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SOKOL TIMES

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Lodge 12 Central Jersey Completes 115th Year

By Ellen Kovac

The Gymnastic Department of Lodge 12 continues strong, thanks to the support and leadership of many members over the years and despite not being housed in a Sokol Hall for 47 years.

In 1967, after riots erupted in Newark, NJ, Lodge 12 sold the beautiful hall it had owned as part of a corporation with other groups (the names of which I do not remember). That historic building – with three huge areas that could be used for gymnastics and calisthenics, with a stage where many Slovak plays had been performed and bands had played, with a kitchen that served Slovak-American food for many banquets, wedding receptions, and holiday parties, and with an apartment for the live-in caretaker/bartender and his family – was gone.

But thanks to Brother Joseph Punchatz, Ann Gorgol and others, the gymnastic program continued in a rental location at the Five Points Y in Union, NJ,

where we thrived for many years. And when the Y expanded its program to the extent that it needed to use the gym on Friday nights, we found another rental location at Central Jersey Dance & Gymnastics in Middlesex. That's when we swapped our location name "Newark" to "Central Jersey." Again, our host eventually wanted Friday nights for their own use. In recent years, we changed locations three more times in the Middlesex County area in our determination to continue Sokol gymnastics. Each time, we had enough of a loyal core of supporters, instructors, and young gymnasts to make another move worthwhile.

Now, we are secure in Henderson's Gymnastics Academy in Edison, NJ, and happy to be continuing in the Sokol tradition of "A Sound Mind in a Healthy Body" on Friday nights. We celebrated our final gym night for this season on Friday, June 13th, a lucky date for
(Continued on Page 2)



Lance Kovac is surrounded by student gymnasts in his class (clockwise from left), William, Philip, John, Wyatt and Robert.



Norah Valentin with Madeline and Elizabeth

From the President's View

The summer has been busy and interesting. It has also been full of Sokol spirit!

The Sokol Canada Mini-Slet was lively and interesting. It occurred in late June in Masaryk Town, just north of Toronto. Sokol USA's Farrell Lodge sent a large contingent of its members to the mini-Slet under Brother Banjak's direction. The Farrell group engaged in the sports competitions and won quite a lot of medals. Sokol Farrell's women also presented a thrilling special rhythmic number depicting the experiences and transformations of Slovak immigrant woman in the new world. Sokol Canada's president, Anna Janous, gave special recognition to Brother Banjak and the large number of Sokol USA members who came



Joseph Bielecki

to the Sokol Canada mini-Slet.

The mini-Slet activities concluded with a formal march and the laying of wreaths at a monument to the victims of communism. Sokol USA Finance Committee Member Deborah Golden, American Sokol Organization President Jean Hruby and I were selected by Sokol Canada's president to lay the wreaths at the ceremony. The ceremony honored the more than 65 million victims of communism throughout the world.

Following the wreath laying and speeches by Canadian dignitaries, the mini-Slet performances began. Sokol USA and DA Sokol from New York City each sent large numbers of
(Continued on Page 2)

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From the President's View

(Continued from Page 1) participants and the spirit of camaraderie was high. A Saturday banquet and a Sunday festival with Slovak ethnic dancers performing were among the weekend's highlights. Sokol USA's Sports Fitness and Wellness Directors, Chris and Todd Yatchyshyn, as well as Rich Yatchyshyn, also attended the mini-Slet and helped with the events. It was a weekend full of fun, friendship, and sports. The largest number of non-Canadian Sokols attending the mini-Slet came from Sokol USA.

The GBU National Convention will be held in September 2014 in Myrtle Beach, South Carolina. Our Sokol USA District will send five delegates to the Convention. Our delegates are: Joe Bielecki, Emil Trgala, Deborah Golden, Chris Yatchyshyn, and Milan Kovac. It will be an interesting experience to participate in the GBU Convention. In addition to our voting delegates, each member of the Supreme Lodge has been invited to attend the GBU convention as a guest.

The transition is also proceeding very well and is on-

going. Our members will have received their GBU Certificates of Assumption in August. All insurance records have now been transferred to GBU headquarters in Pittsburgh.

Sokol USA's newest Lodge, Penn Argyl, received its charter and is in the process of growing its programs and activities. I encourage our Lodges and members to support our newest Lodge and its activities.

Our Sokol District Fraternal Activities Director, Nancy Shurina, has created a bike program. This edition of The Sokol Times, as well as future editions, will explain the program and tell our members how to participate. The bike riding can be done on either a regular bicycle or a stationary bike. This is a good way to enjoy the summer and fall cycling weather.

