to the Middle East in the coming months.

As our lives continue and they do, I look forward to meeting Sokol friends at the American Sokol festival in Fort Worth. Daily, I am reminded to live life to the fullest each and every day and to embrace those who come into our lives. Never miss an opportunity to take in the splendor of the world around us and to glory in the love that surrounds us.

I remain with our sincere Sokol
Nazdar!

Bea Walko

WHO WANTS SOKOL WOODLANDS?

An Open Letter to Members and Friends of Sokol:

At its April meeting, the Board of Directors of Sokol Woodlands reluctantly decided that, not having the ways and means to open the camp for 2009 or the foreseeable future, the best course of action would be to sell the camp.

This situation is heartbreaking for those of us who have spent many summers at our camp, with the company of friends, the beautiful countryside and fresh pine air, and the opportunities for gymnastics, swimming, and camping activities.

Please take a moment to think outside the box. Can you think of any way to save the camp? Do you know of anyone who might be interested in using our property?

If you have any ideas that will not involve any cost on our part, please let us know. If you would e-mail me at ellenkovac@aol.com, I will be sure to pass your comments along to all the members of the Camp Board.

Nazdar!
Ellen Kovac,
Board Member

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.

WPSCA ANNOUNCES ANNUAL SPRING MEETING

The Western Pennsylvania Slovak Cultural Association will hold its 9th Annual Spring Meeting on Sunday, June 14th at 2 p.m. at the Czechoslovak Nationality Room in the University of Pittsburgh Cathedral of Learning. This year's speaker is Karen Melis, who will discuss the basics of DNA testing as it applies to genealogy. She will discuss what DNA testing is and isn't, the testing methods, process and interpretation of results as well as answer questions or concerns. She will also speak about the advantages of a geographic DNA project and some interesting findings about the Zamagurie Region DNA Project. A lucky volunteer from the audience will be selected to demonstrate how a DNA kit is administered and the results will be provided in six to eight weeks free of charge.

In 1998, Karen began a journey to learn about her Slovak ancestry from the Zamagurie Region. What started as a desire to know who her ancestors were and where they came from grew into more than an interest, but a passion. For over 10 years, she has documented her direct and collateral lines, building on the family relationships through a set of villages. The results went well beyond the genealogy and researching of her family tree. By observation, she could not only identify who was related to whom, but also noted patterns of births and marriages, the effects of catastrophes and plagues in the villages, how marriage partners came from "just over the mountain," and how some surnames migrated or stayed for generations in the Zamagurie Region. Further, she could trace emigration patterns from these villages to Passaic, Chicago and especially Pittsburgh, where her own ancestors migrated.

Mrs. Milas earned degrees in Chemical Engineering and Biology from the University of Pittsburgh. She was also a post-baccalaureate student in the Russian and East European Studies Certificate program. After being awarded the Thomas Kukulka Memorial Scholarship, she continued her Slovak studies at the Studia Academica Slovaca (SAS). Presently, she lives in Butler, Pa., with her husband, Terry. They have two children who are also studying for advanced degrees.

The meeting is open to the public. Admission is free. Following the business meeting, there will be a social hour with snacks and drinks in Room 1228.

WPSCA BOARD/OFFICER CHANGES

Joseph Bielecki and Andy Conte have had their terms on the WPSCA Board of Directors extended for another three-year term. Candi Grove has been added to the WPSCA Board effective in 2009. The newly elected officers for 2009 are as follows:

President	Cliff Moeller
Vice President	Carolyn Potanko
Secretary	Linda Strom
Treasurer	Albina Senko

We thank President Joe Bielecki, Vice President Cliff Moeller and Secretary Carolyn Potanko for their past work and dedication as officers.

9TH ANNUAL SLOVAK FILM FESTIVAL PLANNED FOR FALL

For the past eight years, WPSCA has presented several popular Slovak films with English subtitles. Admission is free to all of the films. The dates for the 9th annual Slovak Film Festival are as follows:

The Garden – Jakub's life has arrived at a dead end. He leaves his job and gets into conflict with his father. Breaking away, Jakub realizes the pleasures of the countryside in his grandfather's old garden. He falls in love with angelic Tereza, has unusual visitors and is not planning to go back to town any time soon. Sunday, September 13, 2 p.m., University of Pittsburgh Posvar Hall, 230 South Bouquet Street, Pittsburgh.

