(USPS 500-660)

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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.

SOKOL OFFICE: Telephone: (973) 676-0280 Toll Free: (888) 253-0362 FAX (973) 676-3348 E-mail: SOKOLUSAHQS@aol.com

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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 <u>www.sokolnationalcamp.org</u>, 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."

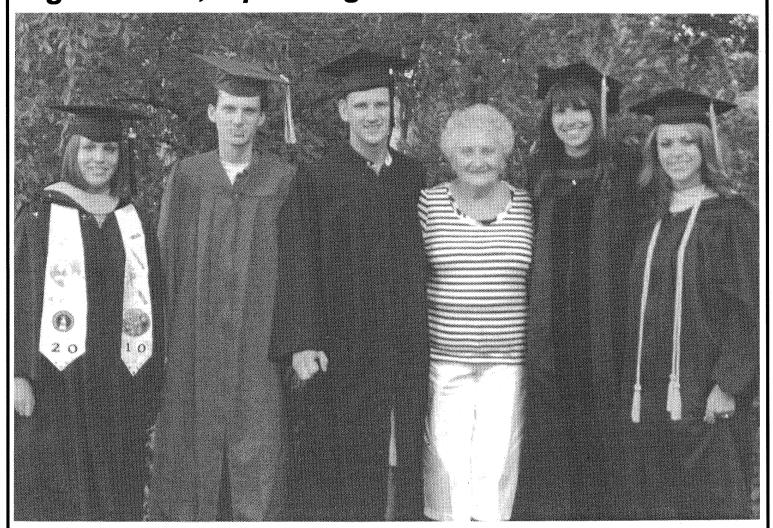
"We hope to encourage the applicants to study the history, customs and traditions of their forefathers in Slovakia," he concluded.

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.

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

Lodge 39/40 of Berwyn, III., along with others in the Czech and Slovak community, have been following closely the news coming from Cedar Rapids, lowa, 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 process of being restored.

Czech and Slovak community in the Chicago area, the National Museum sponsored 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

The officers and members of artifacts from the original building as well. Our lodge has joined 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 museum's artifacts were saved, Cedar Rapids. The excursion and many of the rest are in the would be a day trip and would be sponsored by the lodge. Berwyn, III., on Saturday, To solicit the support of the Depending on the interest from September 18th at 1 pm. We will Lodge 39/40 President

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

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

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.

From the

President's

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

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

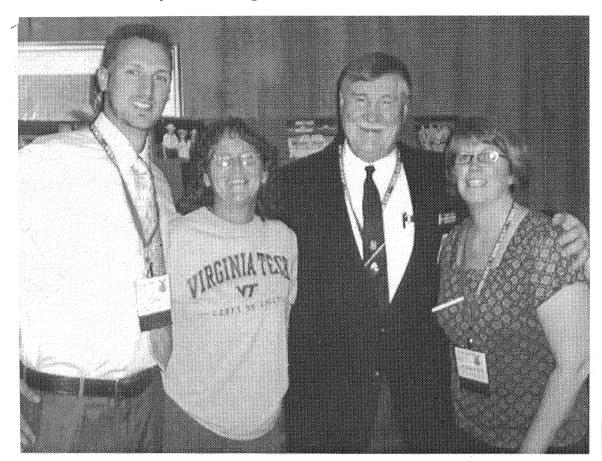
Congratulations on another successful program year!

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**

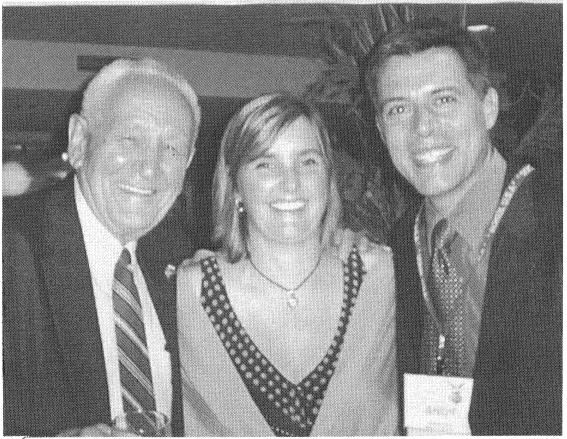
Sokol USA XXXIII Convention

(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 parent involved. The 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 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.

the 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 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 <u>NEW</u>
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 Po	licy	\$5,000 Policy			
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	And the second s	\$2,520 for females		

\$10.000 Polic	2V	licv	ol	Po	7	γ	a)	L	_	0	1	S
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Ψ10,000 i 01.0γ
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



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!

