

SOKOL TIMES

APRIL 12, 2012

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Bednar honored at Cancer Event

Congratulations are in order to our Sister Beluse (Belka) Bednar of Sokol Bethlehem and the Sokol Woodland Camp Board. Belka was recognized for her work with the ENCORE program on March 11th at the Promise of Spring luncheon and fashion show. The event had an international focus and was sponsored by the Allentown, Pa., YMCA & YWCA and held at the Lehigh Valley Country Club.

Belka was given a standing ovation when she strolled down the runway in her stunning antique Piest'ansky kroj, which I loaned her. All models were members of ENCORE, the breast cancer recovery program. Pictured with Belka in the accompanying photo is Turkish-costumed Helaine Young, who twirled down the runway. Other models were from Vietnam, China, France, Syria and Africa. The costumes were all beautiful, but Belka's hand-embroidered skirt and blouse were outstanding. The colorful ribbons made the costume the most elaborate modeled during the program.

There was an amazing wall decoration covered with postcards received from all over the world. This emphasized the theme of the Promise of Spring program - Cancer has no boundaries.

The models then shed their international costumes to don the latest fashions from Macy's. Red is the base color for spring and summer 2012. There were many shades of red, such as cherry, tangerine and coral, and animal prints.

Lori Alphonse, DO, from Lehigh Valley, a surgical oncologist, was the guest speaker following the silent auction and luncheon.

Belka has been the leader of the ENCORE program at the YWCA in Allentown following her surgery and treatment for breast cancer in 1979. She is a shining example of optimism and energy. While radiation was a follow-up treatment in those early cancer treatment years, radiation caused immobility of her left arm.

ENCORE is a three-component program for breast cancer patients. The first component offers emotional support. The second provides floor exercises to return mobility to affected areas after surgery. The third offers exercises in the pool. Hundreds of women have



Belka Bednar (left) in her Slovak Piestiansky kroj and Helaine Young, a Turkish-costumed belly dancer, at the International Fashion Show, which was part of the ENCORE Cancer Recovery Benefit Luncheon at the Lehigh Country Club.

benefited from the program. Belka devotes many hours to in 1950 to escape the Communist regime. The three sisters were an interesting addition to our young Sokol circle. Young Charlie Bednar noticed Belka then. Years passed and Charlie became a professor. Most of his career was at Muhlenberg College in Allentown where he became Associate Dean of the Faculty and Chairman of the Political Science Department. The Bednars lived a campus-centered lifestyle. Belka was an important helpmate to Charlie. She typed the articles and books that he wrote. When Anna and Karol Bednar Sr. became debilitated in their senior years, Belka cared for them with devotion.

We Sokols enjoyed her participation with our Sokol Woodland Camp Board. We continue to be amazed at the skills she shows despite her physical handicap. She has learned and participated in calisthenics through the years. Her crowning achievement was performing calisthenics in Praha at the 1990 and 1994 Slets in Strahov Stadium and marching through the streets of Praha to shouts of "Nazdar" from the thousands who lined the streets. There have been many achievements at Woodlands of which she can be proud. She wallpapered and painted motel rooms, reupholstered the Woodlands' pool table, held classes in making braided bread and taught children how to decorate Easter eggs - kraslice.

The Pokorny family lived in Moravia and Slovakia in what was then Czechoslovakia. We Sokols met them at Boonton Sokol Camp when they immigrated to the United States in 1950 to escape the Communist regime. The three sisters were an interesting addition to our young Sokol circle. Young Charlie Bednar noticed Belka then. Years passed and Charlie became a professor. Most of his career was at Muhlenberg College in Allentown where he became Associate Dean of the Faculty and Chairman of the Political Science Department. The Bednars lived a campus-centered lifestyle. Belka was an important helpmate to Charlie. She typed the articles and books that he wrote. When Anna and Karol Bednar Sr. became debilitated in their senior years, Belka cared for them with devotion. My husband and I shared many good times through the years with Karol Bednar and Charlie and Belka. I have a close friendship with them now. This is to say we know everything good and bad about each other and we are good friends. I lovingly respect all they have done in

(Continued on Page 6)

From the President's View

As I write this article, Northeast states are experiencing an unseasonable warm and beautiful spring. Early March saw the grass turn green and now all the spring flowers are in full bloom.

It is a sign that the earth is reawakening after a long winter slumber. It is my hope that our lodges will also experience a similar spring energy.

This is a monumental year for the worldwide Sokol movement. This year marks the 150th anniversary of the founding of the Sokol movement in Prague in 1862. All kinds of interesting and exciting celebrations will occur in Europe to highlight this anniversary period. It is my hope that our Sokol USA lodges will share the energy and mark this great anniversary with style!

Sister Moulton is putting together a wonderful book of Sokol memories and congratulations from our Sokol USA to the Ceska Obec Sokol in Prague. This will be presented to the leadership of the Ceska Obec Sokol during the international worldwide Sokol Slet in Prague in July. Additionally, a commemorative gift will be given at that time.

