

(USPS 500-660)

# SOKOL TIMES

NOVEMBER 12, 2009

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## 50<sup>th</sup> Anniversary for Honey and Milan Trnka

AUGUST 29, 1959, NEWARK, NJ: The Plesnik and Trnka family and friends came to Holy Trinity Slovak Lutheran Church to celebrate the union of Pauline-Honey Plesnik and Milan Trnka. Wedding attendants were John Brkal, Dan Tropicante, Louis Plesnik, Ed Scrobe, Richard Koptula, Judy Plesnik, Eleanor Bednar, Emily Januska, Mina Zamarra and Pattie Trampler. A gala reception followed in the church hall where the bride could have "Danced All Night." She did.

The newlyweds moved west for a while. Milan spent a year at the University of Illinois to achieve his Master's Degree in Physical Education. They next moved to Skokie, Ill., where he taught high school physical education. During these years, they were part of Chicago's Lodge 306 programs to form lifelong friendships. Their son Michael was born there in 1962 while Milan was abroad in Europe as Sokol USA team leader for the 100<sup>th</sup> Sokol Anniversary Slet in Vienna.

A move back east took them to West Chester Pa. Milan taught physical education and gymnastics at the West Chester Teacher's College (now Westchester University) as a lifelong career. Their daughter Kim was born there in 1964.

Sokol Woodlands was the new site for gymnastics. Milan

and Honey produced the Gymnastic Camp which they directed for many years. The airplane hanger gym/field house was constructed during this time. The Trnka toddlers, Michael and Kim, spent summers in the Catskills. Michael credited Uncle George Repasky for his pool player skills. Uncle George didn't play pool. He fed quarters to Michael.

Their parents, John and Elizabeth Plesnik and Pauline Trnka, Sr., moved to West Chester from their Newark and New York City homes as years passed. Both Grandmothers Plesnik and Trnka came to live in Honey and Milan's home when failing health required care. This difficult transition of family status was a major education for Michael and Kim regarding responsibility of families for their older relatives.

Michael married Kathy Beck in 1991. They were blessed with Holly and John. Kim married Michael Annunziato in 1992. Conner and Kyle were born to them. Honey's holiday table now seats 10. Activities of three grandsons and one granddaughter bring much interest to the family, as well as their hobbies. If you heard Grandma (Babi) Honey describe (boast) of her exceptional grandchildren, believe it all.

Honey became a licensed real estate broker. She was one



Honey and Milan Trnka celebrated their 50<sup>th</sup> wedding anniversary on August 29, 2009. Celebrating with them are family members (from left) Michael, Holly and Kathy Trnka, Michael Annunziato, John Trnka and Conner, Kyle and Kim Annunziato.

nitty gritty detailed representative for her clients. Her prime hobbies remain quilting and cooking, baking, and playing bridge. Both Milan and Honey participate in local sports activities and civic events.

Life progressed at the Trnka home even as Dad's scheduled weekend duty with the National Guard took precedence over

social schedules for the family. Dad really enjoyed playing soldier one weekend a month and two full weeks in the summer. Attendance at any weekend event brought the question, "Is that soldier duty weekend?" Sgt Milan Trnka retired from National Guard after 20 years.

The Annunzios bought a

papered dog that did not blend into their house with the other pets. Honey and Milan decided to adopt him with attempt to train him. There was a problem which required the services of a dog psychiatrist. The dog didn't (and doesn't) like dogs. He likes people. All is now in order, and the dog lives and travels happily

(See TRNKA, Page 5)



"Matthew's Liver Savers" minus a few members who had to leave.

## Sokol is a Family

Dear Sokol Family:

We would like to take the time to thank each and every one of you for your overwhelming support in our fundraising efforts for the American Liver Foundation on behalf of Matthew and his team "Matthew's Liver Savers." Because of your generosity, Matthew's team was able to raise an amazing \$5,400-plus for the American Liver Foundation!

We had interesting weather for the walk, it was sunny when we left home, we drove through rain, walked in sun and we were showered with sleet when the walk was finished, followed by lake effect rain, with a temperature of a mere 43 degrees, way below normal for this time of the year in Chicago. However, with the help of lots of layers, we were able to stay warm and still show off our team T-shirts.

I did not come up through the ranks of Sokol, I became a member 14 or so years ago after dating Scott for a while. I really had no idea what I was signing up for and trying to explain it to my family and friends then and now is somewhat of a challenge. Although after this experience, I think I have finally come up with an excellent explanation. We do not belong to Sokol the insurance company or Sokol the gymnastics organization, we belong to the "Sokol Family." I have to say that as somewhat of an outsider, I am in complete AWE and amazement at the overwhelming support we received. We are truly, truly blessed to be part of this amazing organization!

Again, we would like to thank each and every one of you not only for your donations, but also for your thoughts, prayers, words of encouragement and, most of all, your friendship!

Love,  
Amy, Scott, Samantha and Matthew  
"Matthew's Liver Savers"

# SOKOL TIMES

official organ of the  
SLOVAK GYMNASTIC UNION SOKOL  
OF THE USA

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## Bethlehem, PA Wreath 66 Yearly Meeting

### District Jan Kollar Yearly Meeting

**Date:** November 15, 2009  
**Time:** 2:00 PM  
**Place:** Margie Stangl's Residence  
Bethlehem, PA

*Available members of Wreath 66 are encouraged  
to attend. We look forward to seeing you!*

*The District Jan Kollar Yearly Meeting will be held  
in conjunction with the Wreath 66 Yearly  
Meeting. Officers from each lodge in the District  
– Allentown, Bethlehem and Trenton –  
should send a representative to the meeting.*

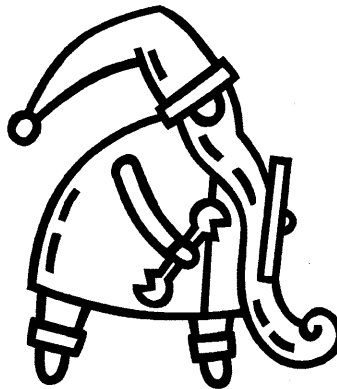
**For Directions and to RSVP:**  
**Margie Stangl, 610-866-3458 or**  
**Judy Stangl, 215-721-7866**