NATIONAL GYMNASTICS DEPARTMENT **IMPORTANT DATES & DEADLINES**

Lodge & district reports & photos due via e-mail **AUG 15**

7 PM EST - Conference Call **AUG 29**

OCT 16-17 Directors Conference, Sokol Greater Cleveland

Eat to your heart's content

It's been said that the way to a man's heart is through his stomach. That's true for many people. It's also universal that what we eat impacts our heart health.

In order to reduce your risk of heart disease the number one killer in the United States - the American Heart Association recommends eating a wide variety of foods while balancing calories consumed with plenty of physical activity.

The American Heart Association suggests that consumers:

Include plenty of fruit and vegetables, which are naturally low in fat and cholesterol;

Choose whole grain products like oatmeal and whole grain bread;

Consume low-fat or fat-free dairy products;

Look for lean protein such as fish, skinless poultry and lean meat.

Research shows that shoppers who read

labels cut nearly twice the fat from their diets as those who don't read labels. Yet reading food labels can be confusing and time consuming.

In the kitchen, be sure to prepare foods using heart-healthy cooking techniques, such as:

Use a non-stick skillet so you can cook with a minimum of oil or cook with vegetable oil spray.

Cut down on saturated fat in a creamy salad dressing by mixing it with nonfat or low-fat yogurt.

Roast vegetables in a hot oven to caramelize their natural sugars and bring out the flavor.

Grill or broil instead of frying.

You can change your dietary habits to help improve your health and reduce your risk of disease in three steps:

Start at the market by purchasing foods low in saturated fat and cholesterol:

Cook using heart-healthy techniques;

Monitor your progress to stay on the right track.

SOKOL USA

276 Prospect St. P.O. Box 189 East Orange, NJ 07019



Brothers and Sisters:

Why not take a little time and check your's and your children's (if you have any) insurance coverage. Most likely, you will discover that the amount is not sufficient and you need greater coverage.

Why not act on it right now and apply for an additional certificate?

Please Send New I	Member Applications to:
NAME:	
ADDRESS:	<u> </u>
CITY:	
STATE:	ZIP:

What to do when the heat is on

Here's a fact that may make it regulates body temperature by some people feel hot under the collar: The average person produces enough sweat each day to fill about one quart (or a small milk carton) - and this number spikes during the summer months, especially in cool and hydrated: humid conditions.

rising With summer's temperatures comes sweat. This can pose the problem of how to keep sweat to a minimum and stay cooler in the summer clothing that breathes easier. months.

Although sweat can by embarrassing, it is necessary as

keeping the body cool and preventing if from overheating. Although sweating is necessary, most people like to keep sweating to a minimum.

Here are some tips to keep

Water, water and more water. Drink plenty of fluids. Experts recommend at least eight to 10 glasses of water per day.

Choose cotton. Wearing such as cotton, can keep sweating to a minimum and actually make you feel cooler.

materials Avoid encourage perspiration, such as polyester and nylon, as well as dark colors.

Refresh often. Refresh your body often with a cool towel.

Replace salt and minerals. Sweating removes salt and minerals from the body. If participating in a strenuous activity where you anticipate heavy perspiration, drink fruit juices and sports beverages to replace the lost minerals.

With these simple tips, you can stay cool and enjoy the warm days and nights.

Web Sites about Slovakia

Slovak Embassy, Washington, D.C. www.slovakembassy-us.org

U.S. Embassy, Bratislava, Slovakia www.usembassy.sk

General Information on Slovakia www.slovensko.com

Office of Government in Slovakia www.government.gov.sk

Slovak Trade and Development Agency www.sario.sk

> Slovaks and Slovakia www.slovak.com

Slovak Tourist Board www.sacr.sk

Slovak Chamber of Commerce www.spok.sk

General Guide to the Slovak Republic www.slovakia.org

> Web Page for Tourists www.enjoyslovakia.com

Slovakia On Line (General Information) www.skonline.sk

> Slovak Cultural Calendar www.kultura.sk

Slovak National Museum www.snm.sk

Slovak Academy of Sciences www.savba.sk

Miss breakfast and you miss a lot

Over the past 15 years, the rate of breakfast tipping in the United States has increased even though scientists have discovered more and more benefits from the simple act of eating a bowl of cereal. For instance, scientists have linked a lower body weight to those who choose cereal for breakfast. Better yet, choose a whole grain cereal and you can add on such potential benefits as a reduced risk for heart disease, cancer and diabetes.

