

SOKOL



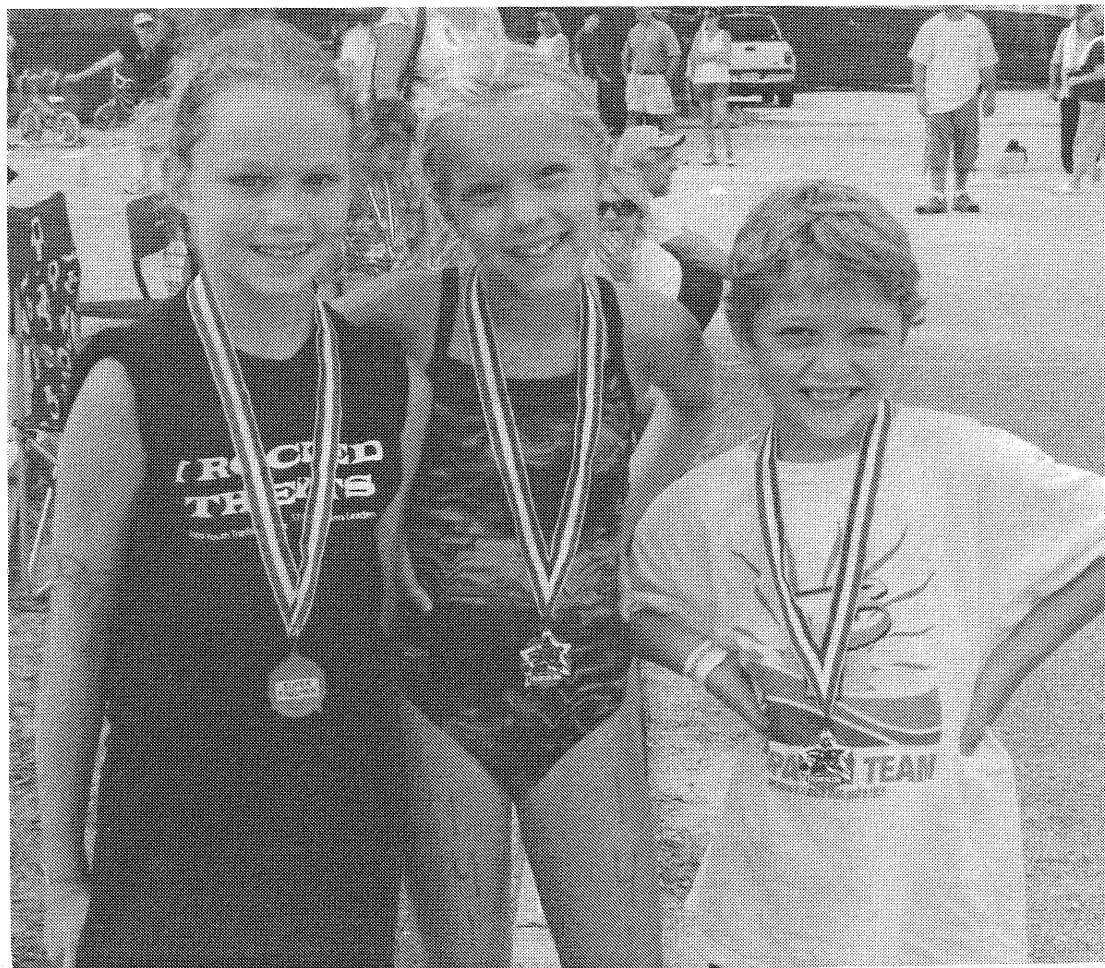
TIMES

OCTOBER 14, 2010

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

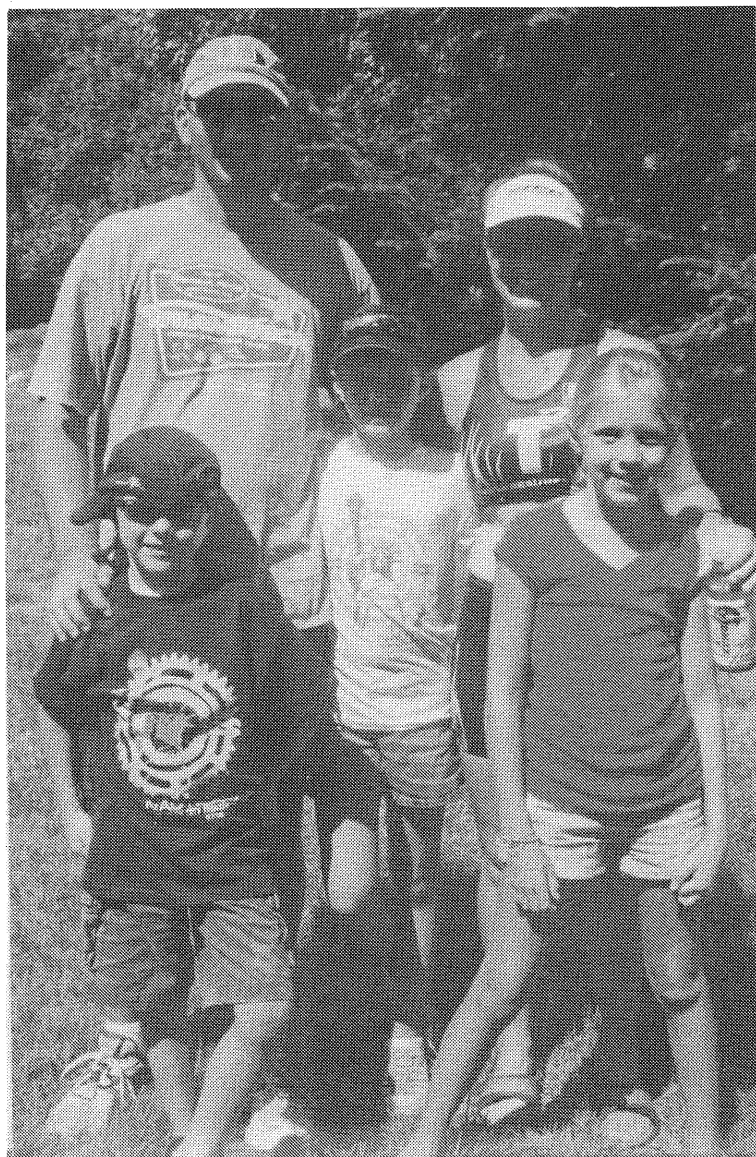
Entered as Second-Class Matter, February 7, 1980 at East Orange, New Jersey under the act of August 24, 1912, provided in Sec. 1103, Act of October 3, 1918 authorized July 3, 1918

