

(USPS 500-660)

SOKOL TIMES

MAY 10, 2012

PUBLICATION FOSTERING FRATERNAL, CULTURAL & PHYSICAL EDUCATION ACTIVITIES SINCE JULY 14, 1905

Entered as Second-Class Matter, February 7, 1980 at East Orange, New Jersey under the act of August 24, 1912, provided in Sec. 1103, Act of October 3, 1918 authorized July 3, 1918



Joseph Bielecki

From the President's View

The year is rolling along like an express train! The Easter holidays have come and gone, the first quarter has ended, and The Supreme Lodge has had its annual spring meeting. Soon I will be writing to you from the Prague All-Sokol Slet at the end of June and beginning of July!

The Supreme Lodge meeting was productive. Our finances are in order and our society is financially healthy. This is good news in today's environment of low interest rates and slow economic growth. Sokol USA has a healthy surplus thanks to the efforts of Brother Kovac and the vigilance of our Finance Committee.

Our weakness is in our lack of new membership. CPS Actuaries, our actuarial service, made its annual presentation regarding the state of Sokol USA to the members of The Supreme Lodge. CPS noted our financial strength; however, it noted our weakness was in our declining membership and inability to bring in significant amounts of new premium income from the sale of new policies.

Last year, our premium income fell to less than \$100,000. This was down from

(Continued on Page 5)

District MM Hodza Annual Competition



Above, District MM Hodza competitors at the conclusion of the meet. Below, what's a District competition without a pyramid? Complete District MM Hodza results appear on Page 5.



On March 31st, the Boonton Sokol Hall was filled to the brim with Sokol spirit and the excitement of competition. Members from Lodge 32, Boonton and Lodge 12, Central Jersey gathered for the annual District M.M. Hodza competition.

It was evident that the gymnasts had been working hard on their routines. Every athlete did a wonderful job – and the audience was thrilled!

This year, there was no male competition, so the female competition in the afternoon was the main event! There were participants entered in divisions from Novice to Level 4, and from the beginners to the more advanced, it was evident that the gymnasts had been working hard on their routines since September. Every athlete did a wonderful job – and the audience was thrilled!

The day ran smoothly thanks to our many volunteers. The judges, coaches, runners and spotters were Andrea, Brandi, Ellen, Eric, Judy, Karen, Norah, Pat, Shelby and Jamie. This year, we must also thank the anonymous donor who gave a generous contribution to the District. Thanks to the donation, all of the competitors were treated to make-your-own ice cream sundaes after the competition. Yummy! But, of course, special thanks goes to THE COMPETITORS! We would not have the meet without you!

At the conclusion of the meet, it's been a tradition to build a pyramid and you can see for yourself the fantastic result!

The annual District competition is a small, friendly meet. For some gymnasts, it is their only competition of the year and, for others, it helps prepare them for upcoming competitions. Good luck to those District gymnasts who competed at the annual United Sokols of the East competition at Sokol New York on April 28th.

SOKOL TIMES

official organ of the
**SLOVAK GYMNASIAC UNION SOKOL
OF THE USA**

Published monthly on the 2nd Thursday of the month.

SOKOL OFFICE:

Telephone: (973) 676-0280

Toll Free: (888) 253-0362

FAX (973) 676-3348

E-mail: SOKOLUSAHQSA@aol.com

All communication for publication should be sent to Editor at P.O. Box 189, East Orange, NJ 07019 by the 22nd of the previous month.

**Second Class postage paid in East Orange, NJ
Annual Subscription for non-members is \$10.00**

LAST CALL – MAY 15, 2012

Since December 2011, I have been asking everyone to contribute to a scrapbook to be presented at the Slet in Prague.

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

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

Nazdar!

Jennifer Moulton

LODGE 2 ANNOUNCES SCHOLARSHIP PROGRAM

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

"In 2011, we awarded two high school students, one from Bunnell High School in Stratford, Conn., and the second from Fairfield Preparatory School in Fairfield, Conn., with \$1,000 scholarship awards. We will again offer up to two \$1,000 scholarships to high school seniors accepted for admission to an accredited four-year college/university who are Slovak or Carpatho-Russian descent and residents of Bridgeport, Stratford, Trumbull, Shelton or Milford, Connecticut," said Alicea.

"Criteria to be used in judging are overall merits of applicants, cumulative grade average, community activities, college acceptance, financial need and essay content," he continued.

