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SOKOL TIMES

OCTOBER 8, 2009

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CONGRATULATIONS ON YOUR GOLDEN WEDDING ANNIVERSARY

***Beluse-Bielka and Charles Sokol Bednar
Pauline-Honey and Milan Trnka***

Editor's note: Due to space constraints, the anniversary announcement for Pauline "Honey" and Milan Trnka will appear in the November edition of the Sokol Times.

It is an honor to send Congratulations to the 50 Year Weds with whom I have shared many joys through the years. On behalf of Sokol Woodlands Camp Board and the hundreds of Sokols who have benefited from the talent, skills, patience, imagination and unique personalities of each of them, thank you, dear friends for all you have given of yourselves for our Sokol goals.

Charlie, Milan and Honey were born into Sokol by their Czech and Slovak parents in America. Bielka came to the USA in 1950 as a Czech speaking teenager. She found Sokol, and soon caught

up with the others at Sokol Camp, Boonton. Connections later evolved into romance, marriage and 50 years of living with Sokol all the way. Many wishes for good, health and happiness for years to come.

(Overheard at a recent wedding) The bride was addressing a long married woman: "You are very lucky to be still married all these years. This is unusual with so many broken marriages these days." Reply from older woman, "Don't kid yourself, sister – that wasn't luck. We worked hard on it." With that tongue in cheek tidbit in mind, I shall tell you the story of the Bednars and the Trnkas years of wedded bliss. True love endures all.

Adelaide Darula

BEDNAR 50 YEARS

AUGUST 31, 1959, JACKSON HEIGHTS, N.Y.: The Bednars came to the Pokorny apartment for the ceremony conducted by Sokol friend Rev. Shintay, joining the hearts and hands of Beluse-Bielka Pokorny and Dr. Charles Sokol Bednar. Rudy Lapar and Julie Pokorny were attendants. A celebration dinner followed for friends and family.

The Bednars lived in Virginia for a few years to begin their married life. Charles was head of the Physical Science Department at Lynchburg College. Pennsylvania was their second and lifelong state of residence where Dr. Bednar chaired the Political Science Department of Muhlenberg College since 1964. He was invited to lecture at Charles University in Prague. He speaks fluent Czech. There were several post-revolution lectures given in 1990.

Dr. Bednar wrote "Transforming the Dream," a book published by SUNY Press in 2003. Data on this book may be found on the internet. The years at Muhlenberg were exceptionally historically interesting in so far as world politics evolved. Their subject matter brought immense challenge to the students' educational process.

Meanwhile, as his career continued, family life restructured. Bielka's parents, Joseph and Elizabeth Pokorny, retired to Florida and later returned north to live with their daughter, Julie, when illness set in.

Karol and Anna Bednar retired from editing the Sokol Times in Perth Amboy. They moved to Allentown, Pa., to enjoy retirement near Charlie and Bielka. Then illness brought more changes when Anna needed care and seven years later Karol was also ill. Both Mom and Pop Bednar moved in with Charlie and Bielka to be lovingly cared for through their later years. Bielka carried their ashes

abroad where they were buried with the family in Moravia.

Bednars had several cocker spaniels through the years, each inheriting the name Flossie. Bielka acquired an interest in dogs. She brought a Dalmatian puppy home as a souvenir of a trip to Prague. A vast vista opened to the Bednars' world of training and breeding. Karinka, who bore a son, Alliance, and daughter, Sabrinka. This has been a more than serious experience for all involved. Charles danced the tango with Karinka to entertain us at Sokol Woodlands. Karinka had Czech papers. Bielka enrolled her in the American Kennel Club so she had dual citizenship. Dalmatians require much care. It was thought the current one might be the last, but now Bielka is considering a new puppy.

Bielka's strength of mind together with skills of the medical profession brought her through 30 years of challenges since 1979 when cancer attacked her. Surgery and radiation arrested the disease to grant her the amazing life she leads. Strong radiation from those early years of cancer treatment left damage to her shoulder and left arm, which has no feeling. While she has no use of her left hand and arm, she painted a room, cooks, bakes, gardens, has done upholstery and many things many of us with two arms cannot do. "Encore" is the twice weekly morning program Bielka has provided at the Allentown YWCA for women who have had breast surgery. Dealing with associated phases of living is the program's objective, providing encouragement. Exercise and pool classes are included in the classes. The American pronunciation of her name at the Y is "Be loos," a cute pronunciation of Czech Beluse (be loo she). She is associated with operations of the Allentown YWCA. Her husband participates in physical training at the YMCA and has been with the Board of



Pauline-Honey and Milan Trnka recently celebrated their 50th wedding anniversary.

Directors through the years.

Membership in Bethlehem Sokol attaches the Bednars to Sokol programs. Bielka has attended four Slets in Europe. Despite her physical handicap, she succeeded in learning and performing the complex "Carnivale" women's dance-calisthenics at Strahov Stadium, Prague in 2000. Ellen Kovac and she were the only Sokol USA representatives who succeeded in this accomplishment performed by the "elite" Sokol women of the world. She takes real pleasure attending every Slet she can, including the latest in Texas 2009. She shared many of her craft skills with Woodlands campers and guests through the years, including a

phenomenal weekend of decorating eggs European style and braiding Vanocky breads. Our Bielka is an inspiration to all who know her.

On August 29th in Coopersburg, Pa., a restaurant dinner party was held to celebrate the 50th wedding anniversary of Dr. and Mrs. Charles S. Bednar. Rudy Lapar, Best Man, and Julie Pokorny, Maid of Honor, attended as did their family. The afterglow continued at the beautiful Bednar home on Sheridan where good times were reviewed and a good time ensued at the overnight pajama party. Personal congratulations may be sent to beluse@ptd.net.

A LETTER FROM IRAQ

To the National Gymnastics Department and the delegates of the 2009 National Convention:

So the other day at mail call I get this big envelope and what should it include but a picture of the delegates from the National Convention and notes from various Sokol members. What a great and appreciated surprise. However I came upon a dilemma: How in the world was I going to send a thank you to everyone? Then I had the aha moment: The Sokol Times! So I would like to say thank you to everyone for taking a quick moment to say hi and send their thoughts about half way around the world.

For those that do not know, this is my second trip to Iraq and I must say that there has been a definite change since 2003. Probably the best part is that I'm not living out of a tent or cab of a truck. Our base is set up with what we call "two man cans." Basically they are about the size of a shipping container and fit two beds, two wardrobes, and a small desk. But the best part is air conditioning. When it hits about 110 degrees, you really start to appreciate some cold air.

