

(USPS 500-660)

# SOKOL TIMES

MARCH 8, 2012

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## May 15<sup>th</sup>

May 15<sup>th</sup> is the deadline to contribute to the scrapbook to be presented to Sokol at the 150 Anniversary Celebration Slet in Prague that will be held this July.

I have not received a single item for the scrapbook. So please take a moment right now and write down a good memory or get a picture and write a short caption for it. Perhaps you could write a letter of well wishes to Sokol.

After you are finished, send your item to me, Jennifer Moulton, at 4521 Emerald View Court, Eureka, MO 63025 or e-mail them to [bielecki.moulton@gmail.com](mailto:bielecki.moulton@gmail.com). I will collect them all until May 15<sup>th</sup>. At that time, I will organize each memory or well wishes into a scrapbook to be presented to Sokol at the Slet this summer.

Together, let's show Sokol what Sokol USA has meant to us.

Nazdar!  
Jennifer Moulton

## COMMITMENT

We are now three months into the year and I have asked all of the lodges to plan two events for the year. Hopefully the first event will be held before July.

It does not have to be extravagant. The purpose of the event is to make our bonds to our Sokol society stronger. This can simple be done by getting your lodge together for an enjoyable activity that encourages interaction.

Here are a couple of simple ideas:

Have a cooking class and show how to make some of your favorite dishes to the younger members. Let's make sure they know how to make perogies from scratch and not from a box. Or how about dumplings or halupki.

April 23, 2012, is World Book Night. Start a book club or have a story time for children. Find out what your community is doing and participate as a group.

Easter is coming. Have an Easter egg hunt for children and have one for the adults. Make the adult egg hunt harder by having it at night and making them use flashlights. (I have participated in an adult egg hunt and it was a lot of fun. I even won tickets to a baseball game!)

Your lodge can do any of these by themselves or make it a networking night and have everyone bring a friend to get involved. Perhaps the friend might show enough interest in the group that they may join and make our numbers more and our society stronger.

Nazdar!  
Jennifer Moulton



## Slovak Music Performance a Smash

A standing ovation marked the performance by Pajtasi Slovak Folk Ensemble at their January 19<sup>th</sup> concert, one of the Byram Shubert Library's ongoing series of free musical performances. "Pajtasi," which loosely translated means "rascals" in English, brought the liveliness of their musical heritage to the enthusiastic audience. Led by bassist Brano Brinarski the musicians played both modern and traditional instruments, including the accordion, violin, cimbalom (an antique 125-string xylophone-like instrument) and fujara, a 6-foot-long wooden flute. In addition, Mr. Brinarski spoke of Slovak history, geography language, customs and traditions.

The artists wore colorful attire from the towns of their origin. Friends of the Byram Shubert Library Chair Mary-Ann Zalman and Adelaide Darula were attired in antique krojs. Krojs are made of colorful fabrics, trims, lace and embroidery. Refreshments, provided by the Friends group, included such Slovakian treats as a noodle and cabbage casserole (kapistove halusky), a European vegetable salad, kolbasi and sauerkraut, nut and poppyseed kolace, and apricot and plum jam palatsinky (crepes).

Ms. Zalman is a lifetime member of Sokol USA Lodge 7. She was in the gymnastic program as a child and attended Sokol Kurz at Sokol Woodlands. She leads the Friends of the Library sponsorship of cultural and educational programs. Thanks to Adelaide Darula for providing the above information.

*In photo at left, wearing colorful traditional clothing are Adelaide Darula, Brano Brinarski and Mary-Ann Zalman.*

## From the President's View

The 150<sup>th</sup> Anniversary year celebrations began early this month in the Czech Republic. Throughout this year, there will be commemorations and celebrations of all kinds in the Czech Republic to mark the important Sokol anniversary. The year of celebrations began with events in Dr. Tyr's birthplace. As I write this article, a Czech Republic Sokol is staging an indoor Sokol gymnastics exhibition.