It is my hope that our lodges will have their own celebrations to mark this great celebration. It is my further hope that our lodges will experience the new energy that has come with the spring and sell new insurance policies and give the gift of Sokol membership to as many new members as possible.



Joseph Bielecki

It is important to remember that new members are needed to keep our society vibrant and strong. As our members age and pass away, we must share Sokol with new members in order to ensure continuity for our society.

Now that spring has sprung and a new energy has come forth, I encourage our lodges to meet, to be active, and to celebrate this anniversary year. It is my wish and hope that in the next issue of the Sokol Times we all see photos and reports from our lodges of events they are holding and that there will be at least 150 new members of Sokol USA at the end of this great anniversary year.

NAZDAR!
Joe Bielecki, President
Sokol USA

THE HEALTH BENEFITS OF WALKING

Walking is a low impact exercise that has many health benefits. Some of the benefits are lowering blood pressure, managing Type 2 diabetes and managing cholesterol. Walking is not a very expensive activity. All you need is loose clothing, sturdy shoes and a water bottle.

Before you start walking, you need to plan out your walking route, warm up and stretch out for about five minutes. Don't forget to grab you water bottle.

Make sure you start out slow. Go at your own pace and gradually increase the amount you walk. Start to challenge yourself by making goals and keeping track of your progress.

To stay motivated and make it fun not a chore. This is easily done by walking with a friend. It could also be accomplished by changing your routine. For example: walk at a different time, changing your path and your scenery.

Walking is one of the easiest ways to get into shape and improve your health. The benefits will make a difference in your life. Plus you can join the Healthy Heart Walking Club by contacting Brandi Kovac at 280East 2nd Street, Apt 9A, New York, NY 10009 or e-mail BKKovac@aol.com. Start today!

Nazdar!
Jennifer Moulton

SOKOL TIMES

official organ of the
SLOVAK GYMNASTIC UNION SOKOL
OF THE USA

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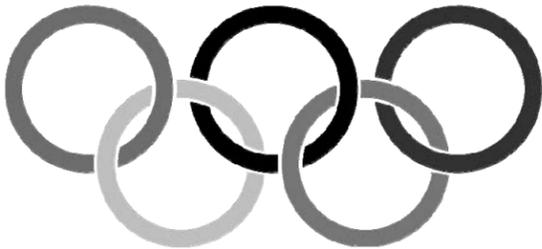
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NOTICE

SOKOL USA
LODGE 30 OF DANBURY, CT
& LODGE 32 OF BOONTON, NJ
ARE HAVING ANNIVERSARY
CELEBRATIONS THIS YEAR.

*Please watch for details
in the coming issues
of the Sokol Times.*



THE 2012 OLYMPICS ARE APPROACHING!

The world will be watching the 2012 Olympic Games, held this summer in London – will you? NBC and their affiliate stations will be airing 26 sports featured in the Games from July 27 through August 12. The Artistic gymnasts are competing from July 28 to August 7. Artistic gymnastics will be followed by Rhythmic gymnastics and Trampoline competitions. Check your local listings or go to www.NBColympics.com for the complete schedule.

There are numerous ways to get your Lodge and its members involved in the Olympic festivities. The Olympic spirit is contagious, especially within a physical fitness organization such as ours. Please consider these great ideas:

-Have an Olympics party. If your hall has a TV, invite everyone to watch the Games together!

-Keep track of our country's medal count – make huge posters!

-Write letters to the Olympians – wish them luck and let them know they've inspired and motivated you!

-Have a "Make your own Mascot" contest. Wenlock and Mandeville, the mascots for the 2012 London Games, are bizarre one-eyed creations – what will your members design?

-Make "Good Luck" and "U.S.A." signs and post them outside your gym. These signs are a great way to advertise your Sokol programs as well, so don't forget to include your gym's contact information.

NOTICE TO LODGE AND DISTRICT SECRETARIES

Recently Headquarters mailed to each Lodge and District a form to list the names of the Lodge and District Officers' names, address and telephone number. It is requested that these forms be completed and returned to Headquarters as promptly as possible. This information will be used in the event we need to contact or communicate with officers through means other than the Sokol Times. Your cooperation is extremely appreciated. Thank You.

Milan S. Kovac, Supreme Secretary



CENTRAL JERSEY GYM CLASSES AT NEW LOCATION

Central Jersey Lodge 12 is happy to announce that we have moved to a new location in East Brunswick. This is a larger, newer gym with complete men's and women's apparatus, pre-school equipment, dance studio, trampoline, and Tumble Trak.

As in the past, we hold our classes for all ages (3 1/2 years through adults) on Friday nights from 7 to 9 p.m.

We are a small group at this time, so this is a perfect opportunity to join and grow with us.

For more information, please contact either of us:

Ellen Kovac ellenkovac@aol.com 908.659.0121 (home)

or

Norah Valentin norahjane@verizon.net 908.317.8350 (home) 908.337.8056 (cell)



SOKOL USA DISTRICT MCT SEMI-ANNUAL MEETING

Sunday, April 29, 2012 – 1 PM

Clarion Hotel

Route 28 North, Exit 14

Agenda

Officers Report

Lodge and District Reports

We trust all lodges will be represented.