Thank you. Nazdar!  
The Officers of Wreath 66 and District Jan Kollar

**SUPPORT OUR  
SOKOL FARRELL GYMNASTIC PROGRAM  
by bringing your family & friends to our**

## St. NICHOLAS PARTY (sv. Mikulaš)

**JOHN LAPINSKI ORCHESTRA FOR LISTENING & DANCING**



**FARRELL SLOVAK HOME  
SATURDAY, DECEMBER 5, 2009  
800 Spearman Ave.**

**TRADITIONAL SLOVAK HOMEMADE FOOD MENU:**  
**Appetizer:** Kapusnica (sauerkraut and kolbasy soup)  
**Main Course:** Holubky (stuffed cabbage), Mashed Potatoes, Vegetable,  
**Homemade Dessert and Coffee included. Free Hot Dogs for the  
children.**

***Food service begins at 5:00 pm. Carry out service at 6:00 pm.  
Dancing is from 6:00 to 9:00 pm.***

**Donation:**  
**Sit down service with live music, dancing and singing – \$10.00**  
**Carry out service – \$8.00**

**SLOVAK AND ENGLISH CHRISTMAS SING-A-LONG (words provided).**

**Get your tickets from a Sokol gymnast or call the SOKOL USA  
FARRELL HOTLINE at 724-342-1129 to reserve your place.  
(Leave a message) A limited amount of tickets will be available  
at the door. Come early, stay late.**

## DONATIONS GRATEFULLY ACKNOWLEDGED

### To the Sokol USA Gymnastic Fund

From Lodge 3W, Bridgeport, Conn. <i>In memory of deceased members</i>	\$67.50
From Lodge 6W, Perth Amboy, NJ <i>In memory of deceased members</i>	\$100.00
From Lodge 276, Pittsburgh, PA <i>In memory of Ann Halama</i>	\$50.00
From Lodge 276, Pittsburgh, PA <i>In memory of Mildred C. Zarr</i>	\$50.00
From the Polacek Family of Lodge 12, Newark, NJ	\$100.00

### To the Milan Getting Scholarship Fund

From Lodge 276, Pittsburgh, PA <i>Silent Auction at Sokol Convention</i>	\$100.00
From Lodge 6W, Perth Amboy, NJ <i>In memory of deceased members</i>	\$100.00
From Lodge 30/40W304, Chicago, IL <i>In memory of Stephen Brak</i>	\$50.00
From Lodge 30/40W304, Chicago, IL <i>In memory of Ann Kostelny</i>	\$50.00
From the Polacek Family of Lodge 12, Newark, NJ	\$100.00

## HOLIDAY GREETINGS

For those wishing to make donations to the National Gym Fund or Milan Getting Scholarship Fund in lieu of Christmas and Holiday cards, the deadline for the December 2009 issue is November 20, 2009.

Please send your gift to:  
SOKOL USA  
P.O. Box 189  
East Orange, NJ 07019-0189

## LODGE 276 KEEPS SOKOL WAYS ALIVE

The October 4<sup>th</sup> meetings showed good attendance that we always need to carry on. Many members were expected to attend the November 1<sup>st</sup> meeting. There was a Slovak luncheon at the Cathedral of Learning. The Slovak heritage folks always plan a pleasant time of viewing handmade articles for sale and being with Slovak friends.  
Nazdar!  
Amelia Blistan

## SOKOL IN IRAQ

Brother Matthew Reynolds, finishing his term as National Assistant Director of Men, has been deployed for a second time to Iraq.

In response to a inquiry about what soldiers might like in care packages, he states "powdered drink mixes, puzzle books (crossword, word search, Soduku), baby wipes, snack foods (pop tarts, trail mix, chips, cookies, granola bars, etc.). I would be wary about including chocolate products as they tend to melt rather quickly out here if not coated in a hard candy shell."

His address is:

Sgt. Reynolds, Matthew J.  
2nd Maint Bn TS Co  
Unit: 73617  
FPO AE: 09509 - 3617

Matthew would be happy to hear from Sokols, and would surely share goodies with his fellow soldiers who may not be so fortunate as to get a package.



# Growing Sokol by Nurturing Nestlings and Fledglings

By Chris Yatchyshyn

Sokol USA Lodge 47 Monessen's program, Falcon Gymnastics and Fitness, is back in full swing after a lighter summer schedule. Early in the summer, a small group of five participated in the American Sokol Slet in Fort Worth, Texas. The trip was a success, apart from the fact that Director Charity Ruhl tore her meniscus and cracked her tibia on a beam landing. However, she won a first-place ribbon despite the landing, which helped to ease the pain!

Mid-summer a week-long day camp was held. While participation was limited, the camp was well received and parents of the participants are looking forward to an expanded program next summer.

This fall, a full array of classes is available to the public, each with its own unique name. The *Nestlings* is a class designed for children ages 18 to 36 months with accompanying parents. In this class, adults help the children develop gross motor skills and body awareness with direction from the instructor. In the *Fledglings* class, for ages 3 to 5 years, beginner gymnastics skills, flexibility, strength and FUN are the goal. The *Falconettes* is a class for beginner gymnasts ages 6 and older. USA Gymnastics Levels 1 & 2 are divided by age, placement in Level 3 is with instructor approval. Then there's the *Raptors* class, which is not just boys' gymnastics! This class works toward improving speed, agility and strength which enhances each athlete's ability in all sports. In addition to the all-around gymnastic classes, a new class in Rhythmic Gymnastics is being offered for girls ages 7 and older. This one-hour class works on flexibility and teaches beginning rhythmic techniques using ribbons, balls and hoops. And, for those kids who want to learn to flip but are not so sure they like "the other stuff," the *Falcon Tumblers* class is the answer. It's also the perfect class for girls interested in learning a particular skill for cheerleading!

