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SOKOL *TIMES*

JULY 8, 2010

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

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Happy Independence Day!



**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 2nd Thursday of the month.

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NEW ENGLAND FRATERNAL CONGRESS OFFERS SCHOLARSHIP

The New England Fraternal Congress will award two \$500 scholarships to two students in their sophomore, junior, or senior year in college or in graduate school.

Eligibility requirements are as follows:

- The applicant must be enrolled as a full-time student in an accredited college/university or graduate school.
- The applicant must be a resident of New England and a member (or a son /daughter of a member) of a fraternal benefit society that holds a membership in the New England Fraternal Congress.
- The applicant must have a cumulative grade point average of at least 2.0 (on a 4.0 system). A transcript of the applicant's grades from the spring 2010 semester must be submitted with the application.

The application must be completed in its entirety and submitted by September 15, 2010. Incomplete and/or late entries will be disqualified.

Criteria to be used in judging include the overall merits of the applicant, cumulative grade point average, college activities/honors, financial need and essay content. The \$500 scholarship awards will be paid directly to the recipients.

Entries for consideration must be forwarded by September 15, 2010 to: Albert Costa, Scholarship Chairman, 1735 Beacon Street, Waban, MA 02468. For an application, please contact your lodge or Sokol USA headquarters.



Ode To Sokol

By Annette Vando

A falcon rode across the sky
And smiled upon the sun
We looked into the sky above
And asked, "Who is the One?"

Voices echoed all around
"No one is special here."
Sisters, brothers, tell the world
"What is it we hold dear?"

Our minds and bodies and our souls
Unite to make us strong
We sweat and strain and twist and turn
We want to movement wrong

Our sisters, brothers from the past
Their voices never die
And all of us who live today
Raise our voices high.

Together we join hands of love
Slovaks and all others.
Sokols given strength to youth
Be proud, my sisters, brothers.

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!*

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."

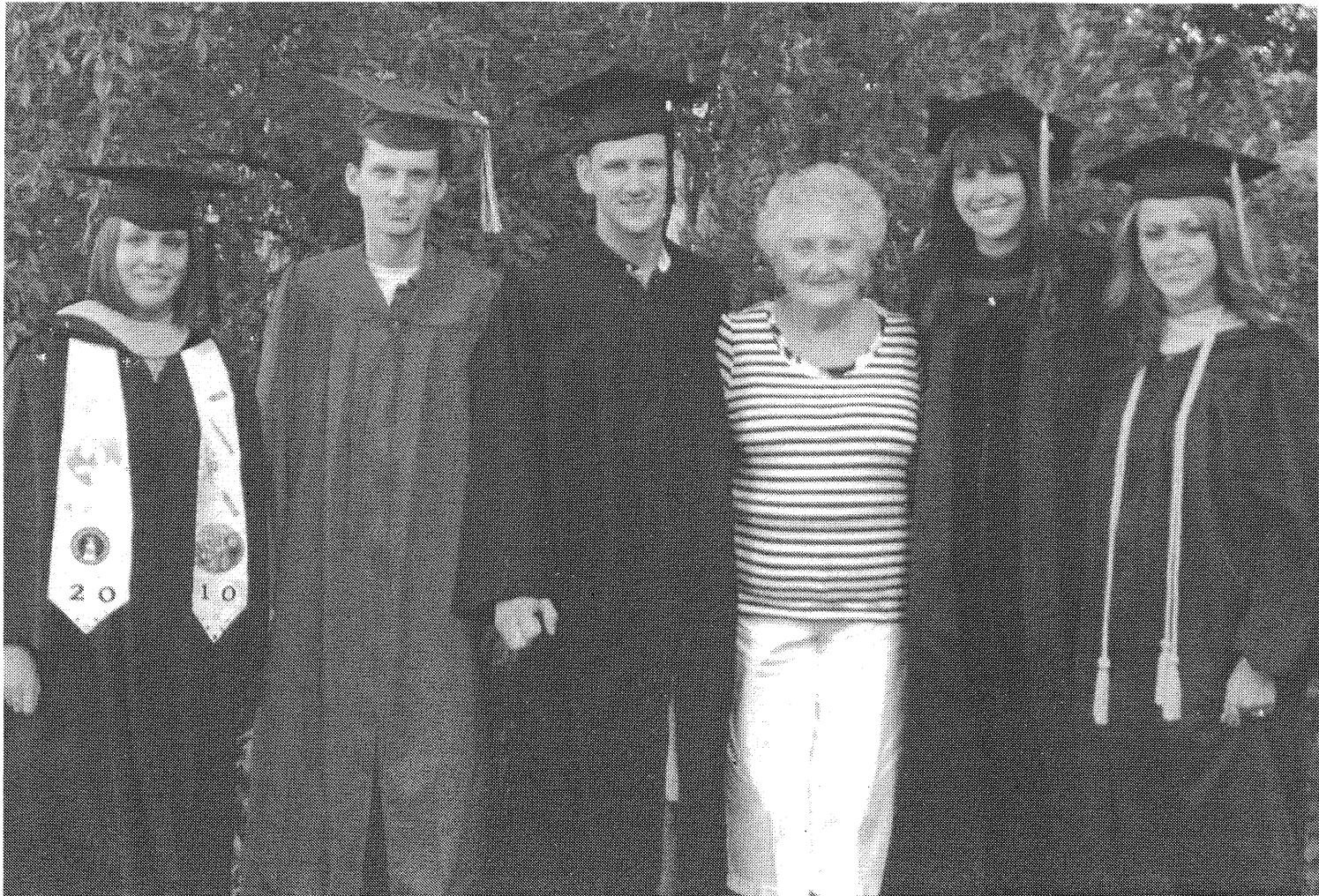
"We hope to encourage the applicants to study the history, customs and traditions of their forefathers in Slovakia," he concluded.