"The essay content," said Lodge Secretary John Kamenitsky, "is somewhat unique. Rather than the usual 'why do I want this award,' we are asking the applicants to discuss the history, culture or traditions of Slovak or Carpatho-Russian heritage or stories about their ancestors in Slovakia."

"We hope to encourage the applicants to study the history, customs and traditions of their forefathers in Slovakia," he concluded.

Applications were sent to all high schools and churches in the area and are available from the Lodge at jkamenitsky@snet.net.

PLAN AN ACTIVITY FOR YOUR LODGE

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.

MARK YOUR CALENDARS!



University of Pittsburgh
Pitt Student Slovak Club
And Slovak Studies Program

Present the

Slovak Heritage Festival

Sunday, November 4, 2012
1-5 PM

University of Pittsburgh (Oakland)
Cathedral of Learning Commons Room

WANTED:

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

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

KENT DUDINCE SISTER CITY ASSOCIATION

10th Annual Anniversary Banquet

Sunday, May 20, 2012

Kent Elks Lodge Hall

Elks Lane – State Route 59

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

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

Music by Johnny Pastirik Band during the Social Hour and Dinner

Orchestra Members: Johnny Pastirik, Len Jacko and Ken Javor

Dancing following the program.

Sarisan of Greater Detroit, Michigan

Milan Straka, Founder and Director

Slovenske Mamicky of Greater Cleveland Vocal Ensemble

Members: Milka Anderko, Maria Cvicela and Monica Smid

Lucinka Children's Slovak Folk Ensemble of Greater Cleveland

Nadia Oros, Choreography; Tom Ivanec, Program Coordinator

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

Deadline to Purchase Tickets is May 15th

Ticket Orders with directions will be mailed.

Please include the names of all guests.

Dinner catered by Tom's Country Place.

Donations of baked goods would be appreciated.

Make Checks Payable to:

Kent-Dudince Sister City Association

1544 Vine Street

Kent, OH 44240

Rudy Bachna – 330-673-3255

ATTENTION SOKOL USA DIRECTORS

Please consider sending your prospective and assistant instructors to the upcoming National Sokol Instructors School. The American Sokol School Board has been working hard on updating the curriculum. Sokol USA Director Todd Yatchyshyn has been included in this process and will again be on the school staff this summer. If you have questions contact Todd at yatch18@aol.com. Funding is available for Sokol USA members to attend a National Sokol Instructors School in 2012, with the recommendation of their Lodge Director and approval of the National Directors.

American Sokol Instructor School

July 15 to July 29

Hosted by SOKOL WEST
1203 North Davis
West, Texas 76691

Levels: Beginner, Intermediate, Advanced, Advanced II
Minimum Age 13

\$275 for American Sokol Youth Members – Early Bird Discount
if postmarked by May 15

\$325 for Adults or other Sokol Organizations – Early Bird Discount
if postmarked by May 15

\$375 if postmarked between May 16 and June 15

\$425 Late Fee if postmarked after June 15

No applications accepted after June 30

For additional information, contact:
Jane Wise at 216-642-1429 or hjwise@sbcglobal.net
Or www.american-sokol.org

For applications: contact your District or Unit Director

National Czech & Slovak Museum & Library Plans Reopening

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

On Saturday, July 14th, the ribbon-cutting festivities begin with a Parade of States. Czech and Slovak individuals and groups are invited to represent their state in the parade. The goal is to have all 50 states represented. Additionally, musicians, dancers, puppeteers or folk artists who are keeping Czech and Slovak traditions alive may have the opportunity to demonstrate their talents during the weekend in the new amphitheater, on the Kosek Bandstand or in the beer tent. For information about the Parade of States, please contact Janet L. Stoffer, Director of Education & Visitor Services, at 319-362-8500, Ext. 218 or e-mail jan@ncsml.org.

Among the first exhibits at the new museum is "Alphonse Mucha: Inspirations of Art Nouveau." The display features paintings, jewelry, sculptures and lithographs from the Mucha Foundation in Prague and

London. Not since 1999 has an exhibit of this size and caliber appeared in the United States and it is the first of its type to appear in the Midwest region.

This is an once-in-a-lifetime opportunity to view the lush beauty of Mucha's flowing, elegant artwork, which is recognized by people all over the world. "Alphonse Mucha: Inspirations of Art Nouveau" is divided into six sections and explores Mucha not just as the father of art nouveau, but also Mucha's Moravian roots, his family, his photography and his devotion to the Slav people. The exhibit continues through December 31, 2012.

