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# SOKOL *TIMES*

DECEMBER 9, 2010

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*To All Our Members:*

*Vesele Vianoce A  
Stastny Novy Rok!*

*Merry Christmas  
and  
Happy New Year!*

*From the  
Supreme Lodge Officers  
of Sokol USA*

# SOKOL TIMES

official organ of the  
SLOVAK GYMNASTIC UNION SOKOL  
OF THE USA

Published monthly on the 2<sup>nd</sup> Thursday of the month.

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## ATTENTION BOWLERS AND GOLFERS

The National Directors would like to better communicate with our Sokol Bowlers and Golfers. We would like a contact person from each lodge with whom we can communicate. Individuals who would like to share ideas and brainstorm about how to increase participation in our national tournaments are also encouraged to forward their contact information. We hope to communicate by e-mail and schedule a conference call discussion in the future.

Please send your name, address, phone number and e-mail address to:

Todd Yatchyshyn  
341 Old Allentown Road  
Wind Gap, PA 18091  
yatch18@aol.com

## From the Supreme Secretary...

Wow! Another year has gone by so rapidly. For me, this was my 16<sup>th</sup> year as Supreme Secretary and, yet, it seems like Brother Sopoci retired just a few years ago. I guess time does fly. The following are some thoughts I'd like to share.

Your Society has weathered the financial turmoil of the past few years and continues to maintain a very high solvency of 190.0 percent, which means we have one dollar and ninety cents (\$1.90) for every dollar (\$1.00) of liability. We also continue to have gains from operations, also known as "profits." Though the full year 2010 results will not be known until we complete our annual statement, it is anticipated that we will continue to be very solvent and our assets will increase, and gains or profits will continue. Please understand the gains from operation are small and therefore not gargantuan or excessive.

The financial markets have seen some stability this past year and hopefully the worst is over. However, we must continue to be cautious in our investment strategy, prudent in our use of Society funds and grow our membership. These three items are no easy feats. As a member, the most important task you can perform for Sokol USA is to get your friends or relatives to become members and purchase an insurance certificate. How about getting the grandchild or grandchildren a Sokol benefit certificate?

There are many things that go on in the course of Sokol life and we take many for granted. There are many "Thank You" notes that never get mailed, so here is my list of "Thank Yous" for 2010.

**Thank you** to the Lodge and District Officers for your involvement and leadership.

**Thank you** to the donors to the Milan Getting Scholarship Fund. The grants provided by the scholarship fund are provided solely from donations. No organizational funds are utilized.

**Thank you** to the contributors to the Sokol Times of articles, announcements, social news, etc.

**Thank you** if you signed up a new member this year. Do it again next year!

**Thank you** to the leaders and members of our Gymnastic Department for keeping our programs humming. They are working very hard to plan and implement our 2011 Slet. I hope to see everyone in June 2011 in Independence, Ohio for our Sokolfest!

**Thank you** to the Supreme Lodge Officers and Members for their conscientious efforts in leading and managing this Society.

**Thank you** to the Lodges that have demonstrated their fraternalism beyond Sokol, by having food drives, raising funds for charitable causes and collecting clothing or other items for the less fortunate in their communities. I believe that there are more lodges that participate in these type of efforts, however, we don't hear from them. Please don't be afraid to blow your own horn in doing "random acts of kindness."

**Thank you** to the Headquarters staff of Alba and Evelyn who put up with my...zaniness.

**Thank you** to Anthony Puglisi, our Sokol Times Editor, for laying out this paper even though we deluge him with material on the very last day of deadline, or in my case, a day or two later.

**Thank you** all for having confidence, trust and faith in me as your Supreme Secretary.

I wish everyone a Very Merry Christmas, Happy Holidays, and a Joyous, Healthy and Happy New Year!

**Nazdar!**

Milan S. Kovac  
Supreme Secretary

### Boonton Lodge 32 Slovak Dinner

**January 14**

**Seatings at  
4 or 6:30 PM**

**Adults \$10  
Children \$5**

*Featuring home-made  
pierogies, stuffed  
cabbage, chicken  
paprikash, kielbasa &  
kraut, salad, rolls,  
dessert, coffee and tea.  
Eat in or take out.*

Snow date:  
Saturday January 15

Reservations required.  
**For reservations call  
Alison at 973-361-5325.**

**Bring your friends!**

## SOKOLFEST SURVEY

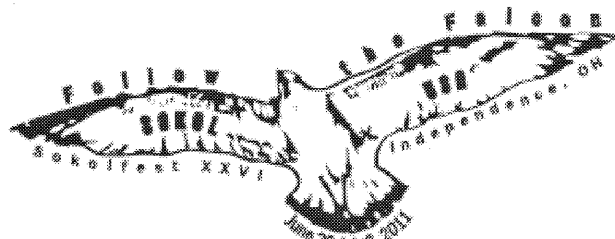
In order to better prepare for Sokolfest XXVI we are asking all lodges to fill out and return a Sokolfest survey. The survey is available on the Sokol USA web site at [www.sokolusa.org](http://www.sokolusa.org)

Individuals not affiliated with an active lodge, but who plan to attend Sokolfest XXVI are also encouraged to complete a survey.

All surveys are due by Saturday, January 15<sup>th</sup>. They can be mailed or sent via e-mail to

Eric Skovronek  
P.O. Box 11  
Mt. Tabor, NJ 07878  
[eskov@optonline.net](mailto:eskov@optonline.net)

We look forward to your participation in Sokolfest XXVI. Nazdar!