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

BIRTH ANNOUNCEMENT

Nicole and Lance Zaremba of Wayne, N.J., both members of Lodge 32, Boonton, N.J., announce the birth of their daughter, April Renee Zaremba. She was born at Morristown Memorial on May 6, 2010. The couple also has a son, Garrett.

5 graduates, 1 proud grandmother



Ethel Omasta (fourth from left) is proud of her five grandchildren who recently celebrated their graduations. They are all members of Sokol Lodge 30 in Danbury, Conn. The graduates are (from left) Lindsey Omasta, who received a Bachelor of Science Degree in Elementary Education from Western Connecticut University; Seth Crampton, who received his diploma from Southington High School and will be attending WPI in Wooster, Mass., in the fall; Rick Crampton, who received a Bachelor of Science Degree in Applied Exercise Science from Springfield College; Caitlin Tracey, who received a Doctorate in Physical Therapy from Quinnipiac University and is a past recipient of the Milan Getting Scholarship; and Kelly Tracey, who received a Bachelor of Science Degree in Marketing from Quinnipiac University.

From the President's View

As I prepare to leave for Sokol Na Slovensku's Slet in Trenci, Slovakia, I want to share the enthusiasm from our last Supreme Lodge Conference call earlier this month.

The Milan Getting Scholarship winners were announced by the Scholarship Committee. Our scholarship program is unique among the Slovak fraternal societies as our awardees receive the scholarship for up to four years. Most other societies give only one-time awards.

At our Sokol Fest 2011, there will be an ongoing silent auction where the proceeds will benefit the scholarship fund. I encourage our lodges to participate by donating prize baskets.

Secondly, plans are far along for Sokol Fest 2011. Watch upcoming issues of the Sokol Times for details.



Joseph Bielecki

Czech and Slovak Museum Visit Under Consideration by Lodge 39/40W

The officers and members of Lodge 39/40 of Berwyn, Ill., along with others in the Czech and Slovak community, have been following closely the news coming from Cedar Rapids, Iowa, since the flood of 2008. That flood, which devastated much of the city of Cedar Rapids, also destroyed five buildings which were part of the National Czech and Slovak Museum and caused \$11 million of damage. Seventy five percent of the museum's artifacts were saved, and many of the rest are in the process of being restored.