The biggest part of all the festivities will be the All-Sokol Slet in Prague June 30 to July 5. Sokols from all the world will come together to celebrate this great event. There will be a huge parade of the world-wide Sokols during the Slet as well as artistic, rhythmic gymnastic events, traditional Sokol sports competitions and the mass scale Slet performances, which are the culmination of the All-Sokol Slet.

Miroslav Tyr, Sokol's founder, left a long-standing legacy. The movement he created focuses on the whole person. The slogan "A Sound Mind in a Sound Body" is as meaningful and important today as it was 150 years ago. He focused on the development of the whole person's body and intellect. He further stressed values of liberty, equality and brotherhood in an era of

*The slogan "A Sound Mind in a Sound Body" is as meaningful and important today as it was 150 years ago. He focused on the development of the whole person's body and intellect. He further stressed values of liberty, equality and brotherhood in an era of*

autocracy. In a very short time following its inception, Sokol spread to many countries and thousands of people followed Tyr's philosophy and the Sokol movement.

When Sokol came to North America with the immigrants, it encountered the needs of the immigrant communities and the fraternal benefit system. Sokol morphed to meet the needs of the immigrant community by selling insurance, offering sports and becoming a fraternal benefit society as well as a sports society. It was highly relevant, serving the needs of the community.

In our time, to remain strong, we must continually add new

members and share the positive aspects of Sokol membership. We must replace those members who pass away and bring new people to Sokol. We must do this to secure the long-term future of Sokol in this country. In the past several years, our society has not done this well enough. The recent policy enhancement campaign showed that few members were willing to add to their insurance certificates. The past ten years show declining premium income from the sales of new certificates.

I encourage our members to reflect on the early Sokol ideals and urge our lodges to mark this momentous anniversary year in some fashion. I encourage those who can to participate in the



Joseph Bielecki

Prague Slet. For those who cannot, I hope our Lodges will mark the anniversary by meetings, celebrations, or sports events.

I also urge our members to share Sokol with others and to bring new members to Sokol. Sokol's values and its history are something special and should be shared with others. I truly hope that by the end of this anniversary year I will be able to say that we have added at least 150 new members!

NAZADAR!  
Joe Bielecki  
President-Sokol USA

# SOKOL TIMES

official organ of the  
SLOVAK GYMNASTIC UNION SOKOL  
OF THE USA

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SOKOL OFFICE:  
Telephone: (973) 676-0280  
Toll Free: (888) 253-0362  
FAX (973) 676-3348  
E-mail: SOKOLUSAHQSA@aol.com

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## DONATIONS GRATEFULLY ACKNOWLEDGED

### To the Sokol USA Gymnastic Fund

From Sokol Lodge 79, Mahanoy, Pa. \$100.00  
*In memory of the deceased members*

From Sokol Lodge 248, Rossford, Ohio \$500.00  
*In memory of the deceased members*

### To the Sokol USA Milan Getting Scholarship Fund

From Sokol Lodge 248, Rossford, Ohio \$500.00  
*In memory of the deceased members*



## THE 2012 OLYMPICS ARE HERE!

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

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

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

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

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

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

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

## NOTICE TO LODGE AND DISTRICT SECRETARIES

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

Milan S. Kovac  
Supreme Secretary

## GYMNASTICS COMPETITIONS!



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



**March 31, 2012 – District MM Hodza competition** at the Boonton Sokol Hall: Sokolettes, Junior Girls and Senior Women: warm-up at 12:30 pm, competition at 1pm.

