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SOKOL TIMES

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To All Our Members:

Wishing You
a Very Happy,
Healthy and Prosperous
New Year!

From the
Supreme Lodge Officers
of Sokol USA

SOKOL TIMES

official organ of the
SLOVAK GYMNASTIC UNION SOKOL OF THE USA

Published monthly on the 2nd Thursday of the month.

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From the President's View

The celebrations, the parties, the carols, the feasting, and package opening are all over and the holidays are done. A new year, 2012, is upon us. Traditionally, the year starts after an evening of celebrating with drink, song and dance, with resolutions made and resolutions to be broken.

As I sit in Pittsburgh thinking of resolutions for the New Year, I encourage our membership and lodges to do the same. The importance of resolutions is not necessarily in their fulfillment but, rather, in the earnest attempts to fulfill the New Year resolutions. Many people will try to lose some of the pounds gained during December while eating all of the holiday delicacies; others will resolve to improve their health by exercise; still others will attempt to change their behaviors more positively; others, like me, will resolve no longer to set their watches ten minutes ahead but to arrive exactly on time.

The importance of the resolutions is to try to fulfill them. I encourage all of our members to make resolutions to attend their Sokol lodge meetings. I encourage all those who can to participate in the sports programs conducted by the Gymnastic Department. I encourage our members to join Sister Kovac and Sister Moulton in the Healthy Heart Walking Club (which is a great way to work off the holiday pounds and to get yourself a Sokol reward when you reach your first Walking Club milestone).

June 30 to July 5, 2012, will see the 150th Anniversary of the founding of the Sokol movement marked by a world-wide Sokol Slet in Prague. For those who are able to attend, it will be the event of a lifetime. If possible, make a New Year's resolution to go to Prague and participate in the Slet, you will not be disappointed! There will be mass-scale calisthenics, gymnastic and cultural performances at venues all over the city and an enormous all-Sokol parade through the heart of the historic Prague Old-Town.

I also encourage our lodges and our members to bring new people to membership in Sokol by selling an insurance policy. This is a great way to expand our membership and to secure our future. I encourage our lodges to be active, to do projects, to come together in fellowship and enjoy the Sokol spirit throughout the New Year.

Joseph Bielecki

NAZDAR!
Joe Bielecki
President-Sokol USA

New Year's Resolutions

Last month I talked about reflecting on the past year. Now it is time to make changes and to continue to make progress on our accomplishments. Doing this we will make us stronger and a more unified organization.

We all need to come up with two New Year's resolutions that we can accomplish this upcoming year. Last year I challenged all the lodges to have an event with themselves or with someone within their community. By doing this we hoped to build our Sokol USA in strength and in membership. This year I am challenging each lodge to do two events. Now is the time to seize the moment and look at the calendar and pick out two dates to do something. Perhaps make the first date before July and the second date after July. That will allow for planning time plus it will be easier to get your entire lodge involved in helping to plan and carry out the activity. Some ideas for your lodge could be: A cooking class, Easter egg hunt, game night and a '50s party.

We could also try and work with another lodge. Building internal relationships is extremely important. Examples of ways to do this: participate in Hold Hands Day, Do the walk for MS together or participate in Sokol's 150th anniversary.

Remember, it is all about teamwork and together we will make Sokol USA stronger. Through teamwork we will gain new friends and members.

I challenge all the lodges to become more active, to do two events this year and make a difference. Please make sure you share your successes so we can all learn from them.

Nazdar!
Jennifer Moulton

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 SOKOLUSAHQS@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 29th. Please contact Sokol USA headquarters with any questions.

Got Insurance?

Introducing Sokol USA's NEW Single Premium Insurance Coverage

Affordable Rates ***Different Rates for Men and Women***
Simplified Application Process ***Excellent Coverage***
You will not be turned down because of age
Pay Once, Have Coverage for Life

Minimum Policy is $3,000

$3,000 Policy		*$5,000 Policy*	
Newborns:	$213 for males	Newborns:	$355 for males
	$180 for females		$300 for females
Age 5:	$252 for males	Age 5:	$420 for males
	$213 for females		$355 for females
Age 18:	$399 for males	Age 18:	$665 for males
	$342 for females		$570 for females
Age 21:	$432 for males	Age 21:	$720 for males
	$372 for females		$620 for females
Age 30:	$567 for males	Age 30:	$945 for males
	$504 for females		$840 for females
Age 40:	$792 for males	Age 40:	$1,320 for males
	$705 for females		$1,175 for females
Age 65:	$1,695 for males	Age 65:	$2,825 for males
	$1,512 for females		$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
	$1,240for females
Age 30:	$1,890 for males
	$1,680 for females
Age 40:	$2,640 for males
	$2,350 for females
Age 65:	$5,650 for males
	$5,040 for females