Copper Tower – A story of adventure and romance set against the background of the High Tatras. The tragic story is lightened by funny comments. Saturday, October 17, 2 p.m., Mt. Lebanon Library, 16 Castle Shannon Blvd.

If I Had a Gun – This is a tragicomic story about boys who face the grim events of war and everyday village life. Saturday, November 14, 1 p.m., South Side Library, 2205 East Carson Street.

9TH CONSULAR TOUR TO SLOVAKIA

Joe Senko, the Slovak Honorary Consul, and his wife Albina have planned their 9th Consular Tour to Slovakia including trips to Vienna and Prague. The 13-day trip will begin July 3rd and end on July 15th. It will include visits to Bratislava, the High Tatras, Levoca, Kosice, Banska Bystrica and Zvolen. The activities include wine tasting, rafting, the Detva Folk Festival, sightseeing of numerous cathedrals, castles, palaces, museums, picnics and live folk entertainment.

The tour includes top hotels, breakfast and dinner each day, all admission fees, air-conditioned bus transportation and an English speaking guide. It does not include tips and insurance. For a copy of the daily itinerary, contact Joe Senko at 412-531-2990, jtsenko@aol.com or Manor Oak Two, Suite 500, 1910 Cochran Road, Pittsburgh, PA 15220.



Attending the Slovak Easter event hosted by Western Pennsylvania were Brother Joe Bielecki, Sylvia Goda, Sue Ondrejko, Mary Ann Kaylor, Cecilia Sarocky and Dr. Michael Kopanic.

Sokol Display at Easter Festival

South Side Pittsburgh's Prince of Peace Parish Center hosted one of Western Pennsylvania's largest Slovak Easter events on Saturday, April 4th.

The parish held a Slovak language Easter service followed by traditional Slovak Easter lunch in the parish center. Over 300 people were welcomed for a classic Slovak Easter lunch of ham, kielbasa, Sirek, a special Easter cheese made from egg yolks, beets and horseradish, Paska bread, and nut and poppyseed rolls.

Brother Joe Bielecki made one of several displays addressing Slovak culture. His display showcased Sokol USA today. It presented photos from the 2006 Slet in Prague and many images from Sokol USA's 2007 SokolFest in Pittsburgh. People viewed photos from Sokol events at Kennywood Park, mass calisthenics in Prague and even the North Side Senior Women at the SokolFest at Pittsburgh's Convention Center. Many people stopped at the display and shared Sokol memories.

Attention Byram Lodge 7 Members and Friends

Chicken Paprikas Dinner
Saturday, June 6, 2009
5:00 – 7:30 pm

Adults - \$11.
Children over 5 - \$5.

Fellowship and Music
in the bar following dinner.

Come early and stay late!!!!
To make reservations,
call Bea Walko at 203-531-9669

* * *

Attention Byram Lodge 7 Members

In an effort to better communicate with our members, we are developing an e-mail list. If you wish to receive lodge news and information of events at Sokol Club at Mill Street, please send your e-mail address to David Walko at Sokolusa@aol.com.

Children's Ages & Stages: Part 2

What can they understand?

What can they do?

By Linda Thorberg
and Brant Lutska

Part 1 of this article covered milestones and appropriate activities for 2 and 3 year olds and was published in the April edition of The Sokol Times. It originally appeared in Technique magazine.

No matter what the activity, children want to have fun. This is especially true for gymnastics classes. If a teacher understands child development and incorporates age-appropriate activities in class, that can go a long way in helping the "Fun Factor!" When you understand the interests and abilities of children at various ages, you can create stations and appropriate challenges to allow them to be successful and have fun.

Listed below are developmental milestones and activity suggestions for 4 and 5 year olds.

Age 4

Physical Development Milestones

Skips on one foot, draws "Man," cuts with scissors (not well), can wash and dry face, dresses self except cannot tie laces, can do standing broad jump, throws ball overhand, high motor drive.

Age appropriate activities to include in your gymnastics class:

Hopping on one foot, then the other.

Skipping on one side, then both.

Hurdle step. Hopscotch one foot, two feet, etc.

Toss and catch a bean bag. Toss, clap and catch.

Basic rolls forward and backward with a spot.

Inverted readiness activities to create upper body strength.

Balance on different body parts.