Three times the fun



Above, this is a photo taken at a youth triathlon held at the University of South Florida on August 8th. Pictured from left are Sydney Kralovanec, age 11; Katherine Pearson, age 9; and Drew Kralovanec, age 7. Drew came in second place in his age group. On August 29th, he came in first place in his age group at the triathlon in Palm Harbor, Fla.

At left, Paul, Jill, Drew and Sydney Kralovanec and Katherine Pearson are pictured in Central Park, New York City, at the conclusion of Jill's participation in the NYC Triathlon this past summer. Everyone in the photo has successfully completed triathlons, in which competitors race in three consecutive events: swimming, bicycling and running. Katherine is a cousin of Sydney and Drew and all are members of Lodge 12, Central Jersey, although they live in Florida! Congratulations to all these fine athletes.



From the President's View

Fall has come and the Supreme Lodge has been busy. Committees tasked with discussing the Succession Planning and with reviewing Sokol USA's future direction have both had their first meetings via telephone conferences. Lively discussions ensued and the members of the Succession Planning Committee have been emailing each other their views of the Supreme Secretary's duties and analyzing the job.

The Supreme Lodge will have its Fall meeting in mid-October in Cleveland, Ohio. The Supreme Lodge will visit the venues for the 2011 Sokol Fest and discuss the plans for the Sokol Fest. There will be many sporting events as well as a wide variety of social events, such as a banquet, a cocktail party and even a reunion type event at a Sokol Hall recalling "A Day at Camp." I encourage our lodges to send competitors to the sporting events and all of our Sokol members to attend the Sokol Fest!

Additionally, I encourage you to consider the prospect of signing up new members for your lodges. The benefits of fraternalism are numerous. Our members participate in many volunteer projects and activities in addition to the traditional Sokol sports activities.

Another important fraternal benefit of membership is the Sokol insurance program. Many times in the course of my legal practice, I encounter people who experience the death of a loved one and discover that there are no insurance or limited resources with which to pay for a funeral. Often families of a middle aged or younger person are left in a insecure position due to the loss of income from their loved one. The Sokol insurance certificate



Joseph Bielecki

can provide security to a family in their hour of need.

Additionally, another important fraternal benefit offered by Sokol is the annuity program. The purchase of an annuity can provide a member with financial security in his or her golden years as well as provide a benefit to his or her loved ones in the event of the annuity holder's passing.

I urge you to consider participating in the annuity program or purchasing insurance for your children or grandchildren. This will serve to benefit them as well as expand Sokol's membership. It is a good way to celebrate the 150th Anniversary of the Sokol movement in 2012 by enrolling new members and sharing the benefits of Sokol fraternalism!

Nazdar!
Joe Bielecki
President

MILAN GETTING SCHOLARSHIP RECIPIENT: ELIZABETH BRINLEY

I am grateful to be receiving the renewal of my Milan Getting Scholarship as I begin my one-year Master of Accountancy program with the W.P. Carey School of Business at Arizona State University this fall.

In May 2008, I earned my Bachelor of Science in Accounting Degree also from Arizona State University. During that time, I served as the Vice President of Finance for my sorority and interned with a financial planning firm in Phoenix.

After completing my undergraduate degree, I moved to San Francisco, Cal., where I enjoyed working for the retail division of a large financial services firm.

Although I enjoyed my time in San Francisco, I was eager for the opportunity to return to graduate school in Arizona. The program is off to a great start, and I was recently selected to serve as the Treasurer for the program's Graduate Advisory Board and as a mentor for the Accounting Scholars Program.

Thank you, Sokol USA, for your continued support. Nazdar!

SOKOL TIMES

official organ of the
SLOVAK GYMNASTIC UNION SOKOL
OF THE USA

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ATTENTION

Sokol USA District MCT Annual Meeting

**Sunday, October 31, 2010
1 PM**

**Clarion Hotel
New Kensington, PA
Route 28 North, Exit 14**

Agenda

**Officers' Reports
Election of Officers
Lodge and District Reports
Sokolfest XXVI**

*To RSVP, return form by October 18, 2010
or Contact Patricia A. Blistan
412-322-8865*

**WE TRUST ALL LODGES
WILL BE REPRESENTED**

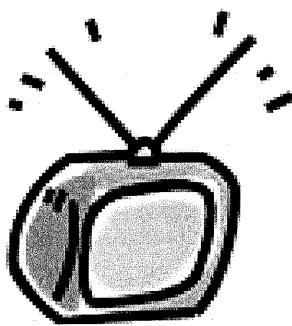
NAZDAR!
Patricia A. Blistan
Recording Secretary

6% ANNUITY RATE

The Single Premium and Flexible Premium
Annuities offered by the Slovak Gymnastic
Union Sokol earn a 6.00% rate of interest.
Annuities are a very sound investment
for your retirement years.

