

(USPS 500-660)

SOKOL TIMES

APRIL 8, 2010

PUBLICATION FOSTERING FRATERNAL, CULTURAL & PHYSICAL EDUCATION ACTIVITIES SINCE JULY 14, 1905

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From the President's View

February saw huge snowstorms that left four foot tall snow drifts across Pennsylvania and the Northeast which took weeks to melt. As I drove from Pittsburgh to Sokol USA headquarters in East Orange, New Jersey, I was struck by the sudden arrival of spring. The snow had vanished, spring had come, the weather had turned warm, and the crocuses were starting to poke above the ground.

This meeting was the first meeting of the newly elected Supreme Lodge with myself as President and Sister Bea Walko attending the meeting as President Emeritus. New members were in attendance at the Supreme Lodge. These were Arthur Burkhardt, Emil Trgala, Paul Brinley and Jennifer Moulton.

There was an eagerness and energy on the part of the new Supreme Lodge members. They were energetic and curious. It was a productive meeting.

The organization's finances are sound. Sokol's investments performed well for the Society. The Supreme Lodge noted that roughly 30 percent of Society members is over the age of 70. It is imperative that new members join in order to keep up with the demographics of an aging population.

The Supreme Lodge graciously accepted the invitation of the Polish Falcons of America to send up to 12 young people to the Falcons' Zlot in Washington, DC at the end of July 2010 and to financially assist the young people who are sent as our representatives. The Falcons' event is focused on youth and open to young people from ages 8 to 18. There will be track and



Joseph Bielecki

field events, traditional gymnastics, swimming, basketball, volleyball and many other sports. The Zlot will be held on Gallaudet University's campus. The Supreme Lodge passed funding for one half of the cost of travel for any youth participant and one chaperone for the participant. Anyone wishing to represent Sokol USA at this event should contact Christine or Todd Yatchyshyn as soon as possible to sign up.

Sister Moulton gave an update on the Healthy Heart Walking Program and even signed up some of the Supreme Lodge Members for the club. I encourage all of our members to enjoy the coming wonderful spring weather by participating in the Healthy Heart Walking Club. It will be a welcome break for those who were snowed in during the huge snow falls during January and February. It will also

be good for one's health to participate. When you reach certain milestones, you will be surprised at the nice prizes that headquarters will provide!

The Supreme Lodge also created a committee to address succession planning for Sokol when our current Supreme Secretary retires. It is important to be prepared and to ensure functioning of day to day operations for Sokol USA in the event of the unexpected departure of our Supreme Secretary. It is my goal for this committee to analyze the duties and tasks presently performed by the Supreme Secretary and have a plan in place by December 2011. Another committee was established to look at the long term goals and future of the Society.

Now that the cold dreary winter has ended and the fine spring weather is upon us, I encourage all of our lodges to take advantage of the rebirth of spring, hold meetings and engage in activities to bring their members together. Do not hesitate to contact Jennifer Moulton, our fraternal activities director, or myself for ideas. She is eager to help the lodges. She and I truly share the belief that it is the coming together of our lodge members that gives Sokol USA its strength. Coming together, sharing experiences and engaging in activities will help keep our lodges and our Society strong.

In this season of rebirth I urge our lodges to gather together, to meet and start a new season of programs and sports. I wish you all a very happy holiday!

NAZDAR!
Joe Bielecki

LODGE 2 SOKOL USA BRIDGEPORT ANNOUNCES SCHOLARSHIP PROGRAM

Lodge 2, Bridgeport, Sokol USA has continued its scholarship program for high school graduates, it was announced by Lodge President Miguel Alicea. "In 2009, we awarded \$1,000 scholarships to two high school students from Stratford, Conn. We will again offer up to two \$1,000 scholarships to high school seniors accepted for admission to an accredited four year college/university who are Slovak or Carpatho-Russian descent and residents of Bridgeport, Stratford, Trumbull or Shelton, Conn.," said Alicea.

"Criteria to be used in judging are overall merits of applicants, cumulative grade average, community activities, college acceptance,

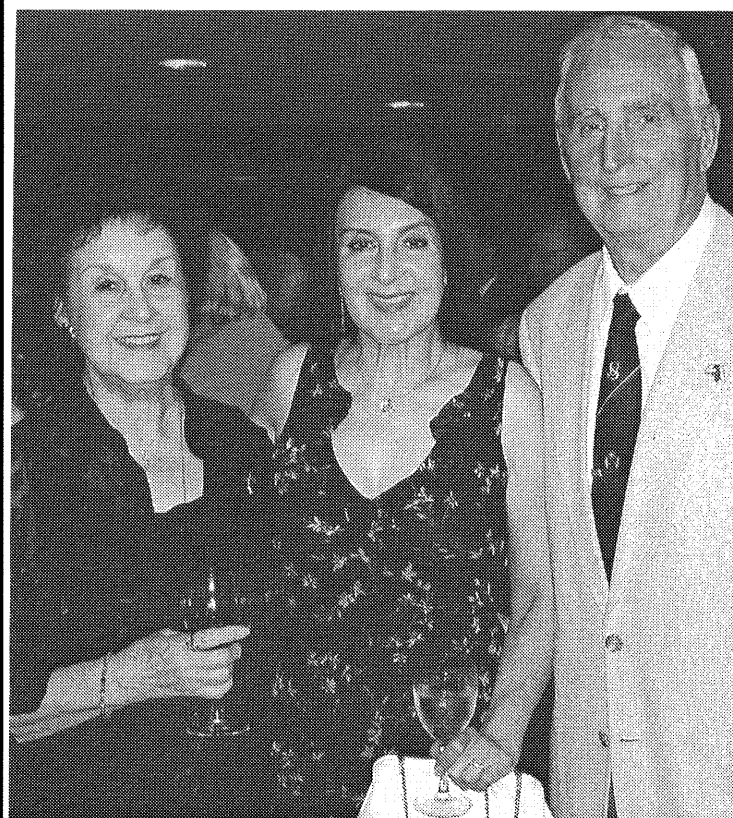
financial need and essay content," he continued.

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

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

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

Gathering at the Convention



Arlene and Gerald Von Schwedler with their daughter Debbie Golden, center, from Chicago Lodge 39/40W. Minutes from the Convention begin on Page 6.

Let's Make a Difference!

I encourage all lodges to plan one or two events this year. In doing so, the lodge would be able to get together and make a difference within their lodge and or their community. Plus, the best thing that would come out of this fraternal activity would be having fun together.

