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# SOKOL TIMES

FEBRUARY 9, 2012

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## A good time was had by all!



Sokol Farrell's Sv. Mikulaš (St. Nicholas) Party was held December 3<sup>rd</sup> in the Slovak Home. And when you combine delicious food, the good music of John Lapinski's orchestra and a great mix of people, the result is a great time! The first Saturday in December has become the traditional date over the past 25 years, or so, to celebrate the kindly Saint's name day that is celebrated in Slovakia and the remainder of Europe on December 6<sup>th</sup>. Above, faithful Sokol workers who cooked and served the delicious homemade Slovak menu are (from left in front) Sarah Goda, Sasha and Alex Banjak and Bibi Murcko and (in back) Debbie Goda, Melissa Flickinger, and Zuzana and Suzie Murcko. Below, Sokol Farrell gymnasts Lili and Ava Glover enjoy the party.



## From the President's View

The 150<sup>th</sup> Sokol anniversary year has arrived! Recently a letter from the President of the Ceska Obec Sokolska in Prague arrived at my office. It announced the opening of the 150<sup>th</sup> anniversary year will begin on March 10, 2012, at Charles University. Following the opening of the anniversary year, there will be many small scale events and memorials which will culminate in the All-Sokol Slet in Prague June 30 to July 6.

This Slet will be very different from prior Slets in Prague. There will be a mixture of cultural programs, such as several performances of the opera "The Bartered Bride," chorale performances and puppet shows in addition to the traditional Sokol Sports and Slet performances. The events will occur all over the city of Prague in large and small venues.

The first day of the July Slet will begin with a huge parade of Slet participants starting at Wenceslous Square and progressing through the heart of the old city of Prague. There will be a gala performance at the Tesla Arena and, on July 5 and 6, the Slet performance will be held at the Synot Tip Arena.

The All-Sokol Slets are exciting gatherings of Sokols from all over the world. They are unique experiences. The scale and the energy are just like what one sees in the historic photos depicting thousands doing mass calisthenics. There is an amazing energy and camaraderie during these times.

I encourage as many of our Sokol USA members to go to Prague and share the experience. You will not be disappointed. It is a vibrant, energetic and unique experience not to be missed.

To help our members to attend the All-Sokol Slet, the Supreme Lodge passed a subsidy for Sokol USA members who go to the All Sokol Slet in Prague who participate in mass calisthenic events at the Slet. I encourage our members to attend the Slet and to participate in the calisthenic events. It is a unique and exciting experience. There will be basketball, volleyball, a fitness challenge, and many other sporting events.



Joseph Bielecki

It is a once-in-a-lifetime opportunity to compete with thousands of Sokols from all around the world, to meet people from around the world and to make new friendships.

Additionally, Sister Moulton is compiling a memory book which will be presented at the World Sokol Federation in Prague. Our members are encouraged to send their congratulations, good wishes, comments and Sokol memories to Sister Moulton for inclusion in the book. This will be a unique and fitting way for those who cannot be present in Prague to participate.

Sister Bea Walko has put together a great tour package for those who wish to travel as a group to Prague. There will be details regarding the tour in this and future issues of the Sokol Times. It will be a fun tour experience.

Finally, I urge our lodges to individually mark the 150<sup>th</sup> Anniversary year. This is a historic time for Sokol and it is my hope that each lodge will mark the anniversary in some special manner. I encourage our lodges to bring in new members to mark the anniversary. I hope that I will have the pleasure of stating in the December issue of the Sokol Times that we had 150 new members join in 2012.

Nazdar,  
Joe Bielecki  
President – Sokol USA

## Let's Get Walking

It's a New Year and time to start walking. Do it with a friend or by yourself. But just get started. There are many facts that walking is good for you. Here are some facts you should know about walking.

- Every minute you walk you extend your life by 1.5 to 2 minutes.
- Walking two miles a day decreases your chances of having a heart attack by half.
- To walk faster you should take smaller strides and pump your arms.
- Most shoes last 500 miles. So if you walk 30 to 40 minutes a day, make sure you

buy a pair of shoes every year.

Once you have decided to take the challenge and start walking, make sure you check with your doctor to make sure you are ready for a new workout program. Remember to start out slowly, walk in a familiar well lit place and don't forget water.

Are you a member of the Healthy Heart Walking Club? If you are not, it is very simple to get signed up. All you have to do is contact Brandi Kovac at 280East 2<sup>nd</sup> Street, Apt 9A, New York, NY 10009 or e-mail [BKKovac@aol.com](mailto:BKKovac@aol.com).

# SOKOL TIMES

official organ of the  
SLOVAK GYMNASTIC UNION SOKOL  
OF THE USA

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## Sokol USA National Gymnastics Department Conference Call Meeting Wednesday, August 31, 2011 – 7:00 PM

(Continued from January 2012)

### National Staff Reports (Continued)

Eric Skovronek, Assistant Director of Men  
September 2011

This past year in the capacity of Ass't Director, I attended Sokol USA Sokolfest in Independence, OH. I had a wonderful time there and found myself to be very busy the entire time. The Slet Committee did an excellent job of selecting facilities and activities for all participants. My major responsibilities included preparing for and directing the fitness challenge and then acting as field marshal during the Slet. During the year I also participated in several conference calls in preparation for the slet.