Before I close, I would also like to invite any lodge that wishes to do a pen pal program with their members to feel free to send letters care of myself. I have a large group of Marines out here with me and even though we have access to phones and the internet, getting letters always seems to be more fun. Also for those teachers, I would extend that invitation to your classes as well.

My address is:

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

Again, thank you for the picture and your thoughts.

Nazdar
Brother Matthew Reynolds
Lodge 32

SOKOL TIMES

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OF THE USA

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DISTRICT MCT CORPS SOKOL USA Pittsburgh, Pa.

ANNUAL MEETING

Sunday, October 25, 2009
1 PM

Clarion Hotel
300 Tarentum Bridge Road
(Route 28, Exit 14)
New Kensington, PA

*Make sure your lodge is represented.
Free hot lunch buffet after the Annual Meeting.
Please make your reservation
by Saturday, October 17th*

Nazdar!
Matthew M. Blistan Sr.
President

DONATIONS GRATEFULLY ACKNOWLEDGED

To the Sokol USA Gymnastic Fund

From Lodge 3W, Bridgeport, Conn. \$101.25
In memory of deceased members

From Lodge 74, Plymouth, Pa. \$75.00
In memory of deceased members

To the Milan Getting Scholarship Fund

From Lodge 30, Danbury, Conn. \$100.00
In memory of deceased members

From Lodge 74, Plymouth, Pa. \$75.00
In memory of deceased members

From Lodge 3W, Bridgeport, Conn. \$101.25
In memory of deceased members

From Beatrice Walko \$100.00
*In Honor of the 50th Wedding anniversary
of Milan & Honey Trnka*

From Lodge 273, Wilkes-Barre, Pa. \$500.00
*Given in memory of the Lodge 273 founding members
including John Smolko and George M Pastirchak*

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

MILAN GETTING SCHOLARSHIP RECIPIENTS

Marissa Arvidson

My name is Marissa Arvidson and I am from Parsippany, NJ. This fall will be my last semester at Lehigh University, where I am a double major in International Relations and Asian Studies.

In accordance with my Asian Studies major, I have been studying Mandarin Chinese for the last two years, a study that brought me to China last semester. I spent about four months studying ethnic diversity, minority culture and Chinese in Yunnan Province, China, a place known for its natural beauty and ethnic minorities. In choosing the program that I did, a program that values experiential learning and field study, my knack for assimilating into a different culture, as well as learning everything I possibly can from a diverse environment, was only exacerbated.

I hope to take the knowledge and experiences I accumulated abroad as well as those accumulated over the last three years at Lehigh to pursue a career in the private or public sector.

Nicole Ragucci

I've just started my second year at Duke University and it has been a flurry of seeing old friends, teammates and professors as well as homework and studying. I'm so glad to be back. Last year I met so many interesting people who live as close as 45 minutes from my house to across the country in California and across the world in France, Ghana and Hong Kong. My classes this year are very interesting and I'm beginning to have a better idea of what I may major in.

Track begins this week and I'm so excited to spend more time with my teammates. They are great support and are always encouraging throughout the toughest workouts. It's only been a week and time already feels like it's flying by.

I've learned that the best way to enjoy your college experience is to get involved with as many things as you can possibly handle. This year I've gotten involved with a social activism group. Hopefully I'll find more things that interest me because before I know it, I'll be a senior!

Thank you to all of Sokol for making the Milan Getting Scholarship possible. It means a lot to all the recipients. Thank you!

Alison Stroczyński

I wanted to thank everyone on the Milan Getting Scholarship Committee for the very helpful scholarship. I finished my third year at Penn State University with a 3.6 grade point average. I have just returned to Penn State for my senior year.

Currently I am working hard to complete a collection of my works for an upcoming gallery show I will be holding at Penn State. Additionally, I have become the Arts Education Chair for the Visual Arts Student Alliance at Penn State. At the end of the previous semester, I successfully organized an Art Education gallery Exhibit, which went over wonderfully. Additionally, I have begun a job with Penn State University as an online course developer, a job that has significantly helped my computer skills.

On the horizon is a trip to Italy for the 2010 summer so I can gain a more worldly view of art before my graduation in December 2010. Lastly, before I graduate, I will be spending fall semester 2010 in Pittsburgh, Pa., for my student teaching and final certification. I am extremely excited for these upcoming opportunities.

Thank you for all of your help over the years. You have truly made my college experience much easier financially.
Nazdar!

University of Pittsburgh Slovak Studies Program

Presents its

19TH ANNUAL SLOVAK HERITAGE FESTIVAL

Sunday, November 1, 2009
1 to 5 PM

University of Pittsburgh (Oakland)
Cathedral of Learning Commons Room

FREE ADMISSION!

Musical performances by:

Internationally renowned Slovak singer Jozef
Ivaska

The Singing Revil'ak Family of Bardejov, Slovakia
Pittsburgh Slovaks

PAS (Pittsburgh Area Slovaks)

Slavjane Folk Ensemble

Ben Sorenson on Fajara

Also featuring:

Cultural Displays and Lectures

Shop for Christmas: Slovak and East European import vendors

Ethnic Food: klobasa, halusky, holupki, pirohy and pastries

*Please donate cookies or pastries in support of this wonderful free festival.
Bring them to the pastry table in the Commons Room.*

For more information, contact Christine Metil
at 412-624-5906 or Slaviv@pitt.edu





Lucia Murcko (center) receives her scholarship award from President and Scholarship Chairman Brother Melvin Slezak and Vice President and previous scholarship award recipient Oleksandra Banjak.

Lucia Murcko Awarded Steve Banjak Memorial Scholarship

Sokol USA Farrell is proud to announce the fourth scholarship recipient since we began awarding them in 2006. The scholarship honors our past president, Brother Steve Banjak, for his lifetime of devotion to Sokol ideals.

This year's recipient of Sokol USA Farrell's "Steve Banjak Memorial Scholarship" is Lucia Murcko. Lucia is the daughter of Marian and Zuzana Murcko. Her mother and two sisters are also active members of Sokol. Lucia graduated from West Middlesex High School, Pa. She was born in Prešov, Slovakia; her family immigrated nine years ago with the help of a relative and, incidentally our lodge's only honorary member, Aloise Murcko.

According to one of her high school teachers, "Lucia has kept an above average grade point average while keeping an active lifestyle. I was always impressed with her kindness, her appreciation of other peoples' opinions, her smiling demeanor." She was active in track and field, Spanish Club and SADD and was qualified for state competition for Future Business Leaders of America.