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

It all comes out in the wash

After four years in restoration and storage, the Petrik Gallery will pop with an exhibition of

embellished textiles that were damaged in the Flood of 2008 and painstakingly restored at the Chicago Conservation Center.

Weird & Wonderful

Engaging, wacky and witty is what visitors to the Smith Gallery will find in "Weird & Wonderful: Award Winning Art for Children's Books." Seventy-six award-winning illustrations that were honored at the Biennial of Illustration Bratislava will be on display. Ranging from whimsical to avant-garde, the exhibition is sure to enchant the young and young-at-heart.

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

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

An open invitation to walkers

Hi Sokol Walkers:

At this time last year, Jennifer Moulton and I were gearing up for the Sokol USA Slet in Independence, Ohio. Since we began the Healthy Heart Walking Club a few years ago, we have been enthused by all of the members who have joined the Club. We have members of all ages, living in all areas of the United States. And while most of our Healthy Heart members live away from athletically active Sokol Lodges, there were several of you planning to go to the Slet. Jennifer worked hard to coordinate morning walks, and it was a pleasure to meeting you, socializing and exercising together!

For me, personally, one of the happiest surprises of the Slet was when Ken Howard introduced himself to me. Brother Ken is a member of American Sokol, and also very active in the Cleveland Hiking Club. At the Slet, Ken told me to extend an open invitation to our members to join the Cleveland Hiking Club for a hike if they are ever in the

Cleveland area again. Please check out the website for the Cleveland Hiking Club: www.ClevelandHikingClub.org.

Ken assured me that they have different levels that will challenge any ability, so please read the hike description to make sure you have chosen an appropriate hike for your level. As always, you should make sure you are prepared for a hike with hiking shoes (there are rather large hills in the Cleveland area!), comfortable layers of clothing, and water.

If you are in the area, and have further questions about joining a hike, Ken has graciously offered to provide answers! You can email Ken at LynyrdAllman@aol.com.

As summer approaches, whether you travel to Cleveland or not, please take a picture of yourself on a walking trail and e-mail it to me! I know our readers would love to see where the Healthy Heart Walkers are globetrotting.

Happy Walking!
Brandi Kovac

64TH ANNUAL SOKOL USA NATIONAL BOWLING TOURNAMENT

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

The schedule of events is as follows:

- "Local" Team Event: Friday, May 18th at 7 p.m.

- "Out of Town" Singles and Doubles: Saturday, May 19th at 12 Noon and 3 p.m.

- "Local" Singles and Doubles: Saturday, May 19th at 6 p.m. and 9 p.m.

- "Out of Town" Team Event: Sunday, May 20th at 10 a.m.

We are looking forward to seeing our old friends and meeting new ones.

Nazdar
Lodge 93
Jeff Ruhler
610-572-3882

SUMMER IS HERE

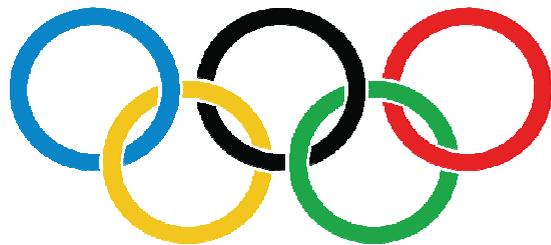
Lodges, it is time for a change. Let's try something new with some old friends and perhaps we will be able to meet and make some new friends at the same time. It will be easy. All you need is to pick a date and decided on an activity. Then make sure all your lodge members are informed and tell them to bring a friend that is not currently involved with Sokol.

What can you do? Have a picnic. It is one of the easiest activities to set up. Break out responsibilities to Lodge members. Find a location, decide on food, and don't forget about activities and games.

Make sure the games can cover a large age range. That way everyone will become involved with each other. You can also tell everyone to bring a "white elephant" prize for the winners on the games. Start the picnic off with an ice breaker. This will allow people to meet someone new. There are many good ideas for activities and games at a picnic. A few examples are: bingo, bubbles, keep away and an obstacle course.

It is time for us all to be more involved. Let's make some changes for our future. Sokol USA is only as strong as the members who participate.

Nazdar!
Jennifer Moulton



THE 2012 OLYMPICS ARE APPROACHING!

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

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

- Have an Olympics party. If your hall has a TV, invite everyone to watch the Games together!
- Keep track of our country's medal count – make huge posters!
- Write letters to the Olympians – wish them luck and let them know they've inspired and motivated you!
- Have a "Make your own Mascot" contest. Wenlock and Mandeville, the mascots for the 2012 London Games, are bizarre one-eyed creations – what will your members design?
- Make "Good Luck" and "U.S.A." signs and post them outside your gym. These signs are a great way to advertise your Sokol programs as well, so don't forget to include your gym's contact information.