In other capacities, my Sokol involvement continued throughout the year. The majority of my Sokol time was spent instructing at Lodge 32-Boonton where I continue as director of men. As such, I also attended the District MM Hodza competition.

Outside of gymnastics, I participated at the local level in several fundraisers for the Boonton lodge (pancake breakfasts, Slovak dinners, etc.).

This past year also required a significant amount of my time involved in a Sokol Supreme Court hearing

I look forward to continued involvement in Sokol and early preparations for Sokolfest XXVII.

Nazdar!

Charity Ruhl, Assistant Director of Women  
September 2011

This past year has been a challenge, trying to balance a full time job, the gym (another full time job), returning to school, several sick family members and a Slet!

Much of the year was spend trying to help Chris and Todd prepare for Sokolfest. It was a challenge to explain to many of our new members what to expect but the end result was very positive. I was excited to create a number for the opening ceremonies and help create a group marching number. It was a great feeling to have so many new members embrace the Sokolfest activities and want to continue to be active.

Spring was also busy as we had many gymnasts qualify for their state championships. My husband and I also enjoyed a nice drive to Boonton to teach the young adult cal to a very nice group of young ladies. I look forward this year to some possible training sessions and ideas for the next Sokolfest.

Nazdar!



## WHO NEEDS MONEY FOR COLLEGE?

High School Seniors planning to attend college or current college students, Sokol USA's **Milan Getting Scholarship** is available to Sokol USA members!

Education is never something that should take a back seat. Improve your financial ability to attend college by applying for the Milan Getting Scholarship. Each year, Sokol USA is proud to award the Milan Getting Scholarship to Sokol USA members who are furthering their education. Contact Sokol USA Headquarters by phone or e-mail (1-888-253-0362 or [SOKOLUSAHQSA@aol.com](mailto:SOKOLUSAHQSA@aol.com)) and obtain an application and get ready to enjoy one of the benefits of being a Sokol USA member.

Applications for the 2012-2013 academic year must be received at Sokol USA by April 1, 2012. New scholarship recipients will be announced by June 1, 2012.

**Reminder: All current Milan Getting Scholarship recipients must submit a scholarship renewal application each year by June 29<sup>th</sup>. Please contact Sokol USA headquarters with any questions.**

## SOKOL TOUR

to the

## Celebration of the 150<sup>th</sup> Anniversary of the founding of SOKOL

Destination: Prague, Czech Republic  
Dates: June 29 – July 12, 2012

### Preliminary Details

- Slet Parade through the streets of Prague
- Attendance at Slet Performance
- Day trips while in Prague
  - Karlove Vary
  - Pilsen
  - Cesky Krumlov
- Travel following Slet through Slovakia or other option

### Tour Inclusions

- Round trip air fare
- Hotel stay
- Breakfast
- Several dinners
- Entrance to Slet
- Inclusive tours

Further details will be forthcoming  
Deposit of \$100 required to reserve air fare  
Deadline February 11, 2012

**For more information contact Bea Walko  
at [Beawalko@optonline.net](mailto:Beawalko@optonline.net) or 203-531-9669**

## 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

## 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.

## Gymnast of the Month: Boonton's Mikayla Harris

Mikayla Harris is Boonton's newest Gymnast of the Month. She is 12 years old and has been in Sokol for seven years.

Mikayla shares, "Every Tuesday, I am very excited to go to Sokol to practice my routines. I try my hardest to represent my lodge by trying to go to all of the competitions." She has competed in District competitions in Boonton, United Sokols of the East competitions in Manhattan and Barryville, and at the Cleveland Slet. She said she had a lot of fun at the slet, though it was really hot. She liked the field games the most. Mikayla competed in Level 3 as a Junior girl. She was also proud of the three pull ups she completed in the Fitness Challenge.

Mikayla's favorite pieces of equipment are the bars and vault. She likes bars because she feels like she can do anything, and on vault she feels like she is flying. "I am proud that I can do my pull over and back hip circle on the bars because I usually fall when I attempt these moves," she said.

Some fun facts about Mikayla's life outside of Sokol are: her favorite TV show is "Pit Boss," her favorite foods are steak and macaroni and cheese, her favorite ice cream is chocolate, and her favorite vacation spot is her summer home in Pennsylvania.

Mikayla is a gymnast who tries her best at every practice. She helps out the lodge as much as she can in fundraisers and assisting the Sokolettes. She has a great attitude and is supportive to her teammates.



12-year-old Mikayla Harris of Boonton Lodge has been named Gymnast of the Month.



## SEASON TO CELEBRATE

Beginning at 3 p.m. on Sunday, December 4, 2011, the annual Christmas celebration of Lodge 276 in Pittsburgh, Pa., brought 50 members and friends to Grant Bar and Restaurant in Millvale, Pa. Holiday greetings and a social reception made the reason for this most becoming day! Supreme President Joseph Bielecki attended our event and gave a grateful Sokol outlook in his seasonal remarks. All Lodge 276 officers (as pictured) agreed to keep their office again for 2012.