So don't get caught in the trap of skipping breakfast. Scientists have even linked it to better performance throughout your busy day. People often say they skip breakfast because they want to lose weight, but the reality is that eating breakfast can actually help a person lose weight while skipping breakfast simply backfires.

Healthier Diets

Miss breakfast and you miss out on a number of vitamins and minerals. Not only do you miss out on getting nutrients in the morning, but breakfast skippers traditionally do not make up for the loss of critical nutrients they can get from breakfast and make even overeat fatty, high cholesterol foods later in the day.

Children and adults who eat breakfast tend to have diets that are higher in calcium, zinc,

magnesium, iron, folic acid and vitamins A, B6 and D.

Better Weight Control

Breakfast eaters have the upper hand here as well. Data from the National Weight Control Register - an ongoing study of people who have lost a significant amount of weight and kept it off - shows that eating breakfast is an integral part of most people's success.

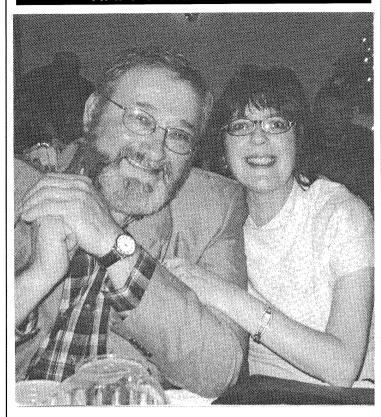
Children are affected by the breakfast-weight link too. A study of 13-year-olds found that breakfast skippers were more likely to be unhappy with their body shape than those who ate breakfast. Kids who skipped breakfast were also more apt to have been on a diet to lose

Healthier Hearts

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 breakfaster 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.

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 o 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

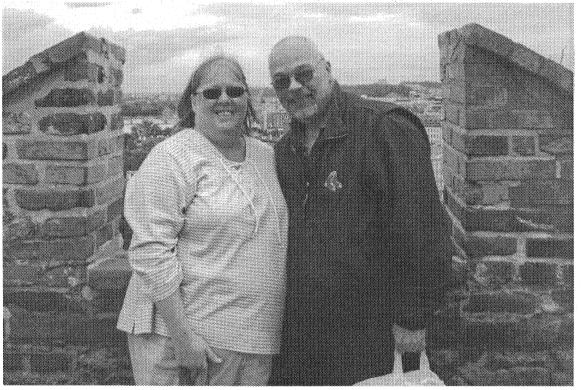
when I was a little girl and from the news in The Sokol Times, but I had never associated it with Prague.

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



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: SOKOLUSAHQS@aol.com

ENGAGEMENTS, Weddings & Anniversaries	BIRTHDAYS I	PROMOTIONS, I HONOR ROLLS & I OTHER EVENTS
Names:	Name:	Name:
	BIRTH DATE:	PHONE #:
PHONE #:	Age:	Hometown:
Hometown:	PHONE #:	SOKOL LODGE:
SOKOL LODGE:	Hometown:	EVENT:
YEARS MARRIED (IF APPLICABLE):	SOKOL LODGE:	!
1	1	

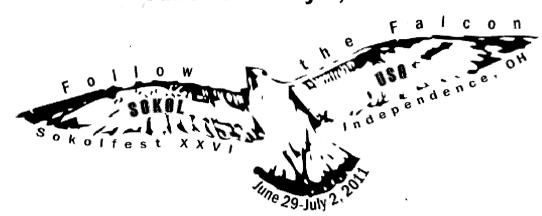
Photographs are not required, but they do add to the presentation.

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!

<u>Dates</u>

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.bowlcloverleaflanes.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 \$50.00 From Sokol USA Lodge 15, Yonkers, N.Y. In Memory of deceased members To the Milan Getting Scholarship Fund \$50.00 From Sokol Lodge 3W, Bridgeport, Conn. 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

National Sport Encyclopedia in Slovakia (Národné Športové Centrum)

You are invited to visit the history of sport in Slovakia in real website of the National Sport time and to preserve it for future Encyclopedia in Slovakia at generations. It is open to www.sportcenter.sk professional and lay persons

In memory of deceased members

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 multimedia dynamic. 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 order to implement the National Sports Center.

The aim of the publication is to document and promote the

time and to preserve it for future generations. It is open to and lay persons professional alike. The ambition provide to publication is information interesting 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.

Sports National Encyclopedia is an continuous updating of online publications, which develops and promotes activities by welcoming all candidates. Equally welcome are fresh ideas, suggestions and constructive comments 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 Wikeren

JOAN EHRITZ – (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.