For information and an application,
write to the home office at 276 Prospect Street,
P.O. Box 189, East Orange, NJ 07019
or call our toll free number at 1-888-253-0362.

GYMNASTICS ON TV



Catch up on who's who in the gymnastics world by tuning into the 2010 World Artistic Gymnastics Championships! The Championships will be held in Rotterdam, The Netherlands, from October 16-24, and are scheduled to be televised on NBC at the following times, but check your local listings.

October 23 from 4 to 6 PM – Eastern Time
October 24 from 2 to 4 PM – Eastern Time

The Time is Now

Now is the easiest time of year to make a difference within your community. For the past eight months, I have been encouraging Lodges to get involved with themselves and with the community. I would like every lodge to try and do a project together. Some lodges may already do this. I encourage them to write the Sokol Times and share their program or programs. Now is the easiest time of the year to do it. By doing this, you will create an untied lodge and help your community at the same time.

Why is this so important? Because we need to be active to get new members. It can start out as a very easy project.

For example:

--Have everyone bring a food item to the next

lodge meeting and donate them to the local food bank.

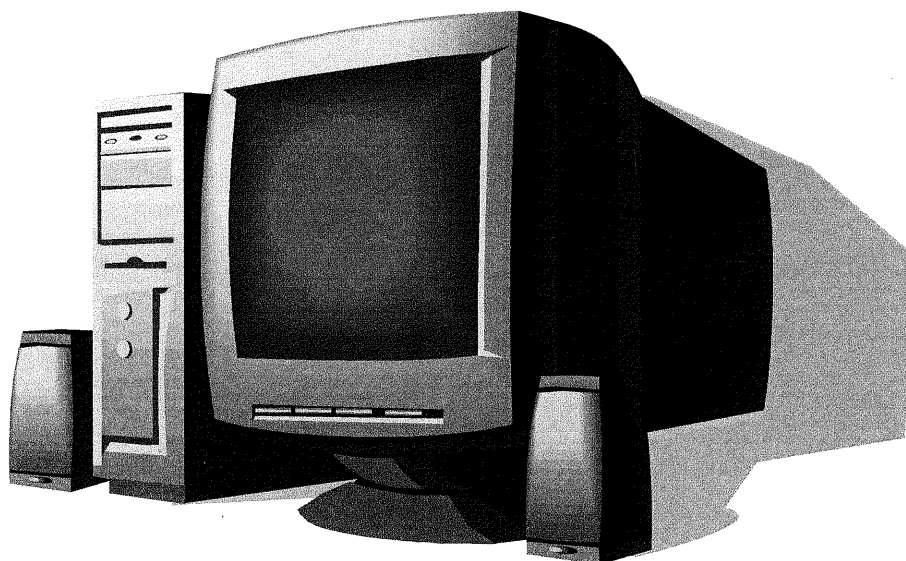
--Have everyone bring a box of note cards to the lodge meeting and write letters to soldiers. Then give them to the local military unit to send to soldiers.

--Have everyone bring a toy to the next lodge meeting and donate them to Toys for Tots. After this small step is taken it will be easy to take another one.

We need to get everyone involved to help preserve our Lodges. If I can help you, please e-mail me at bielecki.moulton@gmail.com.

Nazdar!

Jennifer Moulton



Web Sites about Slovakia

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

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

Slovak Trade and Development Agency
www.sario.sk

Slovak Tourist Board
www.sacr.sk

Slovak Chamber of Commerce
www.spok.sk

General Guide to the Slovak Republic
www.slovakia.org

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

Slovak National Museum
www.snm.sk

Slovak Academy of Sciences
www.savba.sk

National Bank of Slovakia
www.nbs.sk

General Information on Slovakia
www.slovensko.com

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

Slovaks and Slovakia
www.slovak.com

Slovak Newspapers
www.szm.sk (Slovak)

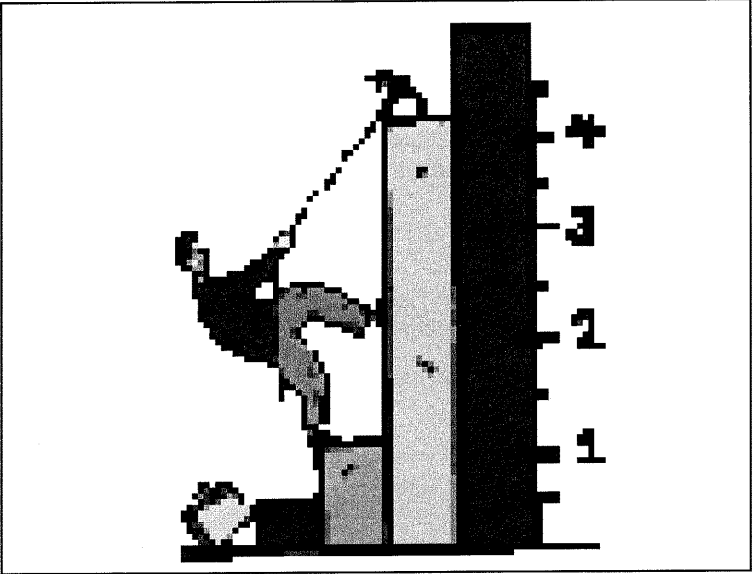
Phone Directories in Slovakia
www.zoznamst.sk (Slovak)

Web Page for Tourists
www.enjoyslovakia.com

Slovak Cultural Calendar
www.kultura.sk

Slovak Television
www.stv.sk

Slovak National Theater
www.snd.sk



Please Help Us Meet The \$5,000 Challenge!