Nazdar,  
Amelia Blistan  
Lodge 276 Reporter  
Pittsburgh, Pa.

### SCRAPBOOKING MEMORIES OF 150 YEARS

Sokol is celebrating 150 years of achievements this year in Prague. Let's be a part of the celebration and help to contribute to the memories.

All we need to do is send pictures with captions, write down a memory and mail them to me. I will arrange them into a scrapbook that will be presented to Sokol headquarters during the 150<sup>th</sup> Celebration.

Please help create a scrapbook to show how Sokol has made a difference in all our lives. Send your memory to Jennifer Moulton, 4521 Emerald View Court, Eureka, MO 63025.

Nazdar!  
Jennifer Moulton

## Lodge 39/40W, Berwyn, Ill.

Lodge 39/40W of Berwyn does not conduct its own gymnastic program, though some of our members do participate in performing calisthenics by attending classes at Lodge 306. Most of our activities involve "volunteerism" and donations to charities. In addition, we offer a matching scholarship to lodge members that are recipients of the Milan Getting Scholarship. We are proud to have helped our members further their education. The most recent recipients are Emily Brinely and Janelle Brinley, and they have acknowledged their thanks for this matching grant in letters to the Lodge and members.

### Lodge Contributions

- Lodge 39/40W is proud to have donated funds to the following:
- Matching Scholarship for Lodge 39/40W members
  - Pizzas for Patriots (Pizza sent overseas to service men and women)
  - National Military Family Association
  - National Czech and Slovak Museum & Library
  - Illinois Fire Safety Alliance (Burn Camp for children disfigured by fire)
  - Milan Getting Scholarship Fund
  - Sokol USA Gym Fund
  - American Cancer Society
  - ALS
  - American Liver Foundation
  - Salvation Army
  - Northwest Community Hospital Cancer Foundation
  - Battered Women's Shelter and donation of personal care products

### Member's Contributions

- All members bring two non-perishable items to each lodge meeting, and these food items are distributed to various food banks in the area.
  - Members have participated in Cancer, ALS, and American Liver Foundation walks
  - Several members have donated blood for several years
  - Members support several animal shelters and at Christmas donates bags of food and toys for the animals
  - Members donated playing cards to the VFW for delivery to our troops overseas, to the Elks for distribution to our veterans at Hines Hospital and some playing cards were distributed to senior centers and nursing homes
  - Members will snow blow walks and driveways of neighbors who are aged or physically unable
  - Members volunteer to help in the kitchen of Lodge 306 fundraising dinners
  - Volunteer to package food for "Feed My Starving Children" for delivery to Haiti
  - Collect pop can tabs for Ronald McDonald House where parents can stay while their child is Chicago Children's Memorial Hospital.
  - Save "Box Tops" and "Campbell Soup" labels for education and are distributed to area schools
  - Volunteer to work at Morton Arbor planting and caring for the floral displays
- Though not all these acts were accomplished in one year, we offer this as suggestions for other lodges to pursue.  
Lodge Reporter Debbie Golden

## SUMMER LANGUAGE INSTITUTE

# PITTSBURGH TO SLOVAKIA

JUNE 4 - AUGUST 10, 2012



Photos by Gina Peirce

## THE PROGRAM

### Beginning and Intermediate Slovak

Beginning and intermediate level students who have completed our six-week summer course or two semesters of Slovak, or who have an equivalent knowledge of Slovak, have the option of studying in Bratislava, Slovakia for 4 weeks through Comenius University. The intensive language course will include travel to Kosice, the High Tatras and many other locations in Slovakia, as well as optional trips to Vienna and Budapest.

### 6+4 Pitt/Slovakia Program

- 10 credits; 6 credits for Pittsburgh only
- June 4th – July 13th in Pittsburgh
- July 16th – August 10th in Slovakia
- \$7,710\*

### 4 weeks in Slovakia Program

- 4 credits – placement test required
- July 16th – August 10th in Slovakia
- Requires previous Slovak language study
- \$3,894\*

\*The cost includes housing and travel in Slovakia, tuition in Pittsburgh and Slovakia. Housing in Pittsburgh and airfare are NOT included. All prices are subject to change.



## SCHOLARSHIPS

Many full and partial scholarships are available for all languages and levels. These include Study Abroad Scholarships, Provost's Scholarships for Study Abroad, Center for Russian and East European Studies Scholarships, Slavic Department Scholarships, and FLAS Fellowships. Information on these scholarships is included with application materials.

## DEADLINES

The deadline for application and scholarship consideration is **March 16, 2012**. Scholarship recipients will be notified in early April, 2012. Airfare deposit for all study abroad programs is due by **April 10, 2012**.