### SOKOLFEST XXVI EVENTS

**Wednesday, June 29**  
Basketball Tournament - Indy Fieldhouse - afternoon  
Opening Ceremonies - Independence H. S. Gymnasium - evening  
**Thursday, June 30**  
Gymnastics Competitions - Independence H. S. Gymnasium - all day  
Fitness Challenge - Indy Fieldhouse - all day  
Golf Tournament - Sleepy Hollow Golf Course - afternoon  
Dinner, Youth Social, Dancing - Sokol Greater Cleveland - evening  
**Friday, July 1**  
Men's & Women's Volleyball Tournament - Indy Fieldhouse - all day  
Fitness Challenge - Indy Fieldhouse - all day  
Bowling Tournament - Cloverleaf Bowling Center - morning  
Banquet - Holiday Inn - evening  
Bowling & Billiards Social - Cloverleaf Bowling Center - evening  
Fireworks - Independence Civic Center Complex - evening  
**Saturday, July 2**  
Slet Rehearsals - Independence High School Field - morning  
Slet Performance - Independence High School Field - 4:00 PM  
Celebration Dance & Finale Cocktail Party - Holiday Inn - evening

### Sokol USA invites you to participate in Sokolfest XXVI

You are cordially invited to "Follow the Falcon," to Sokolfest XXVI in Independence, OH (South Cleveland), Wednesday, June 29 - Saturday, July 2, 2011, sponsored by Sokol USA. Competitions and social events are scheduled for Wednesday through Friday and the outdoor Slet is scheduled for 4:00 PM on Saturday, July 2 at the Independence High School Football Field. The Holiday Inn-Independence, with easy access to the airport and highways, will serve as the Sokolfest XXVI Headquarters. Also featured will be a Sokol history room, a silent auction benefiting the Milan Getting Scholarship and special recognition of Sokol Canada's 100th Anniversary.

A *Sokolfest Tour Package* will be available for non-competitors. Take advantage of this all-inclusive package offering a room, entrance to all Sokolfest social events and a day trip to some famous Cleveland attractions. Reconnect with Sokol friends. Make this Sokolfest "reunion" the biggest and best as we "Follow the Falcon" to Independence!

Watch for Sokolfest XXVI updates each month in the *Sokol Times*. Information will also be highlighted on our website at: [www.sokolusa.org](http://www.sokolusa.org)

SOKOL U.S.A.  
276 Prospect Street - P.O. Box 189  
East Orange, NJ 07019-0189  
973-676-0280 or 888-253-0362 Fax: 973-676-3348 [sokolusa@aol.com](mailto:sokolusa@aol.com)





Joseph S. Bielecki

## FROM THE PRESIDENT'S VIEW

Recently I was in Downtown Pittsburgh on a Friday evening. The evening featured an old Pittsburgh tradition, namely Light Up Night. Light Up Night marks the beginning of the Holiday Season and on this evening all the office buildings in the center of the city leave their lights on until midnight to mark the start of the Holiday Season. It is amazing how quickly the time passes.

In Eastern Europe, the Holiday festivities began on December 24<sup>th</sup> when the youngest child in the family announced the sighting of the first star in the night sky. With the announcement began The Vilija dinner and the holiday festivities. People would come together to share joyous family moments, sing koledy (carols) and celebrate the season.

It will soon be a new year and in a few months it will be time for the Sokolfest in Cleveland. The present season is a time to celebrate and to come together to enjoy family and friends. It is a time to enjoy old traditions as well as to eat, drink and be merry.

The New Year is a time to make resolutions to change things that need to be changed or to do things that we have been putting off in our lives. It is a perfect time to think about joining the Healthy Heart Walking Club to work off some of the pounds that can accumulate from the wonderful celebrations of the holidays.

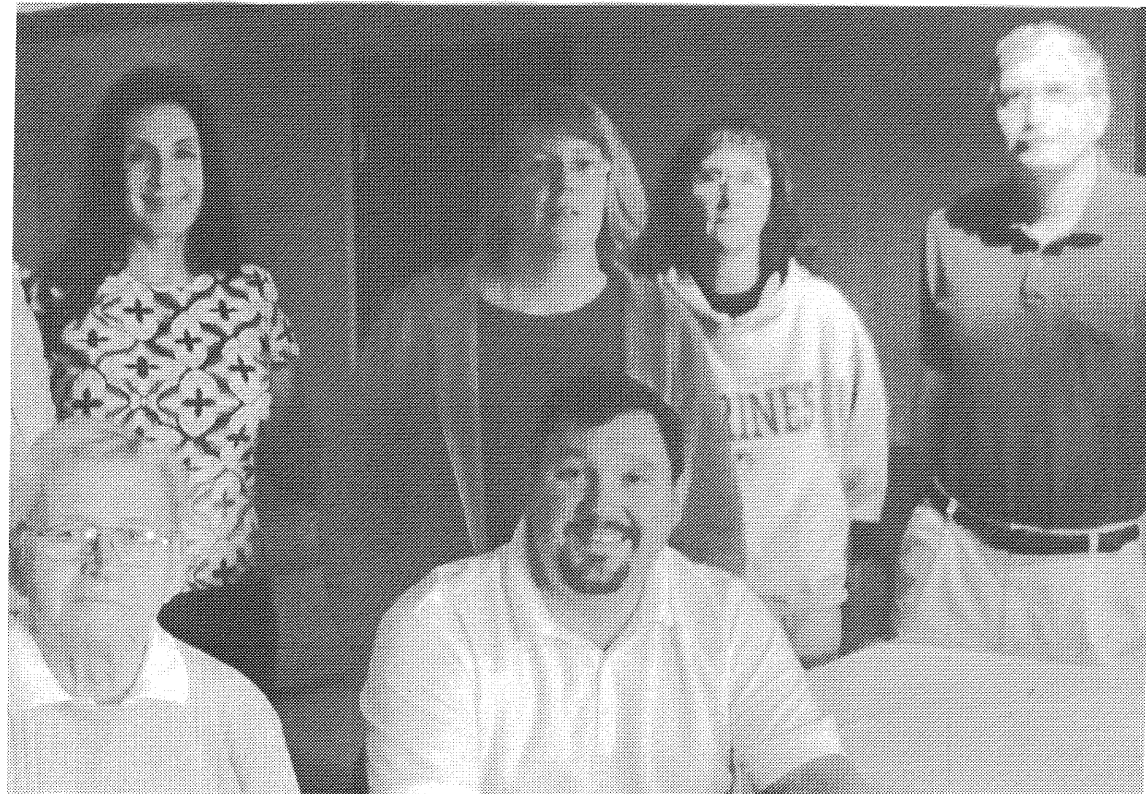
It is also a time to think about fraternalism, volunteer activities and Lodge projects. National Join Hands Day is coming up in early May. This is the perfect time to start thinking about a Lodge project and planning to participate in the National Join Hands Day events. It is also a very good time to consider volunteering to help the upcoming Sokolfest in some manner.

I encourage all of our members to share our wonderful Sokol ideals and follow the star of fraternalism at this holiday and into the New Year 2011. I also wish you a joyous and happy Holiday Season and a New Year blessed with health, wealth and much, much happiness!