Return Forms by Monday, April 16th
or Contact Patricia A. Blistan at 412-322-8865

Nazdar!

Patricia A. Blistan

64TH ANNUAL SOKOL U.S.A. NATIONAL BOWLING TOURNAMENT

May 18 TO 20, 2012
 USBC Moral Support Sanctioned
 Entry Fee Per Event:
 Bowling \$ 7.00
 Prize Fee \$10.00
 Tournament Expense \$ 3.00
 TOTAL \$20.00



ENTRIES CLOSE: May 1, 2012

Checks Payable to: Sokol 64th Bowling Tournament
 Send Entries to: Sonny Fertal
 613 Hillside Avenue
 Bethlehem, PA 18015
 610-730-3399

The undersigned captain hereby makes entry into the 64th Annual National Bowling Tournament of Sokol USA, May 18th to 20th, and agrees to comply with the rules which govern the Sokol USA Tournament.

Bowling Lanes
 Bethlehem Sokol 93
 613 Hillside Avenue
 Bethlehem, PA 18015
 610-572-3882

The _____ Bowling Team

From Lodge _____
 Of Sokol USA.

COMBINATION ENTRY BLANK

Team Entry Fee: \$80.00
 Doubles Entry Fee: \$40.00
 Singles Entry Fee: \$20.00
 All Events Fee: \$ 1.00

Sanction #	Name	Avg	Event	Time	
1			TEAM		CAPTAIN: _____ LODGE: _____
2					ADDRESS: _____
3			SINGLES		CITY: _____ STATE: _____ ZIP: _____
4					TELEPHONE: _____
5			DOUBLES		

SINGLES	AVG	ENTRY FEE	DOUBLES	AVG	ENTRY FEE	ALL EVENTS	AVG	ENTRY FEE	TEAM	\$
			1						DOUBLES	\$
			2						SINGLES	\$
			1						ALL EVENTS	\$
			2							
			1							
			2						TOTAL	\$

Team Captain: _____

Lodge Secretary: _____



ATTENTION BOWLERS & GOLFERS

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

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

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

Traditions are Important in Our Lives

Easter is now over and it brings to mind all the family traditions and customs that we do around the holidays. The rituals we do as a family help to unite us. It is a way to preserve our heritage while continuing to move our lives forward. We actually may change them a bit or add new ones.

Perhaps your family has traditions that they have shared with you. It is important to continue passing them on in order to preserve the heritage of your family. Many Slovak customs are done around the holidays. For example: Blessing of the Easter Basket, Setting an Extra Place Setting at Christmas Dinner and Family Recipes.

We moved to a new state a little over two years ago. My kids have had to put together PowerPoint presentations on a family tradition for school. It has been so easy to write and give a presentation for them because of the traditions that have been passed down in our family. The one that they both love to use is the East Slovak custom of Washing of the Hands in a basin

64TH ANNUAL SOKOL USA NATIONAL BOWLING TOURNAMENT

The 64th Annual Sokol USA National Bowling Tournament is fast approaching. This year's festivities will be hosted by Bethlehem Lodge 93 from Friday, May 18th to Sunday, May 20th.

The schedule of events is as follows:

- "Local" Team Event: Friday, May 18th at 7 p.m.
 - "Out of Town" Singles and Doubles: Saturday, May 19th at 12 Noon and 3 p.m.
 - "Local" Singles and Doubles: Saturday, May 19th at 6 p.m. and 9 p.m.
 - "Out of Town" Team Event: Sunday, May 20th at 10 a.m.
- We are looking forward to seeing our old friends and meeting new ones.

Nazdar
 Lodge 93
 Jeff Ruhler
 610-572-3882

of water and coins on Christmas Eve. They know the tradition inside and out, so it comes to them naturally. But this is not the only tradition our family does and we have started some new ones of our own.

One of the best new traditions we have started in our family is the Family Cookbook. We have taken a binder and put in clear plastic sleeves. We then have added recipes of our favorite foods. We have recipes from

Grandma, Nana and Aunt Peg (I prefer the recipes handwritten because then you always have a part of the person with you). When my children grow up, I plan on making copies of the binder and give it to them for their families.

The rituals that we have and perform make us who we are and bind us together as a family. Why don't you share one today.
 Nazdar!
 Jennifer Moulton

KENT DUDINCE SISTER CITY ASSOCIATION

10th Annual Anniversary Banquet

Sunday, May 20, 2012

Kent Elks Lodge Hall

Elks Lane – State Route 59

(Behind the Twin Star Bowling Lanes, 2245 State Route 59)

1 PM – Social Hour 2 PM – Dinner 3PM – Program

Music by Johnny Pastirik Band during the Social Hour and Dinner
Orchestra Members: Johnny Pastirik, Len Jacko and Ken Javor

Dancing following the program.