For additional information, contact:

**Christine Metil**  
Assistant Director, Summer Language Institute  
Department of Slavic Languages and Literatures  
1417 Cathedral of Learning  
University of Pittsburgh  
Pittsburgh, PA 15260

Phone: 412-624-5906  
Fax: 412-624-9714  
E-mail: SLIadmin@pitt.edu



Application forms are available at <http://www.slavic.pitt.edu/sli>

\*\* All Prices are Subject to Change \*\*

Slavic and East European  
Summer  
Language  
Institute  
University of Pittsburgh - 2012

## SLOVAK SUMMER INSTITUTE AT UNIVERSITY OF PITTSBURGH AND BRATISLAVA, SLOVAKIA

The intensive Slovak Summer Institute will again be held at the University of Pittsburgh from June 4 through July 13, 2012. Beginning, intermediate and advanced Slovak will be offered. This course is open to students of any age, including juniors and seniors in high school, undergraduate and graduate students, as well as to persons of any age not currently enrolled in a college or university. Partial and full scholarship aid is available. Apply by March 16 for scholarship consideration.

Attracting students from all over the U.S. and Canada, the Summer Language Institute consists of intensive instruction (five hours daily), allowing students to make the greatest possible progress in Slovak during the time available. Cultural and social activities, including lectures, discussion groups, and film showings are planned. Guest students may choose to stay in a dormitory or in a subletted apartment.

SLI's Intensive Slovak courses, which carry six college credits, are a thorough introduction to the basic categories of Slovak pronunciation, grammar, and syntax. Emphasis is placed on the communicative competence, the active use of new structures in dialogues, unstructured conversation, reading, and listening comprehension.

The instructors are chosen for their experience, enthusiasm, and commitment to language

teaching, which ensures the high academic quality of Pitt's SLI program. Location at the University of Pittsburgh campus ensures access to the latest technology, combined with a sophisticated urban setting, with social and cultural amenities. The Slovak course is part of the University of Pittsburgh's East European Summer Language Institute. Other languages offered include Bulgarian, Serbian/Croatian, Ukrainian, Polish, Russian, Turkish, Lithuanian, Latvian, Estonian, Czech, and Slovak. Study abroad programs in Russia, Bulgaria, the Czech Republic, Slovakia, Poland and Hungary are offered.

A four-week intensive Slovak language program at the intermediate level, led by Dr. Vlasta Stofova, will be offered through SLI in 2012 in Bratislava, Slovakia following the six-week program in Pittsburgh. This course includes travel and cultural programming in Slovakia. Applicants with some prior knowledge of Slovak may also be considered for participation in this program.

For further information and applications for the 2012 Slovak Summer Institute, contact Christine Metil, Slavic Department Summer Programs, University of Pittsburgh, 1417 CL, Pittsburgh, PA 15260, call 412-624-5906, or download an application at <http://sli.slavic.pitt.edu/>.

## 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

## 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, New Jersey 07019-0189

**Sponsor a Gymnast today - Nazdar!**

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

## Got Insurance?

### Introducing Sokol USA's NEW Single Premium Insurance Coverage

**Affordable Rates                      Excellent Coverage**

**Different Rates for Men and Women**

**Simplified Application Process**

**You will not be turned down because of age**

**Pay Once, Have Coverage for Life**

**Minimum Policy is \$3,000**

#### \$3,000 Policy

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

#### \$5,000 Policy

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

#### \$10,000 Policy

Newborns:	\$710 for males
	\$600 for females
Age 5:	\$840 for males
	\$710 for females
Age 18:	\$1,330 for males
	\$1,140 for females
Age 21:	\$1,440 for males
	\$1,240 for females
Age 30:	\$1,890 for males
	\$1,680 for females
Age 40:	\$2,640 for males
	\$2,350 for females
Age 65:	\$5,650 for males
	\$5,040 for females

**For a complete list of rates by age, please contact your local Lodge  
or Sokol USA Headquarters at 888-253-0362 or  
SOKOLUSAHQ@aol.com**

## *Indoor Walking*

During the cold weather months, the best place to walk is indoors. Which means you can now become a mall walker. The best part about mall walking is the floor is level, the temperature is constant and you can adjust your walking to your needs.

What do I mean about adjusting your walking to your needs? Well, you can choose what time of day you want to walk. Most malls have a walking program that you can join and walk before the mall opens or you can walk during mall hours. You can also change the type of walking you are doing by adding in stairs or escalators, or by speeding up and slowing down.

Are you walking at a workout pace? You are if you are breathing hard enough for yourself to hear and still able to carry on a conversation with the person beside you. If you are unable to carry on a conversation, slow down.

Remember walking helps to maintain stronger bones, a happier mind set, healthier heart and it can be a fun thing to do with friends. Are you a member of the Healthy Heart Walking Club? If not, get signed up today by contacting Brandi Kovac at 280 East 2<sup>nd</sup> Street, Apt 9A, New York, NY 10009 or e-mail [BKKovac@aol.com](mailto:BKKovac@aol.com).