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



## GYMNASTICS ON TV

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

March 17 – the Kellogg's Pacific Rim Championships – 1:00-3:00PM – EST  
June 9 – Visa Championships – Men's – 1:00-3:30PM – EST  
June 10 – Visa Championships – Women's – 4:00-6:00PM – EST  
June 28 – Olympic Trials – 5:30-8:00PM - EST  
June 29 – Olympic Trials – Women - 9:00-11:00PM - EST  
June 30 – Olympic Trials – Men – 4:00-6:00PM - EST  
July 1 – Olympic Trials - Women – 9:00-11:00PM - EST

## Web Sites about Slovakia

Slovak Embassy, Washington, D.C.  
[www.slovakembassy-us.org](http://www.slovakembassy-us.org)

U.S. Embassy, Bratislava, Slovakia  
[www.usembassy.sk](http://www.usembassy.sk)

General Information on Slovakia  
[www.slovensko.com](http://www.slovensko.com)

Office of Government in Slovakia  
[www.government.gov.sk](http://www.government.gov.sk)

Slovak Trade and Development Agency  
[www.sario.sk](http://www.sario.sk)

Slovaks and Slovakia  
[www.slovak.com](http://www.slovak.com)

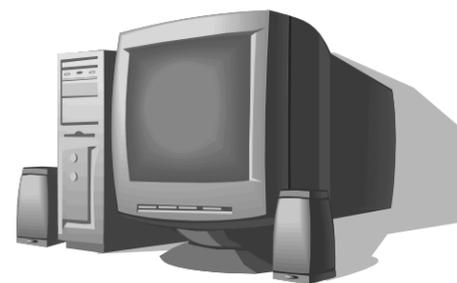
Slovak Tourist Board  
[www.sacr.sk](http://www.sacr.sk)

Slovak Chamber of Commerce  
[www.spok.sk](http://www.spok.sk)

Phone Directories in Slovakia  
[www.zoznamst.sk](http://www.zoznamst.sk) (Slovak)

National Bank of Slovakia  
[www.nbs.sk](http://www.nbs.sk)

Slovakia On Line  
(General Information)  
[www.skonline.sk](http://www.skonline.sk)



Slovak Newspapers  
[www.szm.sk](http://www.szm.sk) (Slovak)

General Guide to the Slovak Republic  
[www.slovakia.org](http://www.slovakia.org)

Web Page for Tourists  
[www.enjoyslovakia.com](http://www.enjoyslovakia.com)

Slovak Cultural Calendar  
[www.kultura.sk](http://www.kultura.sk)

Slovak National Museum  
[www.snm.sk](http://www.snm.sk)

Slovak Academy of Sciences  
[www.savba.sk](http://www.savba.sk)

Slovak National Theater  
[www.snd.sk](http://www.snd.sk)

Slovak Television  
[www.stv.sk](http://www.stv.sk)

## ATTENTION BOWLERS

**THE NATIONAL BOWLING  
TOURNAMENT  
WILL BE HOSTED BY  
LODGE 93,  
BETHLEHEM, PA**

**MAY 19 & 20, 2012**

*Details to follow  
In April issue of the Sokol Times.*



## CENTRAL JERSEY GYM CLASSES AT NEW LOCATION

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

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

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

For more information, please contact either of us:

Ellen Kovac [ellenkovac@aol.com](mailto:ellenkovac@aol.com) 908.659.0121 (home)

or

Norah Valentin [norahjane@verizon.net](mailto:norahjane@verizon.net) 908.317.8350 (home) 908.337.8056 (cell)