NOTICE

**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.*

Do you know where I am?

Sokol USA is trying to locate the following members. If you know the whereabouts of any of these members, please contact Headquarters at:

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

Thank you.

Name	Lodge	City	State
BELORIT, FLORENCE	51W/30	DANBURY	CT
BENNETT, LEONA	31W-20	FORD CITY	PA
BERDELL, FRANK	20	FORD CITY	PA
BLISTAN, MILAN	124/500	MONACA	PA
BOTOS, JOHN	130	NEW KENSINGTON	PA
BROWN, PATRICIA	191	CHICAGO	IL
BRUNO, MARY	W66	BETHELEHEM	PA
BURAN, MILTON	158	ENDICOTT	NY
CHRISTIAN, LOUIS	219/260	CANTON	OH
COOPER, ANNA	45/130	TARENTUM	PA
DAVIS, NANCY ELAINE	93	BETHELEHEM	PA
DELICH, STEPHEN	214	PALMERTON	PA
DOCKTOR, JOHN	126/500	ELLSWORTH	PA
DULIN, ANNA	31W/254/500	ERIE	PA
DURIS, ALBERT	248	ROSSFORD	OH
EBERLY, SHIRLEY	29/500	TRENTON	NJ
ELLIS, MARY	32	BOONTON	NJ
ELLO, MICHAEL	248	ROSSFORD	OH
FAIX, ROBERT	130	NEW KENSINGTON	PA
FAKO, RUTH	W39/40	CHICAGO	IL
FITCH, LINDA	55/130	NEW KENSINGTON	PA
GAJZIK, MARY	46	MCKEESPORT	PA
GALLIK, EDWARD	26	GUTTENBERG	NJ
GASPAROVIC, MATILDA	11W/46	MCKEESPORT	PA
GRAY, MARY	124W/255	LEECHBURG	PA
HABOVSKY, RAYMOND	146/103	FARRELL	PA
HALAS, PAUL	30	DANBURY	CT
HEFFERNAN, IRENE	154/500	NORTH CHICAGO	IL
HENRY, JOSEPH	56/500	PHILADELPHIA	PA
HUDAK, SUSAN	268	THROOP	PA
HUTKA, AGNES	276	PITTSBURGH	PA
KANA, JOHN	244	WESTFIELD	MA
KATO, LUDMILA	28/500	DUQUESNE	PA

KENNED, GEORGE	244	WESTFIELD	MA
KILLIAN, EDWARD	248	ROSSFORD	OH
KOBULARIK, MICHAEL	46	MCKEESPORT	PA
KOJNOK, FRANK	130	NEW KENSINGTON	PA
KOTASEK, FRANK	273/37	WILKES BARRE	PA
KRALIK, HARRY	93	BETHELEHEM	PA
KUBILUS, ANN	19W/500	DERBY	CT
KYPTA, FRANK	26	GUTTENBERG	NJ
LISTON, ELIZABETH	68	BLAISVILLE	PA
LUKASIK, WILLIAM	315/306/114	CHICAGO	IL
LYDA, JOHN	20	FORD CITY	PA
MALINOVSKY, ANDREW	92/103	LORAIN	OH
MARIS, MICHAEL	202/115W	GARY	IN
MATTISEN, MARGARET	33W	JOHNSTOWN	CT
MCGRATH, MARGARET	159/500	ELIZABETH	NJ
MIGNOGNA, HELEN	128/130	SPRINGDALE	PA
MILLER, FRANK	269	WHITING	IN
MILLER, JOSEPH	269	WHITING	IN
MORGOVICH, JOSEPH	126/500	ELLSWORTH	PA
PECK, ROBERT	20	FORD CITY	PA
PECUS, HELEN	124W/255	MONACA	PA
PELKER, STELLA	248	ROSSFORD	OH
POSNEY, ROBERT	130	NEW KENSINGTON	PA
PUSKAR, JOHN	130	NEW KENSINGTON	PA
REHOR, ANNA	2W/1	BRIDGEPORT	CT
RESAR, GEORGE	150	RACINE	WI
ROVNAN, MARY	45/130	TARENTUM	PA
SADLON, EDWARD	30	DANBURY	CT
SCAFE, MARY	20	FORD CITY	PA
SCHISANO, ELSIE	3W	BRIDGEPORT	CT
SEVICIK, ALBERT	257/260	LAKESWOOD	OH
SPECKHART, EDWARD	92/103	LORAIN	OH
STALTER, ANNA	65/32	ROCKAWAY	NJ
STEVESAND, OLGA	98/3	RACINE	WI
TARNEK, BERNARD	20	FORD CITY	PA
THEIS, WALTER	260	CLEVELAND	OH
URSIN, JOHN	28/500	DUQUESNE	PA
VASECKA, CHARLES	27/500	MASONTOWN	PA
VICIAN, LOUIS	202/W89	GARY	IN
VILK, WILLIAM	62	AMBRIDGE	PA
VOJTKO, EMERY	37	MALTBY	PA
WALCROFT, HELEN	28/500	DUQUESNE	PA
WEIGLE, GARTH	124/500	MONACA	PA
WILHELM, FRANCES	130	NEW KENSINGTON	PA
YELLEN, ROBERT	66/1	TRAVIS, S.I.	NY
ZBORIL, ANNA	112/164	DETROIT	MI
ZIOLKOWSKI, DANIEL	17/500	JERSEY CITY	NJ
ZUCHOWSKI, ROBERT	248	ROSSFORD	OH