In anticipation of the 105th Anniversary of Sokol Farrell Lodge 103, an anonymous donor has come forward who will match up to \$5,000 of all the contributions received by the "Steve Banjak (Sr.) Memorial Scholarship Fund." This "challenge" includes those contributions collected from this date until the Anniversary Banquet, tentatively set for the spring or early summer of 2011.

We are inviting all Sokol members who remember Brother Steve Banjak to help us reach our goal of \$5,000. Doing so would give us a net gain of \$10,000 to the scholarship fund. Since Sokol Farrell's 100th anniversary celebration in 2006, the lodge has given five scholarships to deserving and qualified members of Sokol Farrell: in 2006 and 2007, Oleksandra Banjak who graduated "cum laude" from Slippery Rock University; in 2008 to Katie Shebeck who is attending Lock Haven University; in 2009 to Lucia Murcko who is attending Penn State University, Shenango Campus; and to our most recent recipient, Robin Platte who will be attending College of Charleston in Charleston, S.C.

Brother Steve Banjak (1913-2006) lived his whole life believing in and supporting the ideals of the Sokol movement founded by Dr. Miroslav Tyrš in the Czech Republic and established by Ivan Branislav Zoch in Slovakia. Brother Banjak was active in the gymnasium since he was introduced to Sokol when he was 14 years old, stopping only when his advanced age and health did not permit it. As President, he led Sokol Farrell for a period of 50 years to become among the most successful lodges in the Slovak Gymnastic Union Sokol, USA. Brother Banjak also held almost every office in District Svätopluk, including President. In 1958 he was President of the Committee responsible for the very successful XIII Slet held in Cleveland, Ohio.

All contributions to the scholarship can be sent to Brother Melvin Slezak, Scholarship Chairman, 6850 Seneca Road, Sharpsville, PA 16150-8418. Checks should be made payable to "Steve Banjak Memorial Scholarship Fund." Donations are Federal tax deductible.

Sokol Farrell Awards Fifth Annual Scholarship to Platte

Robin Platte of Vienna, Va., was selected by an independent panel of two educators and one minister as the 2010 recipient of the \$1,000 "Steve Banjak Memorial Scholarship." Robin has been a member of Sokol USA Farrell for 16 years and is a graduate of Hyde High School in Bath, Maine. She has been accepted to the College of Charleston in Charleston, S.C., where she will major in Hospitality and Music. Robin is the granddaughter of Lodge President Brother Melvin Slezak.

Robin's talents are many, but she excels in music, having written original lyrics and music for a song which she was fortunate enough to record in Nashville, Tenn. Although Robin does not have the opportunity to participate in a Sokol gymnasium because of where she lives, she has some exceptional athletic abilities, having won a gold medal at the Maine Private School State Championship in the High Jump event and third place in the Pole Vault in the same competition.

The Scholarship application requires applicants to answer the following question: *"Sokol places great emphasis on individual responsibility, individual performance and the individual's quest for perfection in one's life. Sokol advocates that each individual is responsible for the success of the whole of society rather than the often expressed contemporary notion that society is responsible for raising the individual. Please describe an event in your life in which you strove to attain perfection in accomplishing a task and how this event either directly or indirectly contributed to the 'greater good.'"*



Robin Platte is the recipient of the Fifth Annual Steve Banjak Memorial Scholarship.

Robin's response described her participation as a leader of a team for "Relay for Life," a fundraiser for the American Cancer Society. As captain of a team of her peers, she was responsible for the team's organization and fundraising. Although she experienced some

initial resistance from her peers to participating in such an event, she was able to motivate them to sacrifice their time and then to enjoy doing it. In doing so, she had a direct affect on her peers and her community. Nazdar, Robin, for a job well done!

DONATIONS GRATEFULLY ACKNOWLEDGED

To the Sokol USA Gymnastic Fund

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

From Sokol Lodge 74, Plymouth, Pa. \$50.00
In memory of deceased members

From Dorothy Wiskup \$100.00
of Lodge 26, Guttenberg, N.J.
Given in Memory of Guttenberg Sokols:
George Vavricka
Edward Wiskup
Milan Hluchan
Joseph Moucha
John Pavlu

To the Milan Getting Scholarship Fund

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

From Sokol Lodge 74, Plymouth, Pa. \$50.00
In memory of deceased members

A few simple steps to a whole new you

Any time of the year is a great time to get in shape. Fortunately, getting a killer body – or something close – and improving your health at the same time takes just a few important steps.

First, make the decision to change and commit to it in your mind. You're going to have to make some tough choices along the way, so you need to make a commitment to yourself and stick to it.

Getting into shape and leading a healthy, fitness lifestyle comprises two key elements: healthy eating and regular exercise. It's not rocket science, but it is a process and changed doesn't come overnight.

Healthy eating

Eat five to six small balanced meals each day to provide the basis for our fitness lifestyle. Since you'll be exercising as a part of your new lifestyle, you may need more protein in your diet. Try to achieve a 40-40-20 balance in each of your meals: that's 40 percent protein, 40 percent carbohydrate and 20 percent fat, and try to eat between 0.6 and 0.8 grams of protein per pound of body weight.