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

2012 Opening Exhibition Explores Art Nouveau and the Czech Artist who Inspired Others

More than 230 rare works by one of the world's most famous artists will be on view for the opening exhibition beginning July 14, 2012, at the National Czech & Slovak Museum & Library, in Cedar Rapids, Iowa. *Alphonse Mucha: Inspirations of Art Nouveau,* featuring paintings, jewelry, sculptures and lithographs, is coming direct 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.

"We have been working with the Mucha Foundation for more than a year to bring this stunning exhibit to the U.S. and we are particularly thrilled that it will be the inaugural exhibition for the opening of this national museum," said President/CEO Gail Naughton. "This is a 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 featured artist, Alphonse Maria Mucha (1860-1939), is most often remembered for the prominent role he played at the turn of the century in the shaping of art nouveau. He was born in Ivanèice, Moravia, worked as a painter and studied art in Austria and Germany, before moving to Paris in 1887.

Art nouveau is French for "new art," which influenced much of the decorative arts during the mid 1880s to 1910. Not only glassware, jewelry, painting, textiles, and pottery but also graphic work and architecture were transformed by the wave of this modern style. Artists at the time drew their inspiration from both organic and geometric forms to develop a sumptuous yet natural approach united by its distinctive curvilinear elements.

In 1910, Mucha returned to Moravia, where he dedicated the remainder of his life producing the *Slav Epic*, a series of 20 paintings depicting the history of the Slav people.

Visitors to the National Czech & Slovak Museum & Library will be able to enjoy the exhibition through Dec. 31, 2012, after which many of the artworks will travel to Japan.

Gismonda, (at left) 1894, color lithograph. This is one of Mucha's most important works. It was his first poster of the actress Sarah Bernhardt and shot him to overnight fame in Paris. It revolutionized poster design with its long narrow shape, muted colors and the near life-size image of the "Divine Sarah." Parisians paid poster hangers for copies, or simply stole the posters right off the streets. Sarah Bernhardt was so pleased with Mucha's work that she offered him a five-year contract to produce posters as well as stage and costume designs. (Copyright Mucha Trust)

La Dame aux Camellias, 1896, (at right) color lithograph. Sarah Bernhardt starred in the play by Alexandre Dumas. The English translation is *Camille.* White camellia flowers dominate the design. (Copyright Mucha Trust)

Princess Hyacinth, 1911, color lithograph. The poster advertised a ballet starring Andula Sedláèková, who posed as the model. The ballet tells the story of a blacksmith who dreams his daughter is a princess kidnapped by a sorcerer. Mucha incorporated the tools of the blacksmith, a crown, the instruments of sorcery, and hyacinths in the design. (Copyright Mucha Trust)

Primrose and Feather, 1899. At left, *La Primevere (The Primrose)* and, at right, *La Plume (The Feather)* comprise one of Mucha's best panel sets. The figures are symbolic complete with the artist's customary halos around their heads and diadems in their hair. (Copyright Mucha Trust)

Self Portrait, c.1898. Mucha was an avid photographer. He took documentary shots of street life in Munich, Paris and Moscow; portraits of family and friends; landscape studies; and studies of models to inform later paintings. In this photograph, Mucha wears a Russian shirt, an example of his passion for Slavic motifs. (Copyright Mucha Trust)

Moravian Teachers Choir, 1911, color lithograph. The Moravian Teachers Choir performed many types of songs, including folk music by Moravian composer Leo[1] Janáèek. Mucha and Janáèek knew each other as boys. The girl in the poster wears a folk costume from Kyjov, Moravia. (Copyright Mucha Trust)