Sokolettes							
Name	Unit	Vault	Bars	Beam	Floor	Total	Place
Novice							
Emeline Kovac	Central Jersey	17.8	17.7	15.4	19.0	69.9	1
Rachel Glazner	Central Jersey	15.2	17.0	18.0	18.3	68.5	2
Sydney Sutter	Boonton	17.7	18.0	15.6	16.6	67.9	3
Samantha Glazner	Central Jersey	17.0	18.4	14.2	17.6	67.2	4
Jacklyn Helbourg	Boonton	16.7	17.4	13.8	16.2	64.1	5
Ava Kern	Boonton	17.0	18.7	15.7	12.2	63.6	6
Level I							
Bethany Glaser	Boonton	19.1	17.4	16.7	18.5	71.7	1
Victoria Lee	Boonton	17.3	15.8	16.8	18.7	68.6	2
Ruby Sikes	Boonton	18.8	13.6	16.5	17.6	66.5	3
Olivia Kern	Boonton	17.5	12.0	16.3	18.2	64.0	4
Hope Wright	Boonton	17.9	14.4	13.3	17.0	62.6	5
Level II							
Mya Russo	Boonton	8.8	8.7	7.8	8.7	34.0	1
Hannah Glaser	Boonton	8.7	7.0	7.8	8.6	32.1	2
Charlotte Wagner	Boonton	9.0	7.4	8.1	7.2	31.7	3
Marisa Wagner	Boonton	8.7	7.3	7.4	7.3	30.7	4
Amelia Moore	Boonton	8.3	8.3	6.2	5.5	28.3	5
Level III							
Nicole Febbi	Boonton	8.9	9.0	8.7	8.3	34.9	1
Leah Durkin	Boonton	8.5	8.0	8.8	8.1	33.4	2
Samantha Brancato	Boonton	8.6	8.0	8.6	8.1	33.3	3
Savanah Sutter	Boonton	9.1	6.8	7.8	7.0	30.7	4
Level IV							
Madelyn Lake	Boonton	9.2	7.7	7.6	7.2	31.7	1
Junior Girls							
Level IV							
Makayla Harris	Boonton	9.1	7.8	7.3	7.6	31.8	1
Anna Sikes	Boonton	8.6	5.0	7.0	6.4	27.0	2

District MM Hodza Competition Results



The Central Jersey group (in front from left) Emeline Kovac, Samantha Glazner and Rachel Glazner with their coaches Norah Valentin and Ellen Kovac.

FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

\$143,000 in 2010. The actuary noted that 291 members either died, surrendered their policies, or had policies which matured and were redeemed. We did not have enough new members purchasing policies in 2011 to equal the outflow from the policies of deceased members.

This was very disappointing news. At the end of 2011, Headquarters offered a policy enhancement to our membership. Only 10 people took the opportunity to add to their policies. The amount of additional premium income from the policy enhancement program barely covered the cost of the mailing and the processing of the 10 enhancements.

In discussing the lack of new policy sales, Brother Kovac pointed out that almost one-third of our present members are over age 70. In order to continue at our present size, it is necessary to sell enough new insurance policies to cover the expected loss of one-third of our membership over the next 20 years. This would require new premium income of at least \$600,000 per year for the next 10 to 20 years. It is clear that this is not happening.