Emotional Development Milestones

Seems sure of himself, out-of-bounds behavior, often negative, may be defiant, and seems to be testing himself, needs controlled freedom.

Age appropriate activities to include in your gymnastics class:

Sometimes have negative thoughts like "I can't." When children make those statements, help them to reword the statement to say, "I'll try, but I may need help."

They will usually want to help and be the leader, find ways to make everyone feel special during class. Once they know that everyone will get a turn being first, they will relax and take whatever turn they get.

They enjoy role playing. Make stations where they are different animals or creatures.

Social Development Milestones

Cooperative play, enjoys the company of other children, highly social, may play loosely organized group games such as tag or duck-duck-goose, talkative, versatile.

Age appropriate activities to include in your gymnastics class:

Cooperative games are great, partner games work well.

Class relays (where everyone ends up the winner).

They like to help pick up. Use the clean up game to re-arrange the equipment before you move to another place.

They like to use humor and tell jokes. Give everyone a chance to be the center of attention.

They can use an organized line to move from place to place.

Intellectual Development Milestones

Uses complete sentences, 1,540 word vocabulary, asks endless questions, learning to generalize, highly imaginative, dramatic, can draw recognizable simple objects.

Age appropriate activities to include in your gymnastics class:

Can understand four stations presented at once.

Play the Memory Game. Create a series of skills and see if they can remember what comes next.

They should be able to follow patterns easily. Try to teach them to stay at a station with a partner and keep working until it's time to rotate to another station. See if they know where to go next.

Give tasks involving counting or ask them to do four cartwheels.

Can perform three to four element sequences.

Age 5

Physical Development Milestones

Hops and skips, dresses without help, good balance and smoother muscle action, skates, rides wagon and scooter, prints simple letters, handedness established, ties shoes, girls' small muscle development about one year ahead of boys.

Age appropriate activities to include in your gymnastics class:

Balances on one foot on beam. Scale, lunge, knee scale, jumps across beam.

Jump rope, hoola hoop games.

Running and jumping with vaulting activities is more coordinated.

Basic tumbling and strength activities are appropriate. Bridges are introduced.

Include basic skills, gallop, skip, run and jump with a rhythm.

Emotional Development Milestones

Self-assured, stable, well-adjusted, home-centered, likes to associate with mother, capable of some self-criticism, enjoys responsibility, likes to follow the rules.

Age appropriate activities to include in your gymnastics class:

Usually has no problem coming in to class and joining a group even if it's a new experience.

Likes to be watched, give them a turn to show off.

Can understand a correction. Only give one at a time.

Can understand safety rules and repeat them.

Social Development Milestones

Highly cooperative play, has special "friends," highly organized, enjoys simple table games requiring turns and observing rules, "school," feels pride and accomplishment, eager to carry out some responsibility.

Age appropriate activities to include in your gymnastics class:

Partner games – toss a pit cube back and forth.

Do a casting game on bars, one child holds a speed bump (or noodle) behind the other who is doing a front support. The casting child tries to kick the noodle with her legs as she casts. They trade places.

Do partner warm up games such as "Row Your Boat" or "Leap Frog."

Group relays work well. Keep it cooperative so everyone wins! They enjoy the "team" atmosphere of a class.

Intellectual Development Milestones

2,072 word vocabulary, tells long tales, carries out direction well, reads own name, counts to 10, asks meaning of words, knows colors, beginning to know difference between fact and fiction-lying, interested in environment, city, stores, etc.

Age appropriate activities to include in your gymnastics class:

Can understand four to five stations presented at once.

Create letters of their name with a jump rope. Do jump rope games.

Use pit cubes with numbers on each side to roll like a dice and see how many cartwheels they have to do.

Sit on a low beam and press up in a tuck and sing the ABC song, or spell your name, or count how old you are.

Can start to tell the difference if their legs are straight or bent in a cartwheel.

By understanding child development, you will be able to plan activities that are more appropriate for each age level.

The more tasks that a child can complete, the better their self-esteem will become. Take time to understand child development. It will help you produce children that are happy, safe and willing to stay involved with gymnastics for years to come! For more information on child development, age appropriate activities and suggestions for preschool gymnastics class, take the Preschool Fundamentals: Theory course. Find information on the course at www.usa-gymnastics.org/education.

