

SOKOL



TIMES

SEPTEMBER 9, 2010

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Sara Goda

Sokol USA Farrell's Sarah Goda Excels at Instructor's Course

Rave reviews have been received for the superb work exhibited by Sokol Farrell's Sara Goda in the two-week American Sokol Instructor's Course that concluded with a graduation program on July 25 at Sokol Greater Cleveland. The course is designed to prepare instructors for Sokol gymnasiums.

This very demanding course

includes subjects such as Sokol organization; learning, giving and executing marching commands; learning the Sokol System of English terminology for human movement on gymnastic apparatus and without apparatus; building pyramids; learning to spot on the various gymnastic events; gymnastic progressions; teaching of

children's games; individual skill improvement on apparatus and singing various Slovak, Czech and Sokol songs.

Sarah completed the two-week course with a 91.7 average on her written and practical test to place first in the beginner's class of 20 students. Congratulations for a job well done and NAZDAR, Sarah.

Calling all Sokols: Follow the Falcon

Please come and reminisce with me as we stroll down memory lane. Think back to the days and nights at Sokol Camp – Boonton, Braeburn, Potters Lake, Sokol Woodlands, Monessen, Binghamton and Danbury. Those of us who attended Kurz or those who taught the classes remember the early morning hikes, marching tactics in the wet grass, calisthenics theory and never understanding apparatus theory. Remember singing class with Brother Walko and always asking to sing "Under Our Cottage Window" or even earlier singing "Cingilingi Boom" with Brother Bachna or just singing class and all those funny sounding words? Camp fires and talent shows were the best – remember harmonizing with Brother Skapik or Brother Michalik's playing the spoons or Brother Karabin's guitar accompaniment or Brother Chilla's accordion playing? Orientations of the new CQ's were always fun – even marching off the pier into Boonton Lake. How about the camp food – usually very good – Midge's gathered soup or Mrs. Machata's caraway seed jello or the famous pork, sauerkraut and dumplings? Test your memory to add to these recollections.

Do you remember traveling to the Slets – bus, train, car and

somehow we got to our destination. Slet time meant very little sleep, lots of reunions with old friends, trying to look good at competition with little or no sleep the night before. For many of us these journeys were vacation, our chance to see the "world". And, what would a Slet be without our bands led by Brother Divisek or Brother Klimek? How about all those costume changes for special numbers and getting in and out of krois for the beseda? Did you ever wear black stockings or a babushka on your head? Many of us have the special gift of memories of participating in Slets in Prague, Slovakia, Vienna and Paris.

Did you marry your Sokol sweetheart? Did you attend the first Sokol reunion in Tarrytown or the reunion at Sokol Woodlands? Did you march in the 100th anniversary Slet in Philadelphia? Were you at the first Sokol Day in Chicago? How many conventions have you attended? Do you remember the Sokol stamp?

Hopefully I have jogged your memory and now you too are reminiscing. If you are smiling or you have felt a tug in your heart, I am inviting you to attend the Slet and competitions in Cleveland next summer. Let's make this Slet our next reunion. Let's reconnect with old friends. Cleveland is a great site. Travel from New York, New Jersey, Connecticut or Pennsylvania, Chicago, Wisconsin or Indiana, even Florida. Pull out your Christmas card list and get in touch with your old Sokol buddies and begin to make plans to meet in Cleveland.

We are planning to make your trip to Cleveland enjoyable and easy to plan. Begin the buzz and then watch the Sokol Times and your e-mails for more information. Information about the Sokolfest and the activities planned and a tour package that will give you "one-stop shopping" for motel reservations and admission to all events will be forthcoming.

Let's make this Sokolfest "reunion" the biggest and best one yet! Follow the Falcon to Cleveland!

Bea Walko
Sokolfest Chairman

From the President's View

Last week I was in an elevator at an office building when a woman of "a certain age" entered and said in a heavy East European accent, "Fall is approaching!"