Nazdar!  
Jennifer Moulton

## **DONATIONS GRATEFULLY ACKNOWLEDGED**

### **To the Milan Getting Scholarship Fund**

Jan and Anna Sopoci \$50.00  
*Best Wishes to all our Sokol friends  
for a Happy and Healthy New Year!*

Anthony Puglisi – Editor of the Sokol Times \$50.00  
*Best wishes for a year full of health and happiness*

### **To the Sokol U.S.A. Gym Fund**

Anthony Puglisi – Editor of the Sokol Times \$50.00  
*Best wishes for a year full of health and happiness*

## *Planning an Activity*

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

## **National Czech & Slovak Museum & Library rebuilds, plans for the future**

The National Czech & Slovak Museum & Library has been delivered from a disaster. The epic Flood of 2008 and an economic slump were not enough to take the museum off course, and the new Museum and Library is expected to open in Summer 2012. Perhaps you have seen media coverage of the successful move and raising of the 1,400-ton flood affected building, which now sits above the 2008 flood line atop its new foundation. You can read more information and see videos of the Monumental Move at [www.ncsml.org](http://www.ncsml.org).

For over 35 years, the National Czech & Slovak Museum & Library has collected, preserved an interpreted the stories of Czechs and Slovaks. Did you know that the NCSML is preserving our history, in particular? The museum's collection contains about 200

Sokol artifacts from around the United States, including photos, exercise equipment, pennants, uniforms and more. No other museum dedicated to Czech and Slovak history and culture has the scope or reach of the NCSML – or the ability to bring this precious history and culture to so many people around the world.

When the new Museum and Library opens, it will serve as a place where visitors of any age and from any location can connect with the stories of Czechs and Slovaks. In learning about others, they will learn about themselves. They will be inspired to question: Who am I? Where did I come from? What makes me unique? What do we have in common? What do I stand for? The universal nature of these questions, and the themes of freedom and identity, family and community, and

human rights and dignity, will make the National Czech & Slovak Museum & Library an important, relevant and viable institution for many years to come.

Do you want to get involved? Making financial and artifact donations or becoming a member are great ways to forward the mission of the NCSML. To learn more, call Lindsey Buchheit at 319-362-8500.

An exciting future lies ahead for the National Czech & Slovak Museum & Library. You can stay informed on construction progress, as well as learn more about donation or visit planning, at [www.ncsml.org](http://www.ncsml.org). Stay tuned for news of the 2012 grand opening date!



## **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](mailto:yatch18@aol.com)

# MINUTES OF M.M. HODZA DISTRICT MEETING NOVEMBER 19, 2011 BOONTON, NJ

President Judy Bindas called the meeting to order at 10:15AM. The following people were in attendance:

<u>Name</u>	<u>Lodge</u>
Judith Bindas	32 – President
Teddy Fernandez	1 – Vice-President
Brandi Kovac	12 – Co-Director / Secretary
Norah Valentin	12 – Treasurer
Ellen Kovac	12
Pat Ritz	32 – Co-Director

Sis. Bindas led the Pledge of Allegiance and a moment of silence for deceased members followed.

Minutes from the 2011 meeting were read. A motion was made to accept the minutes as read. Motion carried.

### **Treasurer's Report**

Sis. Valentin provided both a detailed annual report for the current year, as well as annual reports from the past 3 years. In addition, Sis. Valentin provided a comprehensive nine-year summary of the District's finances. This year, for the first time in 5 years, our income was less than our expenses. This was not a surprise, because last year we prioritized the reimbursement of Slet participation. We voted to pay \$100 per participant for the 2011 Cleveland Slet; Central Jersey had 4 participants, Boonton had 11 participants.

This year, the District purchased awards for the District competition; the food was donated by Sis. Irene Karoly from Boonton.

A donation was received from Lodge #1. In the past, the District received donations from the Yonkers and Tarrytown Lodges, but nothing was received from either lodge this year. Discussion ensued as to whether those Lodges still meet regularly, and who the Lodge Officers are. Sis. Valentin contact Headquarters and inquire.

The Fraternal Contributions are increasing, possibly due to the change in the number of members purchasing single-pay policies. The interest on our Promissory notes has been lowered. Sis. Valentin will inquire about the District assessment from the 2<sup>nd</sup> quarter of 2010; it may not have been received. Discussion and review of the different policies that Sokol USA offers ensued.

This year, all reimbursements requests were received in a timely manner - hurrah! As a reminder, Sis. Valentin must receive a request for reimbursement within 60 days of an event.

Sis. Valentin will pay the 2010 bill from the United Sokols of the East, at a total of \$30.00, this weekend and Sis. Brandi Kovac will bring it to Sis. Dorothy Gurreri at Sokol New York.

Sis. Ritz noted that her Lodge members very much appreciated the District's support and financial reimbursement for Cleveland. The District Officers thanked Sis. Valentin for her amazing and fabulous job.

Motion was made to accept the Treasurer's report. Motion seconded and carried.

### **Sokol Woodlands**

Sis. Ellen Kovac reported that the camp remains on the market. The plumbing in the Main House was turned on this past summer, and the Camp Board continued to maintain the grounds. Sis. Ellen Kovac stated that the Camp is still accepting donations to help offset the cost of maintenance and we are looking for volunteers to help maintain the grounds. If anyone is interested in visiting the grounds, they can contact Sis. Ellen Kovac. Members are encouraged to go and help.