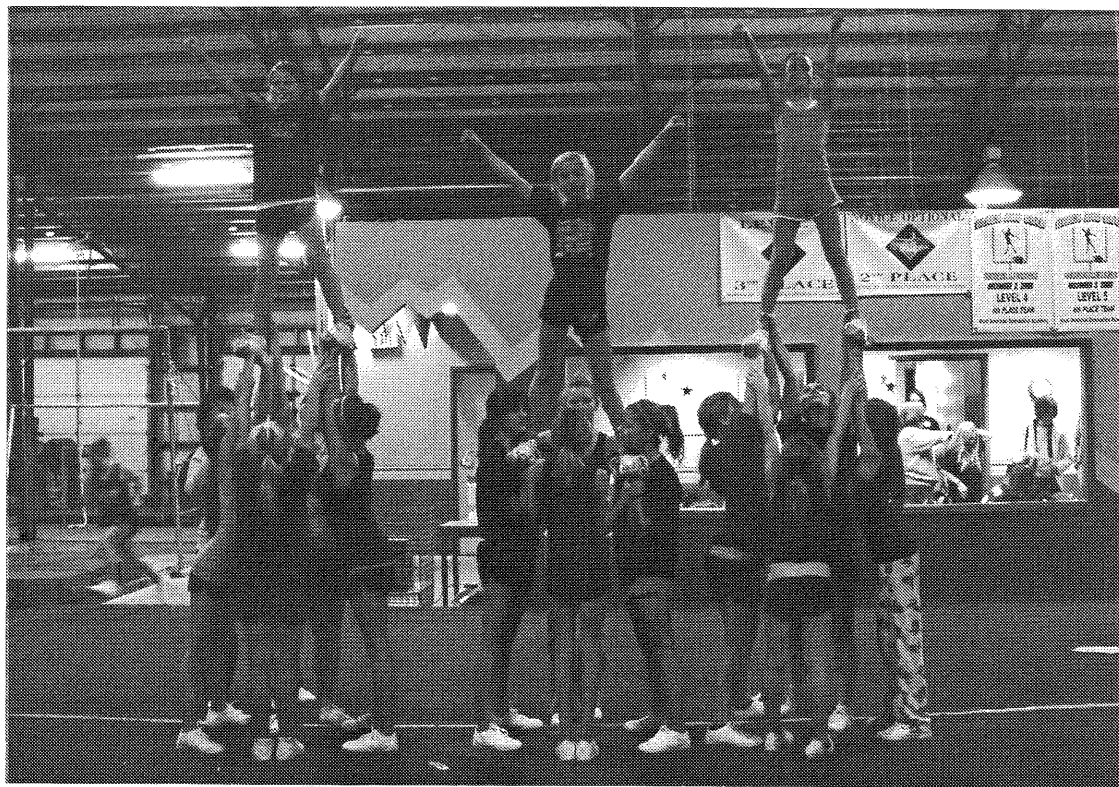
The monthly classes are offered Monday through

Saturday for the general public. When a student aspires to be a competitive team member, in gymnastics or cheerleading, then Sokol USA membership is required. The Level 4 competitive gymnasts begin on the Future Stars Team and can progress to the more advanced Lady Falcons Gymnastics Team. Those interested in cheerleading can try out for the Junior or Senior Falcon Elite Cheer Squad, which also requires a Sokol USA membership.

The beginner classes meet once a week, while team members work out two or three times a week. The monthly classes offered to the general public have provided a steady pool of candidates for permanent membership in Sokol USA. The classes are taught by a combination of paid and volunteer instructors. This year, there are six adult Sokol members who teach classes and several "junior" instructors. The gym is currently open 30 hours per week with 10 hours of strictly Sokol classes and the remaining hours open to the public. Sokol



Pictured in their competition uniforms, The Lady Falcons are the team gymnasts at Falcon Gymnastics and Fitness. These gymnasts compete in various local, state and regional USA Gymnastics' competitions, as well as Sokol competitions



The 2009-2010 Senior Cheer Squad works on one of their pyramids during a recent practice at Monessen Sokol's facility, Falcon Gymnastics and Fitness.



The 2009-2010 Youth Cheer Squad is all smiles as they look forward to creating routines and participating in local competitions.

a greater Pittsburgh area church and, most recently, raising funds for liver disease by holding a cartwheel-a-thon. The gym also provided scholarships to several talented gymnasts who would not have the opportunity to compete otherwise. One specifically is a Level 9 sophomore gymnast who has hopes of making a college team.

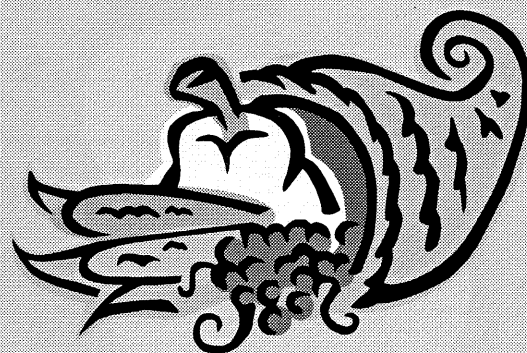
According to gym director Charity Ruhl, "We are building a reputation very quickly in the area for having qualified, adult instructors who are great with the children. Our enrollment continues to grow and new programs are scheduled to be added this year." She further explained that in order to maintain this caliber of instruction, funds from Sokol USA and other anonymous sources have helped offset costs and allowed for small one-time stipends for the volunteer instructors. The costs to maintain the rented facility, pay utilities and maintain equipment continues to grow, but the members of Lodge 47 Monessen are committed to making Falcon Gymnastics and Fitness a success.

Anyone interested in helping ensure that success can participate by sending a donation to the Sokol USA Headquarters earmarked to help pay down the Monessen Sokol loan that was renegotiated for \$34,000. Your donations go to a worthy cause and help perpetuate the Sokol ideals. Nazdar!

instructors volunteer between three to nine hours per week, a major factor in the success of the programs.