To solicit the support of the Czech and Slovak community in the Chicago area, the National Museum sponsored two informational dinners held at the Klas Restaurant in Cicero, one in 2009 and the other in April 2010. The officers and a few members of Lodge 39/40W were among those at the dinners, where we viewed pictures of both the damage and the rebuilding that is now underway. The museum, which is being moved, eventually raised, and reopened in 2012, has opened a new smaller facility in the Czech village called the Kosek Building, which had its grand opening in April of this year. Its exhibit is called "Rising Above: A Story of a People and the Flood." It also houses some

artifacts from the original building as well. Our lodge has joined many other individuals and groups in making financial donations to this rebuilding effort.

The officers of Lodge 39/40W are wondering if there is an interest on the part of any of our members in visiting Cedar Rapids as a group and seeing firsthand the work that is being done and to enjoy the partially restored Czech Village area of Cedar Rapids. The excursion would be a day trip and would be sponsored by the lodge. Depending on the interest from

our own members, the excursion could possibly be opened to others as well. The National Czech and Slovak Museum Excursion would be held either in late summer or early fall. Any interested members should contact the lodge president, Anne Marie Brinley, by e-mail at Lodge3940@att.net or by phone at 630-668-5862.

I wish all our members and their families an enjoyable summer. Our next regularly scheduled meeting will be held at the Czech Plaza Restaurant in Berwyn, Ill., on Saturday, September 18th at 1 pm. We will

share lunch together and then hold our meeting. If any of our members are not on our lodge meeting mailing list and would like to be, please contact Sister Brinley using the contact information listed above. Having moved our meetings from a weekday to the weekend, we are hopeful more of our members may be able to attend and be a part of our discussions for the betterment of our lodge and its members as well as the Sokol organization as a whole.

Nazdar and I hope to hear from many of our members!

Anne Marie Brinley
Lodge 39/40 President

Two new committees consisting of Supreme Lodge members have been established. These will meet and discuss issues such as succession planning and the long range planning. We are in a sound and strong position as we undertake this self-study of our society.

The Healthy Heart Walking Club has taken off now that summer is here and has grown to over 60 members. The first benchmark of mileage awards will soon be given.

I will report on the Slet in Slovakia upon my return. I wish all of our members a Happy Fourth of July and encourage you to take some time to enjoy the summer and add some mileage to your walking club pedometers!