I encourage our members and our Lodges to continue to meet and to take out your bicycles and rack up Bike Club miles! Enjoy the rest of the summer and keep up all our great Sokol sport and fraternal activities.

NAZDAR!

Joseph Bielecki, President
Sokol USA

LODGE 2, SOKOL USA BRIDGEPORT, CONN., AWARDS SCHOLARSHIPS

Lodge 2, Bridgeport, Sokol USA District, awarded two scholarships through its scholarship program, it was announced by Lodge President Miguel Alicea. "In 2014, we again awarded two high school seniors each a \$1,000 scholarship award," he said.

Lodge Secretary John Kamenitsky continued: "These students exhibited an array of achievements from high scholastic achievements. One was valedictorian of his class at Stratford High School, to athletic prowess, to hospital volunteers, to participants in Habitat of Humanity programs and many with close ties to their churches," he said. "Their essays about their Slovak roots were both interesting and entertaining."



Central Jersey gymnasts line up at the conclusion of another successful Sokol gym year. Norah Valentin and Lance Kovac are the instructors in the photo.

Sokol Lodge 12 Central Jersey

(Continued from Page 1) us. We have a great staff, and have decided to honor two of them in particular for their part in keeping Lodge 12 alive.

First, Norah (Kaplan) Valentin, who joined Sokol USA as a Sokolette. She and her parents and brother were important participants for many years. Norah attended Sokol School and became an instructor as well as a very accomplished gymnast with a local private club.

After she had her own children, Julia and Bonnie, Norah brought them to Sokol and resumed teaching on Friday nights. Now, Julia, a former Westfield High School and JOGA competitor, is a college grad and attends Sokol gym on Fridays to relax from a long work week and stay in shape. Bonnie is currently a college student in Maryland but came to watch our program this year, having been a Lodge 12 gymnast, STAR Camper, and National Sokol Camp participant until she graduated from high school. I can't continue without mentioning that Norah's husband Sandy, a marathon runner, has pitched in to help with Sokol events when needed.

Over the years, Norah has served Sokol not only as Director and Co-Director of Gymnastics for Central Jersey, but also as District Hodza Treasurer, Convention delegate, Sokol Woodlands volunteer and employee, and guest/substitute instructor with the Boonton Lodge. Norah is one of the key people whose dedication to Sokol Lodge 12's gymnastics program has been crucial in our continued existence.

Second, Lance Kovac, who has been a Sokol gymnast all of his life. Although he was a successful high school wrestler and lacrosse player, and has participated in many runs, marathons, and triathlons, he

has not left Sokol. He was a worker at Sokol Woodlands for many summers, learning from "Uncle" George Repasky, "Uncle" Joe Darula, and other elders how to do important construction and repair projects. He and his Sokol friends have since completed many improvement projects of their own at the camp. He ran the final leg of the All-Sokols relay race, which Sokol USA won at a national Slet, and has won Fitness Challenges. In recent years, he has been bringing his own three young children, along with friends of theirs, to Sokol gymnastics classes on Friday nights. He currently teaches a class of five boys of various

ages. Here are quotes from this year's Sokol Boys' class:

"Lance has great gymnastic abilities, and is always ready to demonstrate and spot us in everything we try." William

"Lance knows what I am doing wrong and he always fixes my mistakes the correct way." John

"Lance is a good teacher, but he is also nice, strong, fun, and lets us play games at the end of class." Philip

"Lance has always been right and has been nice. Lance is cool!" Robert

"My Dad is fun!" Wyatt

Even a Sokolette wanted to comment: "Lance is really (Continued on Page 7)



Lance Kovac and Norah Valentin, our wonderful Featured Central Jersey Gymnastics Instructors, wear our special Sokol Lodge 12 shirts.

Summertime and New Beginnings

As always, spring and summer bring a lot of opportunities for different events that Sokol lodges can join in. Some of the most recent fraternal activities are as follows:

During the weekend of May 17th and 18th, Sokol Lodge 214 in Palmerton, Pa., hosted the 66th Annual National Bowling Tournament. Sokol USA bowlers and guests came to the Palmer Lodge where bowling was held in the lanes as teams on May 17th and as singles and doubles on May 18th. After bowling, a delicious lunch was served.

Next, Farrell Lodge 103 held the 5th Annual Sokol USA Farrell Golf Scramble on June 14th. Thirty teams golfed at Shenago Lake Golf Club and returned to the lodge afterwards for a wonderful steak dinner, beverages and the awarding of prizes.