Lucia is also active in Sokol. She has been a part of our delegation to slets in Skalica, Slovakia, Praha, Czech Republic, Pittsburgh and, most recently, Fort Worth, Texas. Lucia plans to continue her education at Penn State, Shenango Valley campus in her local area. Good Luck, Lucia,

and Nazdar to a job well done.

Scholarship Chairman Melvin Slezak reminds our members and friends of Sokol Farrell that we are continuously accepting donations to the "Steve Banjak Memorial Scholarship" and that these donations are tax deductible. Brother Slezak has also announced that he expects next year's award to be increased by 25 percent to \$1,000. Sokol Farrell members who are eligible may apply for the scholarship grant. Eligibility requirements and applications for the 2010 award can be obtained by calling the Sokol USA Farrell Hotline at 724-342-1129 and making the request. A fully completed application and letters of reference must be sent by May 15, 2010.

From the President's View

I recently had a discussion with a friend where we talked about what Sokol has done for us or what should we expect from Sokol. Sure, there are the tangibles such as our insurance policies and the fact that we had a gymnastic program and other social and cultural events in our lodge. However, the recent 50th wedding Anniversary celebration of Honey and Milan Trnka brought it all to light. How common was it back in the '50s that folks from Byram, Conn., would make lasting friends with Honey from Newark, N.J. and Milan from New York City? How about the fact that we would travel to Washington, DC, and end up celebrating their engagement, attend their wedding, travel with Milan to Vienna and Czechoslovakia and celebrate the birth of their son, Michael, keep in the touch over the years and then help them celebrate their golden anniversary? In attending their very special, very lovely party, we joined with Sokol friends whom we have known for almost as many years – the Prackos, Tomaskas and Bagels from Chicago, and I was able to reconnect with Carol nee Cervenka and Eleanor nee Bednar with whom I went to Kurz and haven't seen for years and were still overjoyed to share this event. Can you put a value on these friendships? Not from my perspective. Friendships that last a lifetime are the most significant "gift" from Sokol. How truly blessed we are to have all these people in our lives. How blessed we are to be able to attend any event and see young and old mixed together enjoying the company because we have a common bond. I am not so sure our grandchildren will experience this beautiful bond of friendship that we share.

Along the same theme, a group of Sokol Woodlands camp board members came together to share the Labor Day weekend. I fully expected it to be a sad event since the camp had not opened for the season and this weekend we traditionally recapped the season and reminisced about the many joys. Much to my surprise, it was also a wonderful time with Sokol friends. I'd like to share Honey's thoughts:

"A success, I think. In view of the circumstances, the end of it all. I'm happy to say that the Labor Day weekend of 2009 was a good time, with good friends, enjoying what we always did. Good company, good food. What it was always about. How smoothly it all worked out. No water in the motels, but still they were used with no complaints.



Bea Walko

Everyone contributed to the meals without any beforehand thinking or preparation and no one was dissatisfied with the cuisine. The three little Kovacs couldn't help but make everyone smile. The weather cooperated. I'm so glad everyone made an effort to be there to enjoy."

The semi-annual meeting of the Supreme Lodge was held early in September. Not a lame-duck meeting by any stretch. The recommendations of the Gymnastic Department we discussed and most of their requests were granted. We should note that new director Todd Yatchyshyn presented new ideas and we certainly wish him well as he begins his term of service to Sokol. The minutes will be published as usual.

A few personal notes: Congratulations to Belka and Charles Bednar as they celebrated their 50th wedding anniversary with family the last weekend in August. A special thank you goes to these Sokol members who have contributed so much to Sokol Woodlands. We deeply appreciate all of your work and we have truly enjoyed being there with you.

We still have two young Sokol members serving our country, defending our freedoms while stationed in Iraq and Afghanistan. Here is Matt Reynolds' mailing and e-mail address:

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

This can be used to send both postal mail and "Moto Mail" which can be located at <http://www.motomail.us>

Once again, I remain with our sincere Sokol NaZdar!
Bea Walko

Fitness Center Opens

On September 10th, Anytime Fitness celebrated the grand opening of its brand new center on Route 53 in Parsippany, N.J., with the official ribbon cutting ceremony. In attendance at the ceremony and cutting the ribbon were Parsippany Mayor Michael Luther, former Parsippany Mayor Mimi Letts and Parsippany Area Chamber of Commerce member Alicia Bozza. Also present were many current and future members of Anytime Fitness.

With 24/7 access, Anytime Fitness offers convenient and affordable exercise. At Anytime Fitness, members can workout any time of the day or night, every day of the year. They use a security-access key to enter the club, even when it is not staffed. Once inside, members have full use of state-of-the-art strength training and cardiovascular equipment. Anytime Fitness also offers membership reciprocity among its clubs, which allows members to use any of the more than 1,200 clubs that are currently open in the United States, Canada and Australia.

The layout of each club is designed for quick and effective exercise. The equipment options at Anytime Fitness include circuit and cross-training machines, free



At the opening of Anytime Fitness are Alicia Bozza, Parsippany Mayor Michael Luther, Mimi Letts and owners Dodi and Eric Skovronek. Also present was camera-shy Sister Helen Bindas.

weights, stationary bicycles, and treadmills. Personal training options are available to help meet your fitness goals.

The owners of Anytime Fitness, Eric and Dodi Skovronek, are very enthusiastic about opening this new club. "The convenience and value of Anytime Fitness can't be beat," said Eric. "Choosing this club makes it easy for members to

stay committed to their fitness goals."

"Anytime Fitness clubs are pared down to the essentials necessary for a great workout," said Dodi. "Where we don't cut corners is in our personal service and commitment to our members. We are excited to be able to have a business in our home town."

9TH ANNUAL SLOVAK FILM FESTIVAL IS UNDERWAY

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:

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.

SOKOL USA

National Gymnastics Department Meeting

August 1, 2009

Pittsburgh, PA

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.