NAZDAR

Joe Bielecki
President

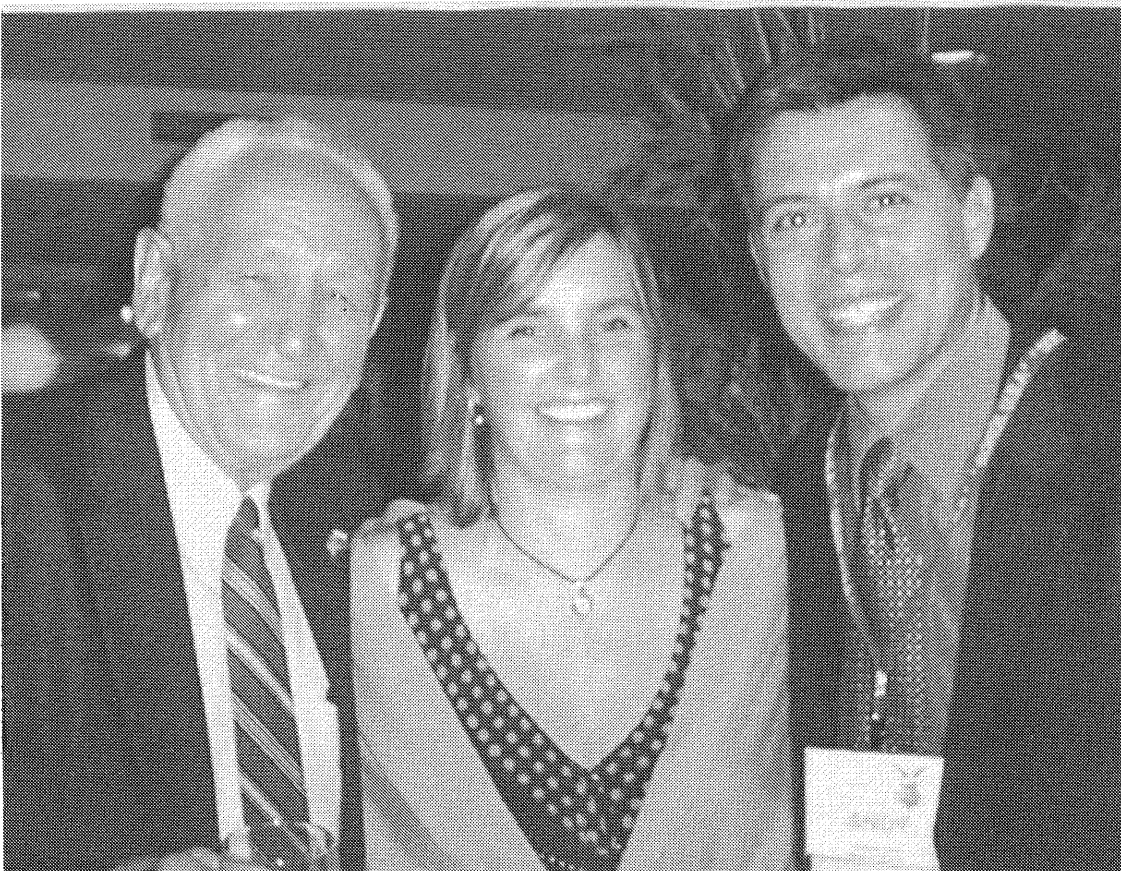
Congratulations on another successful program year!

We want to thank all the directors, lodge officers, instructors, and parents who work together to run our Sokol programs. We know it takes countless hours and dedication. Thank you and keep up the very good work you are doing.

Nazdar!
Sokol USA National Directors

Sokol USA XXXIII Convention

(We thought we would share one last look at last year's gathering.)



HOW THE FARRELL LODGE CONTINUES TO MAKE A DIFFERENCE

I recently had an opportunity to talk to Steve Banjak, Director of Men's Gymnastics at the Farrell Lodge. I wanted to know how they have continually and consistently maintained the success of their lodge.

Steve said it all comes down to the gymnastic program, communication, motivation and commitment. He continued to say that it all starts when they sign up a new gymnast. They actually get two members by getting one of the parents involved. The parent is encouraged to go to monthly lodge meetings in which they become a member of the lodge community. The gymnast gets to become an active member of an organization that competes locally, nationally and internationally.

Through communication, the lodge is able to get members involved with lodge activities. They communicate in many different ways, but the most popular ways are through the monthly lodge meetings, the website and the newsletter that they send out three times a year.

With the increased involvement, they are able to send gymnast to competitions including the Slet in Texas last year. They have also continued to uphold and honor traditions. For example, the lodge celebrated their 100th anniversary by creating a scholarship program. As a community they continue to evolve. They have embraced all the members and, by doing so, they continue to develop new programs to get members involved. One of the newest programs is the Golf Scramble. It has only been run for two years. However, participation in the program increased by 50 percent the second year.

The Farrell Lodge has a vision. They are motivated and communicate well.

I am looking forward to seeing how many gymnasts they send to the 2011 Sokol USA Slet to be held in Cleveland, Ohio.

Nazdar!
Jennifer Moulton
Fraternal Activities Chair

University of Pittsburgh
Pittsburgh Student Slovak Club
And Slovak Studies Program

Present the

20TH ANNUAL
SLOVAK HERITAGE
FESTIVAL



Save the Date!
Sunday, November 7, 2010
1 to 5 PM
University of Pittsburgh (Oakland)
Cathedral of Learning Commons Room

Donations are needed to make this year's celebration the best yet!