### **Gymnastics**

Sis. Brandi Kovac reported the following information from the United Sokols of the East meeting held at ASO NY on 10/12/11:

Last year, a Junior/Senior Recreational Bowling Tournament in Boonton never took place. (For years, Bro. Eric Skovronek has been looking for assistance in running the tournament, with no luck.) The United Sokols of the East discussed the feasibility of a bowling tournament held someplace other than the Boonton Lanes. The cost of bowling in Boonton is so much lower than a Manhattan or Queens location. It was decided that in lieu of a bowling tournament, Sokol New York will host an alternate Jr/Sr social at the Sokol New York Hall sometime in January / February 2012. If there's interest an additional social can be held that includes bowling.

The US of E will run a joint Children's and Jr/Sr Competition on Saturday, April 28, 2012 at ASO NY. There will be a social held afterwards like last year, with dinner provided by the United Sokols of the East. The meet will most likely be run in a warm-up / compete format, like last year. Females Novice through Level 3 will have one vault only, females Level 4 and up will have two vaults. The US of E is hoping to hire 3-4 judges for the female competition like last year; volunteers will still be needed. The US of E attempted to stagger start times of different levels so the gym wouldn't get too crowded. However, the gym was still packed last year. So, for the February US of E meeting, each organization will bring a tally of how many gymnasts are in each level, and we will decide the start times at the February meeting. The next US of E meeting is on 2/15/12.

With those dates set, the District decided to hold its competition on 3/31/12 in Boonton. The boys will register and group stretch at 10:00AM and warm-up / compete at 10:30AM. The girls will register and group stretch 12:30PM and warm-up / compete at 1:00PM. Just as a reminder, the uniform policy is as follows: female competitors must wear a leotard that is red, white, and blue or any combination thereof, and male competitors must wear blue shorts, with a red, white, or blue shirt.

The 2012 Slet will be hosted by the Czech Sokol Organization. The festivities will run from July 1-7, 2012. The official website for the Slet is: [www.vsesokolskyslet2012.eu](http://www.vsesokolskyslet2012.eu) The 2013 ASO Slet will be held in Milwaukee, Wisconsin.

### **2011 Cleveland Slet (town of Independence)**

Sis. Bindas thanked and congratulated Sis. Ritz and Sis. Brandi Kovac for creating the original children's calisthenics that was performed in Cleveland. Sis. Ritz stated that the National Directors gave the Klimow award to the ASO Cleveland group, and we whole-heartedly agree with the decision – the participation from the Cleveland unit doubled the number of children performing the children's cal! The Slet venues were fantastic, including the state-of-the-art modern facility where the gymnastics, volleyball and fitness challenge were held. There was a silent auction that raised money for the Milan Getting Scholarship committee. Food and accommodations were very affordable, and there was free food at certain functions. The field games that happened during the Slet rehearsal were a great idea.

### **National Gymnastics Department Conference Call**

Sis. Valentin (as well as Bro. Eric Skovronek) called in to participate on the National Gymnastics Department conference call on August 31, 2011 (which has to be rescheduled from its original date due to Hurricane Irene). Sis. Valentin dutifully stayed on the call for the whole time. Feedback from the Slet was discussed, and recommendations were reviewed. Bro. Todd Yatchyshyn wants to develop a special number. The advantages and disadvantages of a conference call were discussed.

### **Misc District Items**

The District held two training sessions this year! The first training session, held in December 2010 at Boonton, was geared to let participants condition and worked out on the apparatus. In addition, Sis. Andrea Harris and Sis. Karen Sikes led some of the junior/senior cal. The second District training session was a cal training session held in May 2011 at Boonton. Sis. Charity Ruhl, one of the composers of the Junior/Senior cal, came to Boonton to teach the cal. Participants from Central Jersey, Boonton and Sokol New York attended.

The District will hold off on scheduling a training session for now. The District may not have any members going to this year's Slet in Prague. We can determine the need and interest for a training session at a later date.

### **Lodge Reports:**

#1 New York – While there is no gymming in Lodge #1, certain members are still active in Sokol at ASO NY and when possible, the Lodge financially supports the District via donations.

#12 Central Jersey – They continue to rent gym space on Friday evenings at the American Gymnastics Academy. Compared to last year, membership is about the same, and we expect a few more members to return in the spring. We still have several tots. Sis. Valentin attended a pre-school workshop run by Flipping Education; it was very worthwhile. Sis. Ellen Kovac, Sis. Valentin and Bro. Lance Kovac are the main instructors. A few young parents like to help and workout. We had four members participate in the Cleveland Slet. Our members also attended and helped run the District and US of E competitions, and also continue to volunteer at Sokol Woodlands. We have four members currently receiving the Milan Getting Scholarship – 3 renewals and a new recipient this year.