Our members must understand that for Sokol to continue we must constantly bring in new members. This is not happening. Only 99 new policies were sold in 2011 and these policies generally had a small face value. This is not sufficient to replace the number of members who have died or redeemed their policies. We presently have 1,597 members over the age of 80. There are another 643 between 70 and 79. The aggregate is 31% of our membership.

We must sell new policies at a level sufficient to ensure our society's future if we are to continue. Our Futures Committee and The Supreme Lodge are looking at all options, including the concept of merger, to see what will best serve to secure our members' insurance and annuity needs and our society's future.

It is disappointing to see how few new policies are being sold. I have sold policies each year that I have been on The Supreme Lodge. I know it is not so easy, however, it must be done by all of our members in order for Sokol to continue.

June is the start of summer and we all have the opportunity to make a difference for Sokol. Sokol has experienced many changes in its 150 years of existence. Without change, we cannot move forward. I encourage all of our members to make a difference, to become active in fraternal activities, and to increase our membership by selling policies to new members.

NAZDAR!

Joseph Bielecki
President
Sokol USA



CENTRAL JERSEY GYM CLASSES AT NEW LOCATION

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

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

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

For more information, please contact either of us:

Ellen Kovac ellenkovac@aol.com 908.659.0121 (home)

or

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

DONATIONS GRATEFULLY ACKNOWLEDGED

To the Sokol USA Gymnastic Fund

From Sokol Lodge 273, Wilkes-Barre, Pa. \$200.00
In memory of the deceased members

From Sokol Lodge 15, Yonkers, N.Y. \$100.00
In memory of the deceased members

To the Sokol USA Milan Getting Scholarship Fund

From Sokol Lodge 273, Wilkes-Barre, Pa. \$200.00
In memory of deceased members

From Milan S. Kovac, Supreme Secretary \$25.00
In memory of Joseph J. Bielecki

From GBU Financial Life \$50.00
In memory of Joseph J. Bielecki

From Sokol Lodge 15, Yonkers, N.Y. \$100.00
In memory of the deceased members

From Deborah Golden \$25.00
In memory of Joseph J. Bielecki

Understanding the Preschool Child

By Beth Gardner

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

The 3-year-old child is at a fascinating developmental stage

At the age of 3, there are several things going on developmentally. This age group is absolutely fascinating to watch as they blossom into new little individuals. At the same time, since there is so much going on in the 3-year-old mind, it can be a challenging age group with which to work.

Around age 3, the child is starting to separate from the parent, mentally. They are beginning to understand that they are separate entities from the parent. At the same time, they are placing themselves into the environment, because they are reaching the comparative stage of thought. All of this combines to create a whole

dynamic unique to the age group.

First, they are very easily distracted because they are noticing the world around them as they compare themselves against this giant ocean of a world. So, they are noticing how high the ceiling is, how blue the floor is, how tall the bars are, and they are watching the other kids in the gym to see what they are doing. Essentially, they are noticing the world around them and outside of themselves. It is helpful to face their rotations and activities away from the rest of the gym in order to eliminate as many distractions as possible.

Second, as they are noticing their environment and how big the world around them is, they have moments of epiphany. They may be trucking along just fine, watching the other kids and looking at the gym, and suddenly realize, "Wait a minute. I'm way out here in the middle of the huge gym, and my mommy is way over there!" At that moment, they often experience panic with the realization that they are a lone island floating about this huge ocean of a world.

When the panic sets in, they tend to say things like, "Can I go talk to my mommy? I need to talk to my mommy." They may start waving at their mommy to get her attention, or they may simply shotgun away from the class to head straight to Mom's arms. These behaviors are all indicative that the realization of self and comparative stage of thought have combined to cause a hurricane of emotion. They are not "being bad" or "misbehaving." They are simply being 3.

When we see the first signs of the 3-year-old meltdown happening in our gym, we stop, walk over to the parent observation area and take a "hug break." It's a very simple solution to the difficult class management problem of keeping the children on task. All they need to do is simply touch base with "Mom" in order to regain their confidence that everything will be okay. Once they have done that, they are ready to adventure back out into the world, and they are more willing to stay with the class.

At the start of the school year or session, we may have to take two or three hug breaks during a class, but as the year progresses, we generally only have to take one hug break during a class. We combine hug breaks with water breaks and head back to the planned activities.

Another really amazing aspect of the 3-year-old mind is how enmeshed in fantasy it is. A 3-year old cannot separate fantasy from reality. To them, fantasy is reality. When they tell their fantastic stories, they believe they are true.