Make checks payable to: University of Pittsburgh
Send contributions to: Slovak Studies
Attn: Christine Metil
1417 Cathedral of Learning
University of Pittsburgh
Pittsburgh, PA 15260

For information:
Call 412-624-5906 or e-mail metal@pitt.edu

Got Insurance?

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

\$3,000 Policy

Newborns:	\$213 for males
	\$180 for females
Age 5:	\$252 for males
	\$213 for females
Age 18:	\$399 for males
	\$342 for females
Age 21:	\$432 for males
	\$372 for females
Age 30:	\$567 for males
	\$504 for females
Age 40:	\$792 for males
	\$705 for females
Age 65:	\$1,695 for males
	\$1,512 for females

\$5,000 Policy

Newborns:	\$355 for males
	\$300 for females
Age 5:	\$420 for males
	\$355 for females
Age 18:	\$665 for males
	\$570 for females
Age 21:	\$720 for males
	\$620 for females
Age 30:	\$945 for males
	\$840 for females
Age 40:	\$1,320 for males
	\$1,175 for females
Age 65:	\$2,825 for males
	\$2,520 for females

\$10,000 Policy

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
	\$1,240 for 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
SOKOLUSAHQ@aol.com



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

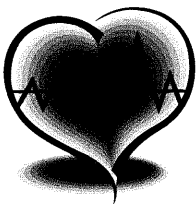
Announcing Sokol's newest club!

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!

OCT 16-17 Directors Conference, Sokol Greater Cleveland

track.

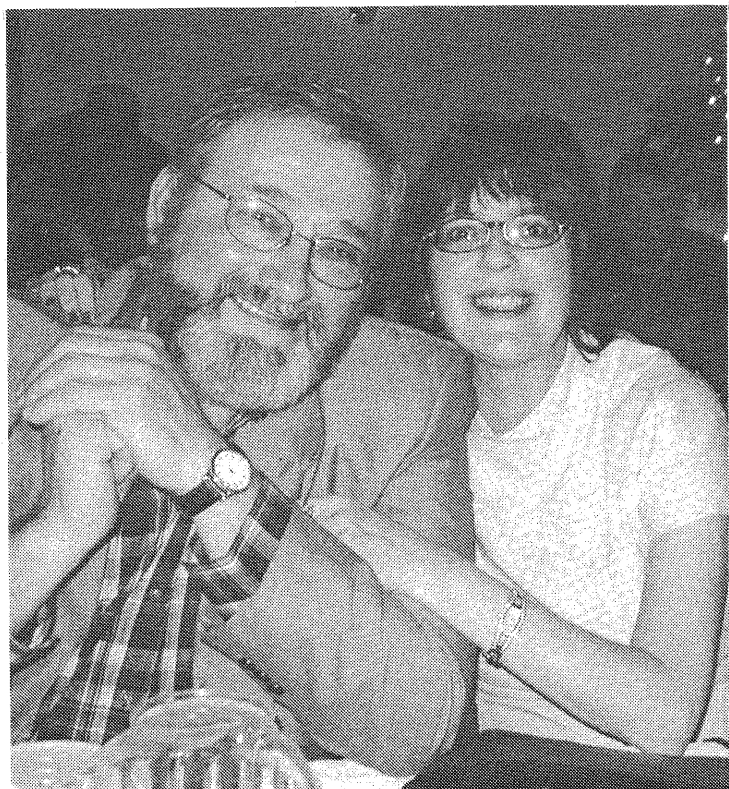
There may be a connection here. A study of adults in Japan found that men who skipped breakfast tended to have higher blood pressure than men who ate a morning meal. The women in the study who did not eat breakfast were more likely to have higher cholesterol levels than those who ate breakfast. Those who did not eat breakfast were also apt to smoke more and exercise less.

STATE: _____ **ZIP:** _____

Slovak Academy of Sciences
www.savba.sk

Sokol Social News

HAPPY ANNIVERSARY



Nancy and Frank Shurina of Blairsville, Pa., are celebrating their 25th wedding anniversary. They are members of Sokol Lodge 68.