#32 Boonton – Enrollment in Sokolettes is about the same from last year and Juniors is down. There are about 20 Sokolettes, 7 Sokolads and 4 juniors. This year the Cheerleaders are practicing in the Sokol gym twice a week. The Cheerleaders are interested in forming a squad for athletes with special needs. Boonton holds classes on Monday and Tuesday evenings, and then Thursday mornings. There is only one tots class this year, due to teacher availability constraints, but the class is well-attended. Last season, the Boonton Juniors enjoyed working out with Lodge 12 at AGA to workout and learn the calisthenics. Sis. Nicole Zaremba also attended the Flipping Education pre-school workshop along with Sis. Valentin. Boonton continues to consistently fundraise. They had a successful Slovak Dinner, and a Fish & Chips Dinner. They have three annual pancake breakfasts: one on Superbowl Sunday, one on Father's Day and one on the Sunday following Thanksgiving. Members participated in the bowling tournament in Palmerton, PA. The Boonton Lodge gives back to its community as well. The Giving Tree was so popular last year, so they are doing it again. The Lodge sponsored two families and single elderly person. Also, the Lodge started to rent out the hall out again to generate income.

Motion made and seconded to accept Lodge reports. Motion carried.

### **Recommendations of the Technical Board for 2011-2012**

1. The District help finance District students sent to Sokol Instructors' Schools by reimbursing 50% of the most reasonable means of transportation.
2. The District host at least one Eastern Area training session, if needed, during the 2011-2012 season, with reimbursement provided by the National Gymnastics Department.
3. The District reimburse Director(s) travel, lodging and food expenses arising from District participation in authorized activities.

(Continued on Page 7)

# MINUTES OF M.M. HODZA DISTRICT MEETING

(Continued from Page 6)

4. The District retain its membership with the United Sokols of the East. (The \$100 annual membership fee will be paid as follows: \$30 by the District, \$35 by Lodge 12 and \$35 by Lodge 32.)
5. The District sponsor an annual competition for Children, Juniors and Seniors to be held March 31, 2012 in Boonton; and the District financially support this event by paying for awards and participants' meals.
6. The District have representation at the 2012 Sokol USA National Technical Board meeting; paying for expenses not covered by the National Gymnastic Department.
7. The District subsidize expenses for District participants in any 2012 Sokol USA National sports tournament (golf, bowling, volleyball, etc.), excluding Sokolfest activities, by paying \$10.00 per participant, per tournament.
8. The District reimburse member instructors one-half their tuition for completion of the USAG Safety Certification Course.
9. The District pays for the Professional Membership in the USAG for each of the District Officers, if the Membership is not paid by the Supreme Lodge.
10. The District subsidize expenses for District participants in the 2012 Slet to be held in Prague, Czech Republic by paying \$100.00 per participant in a Slet-sanctioned event.

Motion was made and seconded that the recommendations be accepted. Motion carried.

**Old Business**

As the role of the District is to support the gymnastically active Lodges, our District vows to assist Central Jersey and Boonton fulfill their goals for 2011-2012 season. We briefly reviewed the four goals that the Gymnastics Department made for the 2009-2010 year; we are pleased with the Lodges' fulfillment of those goals.

**New Business**

Fundraising continues to be done on an "as needed" basis. This year, with few participants expected to go to the Slet, fundraising is not necessary. Last year we sold green "Sokol" back-packs, and we can continue to do so, along with selling cookbooks. Holiday ornaments were distributed between the two Lodges to use in fundraising activities and/or for awards to enhance their programs.

In light of current news events (child abuse allegations at Penn State & Syracuse), discussion ensued about the need to be persistent and diligent regarding the Sokol USA Code of Conduct as it relates to our organization. Sis. Brandi Kovac recently

re-took the USAG Safety Certification course and noted certain passages in their handbook that are applicable: (found on p.39-40 in the 2009 edition of the USAG *Gymnastics Risk Management: Safety Course Handbook*)

- "Sexual abuse of children almost always occurs in private."
- "Never hire a person previously convicted of child abuse. Carefully check all references. Seek counsel immediately regarding how to handle any person previously accused of child abuse who has not been convicted."
- "Do not permit one-on-one sessions between a coach and a gymnast – a parent, guardian, chaperone, or another staff member should always be present."
- "Make it your practice to send both a male and a female chaperone to every competition, unless the athletes are all of the same gender and the chaperone is of the same gender too."
- "A minimum of two staff members should remain at the facility until all gymnasts have been picked up."

The District recommends the following to the National Directors:

1. We want to amend the current Code of Conduct to include the above passages.
2. The Code of Conduct should be included in the By-Laws.
3. Each year, all Sokol USA instructors (and other adults that are involved with the supervision of minors) sign a copy of the Code of Conduct and submit it to Headquarters. The signature attests that the person has read, understood and promises to follow the Code of Conduct. If it is found that an instructor has not followed the Code of Conduct, then disciplinary action may follow.

Motion made to draft a letter stating the above recommendations to the National Directors (with copies to the Supreme Lodge). Motion seconded and carried.

Sis. Brandi Kovac drafted a letter to inactive Lodges in the District for financial assistance. A similar announcement can be published in the Sokol Times; perhaps an individual member, Lodge or another District would sponsor our District competition. Motion was made and seconded.

As in the past, any urgent business and business that arises before the next annual meeting can be discussed and voted on via email.

Salaries:

President	\$75.00
Vice President	\$30.00
Secretary	\$55.00
Treasurer	\$75.00
Directors	\$75.00 each

The salaries have remained the same for more than 10 years. Motion was made and seconded that salaries remain the same for another year. Motion carried.