It is very important that we get our Sokol USA community out there for our communities to see. In doing so we will make our lodges more vibrant and this will make the Sokol USA community stronger. This doesn't need to be a very time-consuming event.

Examples of events that would be simple to put together are a card party, movie night or even a coffee clutch with longtime friends. Some events that may take more time are getting involved with "Join Hands Day," a Race for a Cure or a spaghetti dinner for charity.

Braddock Lodge 16 has contacted me about their anniversary. They are going to celebrate 110 years this May. They have decided to come together as a lodge and make a difference within the community. They are doing this by marking their anniversary with a year-long celebration of doing 110 acts of charity. Some of the charitable ideas that they have started to come up with are:

Visiting the local nursing home.
Collecting books and donating them.
Conducting a canned food drive.
Writing letters to soldiers who are serving our country.
Recycling paper for a local charity.

I am looking forward to hearing the rest of their ideas and have asked them to keep us posted about their progress in celebrating their anniversary throughout the year.

What is your lodge going to do to create fraternalism? I encourage every lodge to get involved today. Please contact me at bielecki.moulton@gmail.com, and let me know how your lodge is making a difference.

Nazdar!
Jennifer Moulton

SOKOL TIMES

official organ of the
SLOVAK GYMNASTIC UNION SOKOL
OF THE USA

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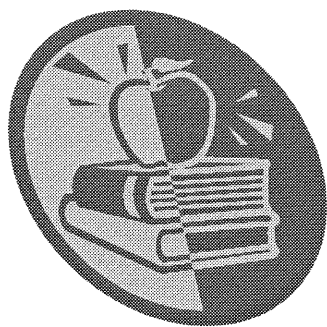
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Attention Sokol Farrell, PA Lodge 103 Members

Applications and eligibility requirements for the "Steve Banjak Memorial Scholarship" are available by downloading the three-page form from our web site: <http://sokolfarrell.org> Click on News and Events > Scholarship.

The deadline for receipt of completed application by the Scholarship Committee is May 15, 2010.

Applications can also be received by writing to
Brother Melvin Slezak, 6850 Seneca Road,
Sharpsville, PA 16150-8418.



Who Needs Money for College?

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

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

The application deadline for the 2010-2011 academic year has been extended. New scholarship recipients will be announced by June 1, 2010.

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

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.

District MCT Corps Sokol USA Pittsburgh, PA

SEMI-ANNUAL MEETING

Sunday, April 25, 2010
1 PM

Clairon Hotel
300 Tarentum Bridge Road/Route 28, Exit 14
New Kensington, PA

Your Lodge Should Be Represented.

Hot Buffet Luncheon – NO CHARGE

Please reserve your seat for the luncheon by April 19th.

Nazdar!

Matthew M. Blistan, Sr.
President

AMERICAN SOKOL INSTRUCTOR SCHOOL July 11-25, 2010

Hosted by Sokol Greater Cleveland

Levels: Beginner, Intermediate, Advanced, Advanced II

Minimum Age: 13

For School Applications, contact your District or Unit Director

Application Deadline is May 15

For more information, contact

Jane Wise, Instructor School Secretary, at 216-642-1429

e-mail at HJWISE@sbcglobal.net

www.american-sokol.org

NATIONAL SOKOL CAMP 2010

*Join us for the 10-Year Anniversary
of National Sokol Camp!*

Sokol Camp, St. Louis, Missouri

August 1-8, 2010

Campers ages 12-17

*Save money on your registration fee by taking advantage of these
Special 10-Year Anniversary Offers!*

Early Bird: \$350 per camper special for American Sokol Youth Members signing up prior to April 1. After April 1, the cost will be \$400 per camper.

Family Discount: \$50 for 2, \$100 for 3, \$150 for 4 from the same family.

Unit Discount: \$50 discount per camper if 5 or more campers attend from same unit

"Class Action" Discount: \$25 per camper when participation reaches 50 campers

**Space is limited and camper spots will be reserved
on a first-come, first-served basis.**

*For Questions and Application Information,
e-mail sokolsummercamp@americansokol.org
or visit at us at www.sokolnationalcamp.org,
our fan page on Facebook or follow us on Twitter!*

62nd ANNUAL SOKOL U.S.A. NATIONAL BOWLING TOURNAMENT

May 13 To 16, 2010
USBC Moral Support Sanctioned
Entry Fee Per Event:
Bowling \$ 8.00
Prize Fee \$ 8.00
Tournament Expense \$ 2.00
TOTAL \$18.00

The _____ Bowling Team

of the _____ Sokol USA Lodge
makes application for entry in the four-man/woman
competition.

COMBINATION ENTRY BLANK
Team Entry Fee: \$72.00
Doubles Entry Fee: \$36.00
Singles Entry Fee: \$18.00
All Events Fee: \$ 1.00



ENTRIES CLOSE: Midnight, May 9, 2010
Entry Fee Payable to: Bethlehem Sokol 93
Send Entries to: Stephen Fertal, III
604 Cherokee Street
Bethlehem, PA 18015
Phone: 610-730-3399

Doubles/Singles: Saturday, May 15, 2010
9AM/12 Noon/3PM if needed
Team Event: Sunday, May 16, 2010
9AM/12 Noon if needed

Bowlers from Bethlehem and Palmerton will bowl
Thursday, May 13th and Friday, May 14th at 7PM.

All Bowling will take place at:
National Sokol Hall
613 Hillside Avenue
Bethlehem, PA 18015

	Sanction #	Name	Avg	Event	Time	
1				TEAM		CAPTAIN: LODGE:
2						ADDRESS:
3				SINGLES		CITY: STATE: ZIP:
4						TELEPHONE:
5				DOUBLES		

SINGLES	AVG	ENTRY FEE	DOUBLES	AVG	ENTRY FEE	ALL EVENTS	AVG	ENTRY FEE	TEAM	\$
			1						DOUBLES	\$
			2						SINGLES	\$
			1						ALL EVENTS	\$
			2							
			1							
			2						TOTAL	\$