### NOTICE

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

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

## 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

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

## 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

**Slovak Gymnastic Union Sokol Of USA**  
**Profit & Loss**  
**January-December 2011**

Jan – Dec 2011

Ordinary Income/Expense	
<b>Income</b>	
SCHOLARSHIP-MILAN GETTING	9,899.40
ACCIDENT & HEALTH PREMIUM	158.25
AMORTIZATION-IMR	58,770.00
ANNUITY	29,000.00
ASSESSMENTS-GYMNASTICS	1,122.10
ASSESSMENTS-INDIGENT	224.07
ASSESSMENTS-LIFE	67,818.77
DIVIDEND ON STOCK	65,434.19
GAINS/LOSSES – BONDS	
LOSS ON SALE OF BONDS	-102,718.23
GAINS/LOSSES-BONDS other	<u>36,464.54</u>
Total GAINS/LOSSES - BONDS	-66,253.69
GAINS/LOSSES – STOCKS	
GAIN ON SALE OF STOCK-COMMON	74,836.13
LOSS ON SALE OF STOCK - COMMON	-1,817.00
LOSS ON SALE OF STOCK-PREFER	-51,093.12
GAINS/LOSSES-STOCKS other	<u>0.00</u>
Total GAINS/LOSSES – STOCKS	21,926.01
GYMNASTIC INCOME	
NAT. BOWLING TOURN	100.00
GYM FUND DONATIONS	3,442.80
GYMNASTIC INCOME - other	<u>0.00</u>
Total GYMNASTIC INCOME	3,542.80
INCREASE/DECREASE BONDS	-8,602.20
INTEREST INCOME	
INVESTMENT INCOME-OTHER	203.74
ACCUED INTEREST PURCH OF BOND	-15,848.73
BONDS – INDUSTRIAL	
ACCRUED INT INCOME BONDS	13,829.00
BONDS INDUSTRIAL-other	<u>628,900.04</u>
Total BONDS-INDUSTRIAL	642,729.04
CAPITAL RESERVE	0.00
CERTIFICATE LOANS	297.98
COLLATERAL LOANS	21,578.41
GYM DEPT.-INVESTORS SVS BK	15.36
MORTGAGE LOANS	29,713.85
PNC CHECKING	<u>52.49</u>
Total INTEREST INCOME	678,742.14
MISCELLANEOUS INCOME	20.00
RENTAL REAL ESTATE INCOME	
Total RENTAL REAL ESTATE INCOME	<u>66,000.00</u>
Total Income	927,801.84
<b>Expense</b>	
OTHER EMPLOYEE BENEFITS	4,000.00
INTEREST DIV ACCUM	4,301.00
PAYMENTS TO MEMBERS	
ANNUITY PAID	58,795.01
CASH SURRENDER	31,115.07
DEATH CLAIMS	116,543.60
ENDOWMENTS PAID	6,794.48
INTEREST – ANNUITY	9,596.01
INTEREST ON ENDOWMENTS	<u>7,228.46</u>
Total PAYMENTS TO MEMBERS	230,072.63
ACTUARIAL & ACCOUNTING FEE	80,822.86
BANK CHARGES	653.76
BOOKS AND PERIODICALS	82.00
BUREAU & ASSOCIATION DUES	2,600.00
CAMPAIGN REWARDS	1,217.95
CONVENTION	
CONVENTION EXPENSES	<u>20,000.00</u>
Total CONVENTIONS	20,000.00
DECREASE-LIFE RESERVE	-13,985.00
DECREASE LIFE RESERVE	32,000.00
DEPRECIATION-AUTO	3,014.95
DEPRECIATION-BUILDING	2,715.93
DIVIDENDS	2,434.68
DONATIONS & ADVERTISING	1,904.84
EXPENSE OF SUP. LDG. MTG.	39,996.48
FRATERNAL EXPENSE	11,711.09
GYMNASTIC EXPENSES	
SLET 2011	21,605.90
SAFETY CERTIFICATION	65.00
USAG PROFESSIONAL MEMBERSHIP	918.25
SCHOOL EXPENSE (KURZ)	1,300.00
GYMNASTIC BOWLING	1,320.00
GYMNASTIC DIRECTORS' SALARY	2,750.00
GYMNASTIC DIRECTRESS' SALARY	2,750.00
GYMNASTIC INSTRUCTORS SCHOOL	100.00
GYMNASTIC INSURANCE	1,710.50
GYMNASTIC MISCELLANEOUS	10,601.28
GYMNASTIC OTHER SALARIES	0.00
GYMNASTIC SALARIES	1,320.00
GYMNASTIC TRAINING SESSION	882.83
GYMNASTIC TRAVEL EXPENSES	2,672.11
GYMNASTIC VIDEO & MISC	0.00
GYMNASTIC EXPENSES - Other	<u>2,241.32</u>
Total GYMNASTIC EXPENSES	50,237.19
HOSPITALIZATION	24,567.90
INSURANCE (EXCEPT REAL ESTATE)	13,332.77
INVESTMENT EXPENSES	14,962.47
NJ EXAMINERS FEES	14,000.00
OFFICE EXPENSES	16,691.43
OFFICERS' TRAVELING EXPENSE	19,880.52
OFFICIAL PUBLICATIONS	21,555.00
PAYROLL TAX EXPENSE	11,555.33
POSTAGE, EXPRESS, TEL & TEL	5,246.12
PRINTING & STATIONARY	1,734.06