THE SLOVAK-AMERICAN CULTURAL CENTER

cordially invites you to attend

THE SLOVAK BALL

20TH ANNUAL

honoring

DR. ZOLTAN GEORGE MESKO

HEART TO HEART CHAIRMAN,
PEDIATRIC CARDIOLOGIST AND AUTHOR

SATURDAY, FEBRUARY 4, 2012

6PM COCKTAILS, 7PM DINNER

NEW YORK ATHLETIC CLUB
180 CENTRAL PARK SOUTH
NEW YORK CITY, NEW YORK

MUSIC BY EXPRESS
BLACK TIE PREFERRED

About the Honoree

Zoltan George Mesko, M.D., a native of Kosice, Slovakia, has had a long and distinguished medical career. He began his medical studies at the University of J.A. Comenius, Bratislava, in 1947. Dr. Mesko completed his Doctorate of Medicine Degree in 1952 and became a resident at the Children's Hospital in Kosice, specializing in pediatric cardiology. In 1956, he was appointed Physician-in-Chief of the Children's Heart Institute in Sliac and, in 1962, he returned to the University at the Children's Hospital in Bratislava. Unexpectedly, on August 21, 1968, the invasion of Czechoslovakia by the Warsaw Pact Armies trapped him and his family in Belgrade, Yugoslavia. Dr. Mesko spent the next year at the Children's Hospital in Tubingen, West Germany, as a Fellow of the Alexander von Humboldt Foundation. In 1969, he was an invited Fellow at the Children's Hospital of the Harvard Medical School in Boston, where he worked until 1973. After a short interlude at the Children's Hospital in Buffalo, N.Y., he became an Assistant Professor in the Department of Pediatrics at Downstate Medical Center in New York City. Since 1978 until his retirement in 1996, Dr. Mesko was an Attending Physician and an Associate Professor of the State University of New York (SUNY) at St. Francis Hospital in Roslyn, Long Island.

Dr. Mesko is a Diplomat of the American Academy of Pediatrics and the American Academy of Cardiology. In 1998, Dr. Mesko was awarded the Kristian Hynek Medal from the University of J.A. Comenius and, in 2008 was awarded with the Golden Medal of the Slovak Medical Association for being instrumental in the establishment of the Children's Heart Center in Bratislava. The Slovak-American Cultural Center, along with its distinguished members, fully supported Dr. Mesko in this "Heart to Heart" (Srdcom k Srdcu) project between the two countries.

In the 1990s, Dr. Mesko devoted his time to scholarly research focusing on the political history of Slovakia. In 2003, "The Silent Conspiracy: A communist Model of Political Cleansing at the Slovak University in Bratslava aft r the Second World War" was published by the Columbia University Press. His second book, "In the Footsteps of Communism and Milestones of the Slovak Maelstrom" was published in 2009 in Slovak.

Dr. Mesko and his wife, Judith, reside in Washington, D.C.

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

Lodge 39/40 Celebrates Holidays

Lodge 39/40W celebrated the holiday season on December 4th at McCook's restaurant in Mc Cook, Ill. Everyone brought two food items to be donated to a local food pantry. A short lodge meeting was followed by a Christmas reading, a delicious Slovak meal, and the exchange of cards and bakery. Everyone enjoyed the festivities and took home a lovely pointsettia plant. At the event are (seated from left) Lodge Secretary Sister Arlene von Schwedler, Sister Emily Brauer and Sister Millie Mihalek; and standing, Lodge President Sister Anne Marie Brinley, Brother John Sopoci, Sister Debbie Golden, son and daughter-in law of Sister Emily Brauer, Bob Mihalek, Brother Paul Brinley and Sister Janelle Brinely.

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 150th 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

THE SLOVAK GYMNASTIC UNION
SOKOL USA
FARRELL, PENNSYLVANIA

Sokol Farrell Ski Trip

Peek' n Peak
in Western New York State
Saturday January 28, 2012

Bring your non Sokol friends. With 20 people we can get group rates. A parent must accompany minors. All expenses are the responsibility of the individual participant. Peek n Peak has a great instruction school for those who don't know how to ski and all ski equipment can be rented there. All you need to do is bring some warm clothing.

Call our **Sokol Farrell Hotline** and leave a message or ask for more details. We'll get back to you soon. Call **724-342-1129.**

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 2 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 it contact Brandi Kovac at 280East 2nd Street, Apt 9A, New York, NY 10009 or e-mail BKKovac@aol.com.

Nazdar!
Jennifer Moulton

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
Todd Yatchyshyn, yatch18@aol.com
Sokol USA Secretary Milan Kovac, SOKOLUSAHQS@aol.com

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.