Attendance

Delegates:

National Staff: Rich Yatchyshyn, Karen Ondira, Lance Kovac, Amy Pracko & Chris Yatchyshyn; Chicago Lodge 306: Scott Pracko & Kristen Merker, Boonton Lodge 32: Judy Bindas, Central Jersey Lodge 12: Norah Valentin & Ellen Kovac, Monessen Lodge 47: Charity Ruhl & Katrina Coleman, Bethlehem Lodge 93: Bill Barron; Lodge 39/40W: Debbie Golden; Bridgeport Lodge 2: John Kamenitsky; District M. M. Hodza: Brandi Kovac, District L. Stur: Bryan Pracko; District Tatra: Todd Yatchyshyn

Total Number Eligible to Vote: 17

Visitors: President Sokol USA: Bea Walko; Treasurer Sokol USA: Judy Smith; Finance Committee Members: Joanne Check & Teena Coleman, ASO Director of Men: Chuck Kalat; ASO Greater Cleveland Directors: Howie and Jane Wise; District Jan Kollar: Margie Stngl; Chicago Lodge 306: Cindy Merkel; Bethlehem Lodge 93: Stephen Barron & John Szy

Agenda

- I Call Meeting to Order
- A. Pledge of Allegiance
- B. National Anthem
- C. Moment of Silence for Deceased Member
- II. Welcome
- III. Introductions, Comments from Supreme Lodge Officers and Sister Organizations
- IV. Questions or comments regarding National Staff Members reports sent via e-mail
- V. Questions or comments regarding the lodge and district reports send via e-mail
- VI. Old Business
- A. American Sokol Slet
- B. World Federation Meeting – report by Joe Bielecki
- C. Sokol Woodlands
- D. Code of Conduct
- E. Training Sessions
- F. Public Relations/Website
- G. Yes! Council
- H. Project 2nd Century
- VII. New Business
- A. 2011 Slet – presentation by Katrina Coleman
- B. Recommendations from National Directors
- C. Recommendations from Lodges and Districts
- VIII Election of Gymnastic Department Staff
- IX. Date and Site of the 2010 Meeting
- X. Adjournment

Agenda addition under Old Business: I. American Sokol Strategic Plan

I Call Meeting to Order

The meeting was called to order by Director Rich Yatchyshyn followed by the Pledge of Allegiance, the National Anthem and a moment of silence for deceased members.

II. Welcome

III. Introductions, Comments from Supreme Lodge Officers and Sister Organizations

Rich Yatchyshyn welcomed the group and asked all to do self introductions. He next invited Supreme Lodge President Bea Walko, Secretary Milan Kovac and Finance Committee Chair John Kamenitsky to each speak to the group. He also

invited ASO Director Chuck Kalat and Greater Cleveland Directors Howie and Jane Wise to address the group.

Next, Scott & Amy Pracko were invited by President Bea Walko to inform the group regarding a special fundraiser for liver research, since their 6-year-old son Matthew is in the monitoring phase of a serious liver condition. They asked for everyone’s help in raising funds for the American Liver Foundation by supporting the 5-K Liver Life Walk in October by making donations to Team Matthew’s Liver Savers.

Joanne Check was then invited to give an update on her son Joe Check, a YES Council member, who is serving in Afghanistan. An update was also given on Assistant Director of Men Matthew Reynolds, whose Marine Unit has been activated for the third time.

Chris Yatchyshyn announced it was time to thank one another for a job well done. This was accomplished by asking each one to reach into a bag of candy and take several packages. Each carried a positive message like “Thank You,” “Nazdar,” “You Make a Difference,” “Soar,” etc. Everyone was then instructed to give their candy to different people in the room while stating the positive compliment on the candy to them. After each person was given several positive compliments, everyone was free to enjoy the candy treats.

The agenda for the meeting was reviewed. Chuck Kalat asked if we could add American Sokol Strategic Planning in Old Business as letter “I”.

IV. Questions or comments regarding National Staff Members reports sent via e-mail

Most of the National Staff Members’ reports were sent via e-mail. Lance Kovac distributed his report at the meeting. Those in attendance were invited to ask questions of the national staff members.

V. Questions or comments regarding the lodge and district reports send via e-mail

Reports from the Lodges and Districts were also distributed prior to the meeting via e-mail. Lodge 39/40W did not submit a report, but Debbie Golden explained that their lodge had two active members, her mother Arlene and herself. They performed calisthenics in Texas and regularly participate in Lodge 306 events and fundraisers. She emphasized that members would enjoy Sokol more if they participated in more activities. It was agreed by all that sharing the reports in advance of the meeting was helpful and should be continued in the future.

VI. Old Business

A. American Sokol Slet

American Sokol Director of Men Chuck Kalat was invited to give a recap of the American Sokol Slet, which proved to be a unique and successful event. While it encompassed outside groups and was more than just a traditional slet, all the Sokol elements were still incorporated. Overall, the Sports and Cultural Festival was received positively by nearly all participants and the number of Sokol participants was comparable to the previous slets. The finale had a total of 874 which included some of the outside groups.

Chuck also reported that the National Camp was to be held in August at the Cleveland DTJ Camp and that Sokol USA has one participant - Bonnie Valentin. This year the American Sokol is not hosting a Kurz, but next year it will be in Cleveland beginning on Sunday, July 11 and running through the following Sunday. This year’s Board of Instructors meeting will be held in Detroit, October 9-11. Chuck invited Sokol USA to participate in the World Federation Fitness Test through the American Sokol program and suggested that the lodges might also like to participate in the World Federation Show Program, which is competition where you film special numbers and they are judges by viewing the DVDs.

B. World Federation Meeting

Finance Committee member Joe Bielecki reported that he attended the World Sokol Federation meeting in Texas. He said the group hoped for more participants in their Fitness Challenge. They also announced the upcoming slets: Slovakia in 2010, and the Czech Republic in 2012. He informed the group that the Serbian Sokol was litigating to get back their gyms & properties and Sokol Slovenia invited up to 10 children from the United States to a summer camp on the Adriatic Sea in the summer of 2010. He also reported that the film, *Accidental Army: The Amazing True Story of the Czechoslovak Legion* is available for \$25 and it will be shown at the convention.

Bea Walko added unofficially that 2011 is 100th Anniversary of Sokol Canada. They have indicated that they will not run a slet, but may have an academia, a banquet and other events throughout the year.