Editor's note: The authors write on an online feature (www.flippingeducation.com) which contains information and curriculum suggestions for pre-school gymnastics instructors. Sokol gyms that have pre-school classes may be interested in visiting this website.

70th Moravian Day

Sunday, September 13th

Holy Mass – 10:00 am
Program – 2:00 pm

NEW LOCATION:
Lithuanian World Center
14911 127th Street
LEMONT, IL 60439

Donation \$15 per person.
Larger group rates are available.

Hotels are located nearby.

A welcoming dance will be held
On Saturday September 12th
at 8:00 pm

Featuring the Lanžhotčanka band
Plus D.J. Speedster

Dance to the popular tunes
from the '70s & '80s



Call (708) 795-7790 for more information
or visit us at our website
www.UnitedMoravianSocieties.org

Sokol Social News

Happy Birthday

William Garbade of Tarrytown, N.Y. celebrates his 60th birthday on May 16th. William is Vice President of Sokol Lodge 114.

Happy Birthday

Neil Martone of Lady Lake, Fla., celebrates his 65 birthday on May 21st.

Happy Birthday

John Bellantoni of Tarrytown, N.Y., celebrates his 66th birthday on June 16th.

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.**

**The tentative schedule of Convention events will be published in the
of the SOKOL TIMES as soon as it becomes available.**

Nazdar!

**Milan S. Kovac
Supreme Secretary**

**Beatrice Walko
Supreme President**

Convention Notes...

NEW AND FUN THINGS AT THE CONVENTION

There will be two new displays for convention delegates to the upcoming Sokol USA Convention in Pittsburgh to view.

The first will be a poster on display showing the locations of all Sokol lodges in Slovakia before World War II.

There will also be a large wall-sized map of Czechoslovakia from 1938. For those interested in history, there will be push pins that delegates and guests can put on the map to mark their ancestral towns and regions.

One can then compare the two maps to see if there is a correlation between the immigrants from Slovakia and the Sokol movement's locations in Slovakia. It will be a fun diversion during the Convention.

SPECIAL LOCATION PLANNED FOR CONVENTION COCKTAIL PARTY

One of the features of the August 2009 Sokol USA Convention will be a cocktail party and private tour of the Nationality Rooms at the Cathedral of Learning, the main campus building of the University of Pittsburgh.

The cocktail party will be held on Monday, August 3rd at 5 p.m. in the posh Croghan-Schenley Room, which is used for very special university events. The room resembles a miniature Versailles with a décor of marble, elaborate crystal chandeliers and antique French furniture.

During the cocktail party, there will be two tours of the Nationality Rooms. The rooms ring the first and third floors of the Cathedral of Learning. The cocktail party will be on the first floor of the building. The tours will be given at 5:15 and 6 p.m. and will be led by students from the university who are professional guides to the rooms.

The party will also have music by Mark Stafura, a former Duquesne University Tamburitzan and member of the Veselica Ensemble.

The cocktail party will be a great opportunity to relax, socialize and renew old Sokol friendships.

SILENT AUCTION TO BENEFIT MILAN GETTING SCHOLARSHIP FUND

A new feature of this year's Convention will be a silent auction during the banquet to benefit the Milan Getting Scholarship Program.

Convention Chair Joe Bielecki and Banquet Chair Justine West wanted to add something new to the customary Convention banquet. The silent auction was chosen as a way to promote fraternalism and to assist the scholarship program which benefits young Sokol members.

Any individual or lodge interested in donating a prize or a basket should contact Brother Bielecki at 412-390-0900 or Sister West at 412-242-5666 to coordinate the delivery of any auction donations. All items must be physically present prior to the start of the convention banquet. Individual objects may be grouped together to form larger theme baskets. This will be a fun way to help the scholarship program.

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**

GYMNASTICS SAFETY COURSE

A live safety course will be held at BKGymnastics on Long Island, N.Y., on Saturday, June 20th with a 10 a.m. start time.

Check the USAGymnastics web site for details. The code is EK062009NY.

You can take the course as much as one year before your current expiration date.

Send questions to ekonopa@yahoo.com or call BKGK at 631-422-0116.