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

HOLIDAY DONATIONS GRATEFULLY ACKNOWLEDGED

To the Sokol USA Gymnastic Fund

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From Sokol Lodge 79, Mahanoy, Pa. $250.00
Best Wishes for the Holidays and the coming year

From Sokol Lodge 63, Homestead, Pa. $150.00
May your Holidays be filled with Joy and Laughter and May you have a Happy New Year

From Sokol Lodge 260, Cleveland, Ohio $50.00
Wishing All a Very Merry Christmas!

From Sokol Lodge 26, Guttenberg, N.J. $50.00
Wishing All a Very Merry Christmas and a Happy, Healthy New Year

From Sokol Lodge 244, Westfield, Mass. $100.00
Merry Christmas and a Happy New Year

From Sokol Lodge 114, Sleepy Hollow, N.Y. $400.00
May all the special Joy of the season Bring Much Happiness

From Sokol Lodge 276, Pittsburgh, Pa. $50.00
In memory of Edward Tabacjar

To the Sokol USA Milan Getting Scholarship Fund

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From Sokol Lodge 79, Mahanoy City, Pa. $250.00
Wishing All a Very Merry Christmas

From Emil M. Trgala, Roselle Park, N.J. $200.00
Holiday Greetings and Best Wishes For a Happy and Healthy 2012

From Sokol Lodge 63, Homestead, Pa. $150.00
In lieu of cards, Best Wishes for this Holiday Season

From Sokol Lodge 260, Cleveland, Ohio $50.00
Wishing Everyone a Happy and Healthy New Year

From Sokol Lodge 26, Guttenberg, N.J. $50.00
Wishing You all the Best This Coming Year

From Sokol Lodge 2, Bridgeport, Conn. $200.00
In this season of warmth and tradition, let us not forget Christ is the reason behind our Celebration

From Sokol Lodge 114, Sleepy Hollow, N.Y. $400.00
Wishing You every Happiness this Holiday Season and Throughout the Coming Year

From Andrew W. Zachar, Sr. $100.00
In memory of Andrew and Ludmilla Zachar

Sponsor a Gymnast

From Paul Lojpersberger $100.00

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.

Sokol USA National Gymnastics Department Conference Call Meeting

Wednesday, August 31, 2011

(Continued from November 2011)

Lodge Recommendations

Lodge/District: Lodge 47 **Year: 2011-12**
Director: Charity Ruhl
Recommendation #1:
That Sokol USA offer to host the American Sokol Instructor School at Monessen Lodge 47 in *2012.*
Explanation:
There appears to be a shortage of bids for camp at this time. It also appears that Sokol USA does not have the resources to completely offer their own school.
Motion seconded.
Discussion: The Gymnastics Dept. supports Monessen's efforts to host the American Sokol Instructors' School but Sokol USA is not offering to host the school. Monessen was hoping to have more support from Sokol USA if they were to host the school. Monessen feels Sokol USA needs to host a school to produce more instructors for Sokol USA. Monessen could have as many as 10 students if they were to host the school. Monessen has expressed an interest in hosting the American Sokol Instructors' School but so far American Sokol has not sent out the official bid form.
Motion tabled.
Finance Committee – No action required.

A discussion regarding whether or not Sokol USA felt the need to hold a school was held. Chris asked how many students each lodge might have next year. Central Jersey said they do not have anyone in that age group. Chicago felt the same three students who attended this year would go again. Farrell said they would probably have 1 or 2. Boonton said they have kids in that age group but have not had success in convincing them to attend. Monessen said they might have as many as 10 if a school was held in their gym; Monessen is not interested in sending students away. This year the American Sokol School had 40 students.

Instructors' School curriculum was also discussed. Todd explained that it is being updated, and some exceptions would be made for older students to opt out of the beginner levels if they can pass the lower-level exams at the beginning of the school. He said they were placing a greater emphasis on cal writing – especially since some of the more recent cals have not been written in proper calisthenics terminology. Charity agreed that there is a shortage of people who can write cal. She also expressed her concern with too much emphasis on games and not enough on teaching and spotting, based on what her two students said after attending Sokol School a few years ago. Todd assured her that the courses are being reviewed and revised; some changes have already been implemented. Todd is on the American Sokol School Board and will share Charity's concerns.

Recommendation #2:
The Supreme Lodge offer financial assistance if needed in prep for hosting a camp.
Motion seconded.
Discussion: If Monessen decides to enter a bid to American Sokol and if it is chosen this recommendation will be revisited, to see if Sokol USA can extend some financial assistance. .
Motion withdrawn.
Finance Committee – No action required.