Team Captain: _____
Lodge Secretary: _____

2010 SOKOL USA NATIONAL BOWLING TOURNAMENT RULES

- All participants must be bona-fide members of Sokol USA as of December 31, 2009.
- Entrants will familiarize themselves with USBC Rule 319e. (Average Adjustment for Entry). **Infractions mean disqualification.**
- A bowler who has qualified for a prize of \$600 or more in any event in a tournament within the previous 12-month period must report their actual score, position and amount won for possible re-rating under USBC Rule 319d.
- Use **2008-2009** season's average of 21 games or more in USBC or USBC youth sanctioned leagues or if no 2008-2009 average, use a current USBC league average of 21 games or more by 2/15/2010. Ten pin or over rule is in effect for this tournament. Eligible bowlers with no average for current season may enter and bowl using **175** average for men and **140** average for women. As a moral sanction tournament, you do not have to be a USBC member, however, if you wish to be eligible for USBC awards you must become a member by paying the appropriate USBC associate member dues at the time of the event.
- Participants may enter any or all events.
- Entry fee is designated on entry form.
- Failure to use correct average will disqualify score if submitted average is lower than correct average. Prize winnings shall be based on the submitted average if it is higher than the correct average. However, corrections in averages may be permitted up to the completion of the first game.
- Ineligible participants will be responsible for disqualification of a team and its members in this tournament.
- No bowler is to participate more than once in any event, except host lodge as necessitated by needs of other lodges.
- All entries will be received in accordance with rules of the tournament.
- No fees will be refunded.**
- The All-Events Prize Fund is optional. The fee is \$1.00.
- Men bowlers will receive 100% of the difference between their average and 220 pins in each event. Maximum 3-game handicap is 168 pins per event. Women bowlers will receive 100% of the difference and their average and 190 pins in each entry. Maximum 3-game handicap is 177 pins per event.
- All awards fees will be returned 100%. Handicap scores will be 60% of prize monies, while actual scores will comprise 40%. Prize ratio will be at least 1 in 8. Teams or bowlers will be awarded the highest prize for which they qualify in each event. Youth bowlers will be awarded trophies in lieu of cash per USBC Rule #100.
- Deadline for entries is May 12, 2010. Singles and doubles will be bowled Saturday, May 15, 2010 at 9AM and 1PM. Team Event will be bowled Sunday, May 16, 2010 at 9AM. Bowling will be held at the Sokol Club.
- All bowlers must present their 2009-2010 season USBC cards before the start of the tournament.
- Teams will be made up of four men or four women. No mixed teams or doubles pairs.
- USBC rules will govern for any situation not covered by the above rules.



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

Slovak Gymnastic Union Sokol Of USA
Balance Sheet
As of December 31, 2009

Ordinary Income/Expense	Jan – Dec 09
Income	
SCHOLARSHIP-MILAN GETTING	9,921.86
ACCIDENT & HEALTH PREMIUM	231.05
AMORTIZATION-IMR	64,926.00
ANNUITY	154,000.00
ASSESSMENTS-GYMNASTICS	1,513.55
ASSESSMENTS-INDIGENT	304.93
ASSESSMENTS-LIFE	44,123.60
DIVIDEND ON STOCK	67,609.73
GAINS/LOSSES – BONDS	
GAIN ON SALE OF BONDS	91,309.81
GAINS/LOSSES – BONDS - Other	-214,810.65
Total GAINS/LOSSES – BONDS	-123,500.84
GYMNASTIC INCOME	
GYM FUND DONATIONS	11,697.42
Total GYMNASTIC INCOME	11,697.42
INCREASE/DECREASE BONDS	14,499.97
INTEREST INCOME	
ACCRUED INT. PURCH OF BONDS	-65,696.71
BONDS – INDUSTRIAL	661,609.90
CAPITAL RESERVE	382.88
CERTIFICATE LOANS	65.60
COLLATERAL LOANS	25,583.51
GYM DEPT-INVESTORS SVGS BK	191.54
MORTGAGE LOANS	60,688.02
PNC CHECKING	83.16
Total INTEREST INCOME	682,907.90
MISCELLANEOUS INCOME	36.00
RENTAL REAL ESTATE INCOME	
Total RENTAL REAL ESTATE INCOME	31,700.00
Total Income	959,970.71
Expense	
OTHER EMPLOYEE BENEFITS	4,000.00
PAYMENTS TO MEMBERS-INTEREST RF	4,777.99
PAYMENTS TO MEMBERS	
ANNUITY PAID	5,000.01
CASH SURRENDER	24,607.02
DEATH CLAIMS	105,126.98
INTEREST – ANNUITY	7,242.35
INTEREST ON ENDOWMENTS	9,619.72
Total PAYMENTS TO MEMBERS	151,596.08
ACTUARIAL & ACCOUNTING FEE	74,745.78
BANK CHARGES	856.03
BOOKS & PERIODICALS	501.35
BUREAU & ASSOCIATION FEES	4,082.53
CAMPAIGN REWARDS	1,540.89
CONVENTIONS	
CONVENTION EXPENSES	83,992.93
CONVENTIONS - other	-75,000.00
Total CONVENTIONS	8,992.93
DECREASE-LIFE RESERVE	175,545.00
DEPRECIATION – AUTO	6,018.00
DEPRECIATION – BUILDING	2,715.93
DIVIDENDS	6,049.88
DONATIONS & ADVERTISING	1,860.03
EXPENSE OF SUP. LDG. MTG.	28,508.11
FRATERNAL EXPENSE	9,435.20
GYMNASTIC EXPENSES	
SAFETY CERTIFICATION	532.50
USAG PROFESSIONAL MEMBERSHIP	243.00
SCHOOL EXPENSE (KURZ)	0.00
GYMNASTIC BOWLING	1,378.02
GYMNASTIC DIRECTORS' SALARY	5,000.00
GYMNASTIC INSURANCE	1,930.00
GYMNASTIC MISCELLANEOUS	12,080.00
GYMNASTIC OTHER SALARIES	1,200.00
GYMNASTIC TRAVEL EXPENSES	14,873.21
Total GYMNASTIC EXPENSES	37,246.73
HOSPITALIZATION	25,006.53
INSURANCE (EXCEPT REAL ESTATE)	13,626.00
INVESTMENT EXPENSES	10,916.53
MISC OFFICE EXPENSES & SUPP	431.59
NJ EXAMINERS FEES	18,784.67
OFFICE EXPENSES	11,332.31
OFFICERS' TRAVELING EXPENSE	18,226.70
OFFICIAL PUBLICATIONS	19,465.00
PAYROLL TAX EXPENSE	
FEDERAL UNEMPLOYMENT EXPENSE	-1,645.86
PAYROLL TAX EXPENSE – Other	12,497.97
TOTAL PAYROLL TAX EXPENSE	10,852.11
POSTAGE, EXPRESS, TEL & TEL	2,947.22
RENT EXPENSE (Rent)	31,700.00
RENTAL REAL ESTATE EXPENSES	
Total RENTAL REAL ESTATE EXPENSES	31,325.29
SALARIES	
SALARIES-SUPREME OFFICERS	5,500.00
SUPREME LODGE SALARY	9,000.00
OFFICE	59,015.87
OFFICER	76,000.08
Total SALARIES	149,515.95
SCHOLARSHIP	
MILAN GETTING SCHOLARSHIP	7,500.00
Total SCHOLARSHIP	7,500.00
STATE LICENSE FEES	3,408.24
TELEPHONE EXP	3,848.82
Total Expense	877,359.42
Net Ordinary Income	82,611.29
Net Income	82,611.29