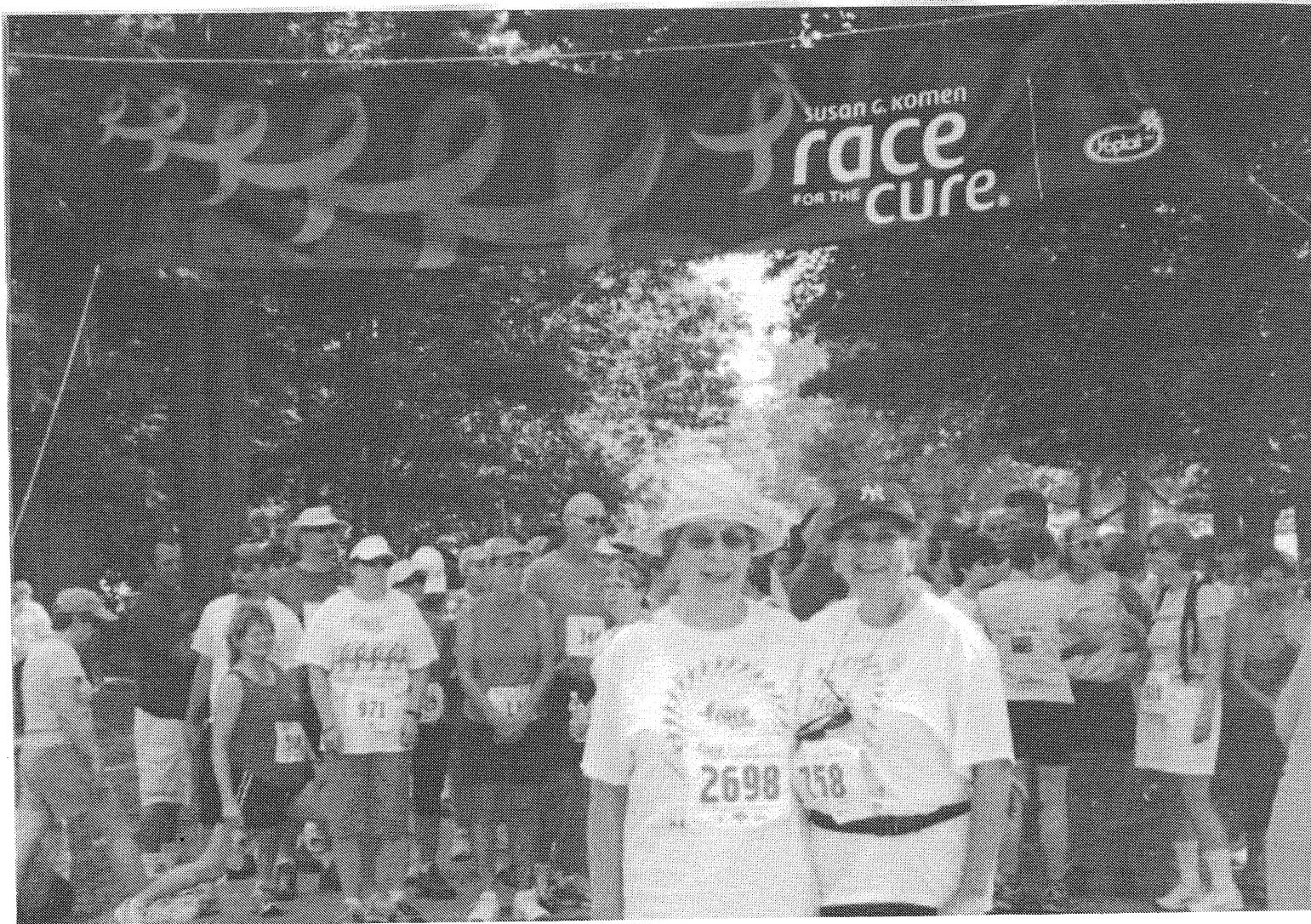
Regular exercise

The second part of your success program is

an exercise routine. When you marry cardiovascular training and weight – or resistance – training, you have a powerful one-two punch that will help you on your road to success. If you've never exercised before, start slowly and ask for help to learn proper technique. Try three days of cardiovascular exercise per week, 20 to 30 minutes where you work to push yourself to your maximum effort and three days of weight training. Again, work toward pushing yourself to the max once you've mastered the technique.

Most Americans grab coffee, a bagel with cream cheese or a Danish on their way to work in the morning. Lots of carbs and fat. Salad gobbled with dressing gives you healthy veggies, but there's fat in the dressing and almost no protein.

It comes back to the commitment. Changing a lifestyle isn't necessarily easy, but the rewards can be tremendous. It's important to keep fit and keep your body strong no matter what your age might be. Exercising regularly and eating a healthy, balanced diet are the secret to living a fitness lifestyle, looking and feeling great. Remember, you can do it. All you have to do is make the commitment.



Barbara Mastrobattista (wearing the straw hat) walks each year in the Race for the Cure in Manchester, Vt.

Walking Club Milestones

The Healthy Heart Walking Club is proud to announce that Debbie Golden and Josephine Tomik both reached their first walking milestones. Also, Joanne Check and Christina Pegg have reached their next milestone. How do they do it? Here are some ways that these walkers find time to get up and go.

Christina spends her hour lunch either walking outside if it's nice weather or walking around the center that is attached to her office. At home, Christina has two dogs that can't wait to take her for a walk – so the dogs ensure that she's walking in the evenings as well.

Josephine goes to the mall when it's too cold or too rainy to walk outside. She also walks with a neighbor. Chatting with a friend while walking makes the time go faster.

Barbara Mastrobattista from Lodge 32 currently lives in Vermont. For three years now, Barbara and her niece, Mary Ellen, have participated in the Race for the Cure in Manchester together.

Calling All Walkers – send in your walking tips and photos of yourselves in action!

NOTE FROM THE SUPREME SECRETARY

Dear Sisters and Brothers,

A federal law, commonly known as the Gramm-Leach Bliley Act, established new privacy standards and requires many institutions to provide a summary of their privacy policy to their clients or customers. I am sure that your bank, credit card company and other institutions have sent you their privacy notices with their regular mailings. The Slovak Gymnastic Union Sokol is not exempt from this rule. The following notice is printed to be in compliance. In essence, Sokol USA does not share your personal information with any firm or service other than in the course of our business or fraternal function. We do not sell our mailing list. We respect and honor your right to privacy. Thank you.