(Continued on Page 5)



The Sokol USA Board of Directors and Judge, 2006-2009. Seated from left are Joanne Check, Teena Coleman, Judy Smith, Bea Walko, Milan Kovac, Scott Pracko, John Kamenitski and Debbie Golden; and standing from left are Chris Yatchyshyn, Joe Bielecki, David Walko, Joe Dubovi (judge), Gerald Von Schwedler, Rich Yatchyshyn and Karen Ondira. (*The Gymnastic Department positions, Director of Men and Director of Women, ended immediately following the XXV Sokol USA Convention in August 2009.*)

SOKOL USA
National Gymnastics Department Meeting

(Continued from Page 4)

C. Sokol Woodlands

Lance Kovac gave an update on Sokol Woodlands. He reported that the camp is now up for sale, not for lack of ideas but manpower. This was a hard decision that came about because the camp was not serving Sokol USA children and according to Bea Walko, this was the key reason for putting it up for sale. Lance felt it did help with member retention and attracting new members over the years, as well as being a place where young people could stay connected to Sokol. David Walko reported on his Supreme Lodge involvement through a subcommittee, stating the decision wasn't an easy one. Brandi Kovac added that the gymnastic equipment was up for sale to Sokol lodges first and reasonable offers would be accepted. Sokol Farrell is purchasing the spring floor.

D. Code of Conduct

Milan Kovac reported that the Sokol USA Code of Conduct was in everyone's convention packet and emphasized that it is a general code. Bea Walko added that it has not yet been sent to local lodges, but it is important that all members are aware of it; it should not just be given to the gymnastic department, it is for all lodge officers and members. Brandi Kovac mentioned that the USAG has a code of conduct and it may be a helpful reference if we are thinking of making any changes.

Chris Yatchyshyn reminded all that our legal advisor suggested the code should have a broad application and be a fluid document. Bea Walko's hope is that all lodge offices and instructors will sign off on it. It's a national guideline and individual lodges could add more specifics, as long as they are not contradictory to the intent of the national code.

E. Training Sessions

In regard to Training Sessions, Lodge 306 is planning an instructor clinic. Bryan Pracko added that the American Sokol Central District is also holding an instructor clinic & a volleyball clinic. It was suggested that lodges and districts should hold a variety of training sessions and not just on set years. They were encouraged to consider other options like dance clinics or first aid and CPR training.

F. Public Relations/Website

Chris Yatchyshyn reported that the website is up-to-date and encouraged all lodges with activities to have a website created. Funds were previously approved by the Supreme Lodge for the basic sites. Boonton has expressed an interest and Sokol Farrell will have their site up for the new program year. Lodges interested in having a web site should contact Chris.

G. Yes! Council

Chris Yatchyshyn reported that while the YES! Council will not be active at this year's convention, but several of the members are at the gymnastic meeting and two will be delegates to the convention. Another member was at the set in Texas. Chris is hoping to encourage someone to coordinate at least one activity a year for this age group – perhaps one of the national assistants can take on this assignment.

H. Project 2nd Century

Bea Walko reported that through an application process, any lodge interested in Project Century could submit a plan to the Supreme Lodge for consideration.

I. American Sokol Strategic Plan.

Chuck Kalat provided an update on the American Sokol Strategic Plan that is moving forward, despite a little apathy and a few stumbling blocks. They have an executive director in place and hope to hire a grant writer in the future. There is a mission statement and four main areas of focus: physical, cultural, social and education. Membership is a key area and determining the role of the units and the national organization has been a challenge. They are working toward having activities all day long in the gyms and reaching out to the local communities, with a wide variety of activities such as cooking, crafts, family nights, etc. in addition to the traditional Sokol programs.. They are also considering a general manager program, which would employ young adults to oversee the full-day activities at the units.

Bryan Pracko added that American Sokol has an Instructor Guidelines Program that can help with the hiring process, if any lodge is considering hiring instructors.

VII. New Business

A. 2011 Set – presentation by Katrina Coleman

Katrina Coleman showed a presentation on Williamsburg, VA as a possible site for the 2011 set. Discussion led to considering other locations, including Baltimore.

Recommendation:

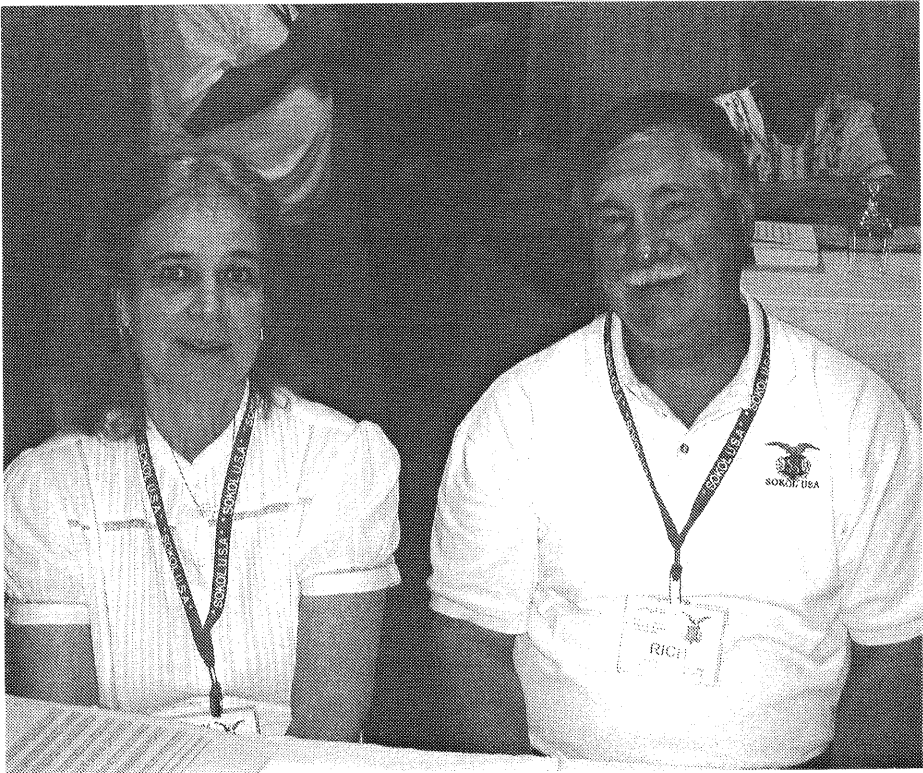
That Sokol USA will hold a set in 2011 initiated by the Monessen Lodge with Charity and Katrina continuing research on Williamsburg, Baltimore or other suitable location, the week of June 26, 2011. **Motion seconded and passed unanimously.**

B. Recommendations from National Directors

1. That Sokol USA pay full tuition of any Sokol USA member to attend an American Sokol Instructors School 2010 in Cleveland with the recommendation of their Lodge Director and prior to attending the school, obtain the approval of the National Directors.

Finance Committee Action: Approved

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



The Gymnastic Department would like to thank Karen Ondira for her many years of service as Director of Women and Director of Men Rich Yatchyshyn, who served for the past six years.