Sarisan of Greater Detroit, Michigan

Milan Straka, Founder and Director

Slovenske Mamicky of Greater Cleveland Vocal Ensemble

Members: Milka Anderko, Maria Cvicela and Monica Smid

Lucinka Children's Slovak Folk Ensemble of Greater Cleveland

Nadia Oros, Choreography; Tom Ivanec, Program Coordinator

Tickets are \$20 per person; Advance Ticket Sales Only

Deadline to Purchase Tickets is May 15th

Ticket Orders with directions will be mailed.

Please include the names of all guests.

Dinner catered by Tom's Country Place.

Donations of baked goods would be appreciated.

Make Checks Payable to:
Kent-Dudince Sister City Association

1544 Vine Street

Kent, OH 44240

Rudy Bachna – 330-673-3255

LODGE 2 ANNOUNCES SCHOLARSHIP PROGRAM

Lodge 2, Bridgeport, Slovak Gymnastic Union Sokol has continued its scholarship program for high school graduates, it was announced by Lodge President Miguel Alicea.

"In 2011, we awarded two high school students, one from Bunnell High School in Stratford, Conn., and the second from Fairfield Preparatory School in Fairfield, Conn., with \$1,000 scholarship awards. 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, Shelton or Milford, Connecticut," 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.

LAST CALL – MAY 15, 2012

Since December 2011, I have been asking everyone to contribute to a scrapbook to be presented at the Slet in Prague. I still have not received anything.

Sokol is celebrating 150 years of success. Let's let them know how effective Sokol has been and how it has changed our lives for the better. Take a moment now and write down a favorite memory, a life changing event, a well wish for Sokol or send a picture with a caption.

Mail your contribution by Tuesday, May 15, 2012 to: Jennifer Moulton, 4521 Emerald View Court, Eureka, MO 63025 or e-mail me the information at bielecki.moulton@gmail.com. Help me create a scrapbook to be presented to Sokol in Prague this summer during their 150th celebration Slet.

Nazdar!
Jennifer Moulton



March 1, 2012

Slovak Gymnastic Union Sokol
of the U.S.A.
276 Prospect St., Box 189
East Orange, NJ 07019

Ladies/Gentlemen:

This will certify that we have completed a valuation of the outstanding certificates of the Society as of December 31, 2011 according to the schedules of insurance submitted to us, and have found the reserves to be as follows:

01 CSO 4 %	\$	51,290
41 CSO 2.25 %		95,772
41 SI 3 %		214,712
58 CET 2.5 %		12,847
58 CET 4 %		2,336
58 CET 4.5 %		692
58 CSO 2.5 %		194,850
58 CSO 4 %		48,878
58 CSO 4.5 %		181,645
80 CET 4 %		4,912
80 CSO 4 %		201,683
80 CSO 4.5 %		355,764
80 CSO 5 %		184,601
AE 3 %		889,959
AM 3 %		767,730
Annuities		1,431,434
Unearned Premium Reserve		4,832
For AIDS Risk		3,400
Reinsurance Credit		-
Total Life Reserve	\$	4,647,338
Reserve for Accident & Health Certificates		1,290
Total Reserve	\$	4,648,628

The Society's valuation indicates that on the bases specified above, the future assessments of the Society at the net rates then being collected, together with the admitted assets as they appeared in the Society's 2011 annual statement, were sufficient to meet all certificates as they mature by their terms with a surplus of \$5,657,689 (or 96.53%) above the statutory standards.

Ratios of assets to liabilities: 2011-196.53%; 2010-196.46%; 2009-194.72%; 2008-199.2%; 2007-207.24%.

Sincerely,

Allan Ferrone, FSA, MAAA
Actuary
CPS Actuaries
45 Church St., Suite 201
Stamford, CT 06906

MARK YOUR CALENDARS!



University of Pittsburgh
Pitt Student Slovak Club
And Slovak Studies Program

Present the

Slovak Heritage Festival

Sunday, November 4, 2012
1-5 PM

University of Pittsburgh (Oakland)
Cathedral of Learning Commons Room

WANTED:

Vendors, Speakers, Displays,
New Ideas, Help with Marketing

Consider Organizing a Bus Trip
for your church or organization to come
to the Festival this year.

Understanding the Preschool Child

By Beth Gardner

This is the first of three installments. Reprinted from Technique magazine.

Developing your teaching philosophy: Why are you coaching gymnastics anyway?

Before we get into the developmental stages of the children with whom we work, let's talk about us. I query any coach who is in my gym about why they are in this field. Likewise, I query the reader, "What makes you tick as a coach? What is the driving force that guides you as you work with the children in your gym?"

Is it the big bucks we all make? Probably not. So, why are you here?

This is an important question because it leads each of us toward developing our teaching philosophy. A teaching philosophy is the core belief system that guides us each day as we coach our classes. It defines each of us and develops who we are as coaches. Some of us may be driven to produce Olympians. If we are, then our teaching philosophy would reflect that and our training techniques would follow. Some of us may be driven to teach children that activity is fun. If that is the driving force of a coach, it would probably be reflected through games and activities that are designed to keep class fun.