(CONTINUED ON PAGE 8)

**Slovak Gymnastic Union Sokol Of USA**  
**Balance Sheet**  
**As of December 31, 2011**

Dec. 31, 2011

ASSETS	
Current Assets	
Checking/Savings	
CASH – PNC CHECKING	202,713.20
CASH – CANADIAN BK OF COM	4,133.17
CASH – M/M GYMNASTIC	24,576.86
PETTY CASH	<u>500.00</u>
Total Checking/Savings	231,923.23
Other Current Assets	
BONDS	
BONDS	<u>9,081,983.38</u>
Total BONDS	9,081,983.38
STOCK	
PREFERRED STOCK	746,425.00
COMMON STOCK	<u>196,259.00</u>
Total STOCK	942,684.00
MORTGAGES RECEIVABLE	
Total MORTGAGES RECEIVABLE	1,123,196.30
COLLATERAL LOANS	
Total COLLATERAL LOANS	492,276.03
CERTIFICATE LOANS	
BENEFICIARY TRUST FUND	
RESERVE FOR TRUST FUND	-17,113.08
TRUST FUND FOR BENEFICIARY	<u>17,113.08</u>
Total BENEFICIARY TRUST FUND	0.00
BOND INTEREST DUE	
EXCHANGE	163,125.00
MORTGAGE INTEREST DUE	2,719.74
PREMIUMS DUE	379.00
	<u>4,752.00</u>
Total Other Current Assets	11,814,232.98
Total Current Assets	12,046,156.21
Fixed Assets	
AUTOMOBILE	
ACCUM DEPREC – AUTO	-30,095.95
AUTOMOBILE – OTHER	<u>30,095.95</u>
Total AUTOMOBILE	0.00
REAL ESTATE - BUILDING	
ACCUM DEPREC - BUILDING	-57,975.12
REAL ESTATE – BUILDING – OTHER	<u>67,898.25</u>
Total REAL ESTATE – BUILDING	9,923.13
Total Fixed Assets	9,923.13
<b>TOTAL ASSETS</b>	<b><u>12,056,079.34</u></b>
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
NON-ADMITTED COLL. LOAN	96,312.83
A&H RESERVE	1,290.00
ADVANCE PREMIUMS	884.00
AVR	86,263.44
CLAIMS – LIFE	41,877.00
DISTRICT ASSESSMENTS	500.70
DIVIDEND ACCUMULATION	114,162.41
EXPENSES PAYABLE	91,094.00
IMR	489,145.25
LIFE RESERVE	4,647,337.00
MORTGAGE LOAN ESCROW	
Total MORTGAGE LN ESCROW	5,046.06
NON-ADMITTED – MORTGAGE	358,000.00
NON-ADMITTED – AUTO	3,014.00
RES. FOR UNPRES. CHECKS	1,411.32
TAXES DUE	<u>36,140.12</u>
Total Other Current Liabilities	5,972,548.13
Total Current Liabilities	5,972,548.13
Long Term Liabilities	
ANNUITIES – LEFT WITH SOCIETY	137,995.31
MATURED ENDOW. – LEFT W/SOC	<u>212,130.92</u>
Total Long Term Liabilities	350,126.23
Total Liabilities	6,322,674.36
Equity	
EQUITY-GAIN ON FOREIGN EXCH.	
EQUITY FOREIGN EXCH 2008	0.00
EQUITY-GAIN ON FOR. EXCH other	<u>-70.00</u>
Total EQUITY GAIN ON FOREIGN EXC	-70.00
CHANGE IN NON-ADMITTED ASSETS	
UNASSIGNED FUNDS	
UNREALIZED PFD-2011	25,371.00
UNREALIZED BOND-2011	83,041.23
UNREALIZED STOCK-2011	-73,131.00
UNREALIZED BONDS-2010	0.00
UNREALIZED PREF STOCK 2010	0.00
UNREALIZED STOCK 2010	0.00
UNREALIZED PREFERRED-2009	34,100.00
INDIGENT FUND	8,974.41
DECREASE-AVR	0.00
CHANGE-NON ADMIT ASSET	0.00
ACCIDENT AND HEALTH FUND	<u>53,610.29</u>
Total UNASSIGNED FUNDS	131,965.93
CONSOLIDATED FUND	5,539,522.05
(Retained Earnings)	
Net Income	<u>61,987.00</u>
Total Equity	5,733,404.98
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b><u>12,056,079.34</u></b>
<b>CASH BASIS</b>	