Indeed it is! The year is flying past and many things have occurred. The Healthy Heart Walking Club has taken off and grown as members took advantage of the summer sun to shed pounds and rack up miles. The Sokol na Slovansku Slet in Trencin, Slovakia, has come and gone. The preparations for Sokol USA's 2011 Sokol Fest are far along.

Sister Bea Walko volunteered to chair the Sokol Fest. She has put together a great team of volunteers and plans to hold some great events. There will be some new things in store at the Sokol Fest. Watch future issues of the Sokol Times for more details!

I encourage all of you to attend the 2011 Sokol Fest in Cleveland as well as to volunteer to help in some manner, whether individually at one of the sports events or by attending the social events or financially by sponsoring an event or running a program book ad. Future issues of the Sokol Times will detail costs of sponsorships and ads.

Recently I attended the First Catholic Slovak Union Convention in Cleveland, Ohio. Their president visited our Sokol USA convention last summer. It was interesting to hear other fraternal societies engage in discussions similar to those we had at our Convention regarding fraternalism, membership and other topics. What one realizes is that there is no magic formula or answer to any of these questions and that each society needs to discover the dynamic that best works for it.

I call to your attention an interesting fact. Dr. Miroslav Tyrš founded the Sokol movement in Prague in 1862. In 2012, the Ceske Obec Sokol will hold an international Slet to celebrate the movement's 150th anniversary! It is amazing that what started as an idea in a small circle in Prague grew to an international sports movement of several hundred thousand members! This event will be here sooner than we realize and I encourage you to think about traveling to Prague to mark this momentous occasion! I also encourage our lodges to start now to think about marking this historic anniversary of the beginnings of Sokol.

As the fall approaches, I also encourage our members to keep walking, our Sokol Fest committees to keep up the good work and plan for a super 2011 Sokol Fest, and all of our members to volunteer to do acts



Joseph Bielecki

of fraternalism in our wonderful Sokol tradition!

NAZDAR!
Joe Bielecki
President

SOKOL TIMES

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OF THE USA

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U.S. AMBASSADOR TO SLOVAKIA APPOINTED

After nearly 19 months without a U.S. Ambassador to Slovakia, Theodore "Tod" Sedgwick, a business executive from Georgetown, was sworn in as U.S. Ambassador on July 28th.

Mr. Sedgwick is the founder of Pasha Publications, a specialty publisher focused on energy, defense and environment markets. He served as the company's chief executive for 20 years. More recently, he launched Io Energy, an online energy information company covering the natural gas, coal and electricity industries. He has also served as President of Red Hills Lumber Company, a producer of pine flooring.

Mr. Sedgwick graduated with honors from Harvard College, where he majored in Ottoman History. He has been an active volunteer for a number of cultural institutions, and has served on

the boards of the Folger Shakespeare Library, the Shakespeare Theater Company of Washington, D.C., and the Gennadius Library in Athens, Greece. He has also served on the boards of a number of land preservation organizations, including the Civil War Preservation Trust, which he chaired, the Wetlands America Trust, and the Land Trust Alliance, where he is a national council member. He is also a member of various business organizations, including the Chief Executives Organization, an international business organization for global leaders.

Ambassador Sedgwick grew up in Cleveland, Ohio. He is married to Kate Watt Sedgwick, a public health specialist with a Master's Degree in Public Health from Harvard University. They have two daughters and are expecting their third grandchild.

Matthew's Liver Savers Update



Matthew, age 7, enjoys one of his favorite summer pastimes – swimming in the pool. Look out, Brandi, he will be ready for the deep end test soon. We thought we would share with all of our "Sokol Family" the great news we received this month after Matthew's yearly check up with his liver specialist. All of his test results came back normal for the first time in two years. He will continue to be monitored every six months. Thank you again for all of your support. It goes to show that good thoughts and prayers can go a long way. We are very blessed! Matthew's Liver Savers will be hitting the pavement again in May 2011!