For information: Chuck Kalat pointed out that American Sokol puts in an additional \$2,000 each year to help subsidize the cost of the National Camp. \$2000 suppose to be submitted yearly by each of the three sending organizations, however, since Sokol USA sends so few students, the money has not be requested.

Finance Committee Action: Approved

3. That a maximum of one thousand eight hundred dollars (\$1,800.00) be allocated for the 2009-2010 season for hosting or participating in training sessions, mini-Kurz, or invitational competitions. A proposal must be made in advance with the approval of the National Directors. Proper documentation must be submitted within thirty (30) days of the event for reimbursement of the expenses.

Finance Committee Action: Approved

4. That the Reactivation Project be continued to help any lodge that is not presently active, or to begin a new lodge with the intent of becoming athletically active, or to assist an active lodge that is adding a new program, up to one thousand dollars (\$1,000) per lodge with the prior approval of the National Directors.

Finance Committee Action: Approved

5. That Sokol USA support the Professional Development of individuals who attend clinics and/or conferences related to the teaching activities of the gymnastic department. Prior approval of the National Directors is required. No more than one thousand (\$1,000) should be spent for the 2009-2010 season.

Finance Committee Action: Approved

6. That the Supreme Lodge support "Project Safety" by reimbursing the sum of 50% of an expenditure up to \$1000 on new mats or equipment during the 2009-2010 season.

Finance Committee Action: Approved

7. That Sokol USA reimburse one half the tuition of the USAG and the AACA (cheerleading) Safety Certification cost to all Sokol USA member instructors with prior approval from the National Directors.

Finance Committee Action: Approved

8. That Sokol USA pay the cost of Professional Membership in USAG for the National Directors for the 2009-2010 season.

Finance Committee Action: Approved

9. That the Supreme Lodge reimburse up to two instructors per lodge for professional membership in USAG.

Finance Committee Action: Approved

10. That Sokol USA join the USAG Member Club Program as a total organization. The cost is approximately one hundred sixty-five dollars (\$165.00).

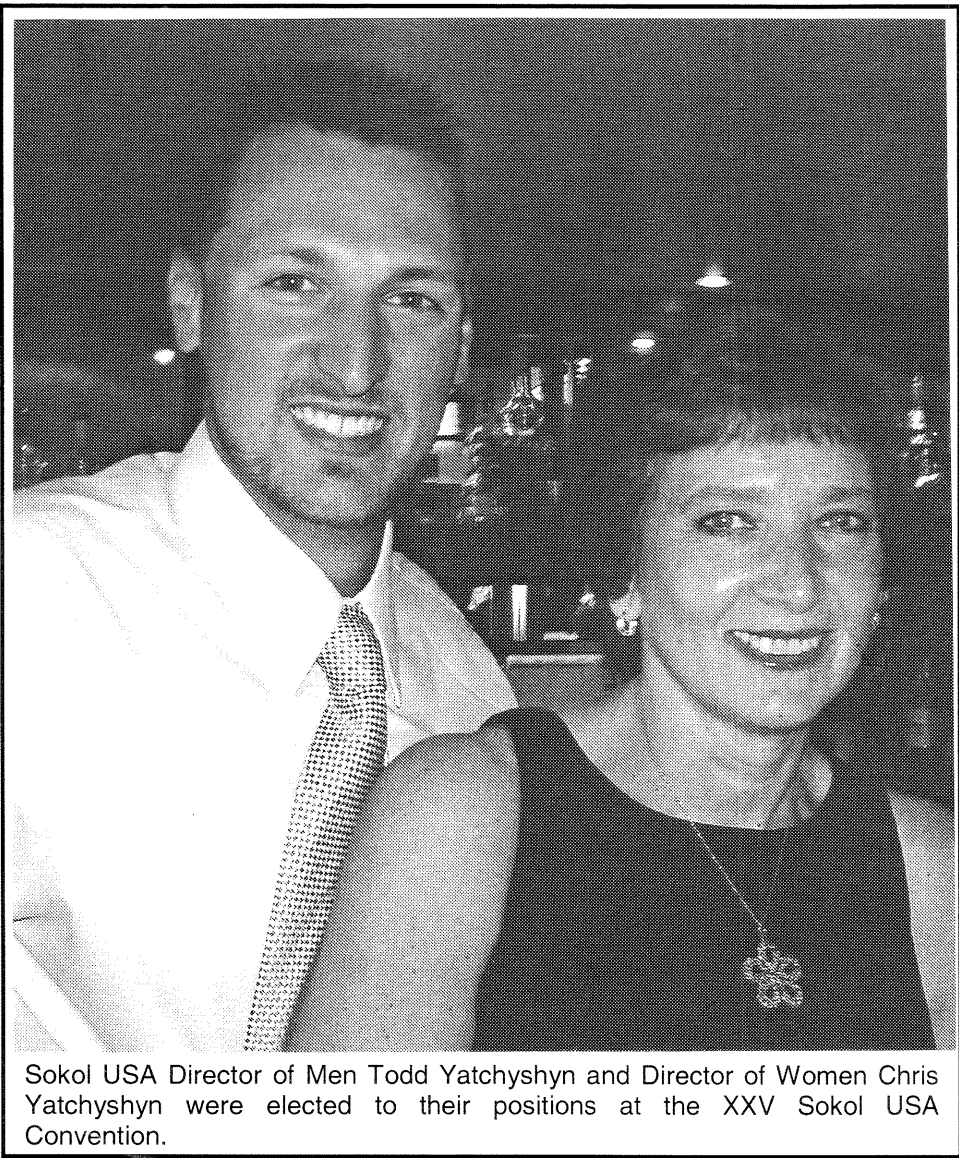
Finance Committee Action: Approved

11. That the National Directors and the Supreme Lodge Secretary coordinate and administer the purchase of accident insurance for all gymnastically active lodges.
12. That the Supreme Lodge pay for travel, room, per diem or food allowance & registration fee for the National Directors, or their designated alternates, to attend the American Sokol BOI meeting in October 2010.

(Clarification: Approval for travel to the 2009 BOI meeting was given in 2008. Since the BOI meeting is often a date close to the Sokol USA SL meeting, the request is for the following year.)

Finance Committee Action: Motion did not carry.

(Continued on Page 6)



Sokol USA Director of Men Todd Yatchyshyn and Director of Women Chris Yatchyshyn were elected to their positions at the XXV Sokol USA Convention.