CASH BASIS

ASSETS	Dec. 31, 2009
Current Assets	
Checking/Savings	
CASH – PNC CHECKING	180,382.91
CASH – CANADIAN BK OF COM	3,780.96
CASH – M/M GYMNASTIC	20,057.98
PETTY CASH	500.00
Total Checking/Savings	204,721.85
Other Current Assets	
BONDS	
BONDS	8,542,817.06
Total BONDS	8,542,817.06
STOCK	
PREFERRED STOCK	755,450.00
COMMON STOCK	172,614.00
Total STOCK	928,064.00
MORTGAGES RECEIVABLE	
Total MORTGAGES RECEIVABLE	1,175,071.62
COLLATERAL LOANS	
Total COLLATERAL LOANS	454,710.26
CERTIFICATE LOANS	2,680.30
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	153,000.00
EXCHANGE	-5,354.28
MORTGAGE INTEREST DUE	2,185.00
PREMIUMS DUE	1,223.00
Total Other Current Assets	11,254,396.96
Total Current Assets	11,459,118.81
Fixed Assets	
AUTOMOBILE	
ACCUM DEPREC – AUTO	-21,063.00
AUTOMOBILE – OTHER	30,095.95
Total AUTOMOBILE	9,032.95
REAL ESTATE - BUILDING	
ACCUM DEPREC - BUILDING	-52,543.26
REAL ESTATE – BUILDING – OTHER	67,898.25
Total REAL ESTATE – BUILDING	15,354.99
Total Fixed Assets	24,387.94
TOTAL ASSETS	11,483,506.75
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
NON-ADMITTED COLL. LOAN	90,608.00
A&H RESERVE	1,290.00
ADVANCE PREMIUMS	25.00
AVR	29,783.00
CLAIMS – LIFE	20,000.00
DISTRICT ASSESSMENTS	47.99
DIVIDEND ACCUMULATION	101,957.00
EXPENSES PAYABLE	26,749.61
FOREIGN EXCHANGE	169.50
IMR	594,328.00
LIFE RESERVE	4,518,902.00
MORTGAGE LOAN ESCROW	
Total MORTGAGE LN ESCROW	12,711.45
NON-ADMITTED – MORTGAGE	358,000.00
NON-ADMITTED – AUTO	9,032.95
RES. FOR UNPRES. CHECKS	2,251.79
TAXES DUE	40,000.00
Total Other Current Liabilities	5,805,856.29
Total Current Liabilities	5,805,856.29
Long Term Liabilities	
ANNUITIES – LEFT WITH SOCIETY	109,609.28
MATURED ENDOW. – LEFT W/SOC	202,013.83
Total Long Term Liabilities	311,623.11
Total Liabilities	6,117,479.40
Equity	
EQUITY-GAIN ON FOREIGN EXCH.	
EQUITY FOREIGN EXC-2008	-694.00
EQUITY-GAIN ON FRGN EXC-Other	1,056.50
Total EQUITY-GAIN ON FOREIGN EXC	362.50
CHANGE IN NON-ADMITTED ASSETS	131,936.10
UNASSIGNED FUNDS-AVR	148,898.00
UNASSIGNED FUNDS	
UNREALIZED PREFERRED-2009	-36,060.00
UNREALIZED STOCKS-2009	21,422.00
UNREALIZED-2009 (BONDS)	37,547.00
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	-83,650.00
CHANGE-NON ADMIT ASSET	6,018.00
ACCIDENT AND HEALTH FUND	53,610.29
Total UNASSIGNED FUNDS	-356,528.46
CONSOLIDATED FUND	5,358,747.92
(Retained Earnings)	
Net Income	82,611.29
Total Equity	5,366,027.35
TOTAL LIABILITIES & EQUITY	11,483,506.75

CASH BASIS

From the Supreme Secretary...

Within this issue of the Sokol Times (Page 4), we have published the financial statement of the S.G.U. Sokol of the U.S.A. for the year 2009.

This certainly was a better year for SOKOL USA than 2008. We believe the financial storm is behind us, but there are still some choppy waters. Your Society regained its financial strength in a number of ways: (1) Increased surplus or retained earnings which now stands at about \$5.36 million. (2) Assets increased by almost \$500,000 dollars. (3) Net gains from operations, which means our expenses were less than our income, was \$82,000 dollars.

Our solvency ratio is 195 percent, which means we have \$195 dollars for every \$100 dollars of liability. This is a very sound financial footing that is the envy of many insurance companies and fraternal societies. Though this is a very strong indicator of Sokol USA's financial strength, we must continue to manage our assets and investments carefully.

If you have any questions concerning the financial information, please do not hesitate to contact the Supreme Secretary for further information or clarification.

On another note: Our key to maintaining our Society is to bring new people into this organization as insurance paying members, as well fraternally active participants. Our insurance products and premiums were revamped in order to meet the new standards mandated by the National Association of Insurance Commissioners. We have a new application form and we have new rate or premium tables.

Each Lodge was sent the new application forms and the latest premium tables. The application requires more information than our previous forms. If any lodge did not receive these forms, please contact Headquarters immediately. The **minimum amount of insurance is now \$3,000 dollars**. The premium charts now have gender rates, which means there are rates for males, and generally a lower rate for females. In the upcoming issues of the Sokol Times, we will publish the premium tables for the insurance products. We have the following types insurance products: Single Premium, Three Payment Life, 20 Payment Life, Life to Age 85, and also a Juvenile Term to Age 18.

The premiums per thousand dollar of insurance are lower than our previous rates. The premium rates are quite competitive, and not just for juveniles. Recently, I compared a solicitation for insurance which I had personally received in the mail. Our Sokol USA rates are very good and, as I said before, quite competitive as compared to the solicitation. If you are seeking insurance for "final needs," call Headquarter or ask your lodge officer for information.

Thank you, and I hope to see many Sokol's at our National Bowling Tournament, hosted by Lodge #93 of Bethlehem, Pennsylvania, May 15 & 16, 2010.

Nazdar!

Milan S. Kovac
Supreme Secretary



Looking for a fun way to burn off the extra 2009 holiday calories? What about those extra calories from 2008?