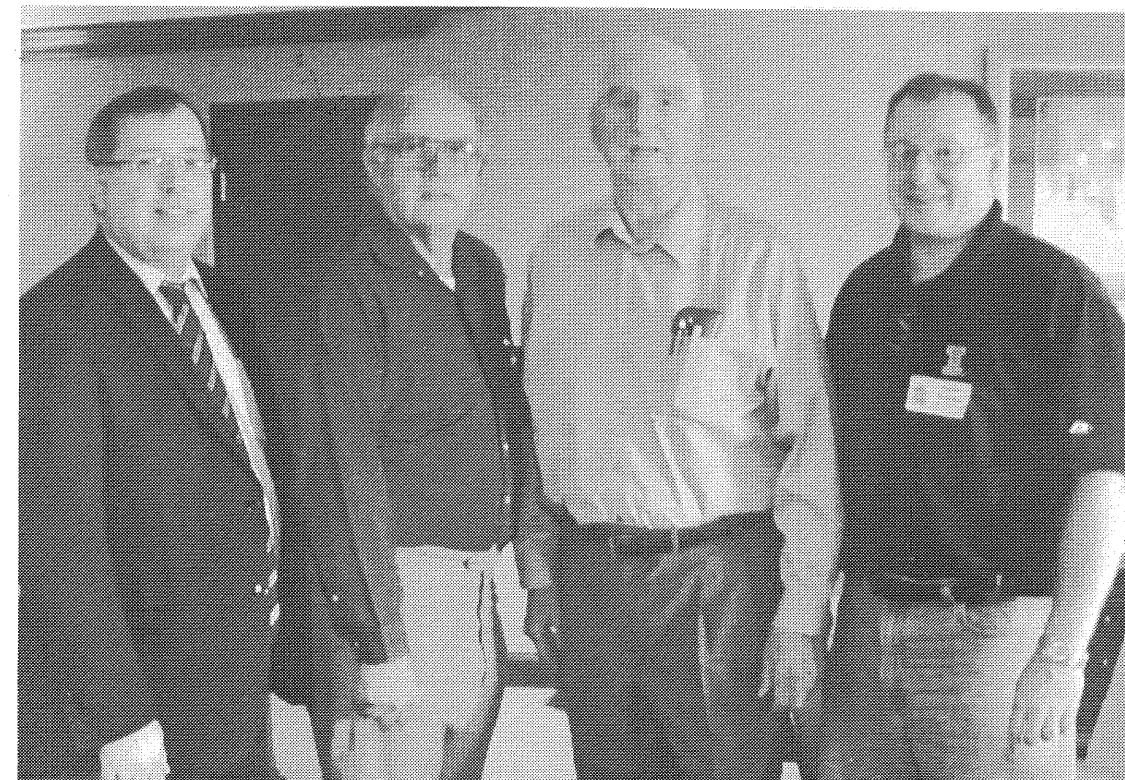
NAZDAR!  
Joseph S. Bielecki  
President



Joe Bielecki holds snap tops collected by Braddock Lodge 16 as part of its 110 acts of charity celebration. The snap tops are collected and the proceeds from the snap tops are given to a charity that benefits burn victims.



The Future Committee includes members (in first row from left) are John Kamenitsky and David Walko, and (in second row) Deborah Golden, Jennifer Moulton, Joanne Check and Paul Brinley. Absent is Christine Yatchyshyn and Milan Kovac.



The Succession Planning Committee includes members (from left) Joe Bielecki, Emil Trgala, Jerry Von Schwedler and Scott Pracko. Not pictured are members Milan Kovac, Todd Yatchyshyn and Buddy Burkhardt.

## WHAT WE HAVE LEARNED

Lodge 16 of Braddock, Pa., has been getting more involved with our community and within our lodge since we made the pledge to celebrate our 110<sup>th</sup> anniversary with 110 acts of charity. We have accomplished many goals and have created many relationships within our community.

For example:

We have assisted local groups to help clean the streams in Operation Clean stream.

We have assisted the local food pantry by collecting and sorting food with them.

We have gotten together as a group and written letters to the soldiers who are defending our country.

By doing all these activities, we have realized that we have revitalized old friendships and created some new ones. We believe that we need to try and revisit these friendships to make them stronger. By doing this, we will be able to promote our lodge and perhaps get new members. This is a vital for our survival as a lodge and as a part of Sokol USA.

Nazdar!  
Jennifer Moulton

## LODGE 276 PITTSBURGH

Sunday, October 2<sup>nd</sup> brought memories of our recent picnic which included a morning church service and a good luncheon for all after. We were thankful for the good weather, fellowship and fun time. A 2011 picnic reservation has been made by Sister Natalie (Blistan) Gardner for August 28, 2011. Mark your new calendars for another nice August reunion.

On October 2<sup>nd</sup> in the evening, the Pennsylvania Slovak Cultural Association invited Mr. and Mrs. Matt Blistan to the Annual Dinner and Dance at the Southside Sokol Center. We were proud to attend. The Slovak Radio Hour Committee hosts, Mr. and Mrs. Rudy and Sue Ondrejco continue to keep our Slovak heritage alive. Supreme President Joseph Bielecki sat at our table along with Mr. and Mrs. Joseph and Albina Senko. Lovely music and young dancers entertained us all evening after dinner.

The evening included a Slovak member surprise as the speaker was Slovak Brother Jose Sestak, Democrat Candidate for election to the U.S. Senate 2011. He was headed for Washington, DC and spoke to us all. He later stopped to talk to people at each table before he left.

The Slovak Heritage Sunday was held on November 7<sup>th</sup>. Our members attended a meeting at 3 p.m. and then went to the Slovak Warm Luncheon and Entertainment along with choice shopping at the Cathedral of Learning in Oakland, Pa.

Nazdar!  
Amelia Blistan  
Reporter for Lodge 276



# Kamenitsky Re-elected



From left, Edward Figueiredo, Luso-American Life Insurance Society Eastern Regional Vice President and newly elected President of the New England Fraternal Congress, Daniel Tanzone, Chaplain of the Congress and Editor of the Slovak Catholic Sokol, and Mary and John Kamenitsky, Sokol USA delegates to the Congress' Annual Meeting in Lexington, Mass. Brother Kamenitsky was re-elected Secretary-Treasurer of the Congress.

# NEW UNIFORMS!!! NEW UNIFORMS!!!

The American Sokol has introduced new uniforms. These will be the uniforms we will perform in at Sokolfest XXVI. Below are the descriptions and prices.