In addition to providing gymnastics instruction, the Sokol gymnasts and cheerleaders have also performed several community service activities, such as making blankets for the Pregnancy Resource Center, providing a tumbling workshop at

## Happy Thanksgiving!!



From the Supreme Lodge Officers of Sokol USA

Slovak Gymnastic Union Sokol Of USA  
Profit & Loss  
January-September 2009

Slovak Gymnastic Union Sokol Of USA  
Balance Sheet  
As of September 30, 2009

	Jan – Sep 09
Ordinary Income/Expense	
Income	
SCHOLARSHIP-MILAN GETTING	5,650.00
ACCIDENT & HEALTH PREMIUM	121.60
AMORTIZATION-IMR	38,631.00
ANNUITY	125,000.00
ASSESSMENTS-GYMNASTICS	1,120.55
ASSESSMENTS-INDIGENT	227.06
ASSESSMENTS-LIFE	25,872.79
DIVIDEND ON STOCK	51,063.76
GAINS/LOSSES – BONDS	
GAIN ON SALE OF BONDS	91,309.81
GAINS/LOSSES – BONDS - Other	8,607.60
Total GAINS/LOSSES – BONDS	99,917.41
GYMNASTIC INCOME	
GYM FUND DONATIONS	4,371.50
Total GYMNASITIC INCOME	4,371.50
INCREASE/DECREASE BONDS	17,725.21
INTEREST INCOME	
ACCRUED INT. PURCH OF BONDS	-31,737.33
BONDS – INDUSTRIAL	452,725.34
CAPITAL RESERVE	366.39
COLLATERAL LOANS	1,613.78
GYM DEPT-INVESTORS SVGS BK	191.54
MORTGAGE LOANS	28,004.39
PNC CHECKING	67.11
Total INTEREST INCOME	451,231.22
MISCELLANEOUS INCOME	46.00
RENTAL REAL ESTATE INCOME	
Total RENTAL REAL ESTATE INCOME	22,100.00
Total Income	843,078.10
Expense	
PAYMENTS TO MEMBERS	
ANNUITY PAID	5,000.01
CASH SURRENDER	16,727.34
DEATH CLAIMS	76,335.85
INTEREST – ANNUITY	5,979.26
Total PAYMENTS TO MEMBERS	104,042.46
ACTUARIAL & ACCOUNTING FEE	59,185.78
BANK CHARGES	586.55
BOOKS & PERIODICALS	501.35
BUREAU & ASSOCIATION FEES	800.00
CAMPAIGN REWARDS	535.89
CONVENTIONS	
CONVENTION EXPENSES	76,479.99
Total CONVENTIONS	76,479.99
DECREASE-LIFE RESERVE	120,520.00
DIVIDENDS	1,002.61
DONATIONS & ADVERTISING	1,540.03
EXPENSE OF SUP. LDG. MTG.	23,314.43
FRATERNAL EXPENSE	3,516.87
GYMNASTIC EXPENSES	
SAFETY CERTIFICATION	32.50
USAG PROFESSIONAL MEMBERSHIP	243.00
SCHOOL EXPENSE (KURZ)	0.00
GYMNASTIC BOWLING	1,378.02
GYMNASTIC INSURANCE	1,930.00
GYMNASTIC MISCELLANEOUS	8,500.00
GYMNASTIC TRAVEL EXPENSES	12,825.21
Total GYMNASITIC EXPENSES	24,908.73
HOSPITALIZATION	18,151.98
INSURANCE (EXCEPT REAL ESTATE)	12,998.00
INVESTMENT EXPENSES	9,923.53
MISC OFFICE EXPENSES & SUPP	431.59
OFFICE EXPENSES	8,195.49
OFFICERS' TRAVELING EXPENSE	16,924.21
OFFICIAL PUBLICATIONS	14,110.00
PAYROLL TAX EXPENSE	7,959.01
POSTAGE, EXPRESS, TEL & TEL	1,298.65
RENT EXPENSE (Rent)	22,100.00
RENTAL REAL ESTATE EXPENSES	
Total RENTAL REAL ESTATE EXPENSES	22,336.29
SALARIES	
SALARIES-SUPREME OFFICERS	4,125.00
OFFICE	42,375.09
OFFICER	55,538.52
Total SALARIES	102,038.61
SCHOLARSHIP	
MILAN GETTING SCHOLARSHIP	7,500.00
Total SCHOLARSHIP	7,500.00
STATE LICENSE FEES	3,050.68
TELEPHONE EXP	2,858.78
Total Expense	666,811.51
Net Ordinary Income	176,266.59
Net Income	176,266.59

CASH BASIS

	Sep. 30, 2009
ASSETS	
Current Assets	
Checking/Savings	
CASH – PNC CHECKING	340,480.32
CASH – CANADIAN BK OF COM	3,780.96
CASH – M/M GYMNASITIC	35,057.98
PETTY CASH	500.00
Total Checking/Savings	419,819.26
Other Current Assets	
BONDS	
BONDS	8,147,276.55
Total BONDS	8,147,276.55
STOCK	
PREFERRED STOCK	791,520.00
COMMON STOCK	151,192.00
Total STOCK	942,712.00
MORTGAGES RECEIVABLE	
Total MORTGAGES RECEIVABLE	1,179,721.94
COLLATERAL LOANS	
Total COLLATERAL LOANS	436,693.39
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	10,847,049.65
Total Current Assets	11,266,868.91
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	11,299,990.78
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	141.10
DIVIDEND ACCUMULATION	94,614.28
EXPENSES PAYABLE	100,778.84
FOREIGN EXCHANGE	602.50
IMR	366,455.00
LIFE RESERVE	4,463,877.00
MORTGAGE LOAN ESCROW	
Total MORTGAGE LN ESCROW	-15007.07
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	5,528,441.14
Total Current Liabilities	5,528,441.14
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	5,830,410.13
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	176,266.59
Total Equity	5,469,580.65
TOTAL LIABILITIES & EQUITY	11,299,990.78

CASH BASIS

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.



FARRELL HAS  
FIRST GOLF  
SCRAMBLE

This year presented an opportunity for a first ever for our club – The First Annual Open Golf Scramble to be sponsored by Sokol Farrell. The “scramble” was the idea of one of our newer members, who is also our Lodge Recording Secretary, Tim Brandt.

Tim convinced us that we could do it! He did the organizing and planning and was instrumental in using his contacts in getting many of the sponsors and participants. In all, 17 teams of four golfers each took part, making our first-ever a great success. A “cook your own steak” dinner awaited each golfer at the end of the competition. Prizes totaling \$2,000 were awarded.