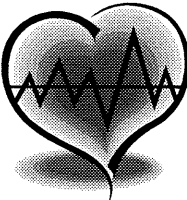
Announcing Sokol's newest club!

Healthy Heart Walking Club

Benefits include:

- Reducing your stress level
- Controlling your weight
- Lowering your risk of heart disease
- Controlling your blood pressure

Sign up for Sokol's Healthy Heart Walking Club by sending your name, mailing address and home lodge to:



Brandi Kovac
188 Norfolk St., Apt. 1H
NY, NY 10002
OR email: BKKovac@aol.com



You will receive a free Sokol pedometer and a Healthy Heart mileage chart. You are responsible for recording your mileage. Walk with fellow Sokol members, or on your own. Contact Brandi when you reach a milestone and get a reward!

March 3, 2010

Slovak Gymnastic Union Sokol
of the U.S.A.
276 Prospect St., Box 189
East Orange, NJ 07019

Gentlemen:

This will certify that we have completed a valuation of the outstanding certificates of the Society as of December 31, 2009, according to the schedules of insurance submitted to us, and have found the reserves to be as follows:

01 CSO 4 %	\$	11,384
41 CSO 2.25 %		117,139
41 SI 3 %		215,588
58 CET 2.5 %		13,189
58 CET 4 %		2,325
58 CET 4.5 %		697
58 CSO 2.5 %		196,362
58 CSO 4 %		49,761
58 CSO 4.5 %		172,361
80 CET 4 %		5,458
80 CSO 4 %		173,973
80 CSO 4.5 %		353,964
80 CSO 5 %		179,643
AE 3 %		986,404
AM 3 %		788,066
Annuities		1,188,352
Unearned Premium Reserve		4,095
Immediate Payment of Claims		53,780
For AIDS Risk		4,000
Non-Deduction of Deferred Premiums		2,361
Total Life Reserve	\$	4,518,902
Reserve for Accident & Health Certificates		1,290
Total Reserve	\$	4,520,192

The Society's valuation indicates that on the bases specified above, the future assessments of the Society at the net rates then being collected, together with the admitted assets as they appeared in the Society's 2009 annual statement, were sufficient to meet all certificates as they mature by their terms with a surplus of \$5,366,061 (or 94.72%) above the statutory standards.

Ratios of assets to liabilities: 2009-194.72%; 2008-199.2%; 2007-207.24%; 2006-207.48%; 2005-208.11%.

Sincerely,

Allan Fertone, FSA, MAAA
Actuary

CPS
Actuaries

SECOND ANNUAL SOKOL USA FARRELL OPEN FOUR PERSON GOLF SCRAMBLE

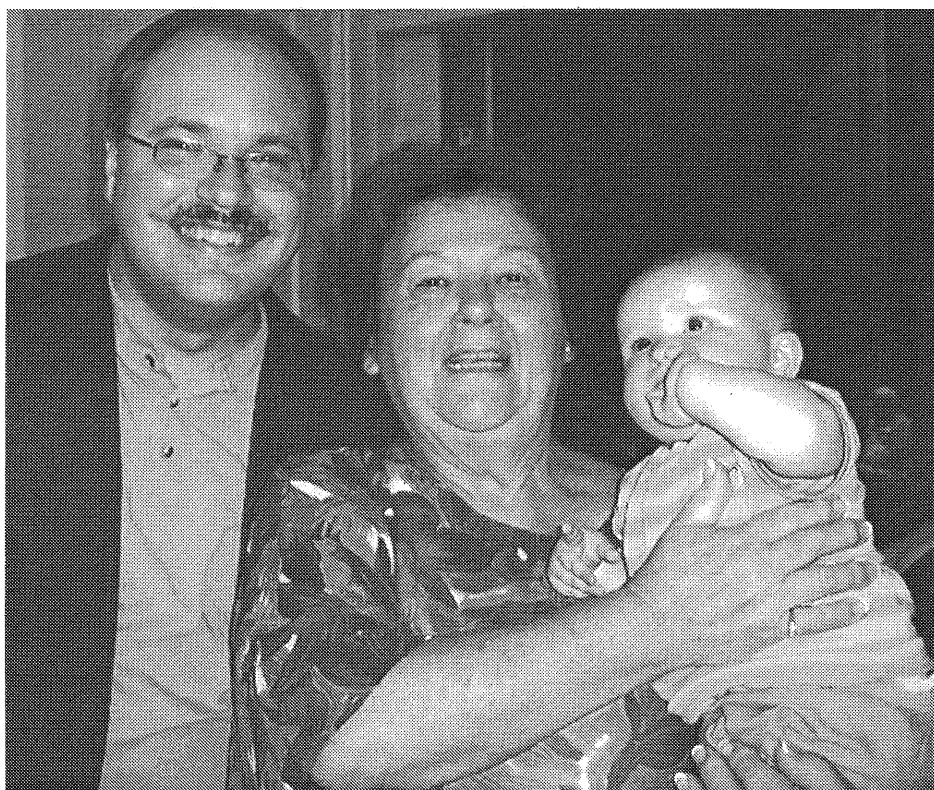
June 12, 2010
9:00 AM
SHENANGO LAKE GOLF CLUB
99 Birchwood Dr., Transfer, PA 16154

ENTRY FORMS: All Sokol members and non-members alike are invited to participate in the SECOND ANNUAL SOKOL USA FARRELL OPEN – FOUR PERSON GOLF SCRAMBLE at Shenango Lake Golf Club. **SHOTGUN START:** 9:00 a.m.

Information and entry forms can be downloaded by visiting <http://sokolfarrell.org> and clicking the links for News and Events and then Golf Scramble. You may also contact Brother Tim Brandt, Chairman, 1448 Hall Ave., Sharon, PA 16146 or (724) 866-8553 or (724) 347-3478.

Visit us online at:

www.SokolUSA.org



Stephen T. Tomko and Bea Walko holding Steve Tomko's son.

XXXIII CONVENTION OF THE SLOVAK GYMNASTIC UNION SOKOL OF THE UNITED STATES OF AMERICA SOKOL U.S.A.