Milan S. Kovac
Supreme Secretary

IMPORTANT PRIVACY NOTICE

PRIVACY NOTICE TO OUR MEMBERS

The Slovak Gymnastic Union Sokol of the U.S.A. shares your concern about privacy and strongly believes in protecting the confidentiality and security of the information we collect about you. This notice refers to the Slovak Gymnastic Union Sokol of the U.S.A. by using the terms "us," "we" and "our." This notice describes our privacy policy and how we treat the information we receive about you.

WHY WE COLLECT AND HOW WE USE INFORMATION

We use the information we collected about you for business purposes with respect to our insurance and fraternal relationship with you. The business purposes include evaluating a request for our products or services, evaluating benefit claims, administering our products or services, and processing transactions requested by you. We may also use the information to contact you about other products and services we provide.

HOW WE COLLECT INFORMATION

Much of the personal information that we have comes directly from you. The information you give us when you apply for our products or

services generally provides the information we need. If we need to verify information or need additional information, we may obtain this information from third parties, such as employers, consumer reporting agencies and health care providers. Information collected may relate to your employment, finances, health, avocations or other personal characteristics.

HOW WE PROTECT INFORMATION

We treat the information we collected about you in a confidential manner. Our employees are required to protect the confidentiality of this information. Your personal information is available only to our employees who may need to see it to fulfill and service your needs. We maintain safeguards to protect the information and our employees are required to comply with our established policies. Should your relations with us end, your personal information will remain protected in accordance with our privacy practices as outlined in this notice.

WHAT WE DO WITH PERSONAL INFORMATION WE COLLECT

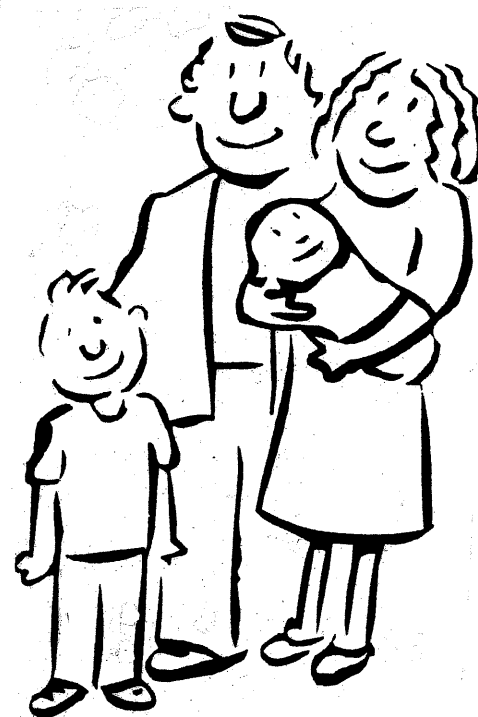
We do not disclose your personal information to companies or organizations not affiliated with us that would use the information we have provided them to contact you about their own products and services.

We may disclose information about you in order for us to conduct our business, or where disclosure is required by law. For example, information may be disclosed to others to enable them to provide business services for us, such as performing general administrative activities. We may use your personal information for marketing purposes or to help with your overall insurance program. Information may also be disclosed for audit or research purposes, or to law enforcement and regulatory agencies.

FURTHER INFORMATION

A federal law establishing privacy standards requires us to provide this summary of our privacy policy once each year. For additional information regarding our privacy policy, please write to us at Sokol USA, P.O. Box 189, East Orange, NJ 07019-0189 or call 1-888-253-0362.

IS YOUR FAMILY COVERED?



Insurance coverage for all family members is an essential part of personal financial planning. Don't put off taking care of this responsibility.

See your lodge Financial Secretary or call Sokol Headquarters toll free at 1-888-253-0362 for additional information or membership applications.

LODGE 114, SLEEPY HOLLOW, N.Y.

Lodge 114 held its Annual Clambake on Sunday, August 29th at the National Sokol Inc. located at 155 Beekman Ave. in the Village of Sleepy Hollow, N.Y.

Our clambake started at 9 a.m. with breakfast and continued throughout the day with clam chowder, clams, steamers, shrimp, sausage and peppers, hamburgers and hot dogs, and concluded with a steak dinner. Liquid refreshments were also available throughout the day. This excellent menu was prepared by our three chefs: Brothers Neil Martone, Sonny Battista and John Bellantoni, along with a great support staff.

Our sporting events were horseshoes and shuffleboard. The winners of horseshoes are Frank Lester Jr. and Edward Cusack. Shuffleboard winners are William Garbade and John Montgomery.

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

Nazdar
Stephen Horecky
Secretary



Lodge 114 of Sleepy Hollow, N.Y. pose for a group picture at their Annual Clambake on Sunday, August 29th.

Slovak Studies Program Pitt Students' Slovak Club 20th Annual Slovak Festival!

Dear Friends:

On Sunday, November 7th from 1 to 5 p.m., the Slovak Studies Program, with the help of the Pitt Students' Slovak Club, will sponsor the 20th annual Slovak Heritage Festival in the Commons Room of the Cathedral of Learning on the University of Pittsburgh campus, Oakland. This festival was conceived by a group of students who wanted to share their interest in the Slovak and American Slovak culture with the local community. As in previous years, the festival will be the culmination of much hard work, effort and time on behalf of all of us. We do it exclusively on a volunteer basis to help promote Slovak heritage. In doing so, we incur certain unavoidable charges. These expenses can only be covered with the support of our community, and it is here that we are turning to you for your assistance.