NATIONAL GYMNASTICS DEPARTMENT IMPORTANT DATES & DEADLINES

OCT 16-17 Directors Conference,
Sokol Greater Cleveland

The Princess Bride

Saturday, September 18
11:30 AM

Bohemian National Hall
4939 Broadway Avenue
Cleveland, Ohio

Four-Act Play
100-Year-Old Marionettes
Eleven Characters
Lunch, Beverage and Snacks

Free Admission for Children
\$5 Admission for Adults
Tickets will not be sold at the door!

For Reservations Call
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Sokol USA Chicago Gymnastics

Presents

NATIONAL GYMNASTICS DAY CELEBRATION

Saturday, September 18
10 AM to 2 PM

Free Mini Gymnastics Lessons
for Boys and Girls Ages 3-17

Free Prizes for All

Food, Drink and Bake Sale

Classes and Membership
for Adults Available

Games and Races

Physical Fitness Testing
Stations

Learn More about Sokol from
Our Members

Find Out about Our Social
Activities

REGISTER FOR CLASSES NOW!

Sokol Community Center
4855 North Elston Avenue
Chicago, Ill.
773-685-1464
www.sokolusachicago.com

Sokols attend wedding reception



Stacey and Matthew Reynolds

Peterson, Reynolds Marry

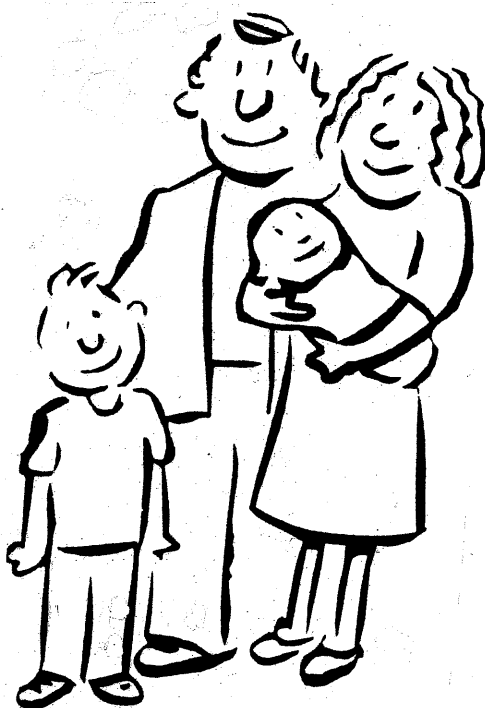
Kathy Naccarato of Lodge 12, Central Jersey, is pleased to announce the marriage of her son, Matthew Reynolds, to Stacey Peterson. Matthew is a member of Lodge 32, Boonton. A church wedding and reception was held on June 19th in the bride's hometown of Davenport, Iowa. On July 10th, a reception was held in Belvidere, N.J., for family and friends on the East Coast. The couple resides in Indianapolis, Ind.

Above, Sokol USA was well represented at the wedding reception of Matthew and Stacey Reynolds in New Jersey on July 10th. In the back row are (from left) Chris Yatchyshyn, Eric and Dodie Skovronec, Debby and Dave Kruger, Aaron Hanson, Paul and David Kralovanec, Rich Yatchyshyn, Matthew Reynolds, David and Daniel Babuska, Milan Kovac, Nora and Bonnie Valentin, Karyn Stroczyński, Ondrej Krisanda and John David Babuska; in the middle row, Ellen Kovac, Karen Pearson, Lindsay Hanson, Bess and Barbara Babuska, and Addy Darula; and, in front, Jenn and Emeline Kovac, Todd Yatchyshyn, Sydney and Drew Kralovanec, Katherine Pearson, Wyatt, Brandi, Lance and Katie Kovac, and Kathy Naccarato, hostess and mother of the groom.

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.



110 Acts of Charity Update

Braddock Lodge continues to celebrate their 110th anniversary. They have made a commitment to get involved within the community and within their own lodge. They are doing this by donating time and energy to different charities and organizations throughout their 110th year.