Uniforms can only be ordered in groups; individuals cannot place an order. Each lodge must register a uniform administrator with Juanita LoGiudice, Secretary for the American Sokol Board of Instructors, AS SOON AS POSSIBLE.

For inactive lodges, National Assistant Amy Pracko has agreed be the uniform administrator. Individuals who need to place an order will have an opportunity to do so after the New Year. Amy will place the first order in mid-February for the March 1 deadline. Uniforms will be received approximately three weeks later. There will be an additional shipping fee since the order must be sent to a central location (Amy's home) and then re-shipped to the individuals who ordered them.

We encourage everyone to order in February. There will only be two opportunities to order before Sokolfest XXVI.

## Descriptions

- Tots: Blue Shirt, Red Shorts  
Children: Red Shirt, Blue Shorts  
Juniors: White Shirt, Blue Shorts  
Adults: White Polo Shirt, option of Blue Shorts or Blue Pants

**SHIRTS:** The Tots, Children and Junior Shirts will feature the word "Sokol" across the chest. The Adult Polo Shirt (men's cut and women's cut available) will feature the word "Sokol" embroidered on the upper left chest and the Sokol emblem embroidered on the right sleeve.



**SHORTS/PANTS:** The shorts will feature the word "Sokol" at the hemline on the front right leg. The pants will feature the word "Sokol" below the pocket on the front right leg.

**FOOTWEAR:** White socks and white gym shoes. Not available for purchase. Each participant needs to purchase on their own. Note: Competition white slippers are available from the National Office until stock runs out.

## Prices

Prices are excluding Tax and Shipping

**TOTS T-SHIRT** (Blue crew neck, large white Sokol swish)  
Youth Sizes: XS(2/4), S(6/8), M (10), L (12)..... \$7.00  
Adult Sizes: S, M, L, XL..... \$9.00  
Adult Sizes: 2XL..... \$10.50

**TOTS SHORT** (Red shorts)  
Toddler Sizes: (rabbit skins) 2T, 4T, 6T, ..... \$8.00  
Youth Sizes: (badger) S(6/8), M (10), L (12), XL (14/16).... \$11.00

**BOYS & GIRLS T-SHIRT** (Red crew neck, large white Sokol swish)  
Youth Sizes: S, M, L ..... \$12.00  
Adult Sizes: S, M, L, ..... \$12.00

**BOYS & GIRLS SHORT** (Blue shorts)  
Youth Sizes, YS, YM, YL, AXS, AS, AM, AL..... \$13.00

**JUNIORS T-SHIRT** (White Crew, large white Sokol swish)  
Youth Sizes: L ..... \$12.00  
Adult Sizes: S, M, L, XL..... \$12.00  
Adult Sizes: 2XL..... \$13.50

**JUNIORS SHORT** (Blue Shorts)  
Youth Sizes: L ..... \$13.00  
Adult Sizes: S, M, L, XL ..... \$13.00  
Adult Sizes: 2XL..... \$14.50

**WOMEN'S SHIRT** (White Golf Shirt)  
Adult Sizes: S, M, L, XL..... \$31.00  
Adult Sizes: 2XL..... \$32.50  
Adult Sizes: 3XL..... \$33.00

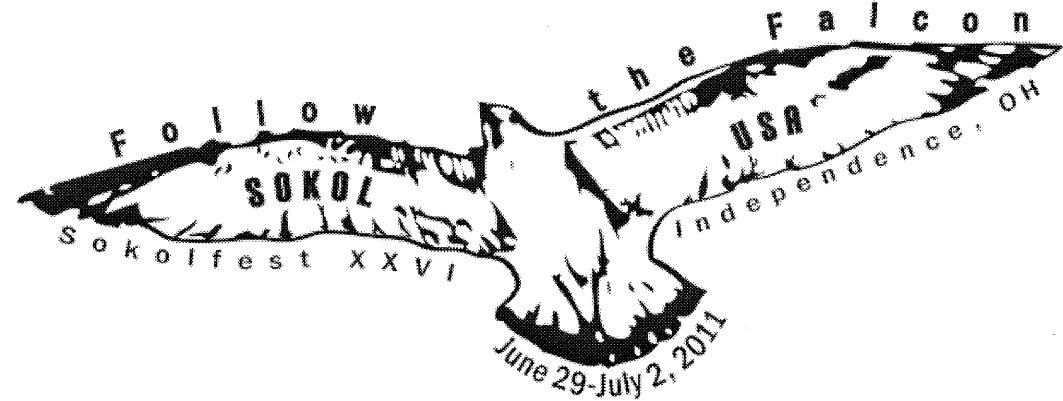
**WOMEN'S SHORT PANTS** (Blue)  
Adult Sizes: S, M, L, XL..... \$14.00  
Adult Sizes: 2XL..... \$15.50  
Adult Sizes: 3XL..... \$16.00

**WOMEN'S LONG PANTS** (Blue)  
Adult Sizes: S, M, L, XL..... \$28.00  
Adult Sizes: 2XL..... \$29.50  
Adult Sizes: 3XL..... \$30.00

**MEN'S SHIRT** (White Golf Shirt)  
Adult Sizes: S, M, L, XL..... \$31.00  
Adult Sizes: 2XL..... \$32.50  
Adult Sizes: 3XL..... \$33.00

**MEN'S SHORT PANTS** (Blue)  
Adult Sizes: S, M, L, XL..... \$14.00  
Adult Sizes: 2XL..... \$15.50  
Adult Sizes: 3XL..... \$16.00

**MEN'S LONG PANTS** (Blue)  
Adult Sizes: S, M, L, XL..... \$28.00  
Adult Sizes: 2XL..... \$29.50  
Adult Sizes: 3XL..... \$30.00



# SOKOLFEST XXVI SCHEDULE OF EVENTS

Wednesday, June 29

- Basketball Tournament - Indy Fieldhouse – 2:00 PM  
Opening Ceremonies - Independence H. S. Gymnasium – 7:00 PM

Thursday, June 30

- Gymnastics Competitions - Independence H. S. Gymnasium - all day  
Fitness Challenge - Indy Fieldhouse - all day  
Golf Tournament - Sleepy Hollow Golf Course – 1:00 PM  
Dinner, Youth Social, Dancing - Sokol Greater Cleveland – evening