In commemoration of this event, the Slovak Club will print a souvenir program book to be distributed at the festival. You can help us by placing an advertisement in this publication, or asking a local business to do so. Any money raised will defray the cost of the festival not covered from other sources.

Thank you for responding to our appeal. Promoting Slovak heritage and culture is important to the Slovak Studies Program. Our goal is to encourage young people to learn more about Slovakia and the role of Slovaks in America. It is also important for our Slovak community to preserve a forceful presence at colleges and universities.

If you have ideas for additional Slovak-related vendors, lectures or displays, please contact us! We hope to see you at the 20th Annual Slovak Heritage Festival at Pitt!

Dr. Martin Votruba, Head
Christine Metil, Festival Director

An Appeal to Friends of the Slovak Studies Program:

There are important ways you can help:

--Post a flier at your church, place of work, or any appropriate public place to bring attention to the Festival. We want the Slovak Heritage Festival to grow in popularity. Attendance at the Slovak Festival continues to be excellent!

--Purchase ad space in our souvenir booklet or take the ad order forms to a business or person you know who might support Slovak culture. Ads cost \$60 for a full page, \$30 for a half page, \$15 for a quarter page, \$5 for a one-line Patron Ad and \$75 for the inside or back cover.

--Pledge to donate home-made cookies, kolac, etc. for the Slovak Students' Club to sell. That will not only help us defray expenses but will add to the enjoyment of the event! Please call Chris Metil at 624-5906 to pledge baked goods or to volunteer.

Do you have or know of a unique cultural or educational display concerning Slovakia that might be used in the Slovak Heritage Festival? Please call Chris Metil at 412-624-5906.

**STERIODS DON'T
MAKE GREAT ATHLETES.
THEY DESTROY THEM.**

Talk to your kids about the dangers of using steroids.

Need Help? Get Help!
www.drugfreej.org

The Partnership for a Drug-Free America®
Partnership for a Drug-Free New Jersey
In Cooperation with the Governor's Council on Alcoholism & Drug Abuse and the NJ Dept. of Health Services

CHARITIES

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

**Tips on how to start
your to-do list today**

"Someday, I will organize my closet."

"Tomorrow I will start my diet."

"I'll wash the dishes later."

"I have plenty of time to study for that exam."

These are all words you might hear from a procrastinator. But putting off inevitable tasks is behavior that wastes your time and your life. No matter how big or small your impending projects are, if you procrastinate, your life may not be as fulfilling as you ultimately would like it to be.

If your life is full of things to "someday" or "later," here are a few motivational tips to help you get them done:

Take a moment to think about everything you are putting off. Then assign a priority to each task. Within 15 minutes of doing this, take action on the top priority. Do something, no matter how small, to begin working toward your goal.

Divide large, intimidating projects into smaller, easier segments. Finishing these smaller tasks will give you the satisfaction and confidence to continue.

Start with something you enjoy. The first step is the hardest, so it should be something you find pleasant and easy to accomplish in 15 minutes or less.

Set small deadlines. Focus on a series of small, realistic goals for finishing parts of a project instead of one final date for the entire project.

Start now. Don't wait until you think you will have a block of time to do the project in one sitting. Even if you only work on it for a few minutes, you will be that much closer to completion.

Reward yourself for each accomplishment. Having something to look forward to when you finish a chore is great way to get things done.

Think about how relieved you will be when your task is completed. Use that thought as a motivator to keep moving forward with your project.

**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:

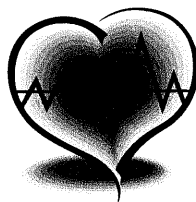
Reducing your stress level

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
280 East 2nd Street, Apt. 9A
New York, NY 10009
OR email: BKKovac@aol.com



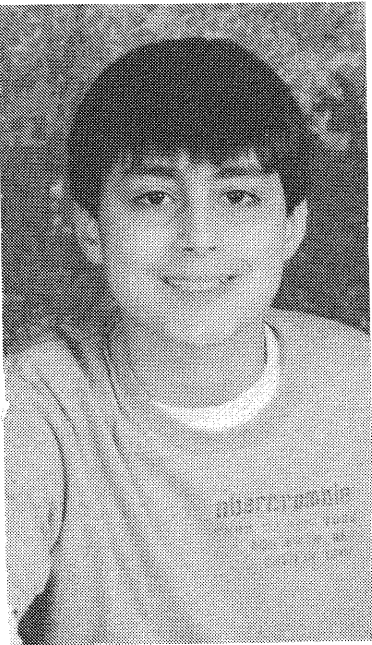
You will receive a free Sokol pedometer and a Healthy Heart
mileage chart. You are responsible for recording your mileage.

Walk with fellow Sokol members, or on your own.

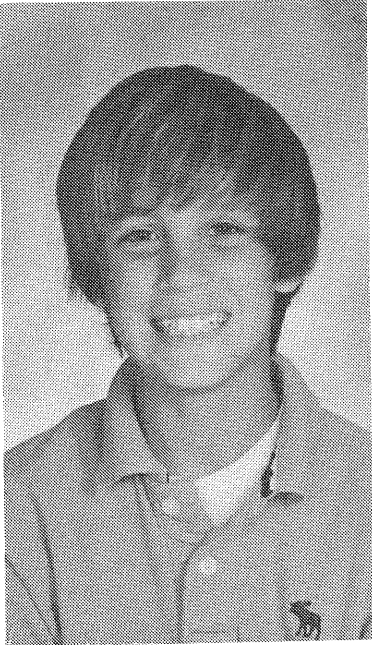
Contact Brandi when you reach a milestone and get a reward!