SOKOL USA
National Gymnastics Department Meeting

(Continued from Page 5)

- Amended motion:**
That the Supreme Lodge pay for travel, room, per diem and registration fee for the National Directors to attend the American Sokol BOI meeting in October 2010.
- Motion carried**
13. That the Supreme Lodge provide fifty dollars (\$50.00) per bowling team to the host lodge of the National Bowling Tournament for the “prize fund,” with a minimum 20-team contribution, plus the cost of trophies or awards.
Finance Committee Action: Approved
14. That the Supreme Lodge pay a travel expense of five dollars (\$5.00) per Sokol USA bowler attending the National Bowling Tournament, payment is to be made to the participant’s lodge. The host lodge is not eligible.
Recommendation amended as follows:
That the Supreme Lodge pay a travel expense of ten dollars (\$10.00) per Sokol USA bowler attending the National Bowling Tournament, payment is to be made to the participant’s lodge. The host lodge is not eligible.
Amended Recommendation was seconded and passed unanimously.
Finance Committee Action: Approved
15. That the Supreme Lodge pay ten dollars (\$10.00) to the host lodge for every eligible Sokol USA golfer in the National Golfing Tournament plus the cost of awards.
Finance Committee Action: Approved
16. That the Supreme Lodge support a National Sporting Activity, up to four hundred dollars (\$400) plus the cost of awards.
Finance Committee Action: Approved
17. That the Supreme Lodge pay for the full travel expense for all authorized Sokol USA delegates to attend the 2010 National Gymnastic Department Meeting, with room & per diem for the directors and room & food allowance for the assistants.
Recommendation amended as follows:
That the Supreme Lodge pay for the full travel expense for all authorized Sokol USA delegates to attend the 2010 National Gymnastic Department Meeting, with room & per diem for the directors and room & food allowance for the assistants.
for meeting and travel days.
Amended recommendation was seconded and passed unanimously.

Finance Committee Action: Motion failed

Motion amended as follows:
That the Supreme Lodge pay for the full travel expense for all authorized Sokol USA delegates to attend the 2010 National Gymnastic Department Meeting, with room & per diem for the directors and room & food allowance for the assistants.
Amended motion approved.

18. That Sokol USA lodges conducting weekly gymnastic programs can apply for financial aid from the Supreme Lodge in order to supplement the compensation of instructors. Gymnastically active lodges that received funds for the 2008-2009 program year will submit an explanation of how the funds were used and may request up to \$2,000 (two thousand dollars) each, for the 2009-2010 program year, for a sum of \$10,000 based on a total of five gymnastically active lodges.
Finance Committee Action: Approved
19. That the Sokol continue a Sokol and/or Athlete of the Month to be published in the Sokol Times.
Recommendation amended as follows:
That the Sokol lodges or districts continue to submit a gymnast, athlete or other active member as Sokol of the Month to be published in the Sokol Times.
Amended motion seconded and passed unanimously.
- NOTE: Recommendations 1-19 were voted on in total. The recommendations were seconded and passed unanimously.**

Recommendation from Director Karen Ondira:
I feel that the Gymnastic Department needs to be revamped to best serve everyone. If we do away with the two directors and four assistants we could save their salaries, per diem and food allowances, travel expenses for meetings and all other expenses that the SL pays for. My suggestion would be to take this money, for example if all those monies added up to 20,000 dollars, each lodge would get 4,000 dollars to use for their programs, certifications, equipment, they need or where they feel it would be beneficial to their lodge’s needs. They would have to submit an itemized budget to the finance committee at the October meeting. Either, each lodge could take a turn representing the Gymnastic Department on a rotating basis in alphabetical order or the Fraternal Activities person could be the liaison between the lodges and the SL, presenting their budgets and any other problems that might need to be addressed. All itemized budgets should be emailed to the person who is going to attend the October meeting. There needs to be an itemized budget to get the money approved. The money for the instructors is the only recommendation that is not a part of the budget. That will stay as a recommendation separately. The SL would pay for the travel and room for the representatives. In September, instead of a meeting, a conference call would be set up to report activities, any new programs, fund raising, and any issues they might want to be discussed at the SL. I know we have already discussed using the conference call format. If we are to have another Slet, which I know Charity is talking about, we then have to make a recommendation and include people to help organize it, and they would be able to get their room and board paid for to help with the organization and the completion of the Slet. These are just my suggestions; maybe to start up some conversations or hope that there might bring forth some other ideas. I am open for suggestions to improve my thoughts or what I think might work and maybe be more efficient for the Gymnastic Department.
After discussion, Karen withdrew this recommendation and clarified that these were items she shared with the SL. She said she hoped the topics would encourage discussion.

Recommendations from Director Rich Yatchyshyn:
1. That Sokol USA subsidize half the travel for one national cheerleading competition per year up to \$500 per lodge. All participants must be policy-holding members.
Recommendation seconded and passed unanimously.
Finance Committee Action: Approved

2. That the positions in the National Gymnastics Department staff remain the same.
Reason: As long as there is activity in local lodges and we are anticipating running another slet, we should maintain a national staff. Without question a staff will be needed to organize and coordinate a national slet. In addition, the assistants should each be assigned tasks to help generate more activity. Responsibilities could include rejuvenating the YES! Council, organizing additional regional or national sports events, writing articles for the Sokol Times on activities, games, exercises, dance, etc. to include in gym programs and running a yearly fundraiser.
After discussion Rich withdraw this recommendation.

(To Be Continued in November 2009)

Sokol Social News

HAPPY BIRTHDAY

Joseph Surette of Tarrytown, N.Y., celebrated his 65th birthday on September 20th. He is a member of Lodge 114.

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.

**LODGE 114
SLEEPY HOLLOW, N.Y.**

Lodge 114 held its annual clam bake on Sunday, August 30th at our club, the National Sokol Inc. at 155 Beekman Avenue in the Village of Sleepy Hollow, N.Y. The social event started at 9 a.m. with a breakfast and continued throughout the day with clam chowder, half shell and steamed clams, skewered shrimp, sausage and peppers, hamburgers and hot dogs, and ended with a steak dinner. Liquid refreshments were also available throughout the day. This excellent menu was prepared by our chefs, Brothers Neil Martone and Sonny Battista, along with a great support staff.

Our sporting activities included horseshoes and shuffleboard. Of the seven teams competing in the horseshoe event, the new champions are Neil Martone and Josef Lukacovic. There were eight teams competing for the shuffleboard championship. However, after all the close games, Brothers Robert "Hawkeye" DeMasi and Stephen Horecky managed to defend their championship for the third consecutive year.