One of the interesting challenges for our golfers was the offer of a \$5,000 cash prize for the first golfer to make a hole in one at Hole 9. Sherry Brandt, Tim’s wife, also one of our gymnasts, was at the hole to keep everyone honest. The prize went unclaimed for this year! Brother and Sister Slezak sponsored the prize.

The weather cooperated really well, as both the day before the event and the day after were both rainy days. But, the day of the Scramble was all sunshine and in the mid 70s. It



Scramble Chairman Tim Brandt tries out the “Hole in One Challenge.”



Dorothy and Melvin Slezak, sponsors of the “Hole in one Challenge”

proved to be a fun day for all. All of our gymnasts helped make the golfers have an enjoyable day also. There were a lot of tasks to do, such as preparing the food, serving drinks, registering the golfers, passing out T-shirts, etc.

Chairman Tim promises that next year will be even better! He’s also hoping that we can get other Sokol Clubs involved in the event next year. Check out our web site at: <http://sokolfarrell.org/home.html>. Save the date... June 12, 2010.

**American Sokol Winter Slet**  
**January 15 to 17, 2010**  
**Chicago, Ill**

**Come join the fun at the 2010 American Sokol Winter Slet. The Winter Slet returns in 2010 with some of the same competition and some new events that everyone is encourage to attend.**

**For more information contact:**

**Ted Polashek 708-670-2172, [teddyp1228@hotmail.com](mailto:teddyp1228@hotmail.com)**

**Barb Vondra 630-327-8202, [topinky1@aol.com](mailto:topinky1@aol.com)**

**Tentative Schedule of Events**

Friday, Jan. 15	9 a.m.	Dodgeball
Saturday, Jan. 16	11 a.m.	Bowling
	3 p.m.	Laser Tag
	5 p.m.	Bags Tourney
	6 p.m.	Pig Roast (with a second Bags Tourney)
Sunday, Jan. 17	1-8 p.m.	Volleyball
	1:30-3 p.m.	3 <sup>rd</sup> Bags Tourney
	3-5 p.m.	Ladder Golf
	1-8 p.m.	Ping Pong Tourney

**Locations**

**Hotel**

Hampton Inn, 2222 Enterprise Drive, Westchester, IL 60154, 708-409-1000  
Mention Sokol for the special group rate of \$79 per night. Includes breakfast

**Bowling**

Eden Lanes, 10159 W. Cermak Road, Westchester, IL 60154, 708-865-0515  
Register in advance. All skill levels welcome. Includes shoe rental and three games.

**Laser Tag**

Laser Quest, 1524-C Butterfield Road, Downers Grove, IL 60515, 630-705-0500  
One game of tag. Register in advance. Open to the first 30 to register. All ages and skill levels welcome.

**Volleyball**

Sokol Tabor, 1602 S. Clarence Avenue, Berwyn, IL 60402  
18 years and older only. Includes dinner buffet, wine, soda, 7 hours of volleyball.  
Add-on games pay at the door.

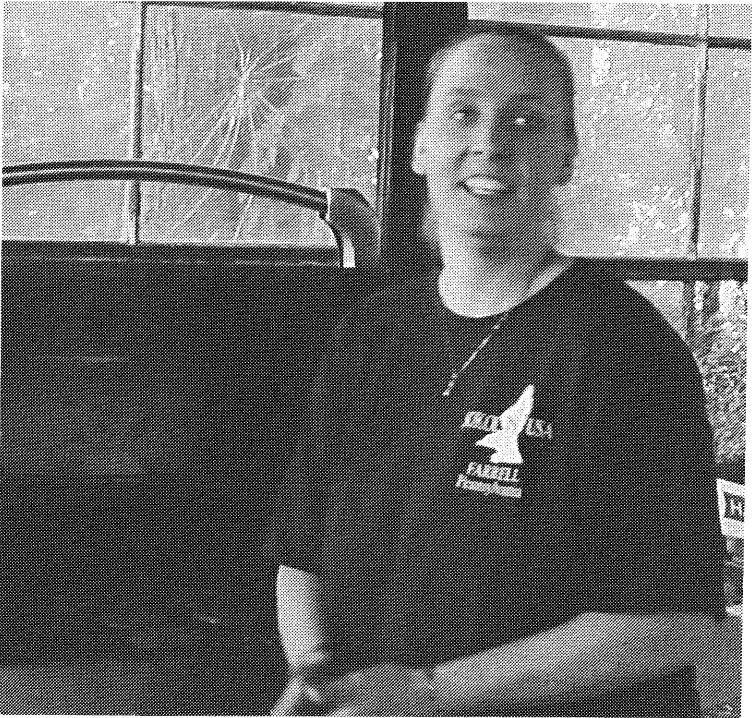
**Pay at the door events**

**Pig Roast & 2<sup>nd</sup> Bags Tourney**

Sokol Tabor, 1602 S. Clarence Avenue, Berwyn, IL 60402  
1<sup>st</sup> Bags Tourney will precede the pig roast. Pig Roast is separate event run by Sokol Tabor. \$12 meal (includes \$6 cover). Cover will be paid by ASO for volleyball and bowling participants.

**Dodgeball**

Sokol Stickney, 4131 S. Home Avenue, Stickney, IL 60402  
Sokol Stickney has invited everyone to play dodgeball on Friday night. \$10 at the door includes pizza and soda, cash bar, karaoke, raffles and prizes.



Directress Chris Pegg prepares burgers for the hungry golfers.

**TRNKA Celebrate  
50<sup>th</sup> Anniversary**

(Continued from Page 1)

with his masters, their family and friends – human people. While astute attention was paid, the Trnka dog escaped from sequester to make a run for the Bednar Dalmatian, a move which could have destroyed a fine friendship one weekend at Woodlands. Alas, he was caught and properly punished by his Mistress Honey to avoid a disaster. His name is Buddy. He is well behaved and loves his masters, but still hates dogs.

West Chester is a tree town. Streets and homes are lined with trees which grow. Milan’s casual interest in trees became a fruitful enterprise as he provided students with the ability to learn care skills through the years. He recovered from several life threatening accidents. He is keeping both feet on the ground now. This summer, he spent time at Woodlands, happy to ride on the lawn mower cutting grass. Some men play golf, watch TV, etc. in retirement. Milan enjoys mowed grass.