Held in Pittsburgh, PA
From August 1 through August 5, 2009

THIRD SESSION
Monday, August 3, 2009

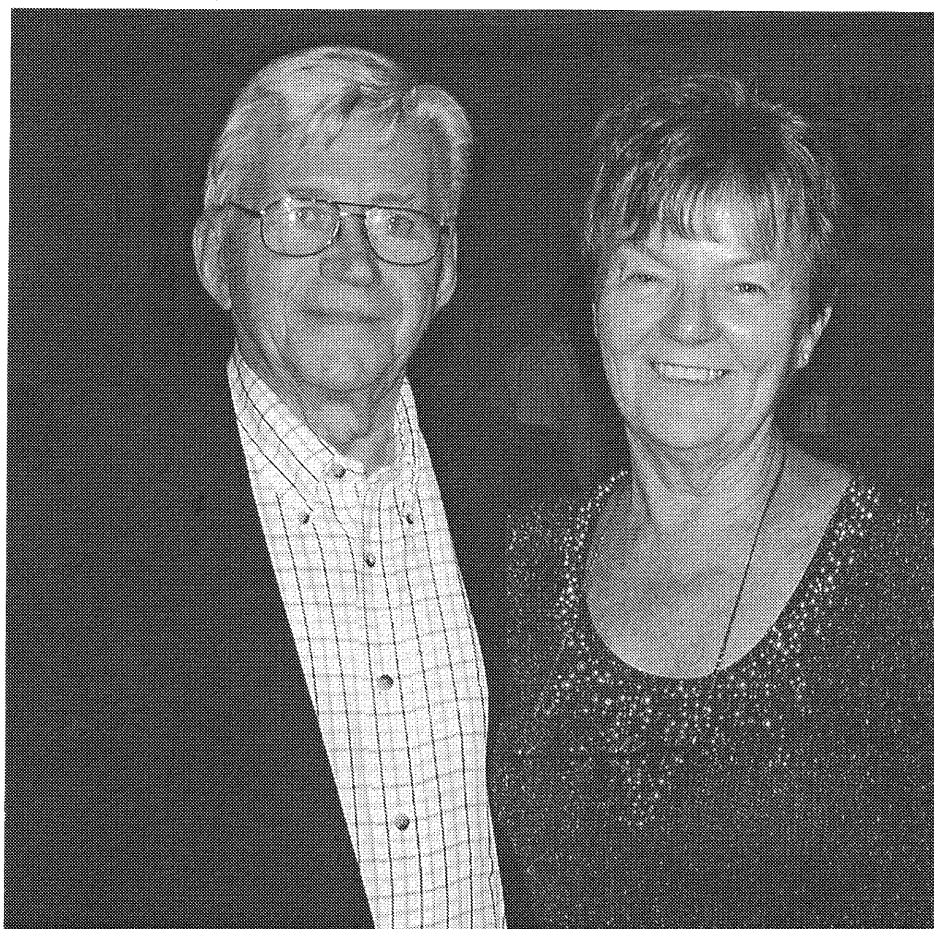
The third session of the XXXIII Convention was called to order at 2:00 PM on Monday, August 3, 2009. Sis. Bea Walko, Chairperson of the Convention, requested that the Verification Committee Chairperson, Sis. Cindy Merker approached the podium for roll call.

Sis. Merker took the roll call. The total number of votes is 100. The total number of Lodges represented is 16. There are 26 Lodge delegates, 4 District delegates, and 16 Supreme Lodge Officers.

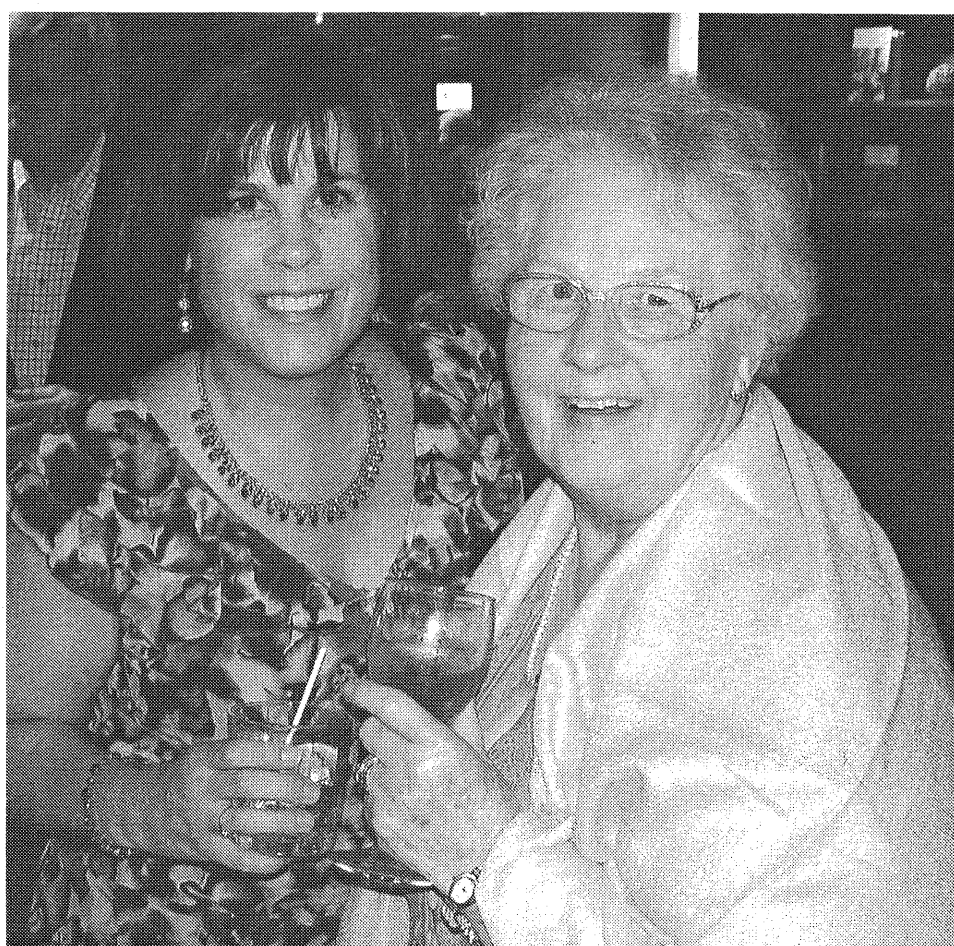
Sis. Walko called for the Officer's Reports.

OFFICER'S REPORTS

Advisor – Sis. Debbie Golden, Finance Committee Member
Chairperson – Bro. John Szy, Lodge 93, Bethlehem
Secretary – Sis. Jennifer Moulton, Lodge 16, Braddock
Member – Sis. Carolyn Coleman, Lodge 276, Pittsburgh



John and Mary Kamenitsky from Bridgeport, Conn.