For me, my coaching philosophy is very simple: "To do whatever is best for the child."

My philosophy guides me as I confront difficult moments, or as I train a child through fear, or even as I deal with a difficult parent. All I have to ask myself is "What is best for this child?" Then, I can

put my ego, the parent's ego and any other mitigating factors aside and simply make the decision I feel is best for the benefit of the child.

Within my teaching philosophy, there are implied goals:

- Gaining my students' trust
- Staying within their comfort zones
- Being honest
- Listening to them
- Setting ego aside
- Never being afraid to say "I'm sorry"
- Putting them first

With these goals in mind, I must make it a priority to understand each individual child with whom I am working. I need to know his or her developmental level, skill level, learning style and other things that make him or her "tick." These things provide the foundation from which I can work and give me the guidelines I need as I work with each child. So, when I am coaching a preschool child, it is important to understand early childhood development and the quirks that come with it.

The key to coaching preschool children is understanding their developmental stages.

If we understand the child's perception of self and stage of physical and mental development, we will better understand children's behaviors. Preschool behavior is oftentimes directly related to their stage of self-understanding.

Given a strong understanding of these concepts, we can step out of the moment and watch their development in action. Rather than becoming frustrated

because a 2-year-old won't stand in line, we can develop our lesson plans according to the 2-year-old developmental stage, making our lives easier and class time much more pleasant for all concerned: child, parent and coach.

Birth to One Year

From birth to year 1, the child perceives himself as one and the same as his parent. There is no break between the two. They are one unit in the child's mind.

During this first year, the child's level of thought is at the naming stage. They are learning the names of objects, people and things. For example, "Mommy," "Daddy," "car" and "tree."

Songs like "Tony Chestnut" and "Head, Shoulders, Knees and Toes" are appropriate for this age group because they help the children name their body parts. Teaching the names of body positions such as straight body, tuck, pike, straddle, hollow body, arch, scale, stick and finish are also appropriate because it is simply naming or labeling.

Other topics that are appropriate to include are colors, shapes, numbers and letters. Flash cards, puzzles and educational toys designed to help in the naming process are great to add to the Parent and Child class because they can provide busy stations between skill stations, adding to the overall value and experience of the class.

Around Two Years Old

Around the age of 2, the child is starting the gradual process of developing a stronger individual identity. They are still very closely attached to the parent or

guardian, perceiving themselves as inextricably linked. This is why a 2-year-old has no fear. They perceive their parent as being omnipresent – always there to protect them. It explains why a 2-year-old will shotgun out into a street or dash across a busy gymnastics floor. They have no fear because in their mind "Mommy is always there, and Mommy will always keep me safe." The 2-year-old is very self-directed. Much of that comes from the belief that they are always safe, and they can, therefore, venture out into the world unaffected by danger. To them, "Mom" is like their guardian angel or the tail that follows them wherever they go. That is why parental participation is so important to the class. Keeping the parents involved is extremely important. Otherwise, a 2-year-old can be compared to herding cats since they are always ready and more than willing to dash out into the world.

Because the child is still "linked" to the parent, this is a good time to introduce separation games. This allows the child to learn how to leave his or her parent for brief periods of time, knowing that they can return to the parent quickly and prepares them for the next step: class without "Mom."

One of my favorite separation games involves placing a bucket of balls on one side of the floor and having the parents sit on the other side of the floor. The children take a ball from the

bucket and run to their parent or guardian to take the ball to them, and then return to the bucket for another ball. Their kids always love taking something to "Mom." We often empty a full laundry basket of balls during this game.

I like this game because it not only teaches the children to tolerate short separations from the parent, but it also provides a "brain break" from class. We use brain breaks when it becomes obvious that the children are hitting the saturation point with structured activity and need to romp and stomp for a few minutes, and simply enjoy being 2.

At this point, they are in the describing stage of thought development, i.e. "pretty Mommy," "strong Daddy," "blue car," "tall tree." So, as the children take the balls to their big person, they can also define the ball as "red ball," "green ball" or "yellow ball."

During this time it is also very important to educate the parents about the developmental levels of their child. Children, unfortunately, do not come with owner's manuals. Parents are not always fully equipped to understand the developmental stages their children are experiencing, mentally and physically. So, explaining the activities to the parents and helping them understand why the particular activities are important will also help the parent to understand their own child better.

(Continued on Page 6)

SPONSOR A GYMNAST

Sponsor a Gymnast is a new program designed to encourage parents to enroll their children in Sokol USA by purchasing a Single Premium Life Insurance Policy. Since this type of insurance policy is a significant financial investment, the goal of the program is to provide a one-time sponsorship for the yearly gymnastics fee, which is an added expense in excess of the cost of the policy.

In the past, all you needed to participate in Sokol gymnastics classes was to be a member of a Sokol lodge. With the rising costs of gymnastics equipment, liability insurance, facility maintenance or rental, our gym programs have to charge an additional yearly gymnastics fee, on average about \$85.00 per gymnast.