Friday, July 1

- Men's & Women's Volleyball Tournament - Indy Fieldhouse - all day  
Fitness Challenge - Indy Fieldhouse - all day  
Bowling Tournament - Cloverleaf Bowling Center - morning  
Banquet - Holiday Inn - evening  
Bowling & Billiards Social - Cloverleaf Bowling Center - evening  
Fireworks - Independence Civic Center Complex – 9:00 PM

Saturday, July 2

- Slet Rehearsals - Independence High School Field - morning  
Field Challenges - Independence High School Field – morning, early afternoon  
Slet Performance - Independence High School Field - 4:00 PM  
Celebration Dance - Holiday Inn – 8:00 PM  
Finale Cocktail Party - Holiday Inn – 8:00 PM

# 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.

# WINTER WALKING

It is that time of year when we need to start thinking about walking indoors. When the temperature dips below freezing, we need to know where to go and walk inside. Perhaps we can go to the local mall, high school or a community center. The great thing about walking inside is that the temperature is always the same, it is level walking and we have the opportunity to meet new people. Plus, we can change our walking habits by incorporating stairs and speed of walking.

If you choose to continue to walk outside, you need to make sure you are prepared for the weather. You should make sure you are wearing layers of clothing. So, if you get hot or overheated, you will be able to take off a layer. Do not forget your hat or mittens. Make sure you take care of your feet. You can do this by ensuring you are wearing socks with waterproof shoes. When starting out on your first couple of walks, make sure they are shorter ones to determine if you are properly dressed. Some other good advice is to walk in the sun with the wind at your back and try to walk on a clean dry area.

Now let's get to the next level!

Nazdar!  
Jennifer Moulton

# 11 BLOCKS A DAY

Walking may help maintain memory and cognitive function for years, a study published online found.

The research, in the Journal of Neurology, is based on a study of 299 men and women, average age 78, who were followed for nine years. The study participants were asked about their physical activity, which was calculated as the number of blocks walked per week (walking was the most common exercise). Study subjects walked from zero to 300 blocks a week. High resolution brain scans were done on the participants nine years after the beginning of the study.

The more the participants walked at the beginning of the study, the greater their brain volume was nine years later. This was still the case after researchers controlled for a number of factors, including age, sex, body mass index and education.

It took 72 blocks of walking per week to show improvement. Walking more did not further increase brain volume. All participants were deemed cognitively normal at the beginning of the study. Forty percent developed cognitive impairment or dementia four years in. Those who walked the most reduced their risk of acquiring memory loss by half.

Lead author Kirk Erickson of the University of Pittsburgh said in a new release: "If regular exercise in midlife could improve brain health and improve thinking and memory in later life, it would be one more reason to make regular exercise in people of all ages a public health imperative."

## SILENT AUCTION TO BENEFIT SCHOLARSHIP FUND

Plans are being made to have several events to benefit the Milan Getting Scholarship Fund during the 2011 Sokol Fest.

The cultural room will feature an on-going silent auction of prize baskets similar to the one held during our 2009 Convention. Lodges and individuals are encouraged to donate prizes for the event. Also prize baskets are being considered for the cocktail party and possibly the banquet during the Sokol Fest.

Please contact Joe Bielecki at 412-390-0900 or by e-mail at [bielecki1@earthlink.net](mailto:bielecki1@earthlink.net) if you are interested in helping with or donating to this project.

**The Season of Giving**

**Boonton Sokol  
Christmas Giving Tree**

**During the month of December,  
Sokol will adopt  
two needy families  
from Boonton**



Looking for a fun way to burn off calories?

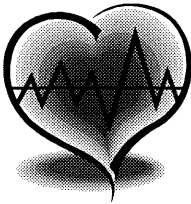
Announcing Sokol USA's

# 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  
280 East 2<sup>nd</sup> Street, Apt. 9A  
New York, NY 10009  
OR email: [BKKovac@aol.com](mailto: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!

**Introducing Sokol USA's NEW  
Single Premium Insurance Coverage**

***Affordable Rates                      Excellent Coverage***

***Different Rates for Men and Women***

***Simplified Application Process***

***You will not be turned down because of age***

***Pay Once, Have Coverage for Life***

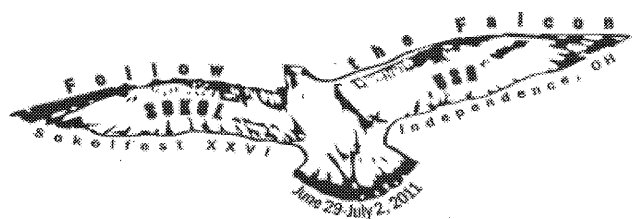
**Minimum Policy is \$3,000**

<b><u>\$3,000 Policy</u></b>		<b><u>\$5,000 Policy</u></b>	
Newborns:	\$213 for males	Newborns:	\$355 for males
	\$180 for females		\$300 for females
Age 5:	\$252 for males	Age 5:	\$420 for males
	\$213 for females		\$355 for females
Age 18:	\$399 for males	Age 18:	\$665 for males
	\$342 for females		\$570 for females
Age 21:	\$432 for males	Age 21:	\$720 for males
	\$372 for females		\$620 for females
Age 30:	\$567 for males	Age 30:	\$945 for males
	\$504 for females		\$840 for females
Age 40:	\$792 for males	Age 40:	\$1,320 for males
	\$705 for females		\$1,175 for females
Age 65:	\$1,695 for males	Age 65:	\$2,825 for males
	\$1,512 for females		\$2,520 for females

<b><u>\$10,000 Policy</u></b>	
Newborns:	\$710 for males
	\$600 for females
Age 5:	\$840 for males
	\$710 for females
Age 18:	\$1,330 for males
	\$1,140 for females
Age 21:	\$1,440 for males
	\$1,240for females
Age 30:	\$1,890 for males
	\$1,680 for females
Age 40:	\$2,640 for males
	\$2,350 for females
Age 65:	\$5,650 for males
	\$5,040 for females

***For a complete list  
of rates by age,  
please contact your  
local Lodge  
or Sokol USA  
Headquarters  
at 888-253-0362 or  
[SOKOLUSAHQS@aol.com](mailto:SOKOLUSAHQS@aol.com)***





**Attention Districts, Lodges and Members**  
**Here's your opportunity to help make Sokolfest XXVI a huge success!**

Follow the Falcon and support Sokolfest XXVI by sponsoring one or more of the events planned for June 29-July 2 in Independence, (South Cleveland) Ohio.