HAPPY BIRTHDAY

Walter Koval of Sleepy Hollow, N.Y., celebrates his 88th birthday in July. He is a member of Sokol Lodge 114.

Robert DeMasi of Tarrytown, N.Y., celebrates his 62nd birthday in August. He is a member of Sokol Lodge 114.

Stephen J. Horecky of Elmsford, N.Y., celebrated his

47th birthday on July 4th. He is a member of Sokol Lodge 114.

Stephen Horecky, Jr. of Elmsford, N.Y., celebrates his 12th birthday in August. He is a member of Sokol Lodge 114.

Nicholas Cusack of Poughkeepsie, N.Y., celebrates his 9th birthday on August 18th. He is a member of Sokol Lodge 114.

A special 25th anniversary trip

Ellen Zamecnik-Bowley and her husband Robert Bowley of Burlington, Mass., recently celebrated their 25th wedding anniversary. Mrs. Zamecnik-Bowley is a former member of Binghamton, NY, District Nitra. She shared this short letter about her milestone event.

My spouse and I travelled to Prague to celebrate our 25th wedding anniversary, this trip being a long-time dream of mine. We took a guided tour of the city our second day there to get a feel for the city. I was startled in passing to see a large tan building with "Ceska Obec Sokolska" on the façade. Of course, I thought, I remembered the Czech Sokol name from

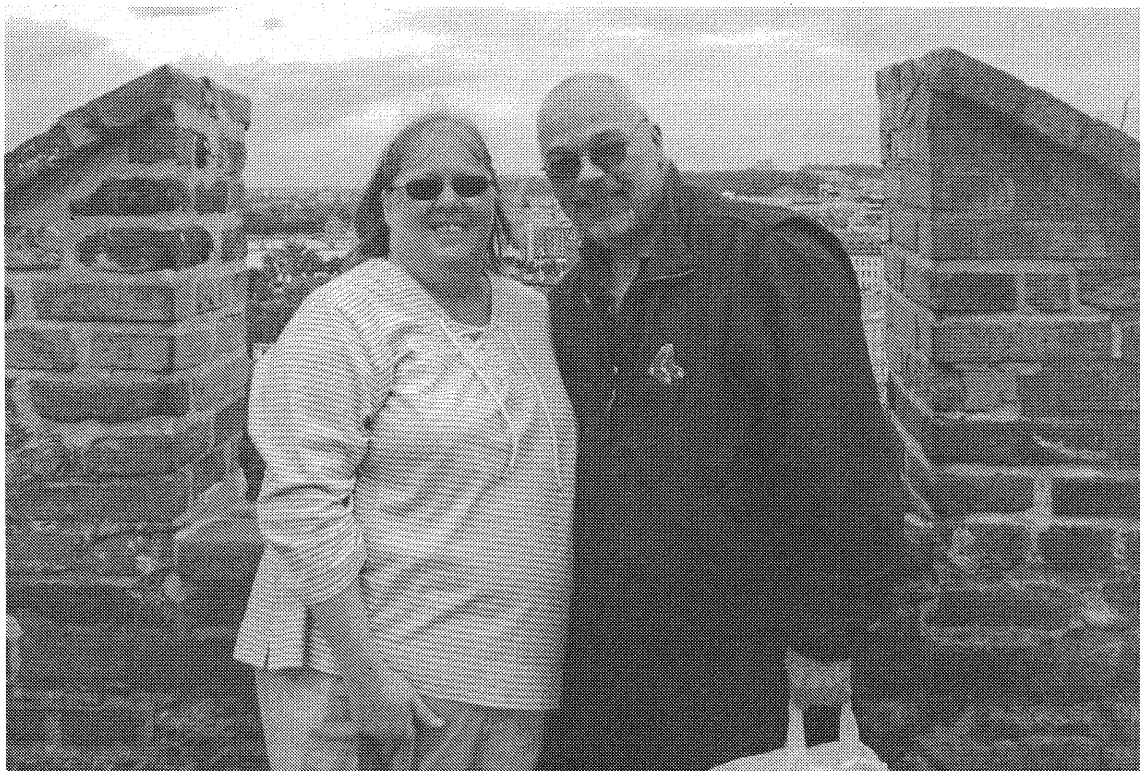
when I was a little girl and from the news in The Sokol Times, but I had never associated it with Prague.