On August 29<sup>th</sup> at the West Chester Country Club, friends and family shared a heartfelt, memorable luncheon celebration of this Golden Wedding Day, with afterglow at the Trnka home where Honey smiled broadly as Smilin’ Milan brought out his harmonica and Chicago Sokols did provide their usual robust voices for a beautiful songfest. You may send your congratulations to [ptrnka@verizon.net](mailto:ptrnka@verizon.net).



## From the President's View

I recently received a copy of this story from a Sokol friend who read it in another fraternal publication from the Zenska Jednota. At this time of Thanksgiving when we so need to hear good news, I share this with you.

A man was exploring some caves by the seashore. In one of the caves, he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled up some clay and left them out in the sun to bake. They didn't look like much, but they intrigued the man so much he took the bag out of the cave with him.

As he strolled along the beach, to pass the time, he would throw a clay ball into the ocean as far as he could throw. He thought little about it until he dropped one of the balls and it cracked open on a rock. Inside was a beautiful, precious stone. Excited, the man started breaking the remaining clay balls. Each contained a similar treasure. He found thousands of dollars worth of jewels in the 20 or so clay balls he had left. Then it struck him.

He had been on the beach a long time. He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves. Instead of thousands of dollars in treasure, he could have had tens of thousands of dollars of treasure, but he just threw it away.

Sometimes, it's like that with people. We look at someone, maybe even ourselves, and we see the external clay vessel. It doesn't look like much from the outside. It isn't always beautiful or sparkling, so we discount it. We see that person as less important than someone more beautiful or stylish or well known or wealthy. We have not taken the time to find the treasure hidden inside.



Bea Walko

There is a treasure in each and every one of us. If we take the time to know a person, the clay begins to peel away and the brilliant gem begins to shine forth.

May we not come to the end of our lives and find out that we have thrown away a fortune in friendships because the gems were hidden in bits of clay.

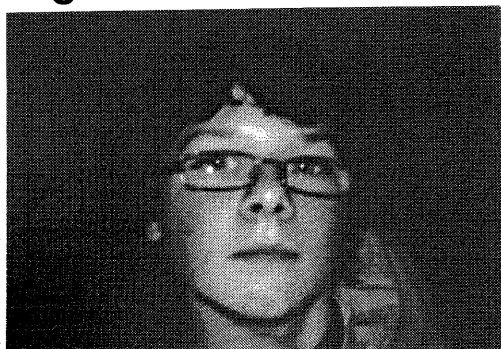
This Thanksgiving season may we all remember the many, many blessings we each are given. May we be thankful not only for our family, friends and own well being, but for those who serve in the armed forces, our own Joe and Matt. I wish you all a healthy and happy holiday filled with the love of family and friends.

Now, we especially remember the Tomko family as they recently lost their mother, Pat, to her battle with cancer. Our sincerest condolences to this Sokol family.

Happy Thanksgiving  
NaZdar!  
Bea Walko

## Gymnasts' Corner

### 10 Things About...Frankie Tudisco



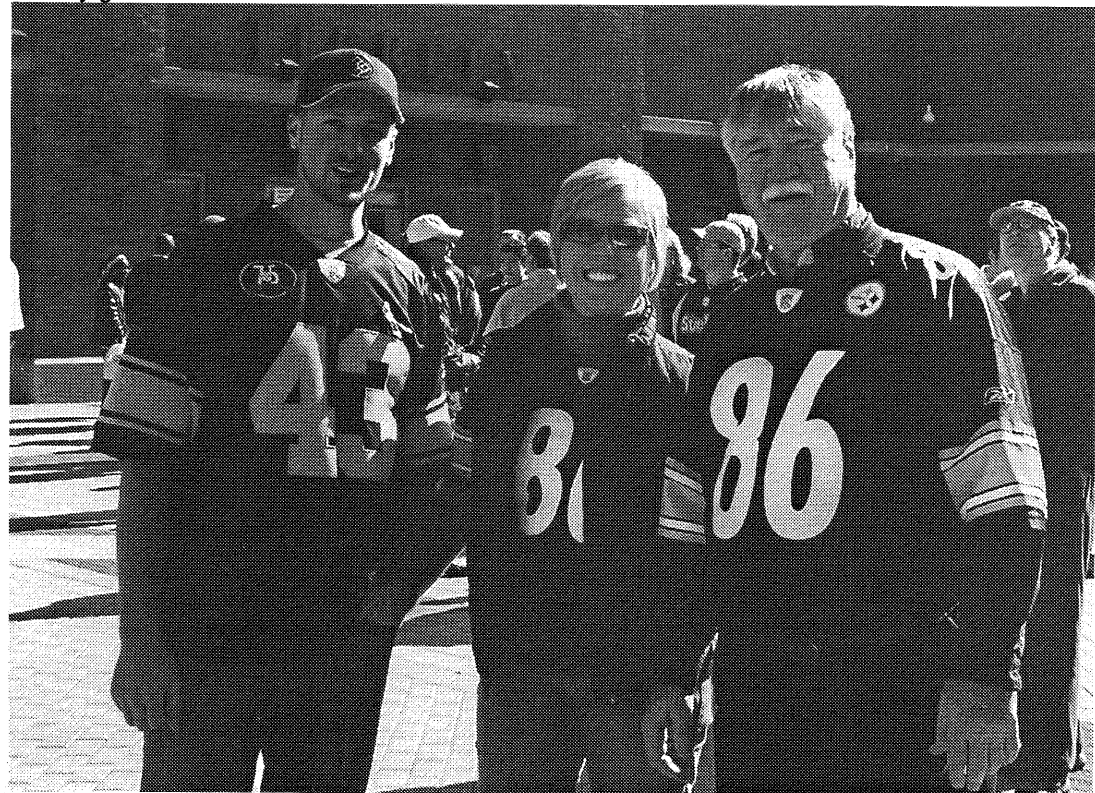
Frank is a sophomore at Notre Dame High School. He is a member of Lodge 306 in Chicago where he participates in the Juniors class and helps with the Sokolads class. He also attended Kurz in the summer for 2008.