Some of the members have donated time to their local church. They have assisted in making funeral lunches and helped in collecting items to be donated to the USO. Other members have contributed items for auction to support their local community and donated time to the community to help with the fundraising event.

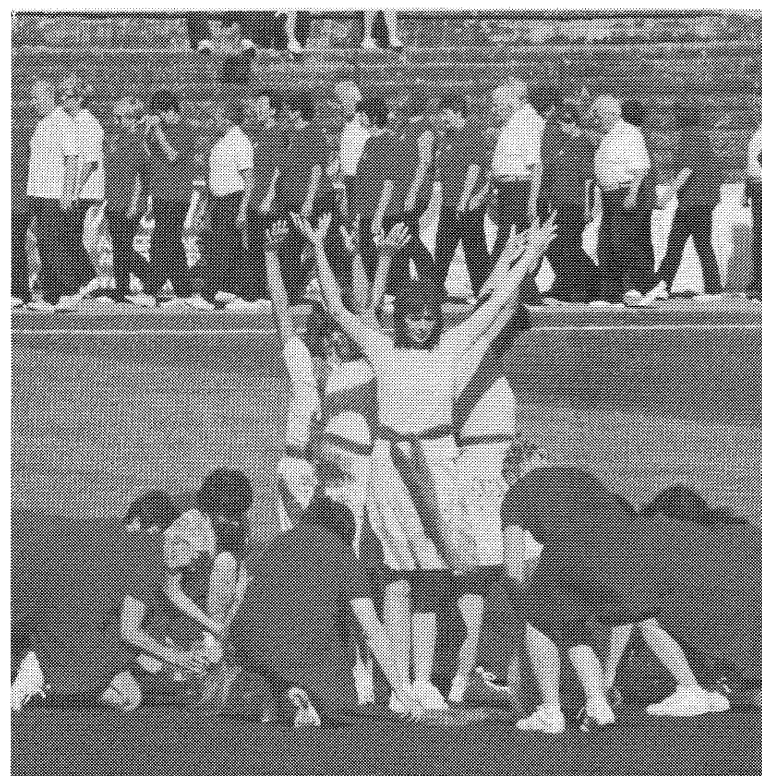
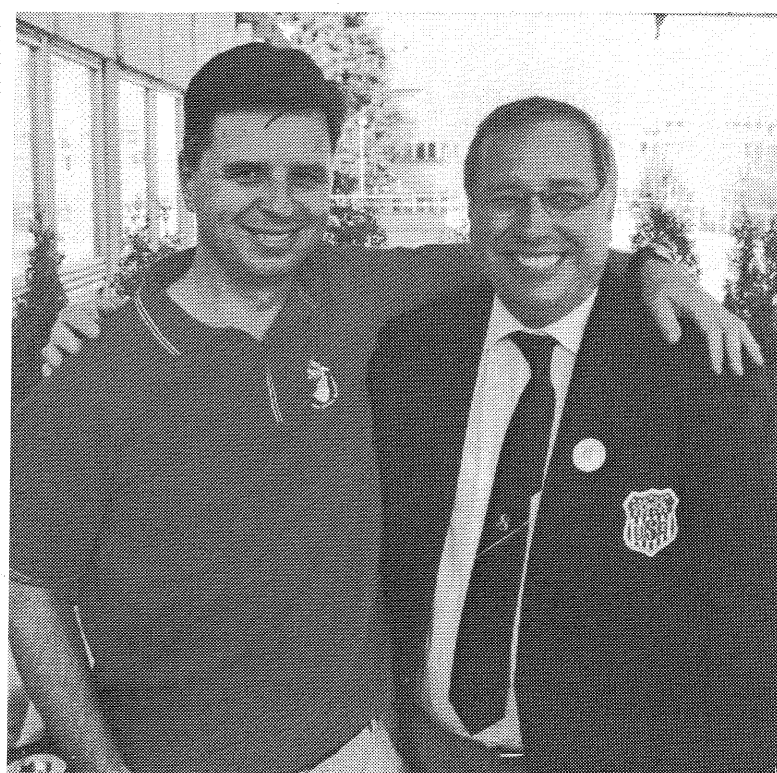
Together they have accomplished over 40 acts of charity and the year is not even half over. They will continue to work for their goal together. Some of the upcoming events include a canned food drive, collecting toys for the local community and writing letters to soldiers.