Slovak Gymnastic Union Sokol Of USA

Profit & Loss

January-March 2009

Slovak Gymnastic Union Sokol Of USA

Balance Sheet

As of March 31, 2009

Ordinary Income/Expense	Jan – Mar 09
Income	
SCHOLARSHIP-MILAN GETTING	1,495.00
ACCIDENT & HEALTH PREMIUM	45.30
AMORTIZATION-IMR	12,877.00
ANNUITY	66,000.00
ASSESSMENTS-GYMNASTICS	361.18
ASSESSMENTS-INDIGENT	72.88
ASSESSMENTS-LIFE	10,305.78
DIVIDEND ON STOCK	17,495.75
GYMNASTIC INCOME	
GYM FUND DONATIONS	2,100.00
Total GYMNASTIC INCOME	2,100.00
INTEREST INCOME	
ACCRUED INT. PURCH OF BONDS	-11,097.74
BONDS – INDUSTRIAL	132,992.32
CAPITAL RESERVE	302.78
COLLATERAL LOANS	546.47
MORTGAGE LOANS	9,994.55
PNC CHECKING	22.74
Total INTEREST INCOME	132,761.12
MISCELLANEOUS INCOME	346.00
RENTAL REAL ESTATE INCOME	
Total RENTAL REAL ESTATE INCOME	6,600.00
Total Income	249,460.01
Expense	
PAYMENTS TO MEMBERS	
CASH SURRENDER	9,270.24
DEATH CLAIMS	30,838.85
INTEREST – ANNUITY	1,643.71
Total PAYMENTS TO MEMBERS	41,752.80
ACTUARIAL & ACCOUNTING FEE	17,115.00
BANK CHARGES	243.44
BOOKS & PERIODICALS	329.35
BUREAU & ASSOCIATION FEES	150.00
CONVENTIONS	
CONVENTION EXPENSES	305.08
Total CONVENTIONS	305.08
DECREASE-LIFE RESERVE	63,700.00
DIVIDENDS	543.28
DONATIONS & ADVERTISING	275.00
EXPENSE OF SUP. LDG. MTG.	8,428.20
FRATERNAL EXPENSE	450.00
GYMNASTIC EXPENSES	
SAFETY CERTIFICATION	32.50
USAG PROFESSIONAL MEMBERSHIP	83.00
SCHOOL EXPENSE (KURZ)	0.00
GYMNASTIC MISCELLANEOUS	0.00
Total GYMNASTIC EXPENSES	115.50
HOSPITALIZATION	5,241.96
INSURANCE (EXCEPT REAL ESTATE)	7,664.00
INVESTMENT EXPENSES	2,259.94
OFFICE EXPENSES	2,719.40
OFFICERS' TRAVELING EXPENSE	1,033.34
OFFICIAL PUBLICATIONS	5,720.00
PAYROLL TAX EXPENSE	2,606.90
POSTAGE, EXPRESS, TEL & TEL	532.65
RENT EXPENSE (Rent)	6,600.00
RENTAL REAL ESTATE EXPENSES	
Total RENTAL REAL ESTATE EXPENSES	7,448.98
SALARIES	
SALARIES-SUPREME OFFICERS	1,375.00
OFFICE	12,841.74
OFFICER	17,538.48
Total SALARIES	31,755.22
STATE LICENSE FEES	2,748.45
TELEPHONE EXP	946.91
Total Expense	210,685.40
Net Ordinary Income	38,774.61
Net Income	38,774.61

CASH BASIS

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.