Judy and Margie Stangl from the Ladies Lodge in Bethlehem

The Committee read and accepted the Officer's reports as they were presented. The Committee noted three major points that stand out in the reports:

1. Lodges and the gymnastic program need to become more independent
2. Membership is the key to survival; it is about community involvement
3. The minimum policy amount needs to be increased

The Committee would also like to encourage candidates seeking to run for office on the Board of Directors (Supreme Lodge) to announce their intentions prior to the Convention.

The Committee thanks all of the Officers for their time, effort and insight put forth during their past terms in office, and also for their services to Sokol and its fellowship.

Sis. Check moves to accept the Committee's Report. Bro. Barron, Lodge 93, seconded. **MOTION CARRIED.**

Sis. Walko dissolved the Officer's Report Committee and called upon the Committee of Petitions and Appeals.

REPORT OF PETITIONS & APPEALS

Advisor – Bro. Scott Pracko, Vice-President
Chairperson – Bro. Jeff Clever, Lodge 255, Leechburg
Member – Sis. Charity Ruhl, Lodge 47, Monessen
Member – Sis. Kristin Merker, Lodge 306, Chicago

There were no petitions submitted, and therefore nothing to report. Bro. Scott Pracko thanked the Committee for its eagerness.

Sis. Walko reminded the delegation that the Petitions Committee is the forum to discuss any grievances from either this or previous conventions and/or other Sokol business.

REPORT OF THE GYMNASTIC DEPARTMENT

Director of Men – Bro. Rich Yatchyshyn
Director of Women – Sis. Karen Ondira

In addition to the usual recommendations and business of the Department, the Department chose four goals to focus on for the upcoming year, all to be accomplished within the next 12 months. This year's goals are:

1. For all of the athletically active Lodges to hold a fund-raiser for the liver foundation in Matthew Pracko's name
2. For all of the athletically active Lodges to have a functioning website within one year
3. For ALL active Lodges to find a youth member, aged 13-17 to attend the 2010 National Camp
4. For all of the gymnastically active Lodges to have one Lodge instructor attain USAG Professional Membership within 6 months, and to have one additional Lodge instructor attain USAG Professional Membership within one year

Other exciting business discussed was the planning of the 2011 Slet; the Monessen Lodge has spearheaded the efforts to research possible Slet locations. The 2010 Gymnastic Department meeting will be held on the Saturday after Labor Day in the location of the 2011 Slet.

Bro. Burkhardt moves to accept the report. Bro. Bryan Pracko seconded. **MOTION CARRIED.**

(Continued on Page 7)

XXXIII CONVENTION
OF THE
SLOVAK GYMNASTIC UNION SOKOL
OF THE UNITED STATES OF AMERICA
SOKOL U.S.A.

(Continued from Page 6)

Sis. Walko reported on a children’s camp that will be held in Slovenia during the 2010 summer. The Slovenian Sokols have invited Sokol USA to send 10 children to the camp. Bro. Bielecki has additional information.

Sis. Walko mentioned that the Supreme Lodge has adopted both a Code of Conduct and a Code of Ethics. The Code of Conduct was distributed to the delegation. The NFCA puts out guidelines for Board Members and governing bodies.

Sis. Walko called for the Report of the By-Laws Committee.

REPORT OF THE BY-LAWS COMMITTEE
Advisor – Bro. Joe Bielecki, Finance Committee Member
Chairperson – Sis. Helen Kobryn, Lodge 32, Boonton
Secretary – Bro. Dave Kruger, Lodge 12, Central Jersey
Member – Bro. Frank Shurina, Lodge 68, Blairsville
Member – Sis. Anita Valenti, Lodge 7, Byram

Sis. Kobryn read the Committee’s three recommendations:

Recommendation #1:
In accordance with the New Motions Committee recommendation No. 1, we move that a new Section 18 be added to Article V of the By-Laws (The Supreme Lodge), as follows:

“The immediate Past President of the Slovak Gymnastic Union Sokol U.S.A. shall be invited to attend meetings of the Supreme Lodge with right to speak but no voting privilege.”
(Reference page 14 of your current By-Laws for the location of this new Section.)

Recommendation #2:
In accordance with the New Motions Committee recommendations No. 2 and No. 3, we move that a new Section 11 be added to Article XVI as follows:

“Effective January 1, 2010, the Sokol USA will issue insurance certificates in \$ 3,000 minimum and \$50,000 maximum coverage. The age limit for new members is to be 80. However, the

mortuary benefit for members between age 65 and 80 shall not exceed \$10,000.”
(Reference page 48 of your current By-Laws – top of the page - for the location of this new Section)

Also, re-number the sections that follow (11 through 30) as 12 through 31.

Recommendation #3:
Finally, Article XXII, Section 1, p. 75, (Membership) shall be amended to read “80” instead of “70.”

The Committee moved to accept the recommendations and vote on them as one. MOTION CARRIED.

Sis. Walko thanked and dismissed the By-Laws Committee.

Mr. Eglow thanked the delegation for their hard work and participation during the Convention. He encouraged us to implement all of the new ideas that arose during the Convention.

Sis. Walko informed the delegation that directly following the adjournment of this session, they can view The Accidental Army, a movie that details the historical account of the Lost Legion of the Czechoslovak army.

Sis. Walko asked for any unfinished business. Sis. Kruger moved to accept the minutes from the first session as amended. Bro. Steve Barron seconded. MOTION CARRIED.

At 2:40 PM, Sis. Walko adjourned for the day with the fourth session to begin at 9:00 AM tomorrow morning.

Respectfully submitted, Brandi Kovac.



Sokol
Social
News

HAPPY
ANNIVERSARY

Sister Arlene and Brother Gerald von Schwedler of Lodge 39/40W celebrate their 54th wedding anniversary on April 21st.

HAPPY BIRTHDAY

Honorary Supreme Secretary Brother Jan Sopoci celebrated his 85th birthday on March 15th.

HAPPY BIRTHDAY

Sister Millie Mihalik of Lodge 39/40W celebrates her 97th birthday on April 25th.

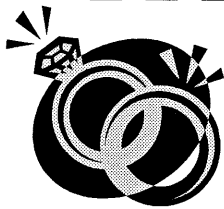
Dave and Debbie Krueger
from Tampa

SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

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

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

ENGAGEMENTS,
WEDDINGS &
ANNIVERSARIES



NAMES: _____

PHONE #: _____
HOMETOWN: _____
SOKOL LODGE: _____
YEARS MARRIED (IF APPLICABLE): _____

BIRTHDAYS



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

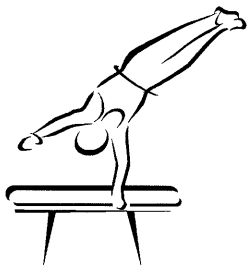
PROMOTIONS,
HONOR ROLLS &
OTHER EVENTS



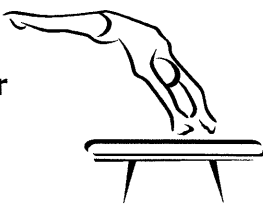
NAME: _____
PHONE #: _____
HOMETOWN: _____
SOKOL LODGE: _____
EVENT: _____

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

GYMNASTICS COMPETITIONS!