1. **What is your favorite class at school?** Social Studies
2. **How long have you been coming to Sokol?** This is my fourth year.
3. **What is your favorite thing about Sokol?** The people and the Slets
4. **Do you play other sports?** Yes, football and baseball. In football I play tight end/center, and in baseball I play right field and second base.
5. **Favorite movie?** *The 300* and *Independence Day*
6. **Favorite TV show?** *Family Guy*, *The Simpsons*, *Futurama*, *Malcolm in the Middle*
7. **Favorite band?** Bullet for My Valentine. I'd love to meet the lead singer Matt Tuck.
8. **Favorite book?** *Harry Potter IV*
9. **What are your hobbies?** Video games, football
10. **Tell us something that we might not already know about you.** I help design mini-video games with my friends.

## Happy Anniversary



Above, Katrina Bowers and Todd Yatchyshyn were married on October 11, 2008, at the Union Church in Seaside Park, NJ. The warm sunny day ended with a beautiful sunset over Barnegat Bay. Below, Happy First Anniversary! A year later, the Yatchyshyns celebrated their first wedding anniversary at a Steelers Football game. From left are Todd, Katrina and Rich Yatchyshyn. Katrina is a kindergarten teacher in the Stroudsburg School District and Todd teaches Health and Physical Education in the Pen Argyl Area School District in Pennsylvania. The gym teacher is partial to celebrating special events at sports arenas. Todd proposed to Katrina on center ice at a Wilkes Barre/Scranton Penguins hockey game!



## Sokol Gymnastic Festival

Trencin, Slovakia  
June 24-27, 2010

Below is an invitation from Sokol in Slovakia to their 3<sup>rd</sup> Sokol Gymnastic Festival. More information can be found on their website at [www.sokolnaslovensku.sk](http://www.sokolnaslovensku.sk). In addition, Brother Stephen Banjak, who regularly communicates with the Slovak Sokols, will share information that he receives regarding the upcoming event.

Participation by Sokol USA members is encouraged and the Supreme Lodge has approved a total of \$3,000 to be divided equally among Sokol USA participants, with a maximum amount of \$300 per Slet participant. Members seeking financial subsidy must make their requests through the National Directors.

Sisters and brothers,

Let me convey by this mail the invitation of Sokol in Slovakia to the 3rd Sokol Gymnastic Festival (Sokolske telovychovne slavnosti) to be held in Trencin, June 24 - 27, 2010.

The competitions in table tennis, volleyball, artistic gymnastic, judo, bowling and "tug of war" will be prepared for the athletes. There will be possibility to participate in various cultural and social events and to get familiar with the history and present of Trencin region. At the end, there will be mass movement compositions show performed by individual Slovak Sokol districts and by Czech Sokols.

Accept, please, this mail as the first announcement. More detailed information will be provided in "Spravodaj III. STS" published also on web sites of Sokol na Slovensku: [www.sokolnaslovensku.sk](http://www.sokolnaslovensku.sk)

At the same time it is the invitation to the Meeting of the World Sokol Federation Board. Nazdar!

Vladimir Dostal  
WSF Secretary



Sokol Social News

HAPPY BIRTHDAY



Happy Birthday Kathy! Pictured are Addy Darula (left) and birthday girl Kathy Nacarrato. Family and friends gathered for a special 50<sup>th</sup> birthday celebration for Kathy Nacarrato on Saturday, October 3<sup>rd</sup>. Planned by her Godmother Addy Darula, niece Brandi Kovac and nephew Lance Kovac, the surprise party was held at Kathy's lovely country home. It was a warm October day, some of the leaves were turning and reflecting in the pond – it was a beautiful setting for a party. The birthday theme highlighted Kathy's farm setting and cows. There were black and white spotted balloons and paper goods, farm animal tattoos, a stuffed cow for everyone to autograph and a very special cow piñata for the little guests to enjoy. There was great food and lots of goodies. Best of all, her son Matthew, who is serving in Iraq, called to wish his mother a very Happy Birthday and everyone had a chance to yell out "hi Matthew" to our Sokol Marine.

ANNIVERSARY

Barbara and Joseph Raykos of Lodge 93 in Bethlehem, Pa., celebrated their 51<sup>st</sup> wedding anniversary in June. They are pictured under the traditional Wedding Ring in a garden on Kings Wharf Island in Bermuda. They were married June 14, 1958.



Barbara and Joseph Raykos

HAPPY BIRTHDAY



Mildred Seidl

Mildred Seidl of Danbury, Conn., celebrated her 90<sup>th</sup> birthday on November 4<sup>th</sup>. She is a member of Lodge 30.

HAPPY BIRTHDAY

Andrew Piecka, a member of Sokol USA Lodge 130, will celebrate his 95<sup>th</sup> birthday on November 12<sup>th</sup>.

Anyone who would like to forward a card or note can send them to his son, Jon Piecka, at 162 Peka Drive, Lower Burrell, PA 15068.

HAPPY BIRTHDAY

Joseph Chambal of Yonkers, N.Y., celebrated his 78<sup>th</sup> birthday on October 31<sup>st</sup>. He is a member of Lodge 114.

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](mailto: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.

SOKOL USA

National Gymnastics Department Meeting

August 1, 2009

Pittsburgh, PA

(Continued from October 2009)

**Editors Note: The following are the Minutes of the Gymnastic Department Meeting of August 1, 2009. These minutes were presented to the Supreme Lodge and the Finance Committee on September 11 & 12, 2009. The Finance Committee and or Supreme Lodge action are noted in Bold Italics.**