ASSETS	Mar. 31, 2009
Current Assets	
Checking/Savings	
CASH – PNC CHECKING	78,623.79
CASH – CANADIAN BK OF COM	3,780.96
CASH – M/M GYMNASTIC	34,866.44
PETTY CASH	500.00
Total Checking/Savings	117,771.19
Other Current Assets	
BONDS	
BONDS	8,319,096.34
Total BONDS	8,319,096.34
STOCK	
PREFERRED STOCK	791,520.00
COMMON STOCK	151,192.00
Total STOCK	942,712.00
MORTGAGES RECEIVABLE	
Total MORTGAGES RECEIVABLE	1,162,277.07
COLLATERAL LOANS	
Total COLLATERAL LOANS	438,029.42
CERTIFICATE LOANS	1,500.30
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	140,149.00
EXCHANGE	-5,354.28
MORTGAGE INTEREST DUE	1,279.00
PREMIUMS DUE	3,071.75
Total Other Current Assets	11,002,760.60
Total Current Assets	11,120,531.79
Fixed Assets	
AUTOMOBILE	
ACCUM DEPREC – AUTO	-15,045.00
AUTOMOBILE – OTHER	30,095.95
Total AUTOMOBILE	15,050.95
REAL ESTATE - BUILDING	
ACCUM DEPREC - BUILDING	-49,827.33
REAL ESTATE – BUILDING – OTHER	67,898.25
Total REAL ESTATE – BUILDING	18,070.92
Total Fixed Assets	33,121.87
TOTAL ASSETS	11,153,653.66
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
NON-ADMITTED COLL. LOAN	73,662.00
A&H RESERVE	1,290.00
ADVANCE PREMIUMS	19.44
AVR	7,471.00
CLAIMS – LIFE	25,384.00
DISTRICT ASSESSMENTS	115.80
DIVIDEND ACCUMULATION	94,614.28
EXPENSES PAYABLE	100,778.84
FOREIGN EXCHANGE	602.50
IMR	392,209.00
LIFE RESERVE	4,407,057.00
MORTGAGE LOAN ESCROW	
Total MORTGAGE LN ESCROW	7,239.09
NON-ADMITTED – MORTGAGE	358,000.00
NON-ADMITTED – AUTO	15,050.95
RES. FOR UNPRES. CHECKS	3,746.65
TAXES DUE	32,355.45
Total Other Current Liabilities	5,519,596.00
Total Current Liabilities	5,519,596.00
Long Term Liabilities	
ANNUITIES – LEFT WITH SOCIETY	109,574.88
MATURED ENDOW. – LEFT W/SOC	192,394.11
Total Long Term Liabilities	301,968.99
Total Liabilities	5,821,564.99
Equity	
EQUITY-GAIN ON FOREIGN EXCH.	
EQUITY FOREIGN EXC-2008	-694.00
EQUITY-GAIN ON FRGN EXC-Other	623.50
Total EQUITY-GAIN ON FOREIGN EXC	-70.50
CHANGE IN NON-ADMITTED ASSETS	142,864.10
UNASSIGNED FUNDS-AVR	148,898.00
UNASSIGNED FUNDS	
UNASSIGNED CHANGE 2008 BOND	-221,534.00
UNASSIGNED CHANGE 2008 STCK	-120,676.00
UNREALIZED LOSS	-22,180.16
INDIGENT FUND	8,974.41
DECREASE-AVR	-61,338.00
CHANGE-NON ADMIT ASSET	6,018.00
ACCIDENT AND HEALTH FUND	53,610.29
Total UNASSIGNED FUNDS	-357,125.46
CONSOLIDATED FUND	5,358,747.92
(Retained Earnings)	
Net Income	38,774.61
Total Equity	5,332,088.67
TOTAL LIABILITIES & EQUITY	11,153,653.66

CASH BASIS

Applications are due for the Steve Banjak Memorial Scholarship

Brother Steve Banjak lived his whole life believing in and supporting the ideals of the Sokol movement founded by Dr. Miroslav Tyrš in the Czech Republic and established by Ivan Branislav Zoch in Slovakia. Brother Banjak was active in the gymnasium since he was introduced to Sokol when he was 14 years old and stopped only when his advanced age and health did not permit it. As President, he led Lodge 103 for a period of 50 years. Brother Banjak also held almost every office in District Svätopluk, including President. In 1958, he was President of the Committee responsible for the very successful XIII Slet held in Cleveland, Ohio.

The lodge has unanimously voted to name this scholarship in his honor as a way to remember him for his many years of service to Sokol. Previous recipients are: 2006 - Oleksandra Banjak; 2007 - Oleksandra Banjak; 2008 - Kathryn Shebeck.

Requirements to be eligible for the "Steve Banjak Memorial Scholarship" are as follows:

- A member in good standing of the Slovak Gymnastic Union Sokol, USA in Farrell, Pa. for a minimum of three years.
- High School diploma or equivalent.
- Acceptance to an accredited four-year school of higher education with degree programs. A letter of acceptance to the college or university to which you plan to attend must accompany this application or if you are already attending a college or university, an official transcript must accompany

this application or if you are already attending a college or university, an official transcript must accompany this application.

- Two letters of reference from non-related persons (at least one from a former teacher) attesting to the character and ability of the applicant.
- The letters must accompany this application.

The fully completed application and letters of reference must be sent by May 15th of each year.