Whether you're getting ready to compete, or getting ready to cheer on our athletes, here are some upcoming gymnastics competitions to put on your calendar:



DATE CHANGE – May 1, 2010 – United Sokols of the East competition at the American Sokol Hall in New York City:
Sokolettes, Jr. Girls and Sr. Women: warm-up at 8am, competition at 9am.
Sokolads, Jr. Boys and Sr. Men: warm-up at 1pm, competition at 2pm.

DONATION GRATEFULLY ACKNOWLEDGED

To the Milan Getting Scholarship Fund

From Lodge 59, Trenton, NJ

\$100.00

National Sport Encyclopedia in Slovakia (Národné Športové Centrum)

You are invited to visit the website of the National Sport Encyclopedia in Slovakia at www.sportcenter.sk

The site was prepared by Associate Professor Anton Gajdos of Bratislava. The intention to create a National Encyclopedia of sport in Slovakia was presented to Slovak sports personalities on the occasion of a Slovak sports meeting, held on September 28, 2009 in Primate's Palace in Bratislava.

To know the past, present and to manage the future is a prerequisite for meaningful human activity in any area of life. Contributing to the fulfillment of this sequence in sport is a dynamic, multimedia Web publication entitled "National Encyclopedia of Sport in Slovakia." The publication is generated as a part of a project to build a documentation center for sport in the Slovak Republic in order to implement the National Sports Center.

The aim of the publication is to document and promote the

history of sport in Slovakia in real time and to preserve it for future generations. It is open to professional and lay persons alike. The ambition of the publication is to provide interesting information and documentation which can also be used in the creation of the educational programs in schools and will be offered for active participation in the creation of additional content.

The National Sports Encyclopedia is an open, continuous updating of online publications, which develops and promotes activities by welcoming all candidates. Equally welcome are fresh ideas, suggestions and constructive comments on content and technical publications as well as the reasonable correction of data that is sent to the addresses listed in the Contacts section.

Although the site is currently written exclusively in Slovak, we expect to have an English version very soon.

WORLD SOKOL FEDERATION ANNOUNCES FITNESS TESTS AND SPECIAL NUMBER VIDEO COMPETITIONS FOR 2010

Dear Sisters and Brothers,

As you certainly remember, the WSF Board, at its meeting in Fort Worth in June, decided to continue our common activities (with small changes) that we successfully practiced in previous years: motor tests and video show of stage motion compositions.

The tests can be done in a short term and "one-shot" way but, of course, we recommend fulfilling them in a long term way with the possibility of further training and gradual improvement. We do believe that you will parentally take charge of them and will gain as many enthusiastic gymnasts as possible.

Your best results should be sent to us by **June 12, 2010** (the same date for sending us your evaluation of video show). Please, send the results only in our standard tables!

Let us wish one another many successful participants from many Sokol units and districts. Nazdar.

Miroslav Vrana
Director of Men

Lenka Kocmichova
Director of Women

Vladimir Dostal
Secretary

Note from the Sokol USA Directors:

Please be advised that American Sokol has offered to include Sokol USA gymnasts in their fitness tests competition and then forward the results to the WSF. Jane and Howie Wise will be organizing this competition in the coming year. There is a \$2.00 fee per gymnast entered; all gymnasts receive participation ribbons and winners receive medals. We will share all information as it is received. We will also post the rules for the WSF fitness tests, the point tables, the blank evaluation point table and the rules for the video special number competition on the Sokol USA website at www.sokolusa.org.

SAFETY MATTERS: RISK MANAGEMENT THROUGH PLANNING AND PREPARATION

USA Gymnastics is offering a Safety Matters short series detailing some of the steps gymnastics professionals can take to avoid injuries and the lawsuits which sometimes arise because of them.

Properly plan the activity. This includes lesson and training plans for classes, practices and competitions as well as skill progressions, conditioning and fitness programs, warm-up activities and ample rest and

recovery time. Using well-prepared plans allows maximization of training time with athletes, helps to avoid downtime or horseplay, and aids with proper athlete development.

Keep records. Gymnastics professionals have a responsibility to keep records of what takes place in their programs and at their events. These records should include written lesson/training plans, emergency action plans, incident reports, progress reports, inspection and maintenance checklists, student files with contact and medical information, waivers and releases, and other notes and forms. Written plans lower the chances of forgetting an issue, demonstrate professionalism, serve as a resource, and save time in the future.

These and other key risk management principles can be found in the new edition of the Gymnastics Risk Management Safety Course Handbook.

“For it is in giving that we receive.”
– St. Francis of Assisi

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.

GEORGE PASTIRCHAK – (1944-2010) President and a member of Lodge 273, Wilkes-Barre, Pa. He is survived by his wife.

CECILIA L. FULARZ – (1920-2010) A member of Lodge 130, New Kensington, Pa. She is survived by her son.

HELEN M. HALMI – (1918-2009) A member of Lodge 214, Palmerton, Pa.

MARGARET MARTANCIK – (1912-2010) A member of Lodge 32, Boonton, N.J. She is survived by her son.

MARY MORA – (1924-2010) A member of Lodge 20, Ford City, Pa.

THERESA M. NISHNIC – (1943-2010) Financial Secretary and a member of Lodge 66W, Bethlehem, Pa. She is survived by her uncle, nieces and nephews.

JOHN SKARITKA – (1923-2010) A member of Lodge 39/40W, Chicago, Ill. He is survived by his wife and his daughter.

BEATRICE DOBRUCKY – (1928-2010) A member of Lodge 7, Byram, Conn. She is survived by her cousin, Beatrice Walko.

ALMA LALLY – (1930-2010) A member of Lodge 5W, Byram, Conn. She is survived by her husband.

Sokol Gymnastic Festival
Trencin, Slovakia
June 24-27, 2010

Below is an invitation from Sokol in Slovakia to their 3rd Sokol Gymnastic Festival. More information can be found on their website at 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.

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

Nazdar!
Vladimir Dostal
WSF Secretary