Over the past few months, they have found out how easy it is to make a difference within their community and how, by coming together, they have made their lodge stronger.

How has your lodge made a difference? Please take the time and write an article or contact me at bielecki.moulton@gmail.com and I will tell your stories of success. Being active is vital to our legacy.

Nazdar!
Jennifer Moulton

More scenes from the Sokol Na Slovensku



Teaching tots: How to keep their attention

By Cynthia Wain

There are special challenges to teaching gymnastics to young children. One in particular is how to keep them focused, since following a class structure is relatively new for them.

How do we make it a successful experience for both the teacher and the students?

Set the tone from the beginning. Begin each class in the same place, on carpet squares, on a line, or in a certain area. If the group loses focus as you move on to activities, say "Let's go back to the starting place." This gives you a chance to re-establish a sense of order.

Begin new classes with an announcement. "One rule in this class is that everyone needs to follow the group. Would it be okay to wander away by yourself?" (Shake your head.) "No, stay with us."

Watch your pace. There are times to speed up and times to slow down. When everyone is paying attention and trying hard, let the action roll. Offer several skills to try; don't make good

listeners wait in line. Keep yourself in motion at these times, move between the children and speak with excitement. As attention wanders, slow down and regroup. Don't stay in action all of the time; brief periods of calm, with explanations, and slowing the motion will enhance the activities.

Use humor. One class of 4 year olds came in at 2:30, many of them coughing or sniffing, some rolling on the floor, some wandering around, giving messages that they were not up to their usual listening. I asked, "How many people don't feel well?" I raised my hand as an example and said, "Raise your hand." All of them raised their hands. "How many people are sad?" Several raised their hands. "How many have a tummy ache?" More hands. "How many have a sore throat?" Many hands. "How many have donkey ears?" Several hands went up, and I rolled over in an exaggerated laugh. One girl told us all, "No one has donkey ears!" I was laughing, so were they and suddenly I had everyone's attention. I changed course and instead of the planned stretch, I

called out, "Everyone tuck and roll," knowing that was a favorite. We were on our way.

Attitude, attitude. Always remember that you expect the children to listen to you. If they don't, expect it anyway. Pursue the attitude with calm persistence. Tell the children to listen, but don't say it harshly. Your steady belief in how the class should behave will be the guide. You won't have to demand respect when you learn to command respect by our very nature.

Remember, this is a learning experience. Children are not born knowing how to follow a teacher around and do what they are told. When a child strays,

separate yourself for a moment. It is very important not to get personally caught up in a child's misbehavior. Take a breath and remember that this is normal. Immediately bring the child back, without criticism. Learning occurs with consistent positive encouragement. When parents come to you saying they wish their child would behave, or perform skills better, remind them their child is there to learn. The whole purpose of preschool gymnastics is to learn and have fun.

Cynthia Wain operates a mobile gymnastics program in Eugene, Ore. She has taught tots and young children for 20 years.

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.

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.



Brother Gerry Cernicky of Sokol New Kensington prepared his "cook your own" barbecue steak after 18 holes.

SOKOL USA FARRELL'S 2ND ANNUAL OPEN GOLF SCRAMBLE A HUGE SUCCESS

In comparison to the first attempt last year, which by the way, everyone thought was highly successful, the Sokol USA Farrell's 2nd Annual Open Golf Scramble doubled our entries and doubled our benefit. Participation increased from 16 teams and 64 golfers last year to 29 teams and 116 golfers this year. The first place prize of \$800, the second place prize of \$400 and the third place prize of \$200 were highly contested as three teams finished in a first place tie. This caused the need for a three-team playoff to determine the placement of the teams.