## 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 2<sup>nd</sup> Street, Apt. 9A  
New York, NY 10009  
OR email: [BKKovac@aol.com](mailto: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!

## 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

## SPONSOR A GYMNAST

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

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

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

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

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

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

**Sponsor a Gymnast today - Nazdar!**

Directors: Chris Yatchyshyn, [cyatch@verizon.net](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)

## 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/>.

## Let's Get Walking

Walk 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.

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? To join, contact 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).



## 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)

## Got Insurance?

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

*Affordable Rates  
Excellent Coverage  
Different Rates for Men and Women  
Simplified Application Process  
You won't be turned down based on 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**



## 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 [SOKOLUSAHQ@aol.com](mailto:SOKOLUSAHQ@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.**

### 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.

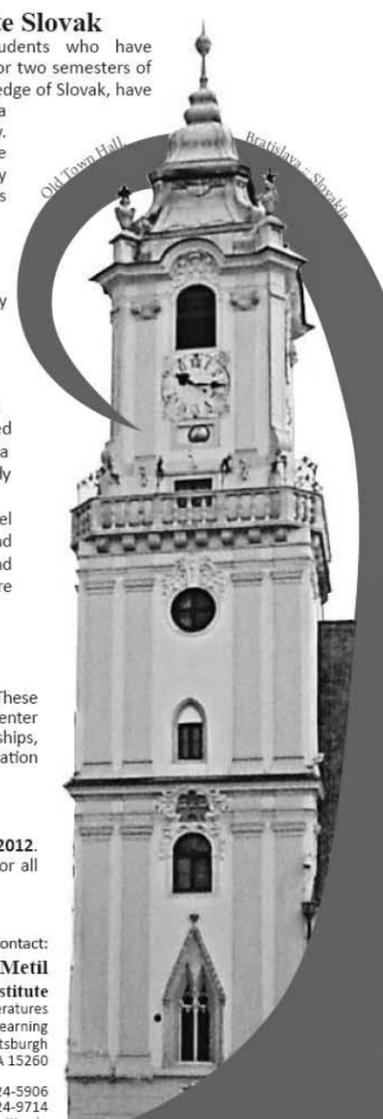
### DEADLINES

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: [SLAdmin@pitt.edu](mailto:SLAdmin@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