Lodge/District: Sokol Farrell, PA **Year: 2011-12**
Director of Men: Stephen Banjak
Recommendation #1
That a project be implemented by the S.L. directing local lodges (both gymnastically active and inactive) to submit a plan/budget for local advertising in their demographic areas by January 1, 2012.
Explanation:
Sokol needs to "market" its product more efficiently in order to increase membership.
Motion seconded and passed unanimously.
Finance Committee – No action required.

Recommendation #2
That the directors begin immediately to search for a suitable and attractive site for the XXVII Sokol USA Slet (Festival) preferably in Hershey PA or other similar site.
Explanation:
At least 4 years lead time is necessary to acquire an attractive site which is capable of drawing the maximum participation.
Motion seconded and passed unanimously.
Finance Committee – No action required.

Recommendation #3:
That a rotation schedule of exhibitions be established for NON-SLET years in which each active lodge has an opportunity to host and in which each active lodge participates with a special "presentation" (a variety of different possibilities similar to what was done at Opening Ceremonies).
Explanation:
A non-competitive event on years when there is no slet. Attempt to expose Sokol to local public in areas where there is a Sokol. Since this is on a smaller scale than a national slet, possibly encourage inactive lodges near the active lodge to get involved in administration, organization or by providing assistance.
Motion seconded.
Discussion: This motion was viewed as a good idea but most felt we were not ready for implementation. It will be considered as food for thought for the future.
Motion withdrawn.
Finance Committee – No action required.

Recommendation #4:
Hold our annual meeting in conjunction with ASO Development Conference.
Explanation:
This would give Sokol USA Directors an opportunity to take advantage of developmental offerings of this event. With good planning, a meeting could be included in the schedule.
Motion seconded.
Discussion: It was agreed that those who attended the American Sokol Development Conference in 2010 in Cleveland found it very worthwhile and look forward to attending more in the future. The directors will check with American Sokol to see if their Development Conferences will be scheduled annually or every other year and will express Sokol USA's interest in participating whenever possible.
Motion passed unanimously.
Motion made and seconded to table until the spring Supreme Lodge meeting.

Chris and Todd thanked the directors for participating in the conference call.

Motion to adjourn the conference call was made and seconded. The conference call meeting ended at 10:00 PM.

Respectfully submitted by Chris Yatchyshyn

2011-2012 Budget
Subject to change depending on recommendations passed

National Staff Salaries	6,875
Nat'l Gym. Dept. Meeting/Training Session	6,000
Instructor Reimbursement/$2,000 per lodge	12,000
National Camp	3,000
Instructor's School	1,800
Training Sessions	1,800
Nat'l Bowling Tournament	1,125
Nat'l Golf Tournament	1,200
Nat'l Sports Activities	500
Directors' travel, phone, supplies	4,000
Safety Course Participation	500
Professional Development	1000
USAG Member Club Program	165
USAG Professional Membership/2 per lodge	900
Lodge Reactivation/New Program	1,000
Project Safety Mats	2,500
Travel Nat'l Cheerleading Competitions	1,000
XV All-Sokol Slet	6,000
TOTAL	**$ 51,365**

Year: 2011-12 **Lodge/District: Boonton/MM Hodza**
Director of Men: Eric Skovronek Director of Women: Patricia Ritz

Gymnasts (Indicate number of **Sokol members only** in each group): Sokolettes 20, Junior Girls 8, Sr. Women 5, Sokolads 5, Junior Boys 0, Sr. Men 2, Tots 6, Cheerleaders 30, Instructors 7

List the nights on which you hold **Sokol classes** & indicate which group(s) gym:
Mon – Boys Wed - Cheerleading
Tue – Girls Thu – Tots & Cheerleading

Indicate numbers of any additional non-Sokol participants & describe the programs:
N/A

List any fundraisers you have conducted this year:
N/A

List the number of participants you had in each of the following: Lodge Competition(s) N/A, District Competition(s) 20, Area Competition(s) 5, USAG Competition(s) Sokol School N/A, National Camp N/A, Volleyball Tournament(s), Nat'l Bowling Tournament 10, Sokolfest XXVI 12, **Several National Cheerleading competitions**

Describe events in your lodge, district or community in which your gymnasts participated: Boonton Day, Pierogi sales, Slovak Dinner, Fish & Chips Dinner, Pancake breakfasts, Holiday Giving Tree (gifts for local underprivileged kids), Clothing drive, Clam bake, Friendship club.