An added feature of the "scramble" was the \$5,000 prize for anyone getting a hole in one on a designated par 3 hole. This feature was sponsored by Brother Melvin and Sister Dorothy Slezak. Another feature of this great event was the "cook your own" steak barbecue complete with all the trimmings and liquid refreshments. Sister Sherry Brandt was "referee" on the 3rd hole to keep everyone honest – not that golfers might cheat? Although no one accomplished this difficult feat, everyone gave it a good shot.

Brothers Ron Flickinger and Rick Benka were seen doing their best on the beautiful 18-hole course, along with Scramble Chairman Brother Tim Brandt. We were also very happy that Brother Gerry Cernicky and his family from Sokol New Kensington made the trip and participated in a great day of golf.

With the success that we are having with this event, Brother Brandt cautions everyone to get their entries in early for next year's event because he expects to have so many entries that we will have to have a cut-off date. Save the date – Saturday, June 11, 2011.



The registration table was ably attended by Amanda and Debbie Goda and Director Chris Pegg.

Milan Getting Scholarship Recipients say thanks

Bethany Moffit

I am the daughter of Ron and Cathy Moffit of Charleroi, Pa. Our family participates in Lodge 47 Monessen and has been members since its re-opening in 2003.

I have been involved with many organizations over the years. I volunteer my time both in the gym and outside the gym. I have been a competitive gymnast from the time I was 8 years old. I have been coaching and volunteering at the Lodge 47 gymnastics program for the past three and a half years. I teach students from 18 months and older, from beginners to competitive Level 5's. I coach both boys and girls. I have an interest in special needs children at the gym and teach these children with great respect and care.

I helped rebuild the lodge in 2003 and helped relocate its home three years later. I have participated in the gym's sponsored community service activities throughout the years and helped behind the scenes at the Pittsburgh Slet. I am assisting in writing the Junior/Senior calisthenics for 2011. My father, Ron, coaches gymnastics at the lodge and my sister Abby is a gymnast there as well.

I will be attending the University of Pittsburgh this fall to major in Elementary Education. My plans are to pursue a Master's Degree in Visual Therapy and I hope to become a Visual Therapist some day. I plan on remaining active in the lodge by coaching on my breaks and during the summer. I hope to attend the next slet in Cleveland in 2011. I will also continue to assist the lodge during gymnastic meets and any community service activities I can contribute toward. My plans are to stay active and involved with this great lodge for many years to come. I would like to thank the selection committee for this scholarship and providing me with the great opportunity.

Claire Forszt

Claire Forszt, a Junior at Cornell University, was recently awarded the Milan Getting Scholarship for the coming 2010-2011 academic year. Claire is majoring in Biology and Society and is particularly interested in the field of health and medicine.

She is a member of Global Medical Brigades, a group with which she traveled to Honduras, the second poorest country in the Western Hemisphere, to assist medical and dental professionals in providing care to over 1,000 people who would otherwise not receive it.

Over the past year, Claire has participated in a number of other activities on campus. She is a member of an all-female a cappella group, occupying much of her extra-curricular time. She also spends a great deal of time working at a local science center. In addition to extra-curriculars, Claire was also named to the Dean's List last semester.



Bethany Moffit

Taylor Hoy

When I got to Rutgers University this past fall, I got to see new people in huge classrooms, talk to all the new people on my floor and my roommate, and read about all the clubs and activities Rutgers had to offer. I knew right away that I was at the right school.

Over the course of my first year, I took time to get to know all of my floor-mates. It's funny how when you see people at school and find out where they are from, you realize that you know the same people and may have actually been out together at one time or another. At the same time, you're meeting new people from all over the country, and even the world. Rutgers is a school that is known for being very diverse, and it is really amazing to see how many different states and countries people are from. I really enjoyed the fact that although we were from all over the world, being at the same school gave us a bond, and ultimately a foundation for new relations to form.