(Continued on Page 8)

## 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.*

# 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: \_\_\_\_\_

## MAKE A NUTRITION RESOLUTION

Tradition dictates that we make resolutions to do something different or better in the new year. For many people, that resolution involves improving their health and appearance by eating better.

One way to do that is to eat a wide variety of foods that are low in saturated fat and cholesterol to help reduce the risk of heart disease and stroke, the number one and three killers in this country. However, finding foods

that are heart healthy can be confusing amid all the product claims on grocery store shelves.

Here are some helpful tips:

Fill your shopping cart with plenty of fresh fruits and vegetables, which are naturally low in saturated fat and cholesterol. Consider fruit that is frozen or canned in its own juice and low-salt canned and frozen vegetables to supplement what is available in the produce department. Look for varieties

without added butter or other high-fat sauces.

Read labels to find whole grain products including oatmeal, rice and whole grain breads.

Include low-fat or no-fat dairy products on a daily basis. Read labels to determine fat content.

Choose lower-fat protein sources such as skinless poultry, fish, legumes and lean meat. Limit the amount to four ounces of meat or poultry in a meal – about the size of a deck of cards.

## MINUTES OF M.M. HODZA DISTRICT MEETING

(Continued from Page 7)

### Nomination of Officers:

Nominations of officers were opened.  
Judy Bindas nominated for President. She accepted the nomination.  
Teddy Fernandez nominated for Vice President. He accepted the nomination.  
Brandi Kovac nominated for Secretary. She accepted the nomination.  
Norah Valentin nominated for Treasurer. She accepted the nomination.  
Brandi Kovac nominated for Co-Director. She accepted the nomination.  
Pat Ritz nominated for Co-Director. She accepted the nomination.  
There were no more nominations, nominations were closed.

**Motion made and seconded that the secretary cast one vote for the slate. Motion carried.**

President – Judy Bindas  
Vice President - Teddy Fernandez  
Secretary – Brandi Kovac  
Treasurer - Norah Valentin  
Co-Directors – Brandi Kovac and Pat Ritz

Our next meeting will be on 10/20/12 in Boonton; the meeting will be at 10:00AM with a light breakfast and lunch served.

The meeting adjourned at 3:10PM.

Respectfully submitted,  
Brandi Kovac, Secretary

Substitute low-fat, low-cholesterol snacks for traditional high-fat, empty-calorie snacks. Try baked tortilla chips and salsa or fruit and low-fat yogurt.

To lose weight, make sure the amount of calories you eat is less

than the number you burn each day. Getting physically active for 30 minutes each day can help you use more calories, lose weight and build heart health long term.

## 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.*

**LARRY W. WOLFINGER** – (1951-2011) A member of Lodge 77, Allentown, Pa. He is survived by his wife.

**ROSE STELLAR** – (1924-2011) A member of Lodge 30W, Allentown, Pa. She is survived by two sons.

**EDWARD P. TABACJAR** – (1928-2011) A member of Lodge 276, Pittsburgh, Pa. He is survived by his daughter.

**JUDITH NASTASE** – (1952-2010) A member of Lodge 68, Blairsville, Pa. She is survived by her husband.

**RUSSELL JOHN SMOLAR** – (1966-2011) A member of Lodge 260, Cleveland, Ohio. He is survived by his mother.

**JOHN M. SLEZIAK** – (1922-2011) An Officer and member of Lodge 164, Detroit, Mich. He is survived by his wife and family.

**ISABELLE PROTZ** – (1922-2011) A member of Lodge 20, Ford City, Pa. She is survived by her sister.

**ANNA MAE HANEY** – (1923-2011) A member of Lodge 130, New Kensington, Pa. She is survived by her son and daughter-in-law.

**ELMER G. SLEZAK** – (1923-2012) A member of Lodge 103, Farrell, Pa. He is survived by his wife and family.

**JOHN C. NOVAK** – (1929-2012) A member of Lodge 20, Ford City, Pa. He is survived by his wife.

**ANNA RESETAR** – (1915-2011) A member of Lodge 130, New Kensington, Pa. She is survived by her children.

**LESTER P. SLEZAK** – (1928-2011) A member of Lodge 103, Farrell, Pa. He is survived by his wife.

**JOSEPH F. NOVAK** – (1929-2011) A member of Lodge 79, Mahanoy City, Pa. He is survived by his wife.

**ROSE KONESKY** – (1920-2011) A member of Lodge 248, Rossford, Ohio. She is survived by her children.

**STEVEN VALACH** – (1920-1997) A member of Lodge 130, New Kensington, Pa. He is survived by a daughter.

**FRANK J. GULLA, SR.** – (1916-2011) A member of Lodge 214, Palmerton, Pa. He is survived by his son and family.

**JOHN K. BURLINSON** – (1941-2011) A former Officer and member of Lodge 30, Danbury, Conn. He is survived by his wife.



## Looking for a fun way to burn off calories?

Join Sokol USA's

# Healthy Heart Walking Club

### Benefits include:

Reducing your stress level  
Controlling your weight  
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Sign up for Sokol's Healthy Heart Walking Club by sending your name, mailing address and home lodge to:

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New York, NY 10009  
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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!