Sokol Social News

NEW MEMBERS



Connor Keckeisen



Riley Keckeisen



Kathryn Keckeisen

In the August edition of The Sokol Times, we reported that Kathryn Emma Keckeisen, age 5, was the newest member of Lodge 122 of Kenosha, Wis. The Lodge reports that Kathryn's brothers, Connor, age 13, and Riley, age 11, have also joined as members. Their grandparents are Brother James J. and Sister Rita Komarec.

HAPPY BIRTHDAY

Joseph C. Hambal, a resident of Yonkers, N.Y., and a member of Sokol USA Lodge 114, celebrates his 79th birthday in October.

"For it is in giving that we receive."
— St. Francis of Assisi

Visit us online at:
**WWW.
SokolUSA.
org**



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 Member Applications to:

NAME: _____

ADDRESS: _____

CITY: _____

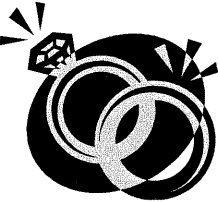
STATE: _____ ZIP: _____

SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

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

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

**ENGAGEMENTS,
WEDDINGS &
ANNIVERSARIES**



NAMES: _____

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

BIRTHDAYS



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

**PROMOTIONS,
HONOR ROLLS &
OTHER EVENTS**



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

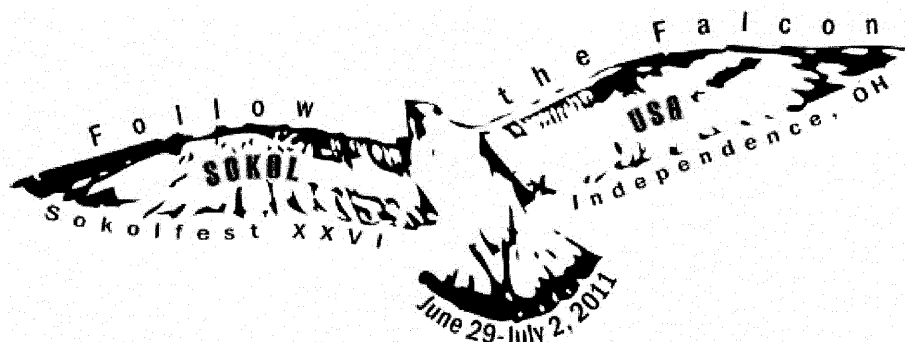
*Photographs are not required, but they do add to the presentation.
Please include a self addressed, stamped envelope if you would like your photograph returned.*

Follow the Falcon to Sokolfest XXVI

Hosted by Sokol USA

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**



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.bowlcloverleaf.com/>

Sleepy Hollow Golf Course (7 miles from hotel)

Brecksville, OH

<http://www.golfhio.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.

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 if you are interested in helping with or donating to this project.

SOME FACTS ABOUT INDEPENDENCE, OHIO

Sokol USA has selected Independence, Ohio as the site for Sokolfest XXVI. Referred to as South Cleveland, Independence is a well-maintained suburban city with just the right mix of commerce and community life for its 7,100 residents. The city offers top-notch safety forces, schools and recreational facilities, with retail and service establishments conveniently located within the business district.

This centrally located city sits at the crossroads of I-77 and I-480, just 15 miles west of Cleveland Hopkins International Airport, 10 miles north of the City of Cleveland and 20 miles south of the city of Akron. Independence offers first-class office space, presently housing over 1,300 businesses and employing approximately 25,000 people.

Cool Facts

- Independence is the "Heart of Cuyahoga County."
- Independence has the largest open pit mine in Ohio and is one of only two places in the country where haydite is mined.
- Independence has one of the lowest real estate tax rates in all of Cuyahoga County.
- Independence has 1,337 total acres of parkland located in the Cuyahoga Valley National Park, Elmwood Park and the West Creek/Cuyahoga River Confluence Project.
- Independence has 4.5 million square feet of office space.
- Independence has 12 hotels with 1,884 rooms.

From <http://www.independenceohio.org/AboutIndependence.aspx>

Czech and Slovak Language Classes

The Czech and Slovak Language School is now accepting registrations for Czech and Slovak Language Courses that begin on Saturday, September 11th at our new location, the R.W. Gribbin Center, 9317 Belair Road, in Perry Hall, MD. For detailed information and to receive a registration form, call 410-243-1710 or 410-435-1317, visit www.czslha.org or e-mail LHybl@verizon.net.

Language teachers are Dolores Zajickova Gentes, Natalie Karlinsky, Margaret Supik, Mary Lou Walker and Iva Zichova.

The language school is sponsored by the Czech and Slovak Heritage Association. Margaret Supik is President and Lois Hybl serves as Language School Coordinator.

The language school is open to anyone interested in learning about the Czech and Slovak languages, history, and culture. We do not discriminate based on race, color, religion, or national or ethnic origin.

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.*

FRANK MRAZIK – (1924-2010) A member of Lodge 255, Leechburg, Pa. He is survived by his wife and daughters.

RAYMOND DUBE – (1935-2010) A member of Lodge 277, Sudbury, Ontario. He is survived by his wife, Ann Dube.

EMILY E. BOLCAR – (1919-2010) A member of Lodge 32, Boonton, N.J. She is survived by her son.

JOHN REPTA – (1917-2010) A member of Lodge 321, Chicago, Ill. He is survived by his children.

MARION TRINKLE – (1916-2010) A member of Lodge 30W, Allentown, Pa. She is survived by her son.

GEORGE VAVRICKA – (1919-2010) A member of Lodge 26, Guttenberg, N.J. He survived by his wife and children.