C. Recommendations from Lodges and Districts

Sokol USA Farrell submitted the following recommendations

1. That a sum of \$3,000 be approved for travel for Sokol USA members to PARTICIPATE (calisthenics and/or special numbers) in the Sokol na Slovensku Slet in Trenčín Slovakia in 2010. Persons simply marching in the parade or grand march are not eligible for reimbursement.  
Motion seconded and passed unanimously.  
***Finance Committee Action: Amended motion to That a sum of up to three hundred dollars (\$300) per Sokol USA members who participate in calisthenics or special numbers in the Sokol na Slovensku Slet in Trenčín Slovakia in 2010 with a cap of three thousand (\$3,000) total. Amended motion approved.***
2. That Project 2<sup>nd</sup> Century be implemented as approved. (At the last convention we were strongly encouraged to develop some special program {Daycare for young children was suggested as an example} by our actuaries. Evidently, they were never told that we had worked on this plan for close to ten years, if not more.)  
Motion seconded. Vote: 2 nay, 14 abstained
3. That a project be implemented directing local lodges (both gymnastically active and inactive) to submit a plan for local advertising in their demographic areas by January 1, 2010.  
Motion seconded. Vote: 15 for, 1 opposed.  
*(The reasoning behind this motion is to help sell insurance. Local lodges can best recommend what type of advertising would be best in their areas such as on a local radio station during the polka hour, in the weekly community newspaper, on the local cable station, etc. The SL could then implement advertising that best fits the area and hopefully sell some insurance.)*  
***Finance Committee Action: No action required by the Finance Committee; deferred to the Supreme Lodge***
4. That a Fitness Test with developed standards or norms be chosen by the directors to be used to administer to our gymnasts twice yearly. That the results be placed in a data bank and used as advertising information for Sokol.  
Motion died for the lack of a second.
5. That plans begin immediately to make arrangements for the XXVI Sokol USA Slet (Festival) in Hersey PA or other suitable site.  
Motion died for the lack of second.

Sokol USA Chicago Lodge 306 submitted the following recommendations:

1. That the Supreme Lodge reimburse all approved delegates staying in the hotel for hotel expenses for two night’s stay for all subsequent meetings of the National Gymnastics Department.  
Motion seconded and passed unanimously.

Explanation - Only a select few lodges and delegates actually have to travel a great distance to the National Gymnastics Department Meeting each and every year; and in the past there have been many delegates and officers to the National Gymnastics Department who live close enough to travel to and from the meeting on the same day without incurring any hotel expenses and are still being given a per diem as well as travel expenses; and the active lodges are trying to save money to travel each year to a national slet; and it has not been fair for those active lodges who are trying to save money for their program’s expenses, who have to travel and pay for their hotel stay from Friday evening until Sunday afternoon each and every year while some lodges and delegates are not required to incur this hotel expense at all.

***Finance Committee Action: Motion to reject passed unanimously.***

2. That the 2010 meeting of the National Gymnastics Department be held at Lodge 306 in Chicago. All arrangements for hotel and meals could be arranged by the membership of Lodge 306.  
Motion seconded.

Explanation – A recommendation was passed by the National Gymnastics Department last year calling for a rotation of meeting sites to be set up having the rotation be one each in the east, central and west with the fourth being held at the convention site. Since the 2008 meeting was in Boonton, the 2009 meeting is in Pittsburgh, we feel it would be fair to have the meeting for 2010 in Chicago. Lodge 306 has offered to host the national meeting for many years running, and was voted to host the meeting for 2008 before having the site changed at the last minute. This will help to make it fair for ALL delegates as far as travel is concerned and give everyone a chance to visit other gyms in Sokol USA as well. Visiting other gyms is an educational opportunity for our delegates to get a more personal view of how things run outside their own gym. Ideas can be shared and stories can be told and become much more personal when we are able to see it in person. It was also discussed to hold a clinic or training session of some sort in conjunction with the meeting.

Motion amended as follows:  
That the 2011 meeting of the National Gymnastics Department be held at Lodge 306 in Chicago. All arrangements for hotel and meals could be arranged by the membership of Lodge 306.  
Amended motion seconded and passed unanimously.  
***Committee Finance Action: The motion does not apply to the Finance Committee.***

Central Jersey Sokol made the following recommendations:

1. That we, as a National Department, choose one or two goals to focus on throughout the upcoming year. (They can be chosen from the Directors’ recommendations, or any other goal relevant to our National mission: fund-raising, advertising, member drives, etc.)  
Motion seconded.

Reasoning: To streamline our focus as a Board, and to guide us in measuring progress. Ideally, we would check in with each other throughout the year to see which Lodges are meeting their goals, and help those Lodges by sharing successful ideas with each other.  
Implementation Committee to remind of deadline, email, phone call what have you done to achieve it:

**After discussion the motion was amended as follows:**  
That the National Gymnastic Department’s goals for 2010 will be

- # 1. Every lodge will hold a fundraiser to help raise funds for the National Liver Foundation, preferably all on 1 day and prior to October 17, with a portion of the funds being donated to Team Matthew Liver Savers.
- # 2. One year from today all lodges with physical activity will have a websites up.
- # 3. Each lodge will actively pursue one person to attend the 2010 National Camp.
- # 4. In six months (FEB 2010) every lodge with gymnastics will have one USAG Professional Member and by June 2010, two professional members.

The directors or designee will be responsible for monitoring the four goals.  
The amended motion was seconded and passed unanimously.

During the goal’s discussion it was strongly recommended that all lodges participate in the Sokol of the Month program and participate in world fitness test, or a modified test offered the American Sokol and organized by Jane Wise of Greater Cleveland.

More information about the camp to Slovenia was requested from Joe Bielecki who agreed to contact the World Federation.

It was suggested that selling Sokol USA insurance be included as an agenda topic for the 2010 National Gymnastic meeting.

**The Monessen Lodge submitted the following recommendation:**  
1. That the Supreme Secretary visit all lodges within the next calendar year to explain the benefits of Sokol USA insurance policies and to help with the process of selling insurance to new members.  
The motion was seconded and passed unanimously.  
***Finance Committee Action: The motion does not apply to the Finance Committee; deferred to the Supreme Lodge***

(To be continued)

6% ANNUITY RATE

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

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

IN MEMORY

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

ANNA MAYER – (1919-2009) A member of Lodge 306, Chicago, Ill. She is survived by her daughters, Carol and Janet.

ANNA BAJZA – (1915-2009) A member of Lodge 45, Tarentum, Pa. She is survived by her nieces, Christine Stein and Marlene Collins.

ANN HALAMA – (1924-2009) A member of Lodge 240, Aliquippa, Pa. She is survived by her brother, Nikolaj and sister-in-law, her sister, Margaret Prisuta and nieces and nephews.