Year: 2010-2011 **Lodge/District: Central Jersey**
Directors: Ellen Kovac and Norah Valentin

Gymnasts (Indicate number of **Sokol members only** in each group): Sokolettes 4, Junior Girls 0, Sr. Women 6, Sokolads 4, Junior Boys 0, Sr. Men 3, Tots 2, Cheerleaders 0, Instructors 5

List the nights on which you hold **Sokol classes** & indicate which group(s) gym:
All on Fridays, at American Gymnastics Academy, Edison, NJ

Indicate numbers of any additional non-Sokol participants & describe the programs:
none

List any fundraisers you have conducted this year:
None

(Continued on Page 7)

Sokol USA National Gymnastics Department Conference Call Meeting

(Continued from Page 6)

List the number of participants you had in each of the following: Lodge Competition(s) N/A, District Competition(s) 4, Area Competition(s) 3, USAG Competition(s) N/A, Sokol School N/A, National Camp N/A, Volleyball Tournament(s) N/A, Nat'l Bowling Tournament 2, Sokolfest XXVI 6 plus six additional members at the banquet.

Describe events in your lodge, district or community in which your gymnasts participated: Lodge 12 members have participated in maintenance of Sokol Woodlands; District Hodza meeting and training session; a Pre-school gymnastics Workshop; and the USAG Regional and NJ State Congresses. In addition, one serves on three NJ gymnastics governing boards: USAG, NAWGJ, and NFHS Gymnastics.

Year: 2010-2011 Lodge/District: Lodge 306 Chicago/District L. Stur
Director of Men: **Bryan Pracko** Director of Women: **Kristin Merker**

Gymnasts (Indicate number of **Sokol members only** in each group): Sokolettes 27, Junior Girls 2, Sr. Women 10, Sokolads 11, Junior Boys 1, Sr. Men 10, Tots 10, Cheerleaders N/A, Instructors 8.

List the nights on which you hold **Sokol classes** & indicate which group(s) gym: Mondays: 6:30-8:00 p.m. Sokolads; 8:00-9:30 p.m. Jr. Boys and Girls – Tuesdays: 6:30-8:00 p.m. Sokolettes – Wednesdays: 7:00-8:30 Sr. Men and Women – Fridays: 6:15-7:00 p.m. Tots; 7:00-8:30 p.m. Jr. Boys and Girls; 8:30-10:30 p.m. Volleyball – Saturdays: 9:00-10:00 a.m. Wheel Gymnastics

Indicate numbers of any additional non-Sokol participants & describe the programs: Two non-members took part in Wheel Gymnastics class

List any fundraisers you have conducted this year:
National Gymnastics Day Funfest (Sept.), Food Sale (Oct.), Spaghetti Dinner (Oct. and Feb.), Fall Festival Dance "Hody" (Nov.), Cartwheel-a-thon (Dec.), Corned Beef Dinner (Mar.), Palm Sunday Brunch (Apr.), Candy Sale (Mar.), Chicken Paprikas Dinner (June), Car Wash/Pancake Breakfast (June)

List the number of participants you had in each of the following: Lodge Competition(s) 30, District Competition(s) 18 competitors/25 cal participants, Area Competition(s) N/A, USAG Competition(s) N/A, Sokol School 3, National Camp N/A, Volleyball Tournament(s) 1 men's team, Nat'l Bowling Tournament N/A, Sokolfest XXVI 16

Describe events in your lodge, district or community in which your gymnasts participated:
Outside of the fundraising events listed above, Lodge 306 Chicago had representation in the following events: AS Central District Men's Volleyball League (2nd place), Central District Jr. Girls Volleyball Tournament (Bryan - Tourn. Director), Central District Skills Day for Boys (5 gymnasts and 2 instructors), National Wheel Gymnastics Weekend – Chicago (6 gymnasts), Central District Skills and Progressions Weekend Clinic (5 students, 1 instructor & 1 co-Director), Lodge 306 Exhibition (April), Central District Competitions and Sokol Day (May), Sokol USA Sokolfest (June), National Instructors School "kurz"(3 students).