**SPONSORSHIP LEVELS**

**Platinum - \$5,000**

- Sponsor the Slet Performance
- Sponsor the Program Book
- Sponsor the Gymnastics Competitions
- Sponsor the Gymnastics Equipment

**Gold - \$3,000**

- Sponsor the Banquet
- Sponsor the Volleyball Tournament

**Silver - \$1,500**

- Sponsor the Opening Ceremonies
- Sponsor the Fitness Challenge
- Sponsor the Friday Evening Bowling & Billiards Social
- Sponsor the Saturday Afternoon Barbeque
- Sponsor the Saturday Celebration Dance
- Sponsor the Saturday Finale Cocktail Party

**Bronze - \$750**

- Sponsor the Golf Tournament
- Sponsor the Bowling Tournament
- Sponsor the Basketball Tournament
- Sponsor the Thursday Evening Social

**Red, White & Blue - \$500**

Sponsorship at this level will be combined to help support Sokolfest events

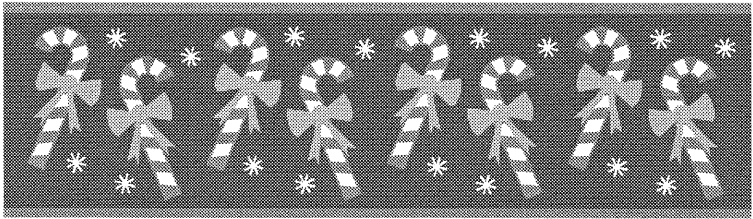
**Awards Sponsors**

Donations of all monetary levels are requested to help subsidize competition awards

All Sponsorship will be acknowledged in the Sokol Times, the Slet Program Book, and at the sponsored event with signage and verbal recognition.

For more information contact Chris Yatchyshyn, Director of Women  
Day: 215-949-4073 Evening 215-943-1258 e-mail: cyatch@verizon.net

**Nazdar!**



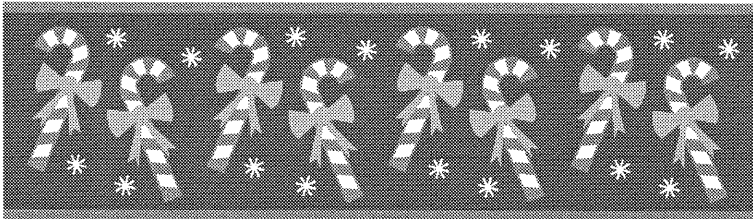
**HOLIDAY DONATIONS**  
**GRATEFULLY ACKNOWLEDGED**

**To the Sokol USA Gymnastic Fund**

- From Sokol LLodge 114, Sleepy Hollow, N.Y. \$400.00  
*May We All Have a Very Merry Christmas  
And a Happy & Healthy New Year!*
- From Sokol Lodge74, Plymouth, N.Y. \$25.00  
*Best Wishes for the Holidays and the coming year!*
- From Sokol Lodge 17, Perth Amboy, N.J. \$50.00  
*May your Holidays be filled with Joy and Laughter,  
And May you have a Happy New Year!*
- From Milan Kovac, Supreme Secretary \$50.00  
*In lieu of cards, Best Wishes for this Holiday Season*
- From Deborah J. Golden, Woodstock, Ill. \$100.00  
*Holiday Greetings and Best Wishes  
For a Happy & Healthy 2011*
- From Bess Babuska, Tampa, Fla. \$200.00  
*May your Holidays Shine Bright and Peace and Love,  
Have Wonderful New Year! Nazdar!*
- From Sokol Lodge 15W, Binghamton, N.Y. \$25.00  
*In memory of Sister Julia Vrabel*

**To the Milan Getting Scholarship Fund**

- From Sokol Lodge 114, Sleepy Hollow, N.Y. \$400.00  
*Wishing All A Very Merry Christmas!*
- From Slovak American Sokol Krivan, Chicago, Ill. \$100.00  
*Merry Christmas & Happy New Year!*
- From Sokol USA Lodge 12, Central Jersey \$100.00  
*Happy Holidays and a Peaceful New Year!*
- From Brandi K. Kovac, New York, N.Y. \$50.00  
*Wishing Everyone a Happy and Healthy New Year*
- From Sokol Lodge 74, Plymouth, N.Y. \$25.00  
*Merry Christmas and Happy Holidays!*
- From Helen Koudelik, of Lodge 59, Trenton, N.J. \$100.00  
*Wishing All a Very Merry Christmas and a  
Happy, Healthy, and Joyous New Year!*
- From Milan Kovac, Supreme Secretary \$50.00  
*May Each and All have Good Health  
and Joy this Holiday Season*
- From Darren J. Molony, of Lodge 7, Byram, Conn. \$50.00  
*Happy Holidays to All*
- From Sokol Lodge 15W, Binghamton, N.Y. \$10.00  
*Holiday Greetings in honor of Sister Theresa Spitalsky*
- From Sokol Lodge 39/40W, Berwyn, Ill. \$100.00  
*Christmas Blessings To All Our Sokol Friends*
- From Ladies Lodge 66W, Bethlehem, Pa. \$250.00  
*In Honor of the 100<sup>th</sup> Anniversary of Lodge 66W*
- From Sokol Lodge 39/40W, Berwyn, Ill. \$50.00  
*In memory of member Brother Milan Rohacek*
- From Sokol Lodge 39/40W, Berwyn, Ill. \$50.00  
*In memory of member Brother John Skarita*
- From Deborah J Golden, Woodstock, Ill. \$100.00  
*In memory of deceased Grandparents,  
John & Betty Sedecky*



**Happy 55<sup>th</sup>  
Anniversary**

George and Shirley Holick, members of Sokol USA Lodge 30, celebrated their 55<sup>th</sup> wedding anniversary on November 5<sup>th</sup> 2010. They reside in Danbury, Conn.





## Sokol Social News

### HAPPY BIRTHDAY

Martin Kavicky, a resident of Sleepy Hollow, N.Y., celebrated his 85<sup>th</sup> birthday in November. He is a member of Sokol USA Lodge 114.

### HAPPY BIRTHDAY

Stephen Horecky, a resident of Elmsford, N.Y., celebrates his 69<sup>th</sup> birthday in December. He is a member of Sokol USA Lodge 114.