Selling a Single Premium Life Insurance Policy is a great advantage for Sokol USA. It makes the child a member for life, whether or not the child continues to participate in the gymnastics program. It also allows Sokol USA to invest funds more quickly when the total payment is made at the time of purchase.

This program is the perfect opportunity for you to show your Sokol Spirit by welcoming a new lifelong Sokol member to our family by making a contribution of \$85.00 to the Sokol USA "Sponsor a Gymnast" Fund. As funds become available, gymnastically active lodges will be notified and sponsorships will be divided equally among gyms with candidates interested in purchasing Single Premium Life Insurance Policies.

For more information about this program, please contact the National Directors or Sokol USA Headquarters. While \$85 is the recommended sponsorship level, sponsorships in any amount are welcome. Checks are payable to Sokol USA; include "Sponsor a Gymnast" in the memo line.

Checks can be mailed to: Sponsor a Gymnast
Sokol USA
P.O. Box 189
East Orange, NJ 07019-0189

Sponsor a Gymnast today – Nazdar!

Directors: Chris Yatchyshyn, cyatch@verizon.net
Todd Yatchyshyn, yatch18@aol.com
Sokol USA Secretary: Milan Kovac, SOKOLUSAHQ@aol.com

NOTICE OF MEETING

The Supreme Lodge of the S.G.U. Sokol of the U.S.A.

Will meet on April 21, 2012
at 8:30 AM

Embassy Suites Hotel
Parsippany, NJ

The Finance Committee will meet
at 9:30 AM on Thursday, April 19, 2012
at Headquarters to review
and inspect the records.

The Finance Committee will meet
on Friday, April 20, 2012
to conclude their deliberations.
Embassy Suites Hotel,
909 Parsippany Blvd.,
Parsippany, NJ

*All requests, recommendations
and grievances from Members, Lodges
and Districts must be received at
Headquarters no later than April 5, 2012.*

Joseph S. Bielecki
Supreme President

Milan S. Kovac
Supreme Secretary

FROM THE SUPREME SECRETARY

In the March 2012 issue of the Sokol Times, the financial information published was on a cash basis. Our actual numbers for statutory reporting purposes are somewhat different. I would like to briefly provide those statistics.

As of December 31, 2011:

-Net Admitted Assets are \$11,518,987. This is an all-time record high.

-Total Liabilities: \$5,861,298

-Surplus or Unassigned Funds: \$5,657,689

Ration of Assets to Liabilities, or Solvency Ratio: 196.53 percent

Net Gains from Operations: \$131,185. That was the lowest amount of gains in the past five years.

-Total Policies in Force: 6,120. This is a decline of 120 certificates.

-Life Insurance in Force: \$8,700,000

The aforementioned statistics provide a reasonable financial view of our Society. At the moment, we are in a very good financial position. If anyone has any questions, please call or e-mail your questions.

I would like to thank those members that called or e-mailed me to express their thoughts on my article in the March issue of the Sokol Times. I invite everyone to voice your opinion or concerns to your local Supreme Lodge member or directly to me at Headquarters. Thank you.

Nazdar!

Milan S. Kovac

Supreme Secretary

UNDERSTANDING THE PRESCHOOL CHILD

(Continued from Page 5)

One of the most common questions I hear from the parent is, "Oh my gosh, my son can't jump on both feet on the trampoline. Is there something wrong with my kid?"

I actually love it when the parents ask me that. It gives me the opportunity to explain to them that myelination, the sheathing of the nerves, does not complete until around age 5. Myelin insulates the nerves, creating direct pathways for neurological activity. This affects coordination. Until myelination is complete, there will be slow neuro-response times and spastic movement.

There is no fighting physiological development like myelination. It happens when it is supposed to happen. We cannot change that. We can, however, give the children activities and movement to help them coordinate their movement as their bodies are ready for the movement. In other words, we can prepare them, and they will be better able to learn movement when their bodies are actually able to do the movement.

The author is with Heart of Texas Gymnastics and is the USA Gymnastics National Instructor for the R102 Preschool Fundamentals Course. The second installment will appear in the May issue of the Sokol Times.

Sokol Social News

HAPPY BIRTHDAY



Jeannette (Budner) Zboray of Byram, Conn., a member of Lodge 7 in Byram, celebrated her 70th birthday on February 10th with family members and friends.

GET WELL WISHES

To Honorary Supreme Secretary
Brother Jan Sopoci

Get well cards may be sent to:

Jan Sopoci
C/O Ann Marie Brinley
1014 Wakeman Ave,
Wheaton, IL 60187

BEDNAR HONORED BY CANCER RECOVERY PROGRAM

(Continued from Page 1)

their lives.

Sometimes my knee and hip problems are worse than usual as I hobble around with my walker on wheels. I think of my senior Sokol friends who also have debilitating medical problems. Here is a recommendation to help you weather your problems: Think of Belka. Position your brain and square your shoulders. Assume her attitude. She just will not quit doing the most of what she can do with zeal and a cheerful manner. In other words, our Sokol motto helps make things quite possible. "Break through, jump over, but never crawl under" is the way to go.