June ended with Sokol USA joining our fellow Sokol lodges up north for the Sokol Canada Mini Slet held June 26th thru 29th. President Joseph Bielecki and Officers Sisters Debbie Golden and Chris Yatchyshyn and Brothers Steve Banjak, Richard Yatchyshyn and Todd Yatchyshyn participated in this event alongside many members from Farrell. Brother Bielecki and Sister Golden were chosen during the opening ceremony to

As we start our new history as a part of the GBU family, be sure to send in any information concerning upcoming events. Sokol USA has many ideas, programs and activities to share with the rest of GBU.

lay a wreath honoring members lost during Communist oppression. Farrell gymnasts performed a wonderful original program themed "Immigrants: A Tribute to Immigrant Women." Along with the program, adults enjoyed a banquet with Czech and a Czech band, while the young folks had a BBQ and disc jockey. After the Slet, a Czech-Slovak festival was held in Masaryktown with food and entertainment.

By the time you read this, the Annual Slovak Day at Kennywood Park in Pittsburgh will have been held on July 27th. This event provided wonderful food and entertainment celebrating the Slovak heritage in western Pennsylvania while various displays featuring folk costumes and other cultural items were available for guests' viewing pleasure. Many Sokol lodges from the surrounding areas made this an annual family outing to come together under cultural unity.

August 2nd was the First Annual Charity Golf Outing in Chicago, co-sponsored by Slovak American Sokol Krivan and Sokol USA Lodge 306. Best wishes for the first of many!

I hope all of you have been enjoying Brother Banjak's historical articles in the past issues of the Sokol Times. These are full of delightful and educational information concerning the long history of the Slovak people. As we start our new history as a part of the GBU family, I ask that you be sure to send in any information concerning upcoming cultural and fraternal events hosted by the Regions and Lodges as Sokol USA has many ideas, programs and activities to share with the rest of GBU. Also, in this issue of the Sokol Times, please read about the new Biking Program. Be sure to join in with family and fellow members.

NAZDAR!
Nancy Shurina

MERGER UPDATE

Beginning in the last week of July, GBU Financial Life has mailed to each Sokol certificate holder a "Welcome" letter and a "Certificate of Assumption." It is important to read and retain these items and place them with you other "important papers." The Certificate of Assumption is a legal document. In the event that you have not received the forms, please contact GBU at 1-800-765-4428 or you may call the Sokol Office at 1-973-676-0281.

Later in the month of August, another mailing will occur and this will be the distribution of surplus to each member in the form of an additional Paid Up Insurance Certificate. The additional insurance is free to the member and no premium or money is due. Again, this is a very important document. You will also receive a form to designate a beneficiary for this and your other benefit certificates. It is very important that the designation of beneficiary form be completed and returned to the GBU office. Though it may be human nature to just "throw stuff on a pile" or put the items with your important papers without reading or acting upon them, it will be major mistake not to promptly respond.

At our XXXIV Convention in 2013 and during the discussion of merger and the surplus distribution, there was a recommendation that members have the option to not accept the additional paid up insurance. Each recipient would be allowed to donate the value of the paid up certificate to the SOKOL USA Foundation. This option is available.

At this point in time, our office staff has retired or has taken other employment. Our office may be contacted via telephone at 973-676-0281 between the hours of 10 a.m. and 4 p.m. Monday through Friday or via e-mail at sokolusahqs@aol.com. A number of folks have been assisting in cleaning and reviewing the many historical items we have in our office. Thanks to Kathy Naccarato, Brandi Kovac, Bea Walko and Buddy Burkhardt for devoting time toward sorting and

segregating the many books, posters, ledgers, photos, awards, etc., etc., etc. Sister Naccarato is heading up the team of volunteers and anyone is welcome. Please contact Sister Naccarato at 201-220-4078 or e-mail katnac@aol.com if would like to assist.

Our transition is going as smoothly as possible. Our accountant, Mr. Al Eglow, CPA, is assisting and directing our changing of accounting and accounts. We will soon publish our new balance sheet and income and expense statement. Brother Arthur Burkhardt, Treasurer, is working with the Secretary in establishing a new operating account and in securing our records. The new entity of SOKOL USA, District 4000 of GBU, will have assets such as cash, mortgages, real estate, and collateral loans, and we will have the responsibilities that go hand in hand with operating and managing these assets. Our assets will exceed \$1.3 million and the vast majority of these monies are in the SOKOL USA Foundation. The greatest portion of our assets are income producing.