### HAPPY BIRTHDAY

Josef Lukacovic, a resident of Ossining, N.Y., celebrated his 65 birthday in November. He is a member of Sokol USA Lodge 114.

### HAPPY BIRTHDAY

Ed Cusack, a resident of Fishkill, N.Y., celebrates his 40<sup>th</sup> birthday in December. He is a member of Sokol USA Lodge 114.

Visit us  
online at  
  
**www.  
SokolUSA.  
org**



## Happy 85<sup>th</sup> Birthday

Above at left, a few Sokol friends recently went to Barryville to celebrate the 85th birthday of Walter Adamek. Adamek (standing third from left) is joined by Milan Trnka, Spencer Preiser, Honey Trnka, Emil Tragala, Marge Hurta, Bob Hurta, Adalaide Darula and Justine Preiser. Below at left, a birthday cake is presented to Walter.



## Sokol USA National Gymnastics Department Conference Call Meeting Sunday, August 29, 2010

(Continued from November 2010)

### Summaries of the Lodge and District Reports

#### Lodge 32 Boonton

**Directors: Eric Skovronek, Patricia Ritz**

6 Gymnastics Classes per Week, including 2 Tots classes; 7 Instructors  
Other weekly classes - Jr. and Sr. Cheerleading classes with about 35 girls  
25 bowlers participated in the National Bowling Tournaments  
Members participated in the District competition, US of E competition, US of E Bowling competition, various cheerleading competitions, bi-weekly bowling league.  
Of course, we continue our various fundraising and community efforts (pancake breakfasts, Slovak dinner, fish & chips dinner, spirit wear sale, holiday gifts and food drive for needy local families, etc)  
The instructor funds are used primarily to subsidize instructors' various expenses to cover transportation and administration of the gymnastics and cheerleading programs.

The gym program continues with a full Sokolettes class, a strong Jr. Girls class a handful of Sokolads and a newly reinstated Jr. Boys class. Our Tots program supports two full classes. Our cheerleaders are utilizing another larger facility once a week which can accommodate the space requirements of their routines.

#### Lodge 12, Central Jersey

**Director(s): Norah Valentin, Ellen Kovac, Lance Kovac**

3 gymnastics classes per week classes, all on one night; 3 head instructors, 2 assistant instructors  
Bonnie Valentin attended National Camp and Milan Kovac attended the National Bowling Tournament  
Members also participated in United Sokols of the East Bowling and Gymnastics; District Hodza Competition and meeting; and Maintenance of Sokol Woodlands  
The SL instructor funds are used for modest salaries for our instructors.

We are happy to report one new adult (who is in training with Lance an assistant instructor) and eleven new juvenile members this year. All the new members are young, and if we can maintain and develop our instructional staff, we have the potential for continued growth in the future. We are offering a \$50 rebate to any member who brings in a new member, and this may be responsible for some of the new members. A friendship made at Sokol Woodlands has resulted in our assistant

boys' instructor joining along with his children.

#### Lodge 306 Chicago/Ludevit Stur

Director of Men - Bryan Pracko, Director of Women - Kristin Merker:  
Classes: Mondays – Sokolads, Jr. Girls, Jr. Boys; Tuesdays – Sokolettes; Wednesdays – Sr. Men & Sr. Women; Fridays – Tots, Jr. Boys & Jr. Girls, Volleyball.  
Sokol activities include our Annual Lodge 306 Exhibition, Cartwheel-a-thon, Lodge competitions, and Annual Awards Banquet. We also hold a social night twice a month for members, gymnasts and their parents. We still hold our Bingo (with raffles) every Sunday that serves as an important source of income.  
Outside activities include rental of our lower hall to a church group three times per week, the Chicago Metro Chorus barbershop singers once a week, a Polish Scout group once a week, and several other weekend rentals per year. We also serve as a polling place for all elections.  
Fundraisers: Two Spaghetti Dinners, Fall Festival "Hody", Cartwheel-a-thon, Candle Sale, Candy Sale, Palm Sunday Brunch, Mother's/Father's Day Paprikas Dinner, Exhibition Ad Book.  
We had 22 gymnasts in the District Competition and 35 participants in the District Slet. We had one junior attend Kurz in Cleveland.

Our Men's Volleyball team finished in 2<sup>nd</sup> place in the 2009 Central District Fall league!!! Boys gymnasts participated in Skills day at Sokol Spirit in December 2009. All of our gymnasts competed in Central District competitions in May 2010 and we had a large group of Slet participants who performed all cals in Central District Sokol Day in May 2010. We also held our own lodge competitions in June 2010, followed by the end of the year Awards Banquet. We also recently had a two week summer gymnastics program. Four gymnasts, including two new enrollees, participated in the three day a week session. All of our gymnasts are required to participate in several of our fundraising activities.

#### Lodge Sokol USA Farrell #103

**Director(s): Stephen Banjak; Chris Pegg**

Classes are held on Mon. & Thur.; 3 Instructors  
Other weekly classes: Slovak Language and Culture every Tues. (open to public) The Beginner's class has 10 students; Intermediate class has 11.  
Sarah Goda took first place in the Beginner's Class at Instructors School this summer. Fundraisers include Pizza Joe sales and Daffins Chocolates sales. Sokol Farrell also sponsored "Sokol Farrell Open Golf Scramble" which is open to public. Twenty nine teams (116 individuals) participated. Besides some Farrell members, a team from

(Continued on Page 8)

## Celebrating Flag Day



Veterans of our nation’s armed forces were recognized at the June Flag Day celebration of the New England Fraternal Congress in Lexington, Mass. From left are Joseph Brady of the Catholic Association of Foresters, Paul Plante of the Union Saint-Jean Baptiste/CFI, Albert Costa of the Luso-American Life Insurance Society, Vice Commander Donald Martin and Commander Aurio J. Pierro of the VFW Post Lexington, Joseph Goda of the National Slovak Society, John Kamenitsky of the Slovak Gymnastic Union Sokol and Leo Rufiange of the Order of United Commercial Travelers of America.

## Sokol USA National Gymnastics Department Conference Call Meeting

(Continued from Page 7)

Sokol New Kensington participated. We invite all Sokol Clubs to participate.