Fantasy is a very important part of the 3-year-old world and, likewise, a very important part of

a 3-year-old class. Allowing their imaginations to be a positive part of the class gives each class its own personality and dynamic. Role playing is a great activity for this age group.

Learning Styles

Another important aspect of the 3-year-old mind is that around that age, children begin developing and refining individual learning styles. While there are seven different learning styles, as identified by Dr. Howard Gardner in his book "Frames of Mind: The Theory of Multiple Intelligences," during the early childhood development years, children generally fall into one of three groups: Bodily-kinesthetic, Linguistic (Auditory) or Visual Spatial.

Kinesthetic learners are particular to learning through doing, touching and feeling. They need body shaping, textures and activities in which they can be active participants. We are all kinesthetic by nature, and our sport is a very kinesthetic activity. So, kinesthetic cues are important to all of us.

Auditory learners learn through hearing, discussing and description. They learn best when they can talk things out with their instructors or peers, and they take verbal directions very well. Girls tend to be predominantly auditory learners.

Visual Spatial learners need to see things and have a strong sense of visualization. Cues such as targets for landing spots and hand placements, pictures and demonstrations are very good tools for teaching the visual learner. Boys are prone to be visual learners.

Since the 3-year-old child is starting to develop his/her learning style and these three learning styles are the predominant ones for this age group, it is important that we include cues that address each of these learning styles in our lesson plans for this age group.

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

Additional comments from gymnastic professionals appear on Page 8.

Visit us at

WWW.
SokolUSA.
org



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

Sokol Healthy Heart Walking Club

Benefits include:

Reducing your stress level Lowering your risk of heart disease
Controlling your weight Controlling your blood pressure

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



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



You will receive a free Sokol pedometer
and a Healthy Heart mileage chart.

You are responsible for recording your mileage.

Walk with fellow Sokol members, or on your own.

Contact Brandi when you reach a milestone and get a reward!

CONGRATULATIONS EVELYN ELMORE!

Evelyn Elmore has retired. She had been working at the Sokol Headquarters as Milan Kovac's secretary for many years. We want to thank her for all of her hard work and commitment. Evelyn, we wish you the best in your retirement.

Nazdar!

NOTICE TO LODGE AND DISTRICT SECRETARIES

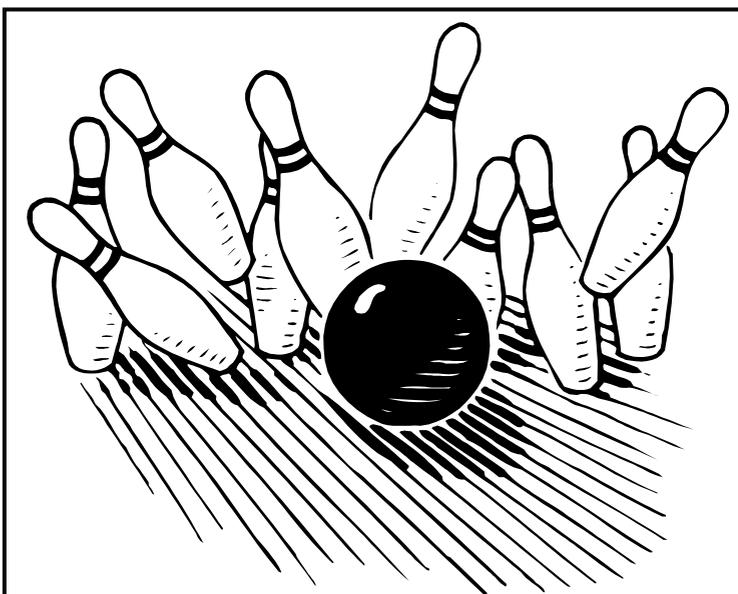
Recently Headquarters mailed to each Lodge and District a form to list the names of the Lodge and District Officers' names, address and telephone number. It is requested that these forms be completed and returned to Headquarters as promptly as possible. This information will be used in the event we need 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

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

THE BENEFITS OF WALKING

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

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

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

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

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

Nazdar!
Jennifer Moulton

SPONSOR A GYMNAST

Sponsor a Gymnast is a 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, cpatch@verizon.net
Todd Yatchyshyn, yatch18@aol.com
Sokol USA Secretary: Milan Kovac, SOKOLUSAHQ@aol.com

Sokol USA Golf Tournament August 4 & 5, 2012 Lancaster Host Resort, Lancaster, PA

Per person fee: \$120.00

Saturday, August 4th tee off at 11:15 AM
Sunday, August 5th tee off at 8:30 AM

Includes greens fees & cart for both rounds, hot dog & beverage at turn, goodie bag, buffet dinner at Your Place Pub - Saturday 6:30 PM, trophies for winners Men's & Women's Callaway Scoring

Hotel: Country Inn \$119.00
Group Rate reserved under Sokol USA; hotel is less than a mile from course. Your Place Pub is across the parking lot from the hotel.