Year: 2011 Lodge/District: Sokol USA Farrell, PA
Director of Men: Director of Women:
Stephen Banjak

Gymnasts (Indicate number of **Sokol members only** in each group): Sokolettes 12, Junior Girls 3, Sr. Women 9, Sokolads 2, Junior Boys 0, Sr. Men 3, Tots N/A, Cheerleaders N/A, Instructors 4

List the nights on which you hold **Sokol classes** & indicate which group(s) gym:
Monday Evenings: Juniors/more advanced children
Thursday Evenings: All classes

Indicate numbers of any additional non-Sokol participants & describe the programs: N/A

List any fundraisers you have conducted this year:
Citrus Sale; Daffin's Chocolate Sale; Sv. Mikulaš (St. Nicholas) Dinner/Dance; Eat n Park Cookie Sale; 4 Person Open Golf Scramble.

List the number of participants you had in each of the following: Lodge Competition(s) N/A, District Competition(s) N/A, Area Competition(s) N/A, USAG Competition(s) 4 gymnasts competed in Sokol Greater Cleveland Open Invitational, Sokol School N/A, National Camp Sarah Goda attended Kurz in Chicago, Volleyball Tournament(s) N/A, Nat'l Bowling Tournament N/A, Sokolfest XXVI: 27 Members participated in gymnastic competitions or calisthenics.

Describe events in your lodge, district or community in which your gymnasts participated: All gymnasts performed in Sokol Farrell's 105th Anniversary

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Sokol Social News

HAPPY ANNIVERSARY

Ted Bielecki and Jennifer Moulton, members of Lodge 15 in Braddock, Pa., celebrated their 15th wedding anniversary.

HAPPY BIRTHDAY

Josephine Bielecki, a member of Lodge 15 in Braddock, Pa., celebrated her 9th birthday on January 9th.

HAPPY BIRTHDAY

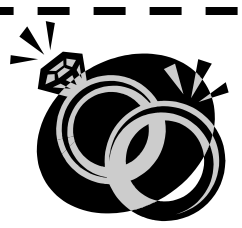
Teddy Bielecki, a member of Lodge 15 in Braddock, Pa., celebrates his 11th birthday on January 29th.

SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

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

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

ENGAGEMENTS, WEDDINGS & ANNIVERSARIES



NAMES: _____

_____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

YEARS MARRIED (IF APPLICABLE): ___

BIRTHDAYS

NAME: _____

BIRTH DATE: _____

AGE: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

PROMOTIONS, HONOR ROLLS & OTHER EVENTS

NAME: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

EVENT: _____

_____

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

Sokol USA National Gymnastics Department Conference Call Meeting

(Continued from Page 7)

Celebration and Banquet at Oak Tree Country Club. 110 Members and friends of Sokol attended.

Year: 2010-2011 **Lodge/District: Monessen 47**
Director of Men: Charity Ruhl Director of Women:

Gymnasts (Indicate number of **Sokol members only** in each group): Sokolettes 35, Junior Girls 30, Sr. Women 15, Sokolads 1, Junior Boys 0, Sr. Men 10, Tots N/A, Cheerleaders 25, Instructors 9 plus 8 other volunteers

List the nights on which you hold **Sokol classes** & indicate which group(s) gym:
Sundays: Junior Cheerleaders, Level 5 - 9 competitive gymnastics
Mondays: Level 4
Tuesdays: Level 5 – 9 gymnastics, Mini Cheerleaders
Fridays: Level 4 – 9 competitive gymnastics
Wednesdays: Tini cheerleaders

Indicate numbers of any additional non-Sokol participants & describe the programs: 150 class participants
Mondays: Level 3/Future Stars gymnastics, Level 1 & 2 recreational gymnastics, Tumbling, Karate
Tuesdays: Level 1 & 2 recreational gymnastics, Tumbling,
Wednesdays: Preschool gymnastics, Tini cheerleaders, Level 1 & 2 recreational gymnastics, Advanced tumbling, Karate
Thursdays: Boys gymnastics, Preschool gymnastics, Tumbling
Saturday: gym rental and birthday parties

List any fundraisers you have conducted this year: Cheerleaders performed hoagie sales, tag days, mixed bags, candles, co-hosted a cheer competition, Rada Knives, coffee, Joe Corbi's pizza, t-shirts, and gyro cards.

Gymnasts: The Polar Bear Meet, Food Drive, Cartwheel a thon for Matthew's Liver Savers, Basket Raffle for the Ryan Burkholder Scholarship Fund and candy bars.