Everyone enjoyed the day with excellent food, drinks, weather and company. A special thanks to all the committee members who made this day possible.

Nazdar
Stephen Horecky
Secretary



Above at left are horseshoe champions Neil Martone and Josef Lukacovic.

Above at right are shuffleboard champions Stephen Horecky and Robert "Hawkeye" DeMasi.



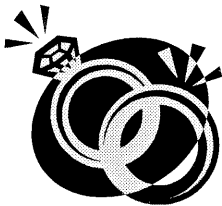
At left, members of Lodge 114, Sleepy Hollow, N.Y., gather for a group picture at their annual clam bake.

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.*

BrewNost

International Beer Tasting to benefit the
National Czech & Slovak Museum & Library

*Enjoy premium beers from around the world,
great food and music*

Save the Date:
Friday, October 16
Cedar Rapids Museum of Art

*In partnership with the Beer Guys from John's Grocery
Presented by Alliant Energy and CRST International*

For information and reservations:
319-447-5533 or www.NCSML.org

Czech and Slovak Americans International Perspectives from the Great Plains

*The 36th Interdisciplinary Great Plains Studies
Symposium sponsored by the University
of Nebraska-Lincoln Center for Great Plains Studies*

April 7 to 10, 2010

Symposium Theme:

*Czech and Slovak immigrants and their descendants in the
North American Great Plains region; their relationships
with other Czech- and Slovak-Americans, and with Czechs
and Slovaks in Europe and other parts of the world.*

Call for Papers
Submission deadline is November 1, 2009

For registration and more information, visit www.unl.edu/plains

Central Jersey Lodge 12 resumes gymnastics classes

When: Friday, September 18, 2009
Where: American Gymnastic Academy
110 Talmadge Rd, Edison, NJ
Time: 7:00 PM

We are a small, diverse group of Sokols ranging in age from 3 to 53, dedicated to basic physical fitness and fraternalism. We include some very experienced instructors, and we would like to add YOU, your children, or your grandchildren to our group.

If you would like to exercise in a relaxed atmosphere in a gym with lots of equipment, come September 18 ready to work out. Bring a friend or a relative.

All participants must be members of Sokol USA and pay an annual gym fee.

For more information, please contact:
Ellen Kovac, 908-659-0121, ellenkovac@aol.com
Norah Valentin, 908-317-8350, Norahjane@verizon.net

CZECHOSLOVAK GENEALOGICAL SOCIETY INTERNATIONAL

12th Czechoslovak Genealogical/Cultural Conference

October 14 to 17th
Cleveland, Ohio

*Sponsored by First Catholic Slovak Union
and the Ministry of Foreign Affairs of the Czech Republic*

HIGHLIGHTS

Traveling Library: Some of CGSI's most commonly used library reference books, atlases and maps will be available for on-site use. Many of these materials otherwise do not circulate, so this represents a unique opportunity to research and receive assistance from the experienced library staff. There will be books on Czechs, Slovaks and Carpatho-Rusyns. The oldest available records are the 1651 "Register of Subjects According to their Religion" from Bohemia and the 1654 "Berni Rula" Tax Cadaster of Bohemia.

Parade of Korje: The CGSI will have a fashion show of participants wearing the folk dress from the area of their ancestors, whether antique or modern reproduction. Visitors are encouraged to wear a kroj or piece of an outfit.

SCHEDULE OF EVENTS:

Wednesday, October 14th

Czech, Rusyn and Slovak Neighborhood Tour (This is repeated on Thursday, October 15th); Western Reserve Historical Society Tour

Thursday, October 15th

Workshops include Writing your Family History; Beginning Slovak Genealogy; Cuyahoga County Archives Genealogical Resources; They Settled Here: The Role of Chain Migration in the US, its Importance in Family History Research; and Slovak Decorated Eggs: Their History, Diversity and Significance in a Slovak Folklife Context

Friday, October 16th

Keynote address by John J. Grabowski on "Creating Diversity: The Role of Czech and Slovak Immigration in the Globalization of Northeastern Ohio"

Workshops include Archives Getting Digital – What Can I do Myself? When do I Need Help?; The Most Useful Genealogical Sources in the Slovak Archives; History of the Chod (Bohemian Border Guards); 1914 Memorandum of the Slovak League of America; The Applicability of Feudal Tax Lists to Slovak Family History Research; Czech and Slovak Folk Dress, Costume, Kroje; The Mass Migration from Slovakia to the USA: Causes, Course and Useful Documents; and Musical Travelogue through Bohemia, Moravia and Slovakia

Saturday, October 17th

Workshops include Visual Anthropological Perspectives in the Turiec Valley, Slovakia; High Impact Slovak Pioneers to America: Those Known to Have Shaped Communities and Other Frontiers; Rusyns and Slovaks: Similarities and Differences; The Register Books in Slovakia: The Most Important Source for Genealogical Research; Genealogical History of Christians and Jews in the Czech Lands and Slovakia; The Slovak Quest for Equality in Hungary before World War II with Special Emphasis on the Slovaks in the USA; Strategies in Use of Parish Records in Slovak Family History Research; Slovak Immigrant Neighborhoods in the Cleveland Area; Entertainment provided by Karpato-Rus' Ensemble, Sokol Greater Cleveland Folk Dancers and the Lucinka Children's Ensemble

Sunday, October 18th

Roman Catholic Mass

For more information: E-mail Paul Makousky at PaulMCzech@comcast.net or call 651-739-7543 during the evenings or weekends.

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.*

DAMIR JOSEPH SINCICH – (1921-2009) A member of Lodge 103, Farrell, Pa. He is survived by his wife, Dolores Sincich.

JOHN S. KLC – (1916-2009) A member of Lodge 276, Pittsburgh, Pa. He is survived by his daughters, Naomi Pockell and Janet Lallier.

MARGARET A. ORLICK – (1925-2009) A member of Lodge 66W, Bethlehem, Pa. She is survived by her husband, Steve J. Orlick.

VERONICA DAVCO – (1920-2009) A member of Lodge 93, Bethlehem, Pa. She is survived by her daughters and her son.

ANNE KOSTELNY – (1918-2009) A member of Lodge 39/40W Chicago, Ill. She is survived by her daughter and her son.

WILLIAM F. VEDRA SR. – (1932-2009) A member of Lodge 248 Rossford, Ohio. He is survived by his wife, Agnes M. Vedra.

THERESA M. LUBATTI – (1920-2009) A member of Lodge 20, Ford City, Pa. She is survived by her sister and brother.