# From the Supreme Secretary

I am writing to inform the membership as to the financial status of this Society, as of December 31, 2011. And this piece is being written more than two weeks prior to publication. It is expected that our year 2011 results will be published in this issue. Though our books are closed and we know that we did have some gains or profits from operations, there is still additional work for our CPA and Actuary to do to prepare our documents for submission to the National Association of Insurance Commissioners, as well as to each state in which we are licensed to sell our fraternal insurance products. This annual event has been occurring throughout our history. However, over the course of years, there have been changes and modifications to the preparation and submission process. These changes and modifications come with a cost that the Society must bear. We all are generally aware of balance sheets and profit and loss statements, however the Annual Statement, as it is called, is a quite detailed analysis of our insurance operations. So it is not just assets and liabilities, and income and expense. It is a review or analysis of our entire operation as it occurred, as well as what will happen in the future. There is Risk Based Capital Ratio, Asset Adequacy, Cash Flow Testing and other tests that our records must undergo prior to presenting our final figures to the regulators. These tests and their results provide insight for the regulators as to how financially viable our Society is. I am happy to say that we are currently in pretty good shape.

But, going forward is a big question mark. It was nice to have another yearly profit, but it is half or less than the previous year results. The profit or gains from operations was the lowest in more than five years. The specifics as to why there is less profit are simply that we generated less income than the previous year by about 13 percent. To our credit, we held expenses to the point where they were 1 percent less than the previous year's expense. The handwriting is on the wall – we need more premium income to remain a financial viable entity. The Supreme Lodge is aware that for many years we have been living off of our investment income. Everyone, I am sure, knows that interest rates remain very low, and it is difficult to find safe investments that have high yields. The Federal Reserve intends to maintain interest rates at these low levels for the next two years. We are having bonds maturing that have coupon rates of 6.75, 7.0 and 8 percent and higher, and are able to find replacements paying substantially less. That means our dollar value of our securities remain the same, but will provide less income in the coming years. I would like to note that the quality of our portfolio is quite good with 88 percent of the bonds being rated "highest" or "high."

Can we produce the premium income that is necessary? Some will ask, "Well, how much premium income do we need?" In my estimation, we would need ten times the amount of premium income the Society produced last year. That would amount to approximately \$650,000 of premium income every year. Is that a realistic goal? In my opinion, that is pie in the sky. Minimal face value certificates would require obtaining 2,500 ten-year-old female members each and every year. We haven't issued 200 certificates annually for more than ten years.

If we cannot grow our premium income, what do we do? A very good question, and your Supreme Lodge is trying to find the answer. I am sure every one of you is aware that we have two committees looking into the various options that could be pursued.

1) Remain as a stand-alone fraternal benefit society. In earlier issues of the Sokol Times, there was a notice to the membership asking if anyone had a serious interest in becoming Supreme Secretary. We have had responses with resumes from two persons and a third person has expressed verbal interest. It should be noted that the Society is domiciled in New Jersey and, therefore, the position requires residency in NJ. The concept of moving to another state of domicile has been discussed. That process is very costly and requires seeking a new license in each state in which we operate. 2) The separation of the insurance operation from the Fraternal or Gymnastic Department. This is a generalization that needs further detailed study. 3) Merger with another society with certain preconditions to ensure protection for our members and the continuity of our Sokol programs.

I favor seeking a merger for a number of reasons. Our costs of operation will continue to increase with the normal rising costs of salary, benefits, paper, taxes, etc. But a bigger reason for the increasing costs is expense of regulatory compliance. Previously, I mentioned the various testing that must be completed for annual statement submission. There are some very high costs associated with that testing and compliance, and each year something new is brought forth with additional expense. Some have said we need to improve our marketing, and I don't disagree. But, if we were to hire a full-time marketing professional, in my opinion, we will never recoup the development costs associated with such a program. It will be many hundreds of thousands of dollars of expense. The best path is to merge with a society that has a functioning marketing program and staff. The concept to remain as we are, to me, is a path to rapid decline. Unfortunately, the job of the Supreme Secretary can be described as a jack of all trades and a master of none. My predecessor, Brother Jan Sopoci, told me when I began in this position, "Milan, it is going to take you at least two years and maybe more for you to learn this job." He was absolutely correct and the learning of the job continues to this very day. But having said that, I don't believe it would be cost effective to find a replacement and spend a lot of money while in training and have this Society wait until the training is complete.