List the number of participants you had in each of the following: Lodge Competition(s) 35, District Competition(s) N/A, Area Competition(s) N/A, USAG Competition(s): 25, Sokol School N/A, National Camp N/A, Volleyball Tournament(s) 5, Nat'l Bowling Tournament N/A, Sokolfest XXVI 35, Cheer 25

Describe events in your lodge, district or community in which your gymnasts participated:
The Annual Polar Bear Meet was held on January 29 and 30, 2010. 300 competitors participated in the meet ranging from level 3 to level 9. We were happy that gymnasts from Leechburg were able to attend. We also awarded high all around awards in honor of Martha Kunka, Betty Milanchak, and Joanne Giannini. A special award was also given in honor of Ryan Burkholder who was a friend of the gym. Many gymnasts qualified for western PA sectionals and state championships. We had several sectional and state champions as well. We also had 1 graduating senior gymnast, Charra Wise.
The competitive cheer squad attended a National Championship at Disney World and placed very well. The held try-outs for the upcoming season in May
We had a Food Drive in November and raised a few hundred pounds of food for the Westmoreland County Food Bank. Children were allowed to "open gym" for 2 hours with a donation of a non-perishable food item.
The competitive team also did a cartwheel-a-thon for Matthew's Liver Savers.
Authors of the Jr/Sr Combined Cal attended the October ASO training.
Many members spent Friday nights preparing physically for SokolFest, while many additional hours were spent on logistics. Gymnasts performed in the opening ceremonies at the opening ceremonies. The Monessen Marching Team made its first appearance. Monessen also had members participate in volleyball, golf, bowling, gymnastics, fitness challenge, the relay and tug of war.
Most memorable Sokolfest event was Howdy Dewitt playing the Falcon.

National Staff Reports

Chris Yatchyshyn, Director of Women **September 2011**

The past year's efforts were mainly focused on preparations for Sokolfest XXVI. It takes much effort and many hours to host a successful Slet. I was pleased with the overall outcome and thank everyone who helped to make it possible.

Throughout the year I attended both Supreme Lodge meetings and participated in all Supreme Lodge and committee conference calls. I also participated in conference calls with the national staff in preparations for Sokolfest XXVI.

In mid October I attended the weekend events in Cleveland. Scheduling the semi-annual Supreme Lodge meeting on the same weekend as the American Sokol Development Conference was a real cost saver, it help boost American Sokol/Sokol USA relations, and it was a great way to promote Sokolfest XXVI. Holding a Gymnastics Dept. conference call at the end of August enabled Sokol USA directors to participate in many worthwhile workshops and help teach the Slet cal in other sessions. Sokol USA attendees look forward to participating in future American Sokol Development Conferences.

In May I attended Sokol Farrell's 105th Anniversary Celebration, a very pleasurable event that highlighted the Sokol ideals through a well-executed exhibition followed by a celebration that included the youngest to the most senior members.

I continue to write articles and take photos for the *Sokol Times* when possible and communicate with lodge and district directors on a regular basis.

Nazdar!

(To Be Continued)

IN MEMORY

Of our deceased Brother and Sister Sokols with a sincere expression of sympathy to their families from the Supreme Officers of Sokol U.S.A.

MARY KAHAT – (1916-2011) A member of Lodge 20, Ford City, Pa. She is survived by her daughter.

FRANCIS PECUCH – (1923-2011) A member of Lodge 93, Bethlehem, Pa. He is survived by his three children.

JOSEPH MARCIN – (1916-2011) A member of Lodge 37, Maltby, Pa. He is survived by his three children.

JOSEPH BELLA – (1914-2011) A member of Lodge 122, Kenosha, Wis. He is survived by his two sons.

DORIS SKAPIK – (1927-2011) A member of Lodge 99, Johnstown, N.Y. She is survived by her daughter.

MARGARET REPAK – (1923-2011) A member of Lodge 20, Ford City, Pa. She is survived by her daughter.

ROSE M. KOVACS – (1928-2011) A member of Lodge 6W, Perth Amboy, N.J. She is survived by her children.

FRANCES H. SOPKO – (1917-2011) A member of Lodge 66W, Bethlehem, Pa. She is survived by her five children.

MARY D. ROSEMAN – (1918-2011) A member of Lodge 66W, Bethlehem, Pa. She is survived by her three children.

FRANCIS MINARIK – (1924-2011) A member of Lodge 93, Bethlehem, Pa. She is survived by her daughter.

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
Lowering your risk of heart disease
Controlling your blood pressure

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

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

You will receive a free Sokol pedometer and a Healthy Heart mileage chart. You are responsible for recording your mileage. Walk with fellow Sokol members, or on your own. Contact Brandi when you reach a milestone and get a reward!