The next day, we walked back to Ceska Obec Sokolska and we boldly marched in – the ladies there did not speak English, so I just pointed to myself and pronounced my last name as much of a Slovak manner as I could and pointed around. They got the message. We then had the great privilege of a private tour of the facilities by Dr. Vladimir Dostal, the International Secretary of Czech Sokol. The buildings themselves had much history and were very beautiful. We also learned about the current strength of Czech Sokol, the recent flooding that ruined

the gymnasium, and recent political elections in Prague, which included a victory party at the Sokol compound.

Dr. Dostal also mentioned the upcoming Slet, (which he wrote about in the June 10, 2010 issue of The Sokol Times) and his acquaintance with Bea Walko. Of course, I also remember Bea Walko – her husband Albert was part of my Sturz training. She herself probably wouldn't remember me, but might remember my mother and father, Jo and Ed Zamecnik.

Well, I could go on and on and Czech Sokol and Prague, but space is premium here I'm sure. Ours thanks again to Dr. Dostal, and I hope he will read this!



Ellen Zamecnik-Bowley and her husband Robert Bowley of Burlington, Mass., celebrated their 25th wedding anniversary with a special trip to Prague.

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: _____

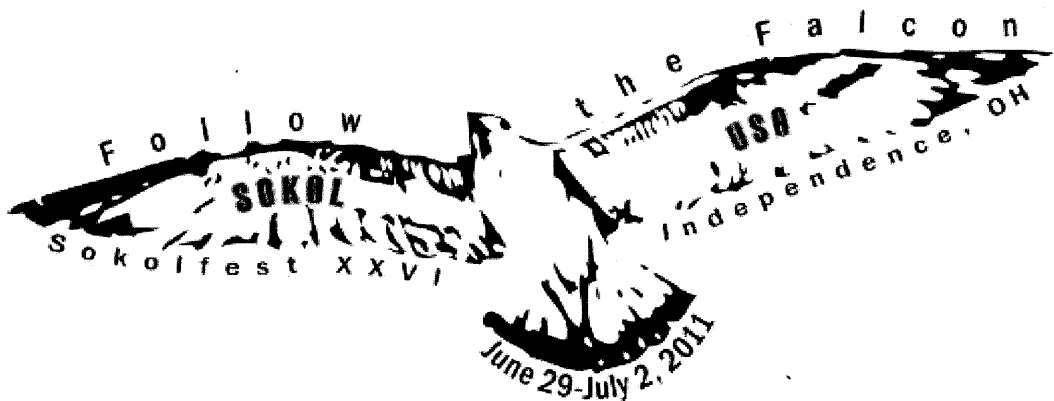
EVENT: _____

*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.*

ATTENTION ALL SOKOLS

**Sokol USA invites you to
Follow the Falcon
to
Sokolfest XXVI**

**Independence, Ohio
June 29 to July 2, 2011**



***Gather with Sokols from around the world as we
demonstrate and promote the Sokol ideals through
competitions, slet performances and fraternalism!
Nazdar***

**Follow the Falcon - Sokolfest XXVI
Hosted by Sokol USA
Start planning now!**

Dates
Wednesday, June 29 – Saturday, July 2, 2011

Location
Independence, Ohio (South Cleveland)
<http://www.independenceohio.org/>

Accommodations
Holiday Inn Hotel & Conference Center
6001 Rockside Rd., Independence, OH
216-524-8050
<http://www.ichotelsgroup.com/h/d/hi/1/en/hotel/clein>
All rooms \$85.00/night - up to 4 persons per room
The Holiday Inn has 364 rooms. Rooms will be blocked until May 29, 2011. The hotel is just 12 miles from Cleveland Hopkins International Airport. The hotel offers complimentary airport shuttle service from 6 AM to 11 PM. There's lots of free parking for cars or buses. The Holiday Inn also features Michael's Grille and the Impulse Lounge, which has live entertainment Tues.-Sat. There are over 30 restaurants & fast food establishments within minutes of the hotel, including a 2-story McDonald's. There are 11 additional hotels in Independence; the majority across the highway from the Holiday Inn. We have reserved a large block of rooms and are urging everyone to stay at the Holiday Inn. We have been guaranteed the best rate in town!