Send the application and accompanying documents to

Brother Melvin Slezak, Committee Chairman, 6850 Seneca Road, Sharpsville, PA 16150.

The Scholarship will be announced at the Annual Meeting of Sokol USA Farrell, which is held on the first Sunday in June of each year.

Applications can be obtained from Brother Slezak at the above address, at a monthly lodge meeting held the first Thursday of each month at 7:15 p.m. or by calling Sokol USA Farrell at 724.342.1129 and leaving a message.

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.

Summer School of the Slovak Language and Culture 2009

Target group: Everybody who is older than 16 and is interested in learning Slovak

Date: July 6 – 24, 2009 (3 weeks)
July 6 – 17, 2009 (2 weeks)

Venue: Centre for Language and Academic Preparation (CLAP), Tematínska St. No. 10, Bratislava – Petržalka

The Centre offers excellent conditions for holding both Slovak language lessons and social and cultural activities. There are modern classrooms, multimedia language laboratories and access to the Internet. Lessons are held in small study groups of 5 to 10 students placed upon their Slovak language proficiency (elementary, intermediate, upper-intermediate levels). **In order to get the information on the level of your Slovak language proficiency, we ask you kindly to complete the PLACEMENT TEST.** (It will be sent to your e-mail address immediately after your enrollment.) Online enrollment form and more information can be found at: http://www.uninova.sk/ciop/src/online_enrolment.php.

Enrollment deadline is July 1, 2009.

The Program includes:

- ♦ Intensive Slovak language study – 30 lessons per week. Language lessons, conversation lessons, lessons in multimedia language labs, series of lectures on present Slovakia and other attractive forms of language teaching.
 - ♦ Social and cultural program includes Slovak folk traditions, presentation and practice of folk songs and dances, sports and cultural events, guided tours in Bratislava and its surroundings, two-day trip around Slovakia
- Near the school is a lake "Veľký Draždiak" offering water sports, tennis courts, fast food stands and restaurants. Not far away there is a horse-racing area with horse races held on Sundays.

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



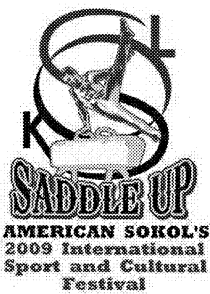
NAME: _____
BIRTH DATE: _____
AGE: _____
PHONE #: _____
HOMETOWN: _____
SOKOL LODGE: _____

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.



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.

Sokol Participant Card

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 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.

DONATIONS GRATEFULLY ACKNOWLEDGED

To the Sokol USA Gymnastic Fund	
From Ladies Lodge 3W, Bridgeport, Conn. <i>In memory of deceased members</i>	\$500.00
From Milan S. Kovac <i>In memory of Former Vice President John Bagel</i>	\$25.00
To the Milan Gettting Scholarship Fund	
From Ladies Lodge 3W, Bridgeport, Conn. <i>In memory of deceased members</i>	\$1,000.00
From Milan S. Kovac <i>In memory of Gene Naccarato Anchor of the winning 1996 Sokol USA Tug of War Team</i>	\$100.00
From Milan S. Kovac <i>In memory of Ann Halama</i>	\$25.00

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.

PAUL P. HLAVACH – (1926-2009) A member of Lodge 302 in Chicago, Ill. He is survived by his son, Scott Hlavach.

JOHN D. ACKERLY – (1943-2009) A member of Lodge 114 in Sleepy Hollow, N.Y. He is survived by his wife, Luci Ackerly.

MILDRED CLAUSEN – (1917-2009) A member of Lodge 157/306 in Chicago, Ill.

JOHN STRASKO – (1939-2009) A member of Lodge 146 in Youngstown, Ohio. He is survived by his wife, Martha J. Strasko, and his children, Michael and Steven.

AGNES ELISH – (1918-2009) A member of Lodge 205/500 in Newark, N.J. She is survived by her son, Peter.

ANN EVANS – (1935-2009) A member of Lodge 214 in Palmerton, Pa. She is survived by her son, Curtis Evans Jr.

ELIZABETH VAVRA – (1913-2008) A member of Lodge 15W in Binghamton, N.Y. She is survived by her daughter, Linda Campbell.

JOHN BAGEL – (1927-2009) A member of Lodge 306 in Chicago, Ill. He is survived by his wife, Betty Ann Bagel, and three children, Ann, Joan and John.