The Lodge exhibition was held on Sunday, June 6. Slovak cultural events include Sv. Mikulaš social event on the first Saturday in December and the Veteran’s Square Slovak-Italian Festival in August. Our gymnasts competed at the Sokol Greater Cleveland Competition in February. Last year Sokol Farrell made a major improvement in our facility by purchasing a 42’x42’ “spring floor” for our gymnasium. Outreach efforts include Sokol Farrell’s active “Sister Sokol Club” Agreement with T.J. Sokol Vranov nad Topľou, Slovakia; Sokol Farrell publishes the “Sokol Farrell Newsletter” 3 times per year; Sokol Farrell maintains its own website at <http://sokolfarrell.org/home.html> and Sokol Farrell acts as the local agent of Sokol USA in the Western Pennsylvania-Eastern Ohio area.

### Lodge Monessen #47

#### Director: Charity Ruhl

9 Instructors plus 6 other volunteers - 150 class participants (not Sokol members)

Classes: Sundays: Junior Cheerleaders, Level 5 - 9 competitive gymnastics; Mondays: Level 3, Level 4 / Future Stars gymnastics, Level 1 & 2 recreational gymnastics, Tumbling, Karate; Tuesdays: Level 1 & 2 recreational gymnastics, Tumbling, Level 5 – 9 gymnastics, Mini Cheerleaders; Wednesdays: Playtime with parents, Preschool gymnastics, Tini cheerleaders, Level 1 & 2 recreational gymnastics, Advanced tumbling, Karate; Thursdays: Boys gymnastics, Preschool gymnastics, Tumbling; Fridays: Level 4 – 9 competitive gymnastics; Saturday: gym rental and birthday parties

Fundraisers: The Polar Bear Meet, Food Drive, Cartwheel a thon.

Fundraisers to support competitive athletes: Joe Corbi’s pizzas, Tag Day, Hoagies, Gyro Sales, Candy Bars, Mixed Bags, t-shirts.

30 gymnasts competed in Lodge Competitions; 23 in USAG Competitions

The Annual Polar Bear Meet was held on January 30 and 31, 2010. 270 competitors participated in the meet ranging from level 3 to level 9. We were happy that gymnasts from Leechburg were able to attend. We also awarded high all around awards in honor of Martha Kunka, Betty Milanchak, and Joanne Giannini. A special award was also given in honor of Ryan Burkholder who was a friend of the gym. Many gymnasts qualified for western PA sectionals and state championships. We had several sectional and state champions as well. We also had 3 graduating senior gymnasts, Katie Thieret, Bethany Moffit, and Samantha Mutich. The competitive cheer squad attended a National Championship in April in Hershey and placed very well. The held try-outs for the upcoming season in May and have started a new squad of cheerleaders – Tinis – which are under the age of 5. They plan on attending a National competition in Disney in Feb. 2011. We had a Food Drive in November and raised a few hundred pounds of food for the Westmoreland County Food Bank. Children were allowed to “open gym” for 2 hours with a donation of a non-perishable food item. The competitive team also did a cartwheel-a-thon for Matthew’s Liver Savers. They also performed a group routine at a home Pitt Panther gymnastics meet. We have started a new Wednesday morning program called Playtime with parents, which is a supervised, non-structured activity where parents and their children under the age of 5 can just drop in to run, jump, swing and play.

(To be Continued in January 2011)

## 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.*

**ELAINE SIMON** – (1916-2010) A member of Lodge 260, Cleveland, Ohio. She is survived by her nephew.

**HELEN KRAUS** – (1914-2010) A member of Lodge 6W, Dunellen, N.J.

**JOHN J. BOBOR** – (1973-2010) A member of Lodge 115W, Gary, Ind. He is survived by his mother.

**EDWARD GALVANEK** – (1915-2010) A member of Lodge 235/12, Newark, N.J. He is survived by his children.

**KATHERINE MEZGER** – (1927-2010) A member of Lodge 42W, Tarrytown, N.Y. She is survived by her daughter.

**JOHN LESKO** – (1926-2010) A member of Lodge 240, Aliquippa, Pa. He is survived by his children.

**CAROLINE KOVARIK** – (1948-2010) A member of Lodge 33W, Johnstown, N.Y. She is survived by her nephew.

**VALERIE YABLONICKY** – (1921-2010) A member of Lodge 75, Jersey City, N.J. She is survived by her children.

**JOHN V. KOVACOVSKY** – (1927-2010) A member of Lodge 20, Ford City, Pa. He is survived by his wife.

**FLORENCE M. SIERKO** – (1932-2010) A member of Lodge 273, Wilkes-Barre, Pa. She is survived by her husband.

## “Operation Purple”

Operation Purple is a summer camping program for children of active military personnel. The National Military Family Association, a not for profit organization, has 70 camps throughout the United States. The camp programs are designed specifically for children who are separated from their deployed parents. In other words, Operation Purple Camp allows military kids the same opportunity to get together and hopefully have an enjoyable summer camp experience. It helps them through stressful times and honors their parents for their service and sacrifice. It gives them a break from war worries. Additionally, the program provides “family” camps for both the children and parents together. Besides the usual summer camp of arts and crafts and summer fun, special counselors are available for children and parents to assist in returning to a “normal” family life. The web site for the NMFA is [www.MilitaryFamily.org](http://www.MilitaryFamily.org).

National Military Family Association was brought to the attention of fraternal benefit societies through the National Fraternal Congress of America at its recent convention. At the October 15, 2010, meeting of the Supreme Lodge, it was decided that Sokol USA will match, dollar for dollar, all donations by lodges and members to this cause. We encourage every lodge to make a donation to the National Military Family Association. Please send your donations to: SOKOL USA, P.O. BOX 189, East Orange, NJ 07019-0189 by December 15, 2010. All donations received by that date will be matched with a check from Sokol USA and forwarded to the NMFA, and an acknowledgement will be published in the January 2011 issue of the Sokol Times.

### Donations and Matching Funds For National Military Family Association

Sokol USA Lodge 114, Tarrytown, N.Y.	\$200.00
Sokol USA Lodge 306, Chicago, Ill.	\$100.00
Sokol USA Lodge 39/40W, Berwyn, Ill.	\$100.00
Milan S. Kovac, Supreme Secretary	\$ 25.00
Donations Total	\$425.00
S.G.U. SOKOL U.S.A Matching Funds	\$425.00
GRAND TOTAL	\$850.00

*We thank all donors for their generous contribution and remind everyone that it's not too late to contribute. All donations received prior to December 24, 2010 will be printed in the next issue of the SOKOL TIMES, and the matching funds will be noted also. Remember our men and women that serve our nation.*