Competitions & Slet Venues
Independence High School Gymnasium and The Indy Fieldhouse (2 miles from hotel)
<http://www.independenceohio.org/CommunityLife/Fieldhouse.aspx>
At the Independence Community Complex we will host the Wed. night opening ceremonies and the gymnastics competitions in the high school gymnasium; volleyball, basketball and the fitness challenge in the field house, and the Sat. evening Slet outdoors on the football field. Food will be available for sale on site.

Cloverleaf Bowling Center (2 miles from hotel)
Independence, OH
<http://www.bowlcloverleafanes.com/>

Sleepy Hollow Golf Course (7 miles from hotel)
Brecksville, OH
<http://www.golfohio.com/departments/coursereviews/sleepy-hollow-golf-course.htm>

Sokol Greater Cleveland (6 miles from the hotel)
4939 Broadway Ave. - Cleveland OH 44127
<http://www.sokolgreatercleveland.org/>
The historic Greater Cleveland Sokol Hall is also a short distance from the hotel.

Downtown Cleveland (12 miles, 15-minute drive from the hotel)
<http://www.positivelycleveland.com/>
Check out the many attractions, museums, sports events and food venues the city of Cleveland has to offer.

Additionally
In the near future details regarding social activities and a competitive schedule will be announced. A tour for non-competitors is also being planned.

**DONATIONS GRATEFULLY
ACKNOWLEDGED**

To the Sokol USA Gymnastic Fund

From Sokol Lodge 3W, Bridgeport, Conn. \$50.00
In Memory of deceased members

From Sokol USA Lodge 248, Rossford, Ohio \$50.00
In Memory of deceased members

From Sokol USA Lodge 15, Yonkers, N.Y. \$50.00
In Memory of deceased members

To the Milan Getting Scholarship Fund

From Sokol Lodge 3W, Bridgeport, Conn. \$50.00
In Memory of deceased members

From Sokol USA Lodge 248, Rossford, Ohio \$50.00
In memory of deceased members

From Sokol USA Lodge 15, Yonkers, N.Y. \$50.00
In memory of deceased members

**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.

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.*

JULIA GRINEUS – (1917-2010) A member of Lodge 122, Kenosha, Wis. She is survived by her niece and sister in law.

DOROTHY TORQUATO – (1923-2010) A member of Lodge 60, Windber, Pa. She is survived by her children.

LISA VALOVICH – (1959-2010) A member of Lodge 3W, Bridgeport, Conn. She is survived by her parents and a brother.

FRANK PAVLU – (1917-2010) A member of Lodge 26, Guttenberg, N.J. He is survived by his daughter, Diane Wikoren.

JOAN EHRTZ – (1942-2010) A member of Lodge 30W, Allentown, Pa. She is survived by her husband and her daughter.

WILHELM BORCICKY – (1925-2010) A member of Lodge 130/45 New Kensington, Pa. He is survived by his wife.

WILLIAM FERENC – (1922-2010) A member of Lodge 7, Byram, Conn. He is survived by his wife.

ANNA SABO – (1922-2010) A member of Lodge 205, Stockdale, Pa. She is survived by her daughter and her brother.

JOSEPH SPEVAK – (1916-2010) A member of Lodge 93, Bethlehem, Pa. He is survived by his children.

JOSEPH M. LIBA – (1919-2010) A member of Lodge 164, Detroit, Mich. He is survived by his wife and sisters.

ELIZABETH KELLY – (1907-2010) A member of Lodge 32, Boonton, N.J. She is survived by her daughter.