For additional information contact
Director Todd Yatchyshyn
267-566-2993 or yatch18@aol.com

Let's hear from the preschool experts

(Continued from Page 6)

Linda Thorberg
National Instructor for R102
Preschool Fundamentals: Hands
on Training (HOTPS)

All children learn differently. The most effective teacher will use several types of learning styles when instructing the class. The "Tell, Show, Do" method will give all children enough information to get started.

In as few words as possible, explain the activity (auditory

learners will understand this). Next, demonstrate it yourself or with another child (this will help visual learners). Finally, assist each child with spotting them through the action, or get them all started and circulate around to help each (kinesthetic method for those who need to feel the action). Tell, Show, Do!

To review, ask them questions to see who was paying attention, like, "What do I do over here?"

Michael Taylor

National Instructor for U101
Safety and Risk Management
and R102 Preschool
Fundamentals: Hands on
Training (HOTPS)

Helping children in a gymnastics class learn life skills can be very rewarding. Two children racing for the single yellow hoop is a teachable moment. Preschool instructors should always be looking for teachable moments. They reach

it simultaneously and start pulling on it, yelling "Mine!" If there is a safety concern (i.e. the children begin to push or shove) it may be necessary to physically intervene immediately. However, you have just been presented with a very important "teachable moment" that could benefit everyone involved – you, the two children and parents observing the situation. Resist the impulse to get involved and resolve the situation for the children. Provide them with guidance only when necessary. Remember that our ultimate goal is to help the children learn how to take care of themselves – give them the opportunity to figure things out for themselves.

Follow the 5 steps to resolve conflict:

Approach: Be available, but don't intervene too soon. If there is no further conflict, if the children are able to resolve the

issue themselves, no further action is necessary. If the children are not able to reach a mutually acceptable solution, it may be necessary to help them understand their feelings. Give them the tools to articulate what they are going through (You look angry, you look sad).

Define the problem: Describe the scene, reflect what the children have said, without judgment and without solutions (It looks like you both want the yellow hoop).

Gather Data: Ask questions without blame or fault, open communication (What do you think would be fair?).

Generate Alternatives: What are they going to do to solve their problem? Facilitate options; hopefully teach the bully compassion and teach the victim awareness.

Follow Through: Sometimes you just have to take charge, but you just demonstrated a model of conflict resolution.

Got Insurance?

Introducing Sokol USA's NEW Single Premium Insurance Coverage

Affordable Rates **Excellent Coverage**

Different Rates for Men and Women

Simplified Application Process

You will not be turned down because of age

Pay Once, Have Coverage for Life

Minimum Policy is \$3,000

<u>\$3,000 Policy</u>		<u>\$5,000 Policy</u>	
Newborns:	\$213 for males \$180 for females	Newborns:	\$355 for males \$300 for females
Age 5:	\$252 for males \$213 for females	Age 5:	\$420 for males \$355 for females
Age 18:	\$399 for males \$342 for females	Age 18:	\$665 for males \$570 for females
Age 21:	\$432 for males \$372 for females	Age 21:	\$720 for males \$620 for females
Age 30:	\$567 for males \$504 for females	Age 30:	\$945 for males \$840 for females
Age 40:	\$792 for males \$705 for females	Age 40:	\$1,320 for males \$1,175 for females
Age 65:	\$1,695 for males \$1,512 for females	Age 65:	\$2,825 for males \$2,520 for females

<u>\$10,000 Policy</u>	
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

GYMNASTICS ON TV

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



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

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.

EDWARD J. WALKO SR. – (1924-2012) A member of Lodge 235/12, Newark, N.J. He is survived by his wife.

ELLA HOMA – (1917-2012) A member of Lodge 157/306, Chicago, Ill. She is survived by her son.

HELEN DEBNARIK – (1914-2012) A member of Lodge 59, Trenton, N.J. She is survived by her children.

BETTY M. MILICH – (1929-2012) A member of Lodge 103, Farrell, Pa. She is survived by her son.