The members of the Supreme Lodge are struggling while we discuss all the options. Emotions play a large part and understandably so. These are changes...and no one likes change. This is not an easy decision. But we must change, it's not 1928 anymore. Thirty seven cents doesn't do it. We are in a very different social environment than 20 or 30 years ago. Change is happening around us both in our personal world as well as the fraternal world. There have been some recent mergers which were negotiated, some amicable, some under duress. With our financial strength and Sokol programs, we are in a much better position to protect our members and our programs.

I think each Supreme Lodge member would be happy to hear your thoughts and questions concerning this topic, and that includes this writer.

Nazdar!  
Milan S. Kovac  
Supreme Secretary

## 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](mailto: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.*

## Slovak Gymnastic Union Sokol of USA Profit and Loss

(Continued from Page 4)

RENT EXPENSE (Rent)	66,000.00
RENTAL REAL ESTATE EXPENSES	
Total RENTAL REAL ESTATE EXPENSES	14,495.74
SALARIES	
SALARIES-SUPREME OFFICERS	4,037.50
SUPREME LODGE SALARY	12,042.50
OFFICE OFFICER	60,779.92
	<u>81,413.02</u>
Total SALARIES	158,272.94
SCHOLARSHIP	
MILAN GETTING SCHOLARSHIP	<u>4,000.00</u>
Total SCHOLARSHIP	4,000.00
STATE LICENSE FEES	3,249.99
TELEPHONE EXP	<u>4,490.21</u>
Total Expense	<u>865,814.84</u>
Net Ordinary Income	<u>61,987.00</u>
<b>Net Income</b>	<b><u>61,987.00</u></b>

**CASH BASIS**

## 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

## 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.

## 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.

## 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.*

**VAL H. MASSAR** – (1922-2011) A member of Lodge 223, Hoboken, N.J. He is survived by his children.

**ANNA VOYTEK** – (1917-2011) A member of Lodge 255, Leechburg, Pa. She is survived by her sister and her niece.

**ANNA GOLE** – (1921-2012) A member of Lodge 255, Leechburg, Pa. She is survived by her children.

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

## 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

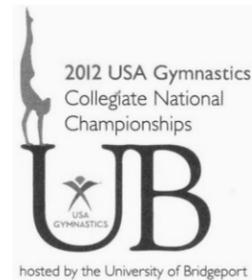
collection contains about 200 Sokol artifacts from around the United States, including photos, exercise equipment, pennants, uniforms and more. No other museum dedicated to Czech and Slovak history and culture has the scope or reach of the NCSML – or the ability to bring this precious history and culture 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 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!



hosted by the University of Bridgeport

**April 12, 13 & 14, 2012**

**Thursday, April 12, 1 p.m. and 6 p.m.**

Team Preliminaries, University of Bridgeport, Harvey Hubbell Gymnasium  
120 Waldemere Ave., Bridgeport

**Friday, April 13, 7 p.m.**

Team Finals, Webster Bank Arena

**Saturday, April 14, 1 p.m.**

Individual Event Finals, University of Bridgeport, Harvey Hubbell Gymnasium

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

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

For more information about specific events, times or hotels, contact [athletics@bridgeport.edu](mailto:athletics@bridgeport.edu), 203-576-4059 or visit [www.bridgeport.edu/usag](http://www.bridgeport.edu/usag).

### Advertising Opportunity

For information and rates to advertise in the event program, please contact [pdoneit@bridgeport.edu](mailto:pdoneit@bridgeport.edu).