My first year's activities primarily focused on getting my work done, going on runs, heading to the gym for workouts and working part-time at the Livingston Campus Bookstore. This coming semester, I will be involved in the Running Club. I love running and this gives me the opportunity to meet a lot of new people with similar interests. I plan to get involved with more activities as my college experience continues, but I am making sure I pace myself because I don't ever want my grades to suffer due to the activities I am involved in.

My experience thus far at Rutgers University has been new, exciting and everything I had hoped it would be. I want to thank Sokol USA again for the Milan Getting Scholarship. I'm proud and extremely thankful to be one of the recipients.

Nicole Ragucci

Sophomore year at Duke zipped by quicker than a gymnast sprinting toward the vaulting table. After being voted Fashion and Merchandise Vice President for Purple, a non-profit organization on campus, I began to participate in many on campus events and began forming relationships with more students, professors and advisors. (Advice to my Sokol brothers and sisters going to college: Get involved because it is very rewarding and will change your college experience!)

My fall track training was progressing wonderfully until I had an unlucky run during hurdle practice and tore my ACL. It was frustrating to not be able to travel with the team or compete, but it fueled my desire to get better, and after seven months of rehab, I look forward to returning this fall with a new knee.

In the springtime, I declared Cultural Anthropology as my major and Art History as my minor. This year, I will take more focused classes, including one taught by the Dean of the Cultural Anthropology Department!

This past summer, I spent a month in Florence to study Art. It was an experience I will never forget and it will surely impact my future. While there, I was pleasantly surprised to run into another Sokol member, Alison Strocynski of Lodge 12, who was also studying art. A big thank you goes out to the Milan Getting Scholarship committee for helping to make my college experience grow each year.

Gabriel Stangl-Riehle

I am writing to you to thank you, once again, for your further support of my college education. My first year at Temple University was a quick but exciting one. As I continue to further my education, I have begun a minor in the field of History. I believe that the combination of this new minor and my major, Political Science, will improve my skills on my path to, potentially, a career in government.

Throughout my first year, I met many new and interesting people, some of whom I hope will help and guide me throughout my college experience. I joined the newly formed Political Science Society at Temple University. This association strives to help mainly Political Science majors acquire connections with local politicians. Because of my love of sports, I had also joined a men's softball intramural team and a co-ed intramural volleyball team. This coming year, my roommate and I plan to join the men's rugby club team. Having played baseball most of my life, I'm guessing this will be a very different experience!

I'm looking forward to my sophomore year and I appreciate your confidence in me.

National Czech & Slovak Museum & Library

BrewNost

International Beer Tasting

October 15, 2010

*Lightly imbibe a plethora
of premium international beers*

*Enjoy savory hors d'oeuvres
by talented local chefs*

*Shop at a silent auction
and Old World Market*

Enjoy live music by the SlovCzech Trio

Win a trip for two to Prague – Maybe!

Presented by Alliant Energy
and CRST International

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
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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

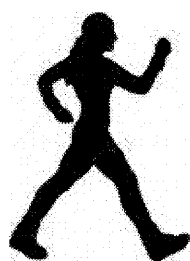
Age 40: \$2,640 for males

\$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
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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!

EIGHT SIMPLE
WAYS TO LOSE
WEIGHT, FEEL
GREAT

Think you have to stop eating chocolate cake and start running marathons to lose weight and get on the road to a healthier you? The truth is, getting fit and looking radiant is as simple as a little exercise and careful cooking.

While most people know it is unhealthy to carry extra pounds, what many don't realize is the host of problems associated with being overweight – problems such as type 2 diabetes, high blood pressure, heart disease and certain forms of cancer.

By making steady changes in your eating and physical activity habits, over time you can lose weight, feel better and improve your overall health.