Nazdar, Sister Bednar. We admire your attitude. You are definitely an inspiration for life.

Adelaide Darula

5.0% ANNUITY RATE

The Single Premium and Flexible Premium Annuities offered by the Slovak Gymnastic Union Sokol earn a 5.0% 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.

National Czech & Slovak Museum & Library Plans Reopening

After years of recovering from the epic flood of 2008, the National Czech & Slovak Museum & Library has been rebuilt and is poised to open July 14 and 15, 2012!

On Saturday, July 14th, the ribbon-cutting festivities begin with a Parade of States. Czech and Slovak individuals and groups are invited to represent their state in the parade. The goal is to have all 50 states represented.

Additionally, musicians, dancers, puppeteers or folk artists who are keeping Czech and Slovak traditions alive may have the opportunity to demonstrate their talents during the weekend in the new amphitheater, on the Kosek Bandstand or in the beer tent. For information about the Parade of States, please contact Janet L. Stoffer, Director of Education & Visitor Services, at 319-362-8500, Ext. 218 or e-mail jan@ncsml.org.

Among the first exhibits at the new museum is "Alphonse Mucha: Inspirations of Art Nouveau." The display features paintings, jewelry, sculptures and lithographs from the Mucha Foundation in Prague and London. Not since 1999 has an exhibit of this size and caliber appeared in the United States and it is the first of its type to appear in the Midwest region.

This is an once-in-a-lifetime opportunity to view the lush beauty of Mucha's flowing, elegant artwork, which is

recognized by people all over the world. "Alphonse Mucha: Inspirations of Art Nouveau" is divided into six sections and explores Mucha not just as the father of art nouveau, but also Mucha's Moravian roots, his family, his photography and his devotion to the Slav people. The exhibit continues through December 31, 2012.

Admission for NCSML members is free, \$12 for adults, \$10 for seniors, \$5 for students ages 13 and older and active military members, and free for children under 5. Admission also includes the exhibit "Rising Above: The Story of a People and the Flood," located in the Kosek Building, 87 16th Avenue SW.

It all comes out in the wash

After four years in restoration and storage, the Petrik Gallery will pop with an exhibition of embellished textiles that were damaged in the Flood of 2008 and painstakingly restored at the Chicago Conservation Center. Visitors will be thrilled and surprised at the vibrant colors and quality of the pieces. And the beloved kroje (folk costumes) will be on display once again, along with many other examples of decorated and laced textiles.

Weird & Wonderful

Engaging, wacky and witty is what visitors to the Smith Gallery will find in "Weird & Wonderful: Award Winning Art for Children's Books." Seventy-six award-winning illustrations that were

honored at the Biennial of Illustration Bratislava will be on display. Ranging from whimsical to avant-garde, the exhibition is sure to enchant the young and young-at-heart.

The BIB is an international competitive exhibition of children's book illustrations which has been held in Bratislava every other year since 1967. Three types of awards are presented: The Grand Prix, the Golden Apple and the BIB Plaque. This exhibit includes three sets of winners: All award winners from 2011, the most recent year of the BIB; Slovak winners since 1967; and Grand Prix winners since 1967. Additionally, visitors may relax in the gallery with copies of many of the enchanting books that feature the awarded illustrations.

Groups are encouraged to attend the grand opening celebration. If you plan to bring a group, please contact Amy Lyness at 319-362-8500, Ext. 217 or alyness@ncsml.org to make arrangements and to receive a special group discount on admission (for groups of 10 or more). For hotel information, please contact Vicki Henry at the Cedar Rapids Convention and Visitors Bureau at 319-398-5009 or vhenry@cedar-rapids.com.

The National Czech & Slovak Museum & Library is located at 1400 Inspiration Place SW, Cedar Rapids, IA 52404. For information, call 319-362-8500.

Sokol Social News

HAPPY BIRTHDAY



Mildred Mihalic, a member of Lodge 39/40W, celebrates her 99th birthday on April 25th.

BRAVO!

Congratulations to **Jessica St. Clair**, member of Lodge 12 and friend of Sokol Woodlands, on her new TV show.

She is the writer, producer and star of a new sitcom, "Best Friends Forever," which premiered on NBC on Wednesday, April 4th.



Will 2012 be the year of the apocalypse?
Or will it be the year you start walking!?!?

Sokol Healthy Heart Walking Club

Benefits include:

- Reducing your stress level
- Lowering your risk of heart disease
- Controlling your weight
- 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 St., Apt. 9A
NY, 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!

SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

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

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

ENGAGEMENTS, WEDDINGS & ANNIVERSARIES



NAMES: _____

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

BIRTHDAYS



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

PROMOTIONS, HONOR ROLLS & OTHER EVENTS



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

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



Joseph Plawky Jr. of Farrell Lodge

JOSEPH 'JOE' PLAWKY JR.
Centenarian, farmer was a beloved Sokol member

Joseph "Joe" Plawky Jr. of Hermitage, Pa., 100, passed away on March 21st in UPMC Horizon, Greenville, Pa. Mr. Plawky was born Aug. 18, 1911, in Farrell, Pa., to Joseph Plawky Sr. and Agnes Wansack Plawky. He was the last living member of his 1929 graduating class at Hickory High School.

Mr. Plawky was a farmer for most of his life and worked for David Construction of Hermitage from 1960 to 1963 and for the former Sharon Transformer Division of Westinghouse Electric Corp. from 1964 to 1975. He was a member of Church of the Sacred Heart, Sharon, Pa. and most recently attended Church of Notre Dame, Hermitage. Mr. Plawky enjoyed and looked forward every year to starting farming, a pleasure he enjoyed until about a month ago.

He was a member of SOKOL USA of Farrell, a fraternal organization that supports youth gymnastics. Brother Plawky was honored in 2011 at the 105th Anniversary Banquet of Sokol USA Farrell by club officers and Brother Milan Kovac of the national office.

His wife, the former Ann Muszik, whom he married in October 1948, passed away in 1992. He is survived by a son, Joseph S. Plawky and his wife Kathleen, of Hermitage; a sister, Dorothy Olshavsky of Hermitage; and two grandchildren, Maria and Janet Plawky.

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: _____

PLAN AN ACTIVITY THIS YEAR

One of the most important things we can do this year as a lodge is getting together and have some fun. By doing this, we will continue to create a bond between us and be more able to invite new people to join us in our activities. In this busy world we live, we need to just take a few hours and plan for our future. It is easy. As a lodge, decide what you want to do. A couple of ideas are: play a game, have a dinner or go bowling. By doing an activity together, your lodge will become more united.

Please take a moment and do something for the future. Then write down your memory and share it with all of us by writing the Sokol Times and telling us about your event and try to include pictures. We all can make a difference and remember it all starts with your lodge.

Nazdar!
Jennifer Moulton

GYMNASTICS ON TV

The "Road to London" starts now! Catch up on who's who in the gymnastics world by tuning into these gymnastics competitions. Don't forget that these competitions lead up to the 2012 summer Olympics Games being held in London. NBC will be broadcasting the Olympics beginning on July 27, 2012. In the meantime, check out these preliminary competitions! (They are all scheduled to be televised on NBC at the following times, but check your local listings.)



- June 9 – Visa Championships – Men's – 1:00-3:30PM – EST
- June 10 – Visa Championships – Women's – 4:00-6:00PM – EST
- June 28 – Olympic Trials – 5:30-8:00PM - EST
- June 29 – Olympic Trials – Women - 9:00-11:00PM - EST
- June 30 – Olympic Trials – Men – 4:00-6:00PM - EST
- July 1 – Olympic Trials - Women – 9:00-11:00PM - EST

GYMNASTICS COMPETITIONS!



Whether you're getting ready to compete, or getting ready to cheer on our athletes – here are some upcoming gymnastics competitions to put on your calendar:



- April 28, 2012 – United Sokols of the East competition** at the American Sokol Hall in New York City:
Sokolads, Junior Boys and Senior Men: registration and group stretch at 8 am, competition starts immediately.
Sokolettes, Junior Girls and Senior Women in Novice and Level 1: registration and group stretch at 9:30 am, competition at 10 am.
Sokolettes, Junior Girls and Senior Women in Level 2-6: registration and group stretch at 12:30 pm, competition at 1 pm.



April 12, 13 & 14, 2012

Thursday, April 12, 1 p.m. and 6 p.m.
Team Preliminaries, University of Bridgeport, Harvey Hubbell Gymnasium
120 Waldemere Ave., Bridgeport

Friday, April 13, 7 p.m.
Team Finals, Webster Bank Arena

Saturday, April 14, 1 p.m.
Individual Event Finals, University of Bridgeport, Harvey Hubbell Gymnasium

To purchase tickets prior to the April 12 or 14 events, please visit www.bridgeport.edu/usag. On the day of these events, tickets can be purchased at the Harvey Hubbell Gymnasium if they are available.

To purchase tickets for April 13, please contact Ticketmaster at 1-800-745-3000, visit www.ticketmaster.com or visit the Webster Bank Arena box office in person.

For more information about specific events, times or hotels, contact athletics@bridgeport.edu, 203-576-4059 or visit www.bridgeport.edu/usag.

Advertising Opportunity
For information and rates to advertise in the event program, please contact pdoneit@bridgeport.edu.

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.

GEORGE KARABIN – (1924-2012) A member of Lodge 93, Bethlehem, Pa. He is survived by his wife.

ANNA L. KRUZIC – (1917-2012) A member of Lodge 304, Chicago, Ill.

JOHN KAPUSTIK – (1926-2011) A member of Lodge 130, New Kensington, Pa. He is survived by his wife.

MARY STEFANIK – (1916-2012) A member of Lodge 20, Ford City, Pa. She is survived by her son.

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.