- Here are some tips:
- Start each day with breakfast
 - Drink at least eight 8-ounce glasses of water every day.
 - Season foods with herbs, spices, lemon, lime or vinegar.
 - Make salads with low-fat or nonfat salad dressing, mayonnaise, mustard or flavored vinegar like balsamic.
 - Find a local school track where you can walk or jog most days of the week.
 - Try a new activity such as karate or aqua aerobics.
 - Join a recreation center near your home.
 - Cook with onions, garlic or low-sodium chicken broth.

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: _____

DONATIONS GRATEFULLY
ACKNOWLEDGED

To the Sokol USA Gymnastic Fund	
From Sokol Lodge 3W, Bridgeport, Conn. <i>In memory of deceased members</i>	\$175.00
From Sokol Lodge 74, Plymouth, Pa. <i>In memory of deceased members</i>	\$150.00
To the Milan Getting Scholarship Fund	
From Sokol Lodge 3W, Bridgeport, Conn. <i>In memory of deceased members</i>	\$175.00
From Sokol Lodge 74, Plymouth, Pa. <i>In memory of deceased members</i>	\$150.00

Sokol Social
News

HAPPY BIRTHDAY

Joseph Surette from Tarrytown, N.Y., a member of Sokol USA Lodge 114, celebrates his 66th birthday on September 23rd.

HAPPY BIRTHDAY

John Bellantoni, Jr. of Tarrytown, N.Y., a member of Sokol USA Lodge 114, celebrates his 38th birthday in September.

Visit us on the web at:
www.SokolUSA.org

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: _____

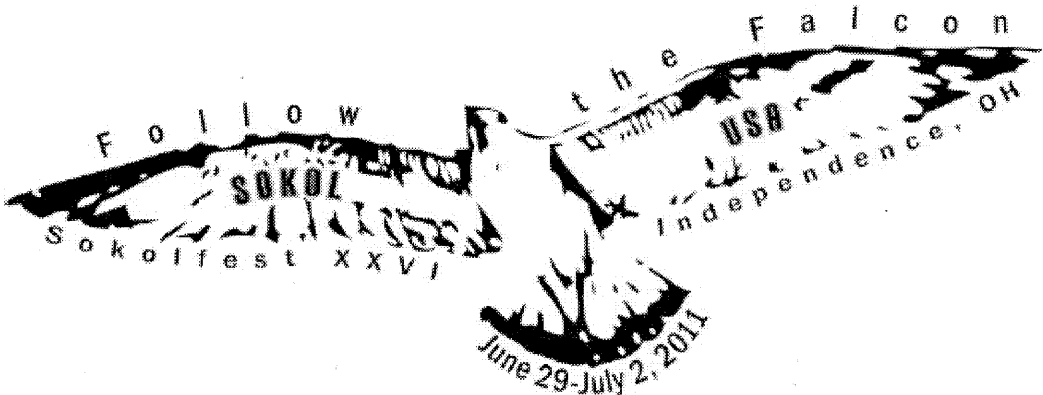
SOKOL LODGE: _____

EVENT: _____

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.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.

**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>

**Wreath 66
100th Anniversary
October 2010**

**Calling all SOKOL
Wreath #66 Members!**

The Officers of Wreath #66 are planning an early afternoon dinner in October to celebrate our anniversary. If you and a guest are interested in attending, please call Sister Margie Stangl at 610-866-3458 or email jmstangl1@verizon.net.

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.*

- MARY PRAZENICA** – (1918-2010) A member of Lodge 20, Ford City, Pa. She is survived by her children.
ANNA M. BILLA – (1921-2010) A member of Lodge 33W, Johnstown, N.Y. She is survived by her sister and nephew.
MICHAEL SMIDA – (1928-2010) A member of Lodge 126, Ellsworth, Pa. He is survived by his wife.
JOSEPH KUCHTA – (1915-2010) A member of Lodge 126, Ellsworth, Pa. He is survived by his nephew.
CHARLES C. SIHLANICK – (1921-2010) A member of Lodge 255, Leechburg, Pa. He is survived by his daughter.
MILAN ROHACEK – (1930-2010) A member of Lodge 39/40W, Chicago, Ill. He is survived by his children.