We are in process of converting from an IRS 501(c)8 to a IRS 501(c)3, which we believe will be very beneficial to our Society. At this time, we are awaiting a response from the IRS.

As stated in the June issue of the *Sokol Times*, we will publish every other month and therefore it is important to send items for publication as promptly as information is available. Our next publication date is October 9, 2014, and cut-off date for publication is September 25, 2014.

The month of September is usually the beginning of Sokol classes, though Lodge 47, Monessen and Lodge 306, Chicago each had summer programs. Within this publication is a listing of all our gymnastically active lodges and their contact information and other details. We encourage everyone's participation.

Nazdar!
Milan S. Kovac



Sokol's

Wheeling into Fitness Biking Club



Benefits of regular cycling include:

- | | |
|----------------------|-------------------------------|
| Reducing your stress | Good for your heart |
| Weight control | Strengthen your immune system |
| Easy on joints | Improves coordination |
| Helps environment | Increases longevity |

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

Nancy Shurina
240 N. Morrow Street
Blairsville, Pa 15717

or

Email: fna240@verizon.net

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

Upcoming WPSCA Events

Mark your calendars so you won't miss any of these important events!

- September 9: Fall Slovak Language Classes begin
- October 6: Slovak Heritage Program
- October 11: Slovak Beer Tasting
- November 2: Slovak Festival at Pitt
- November 3: Slovak Heritage Program
- November: Slovak Film Festival
- December 1: Slovak Heritage Program

Sokol Canada Mini-Slet

By Debbie Golden

Sokol Canada held a Mini-Slet from June 27-29 in Toronto, Ontario. The Opening Ceremonies were held Friday evening in Masaryktown, named after the first president of Czechoslovakia, Tomas Masaryk, at the Masaryk Memorial Institute's lovely large private park and delicious Prague Restaurant. The gymnastic competitions were Saturday morning at Fit 4 Life and in the afternoon the volleyball tournament was played out at Variety Village. On Saturday evening, a banquet was held at the Prague Restaurant, followed by the Awards Ceremony and dancing to live music.

The Slet performance was held Sunday afternoon at Masaryktown. I was honored to take part in the wreath laying ceremony at the monument to the Victims of Communism. Sixty-two million people have lost their lives to Communism worldwide since 1917. A generation has become adults since the fall of Communism in Slovakia and the Czech Republic. It is important to remember the sacrifices of so many to achieve the freedoms enjoyed today. Recent events in the Ukraine and totalitarian governments in Asia are also reminders to not take our freedom for granted.

The weather was perfect for the Grand March and the gymnasts' performances. Sokol Canada and DA Sokol performed cal numbers and showed us their tumbling and vaulting skills. Our Sokol USA Farrell lodge performed a very clever, special number starting out as early 1900s immigrants, then transforming into modern American women. After the Slet performances, there were Czech and Slovak folk dancers, vendors selling crafts, and more music. Though on a smaller scale than past Slets, all who attended thoroughly enjoyed the event.



At left on top, enjoying the Slet Banquet are Sokol Canada President Anna Janous and Sokol USA President Joe Bielecki. At right on bottom, Sokol USA's Deborah Golden visits the Memorial to the Victims of Communism. All photos on right are of a special number performed by Sokol USA's Farrell Lodge.



Sokol Canada Mini-Slet



The Opening March at the Mini-Slet



A Slovak folk dance performance



Sokol USA President Joe Bielecki at the wreath laying ceremony



Above and below (left and right), a Slovak folk dance performance





Lodge 32 donates gym time and equipment on a weekly basis for "Special Needs Yoga."



Fall Activity Schedule

Lodge 12 – Central Jersey

Classes resume September 12, 2014, at Henderson's Gymnastic Academy in Edison, N.J. All ages welcome! Experienced Sokol instructors lead our classes for male and females. New gymnasts are warmly welcomed. For more information, contact Ellen Kovac at 908-659-0121 or ellenkovac@aol.com or Norah Valentin at 908-317-8350 or norajane@verizon.net.

Lodge 32, Boonton, NJ

Pine & Highland

Fall Classes

Tots Gymnastics – Monday mornings: Nicole 973-229-5457
Boys Gymnastics – Monday evenings: Eric 973-727-3531
Girls Gymnastics – Tuesday evenings: Pat 973-625-7792
Special Needs Yoga – Monday afternoons: Ed 973-906-3132
Bowling – every other Saturday night: 973-945-3070
Dominos club – Monday evenings: the club 973-263-9731

Lodge 47, Monessen

Falcon Gymnastics, Belle Vernon, Pa.
www.falcongymnastics.info
724-684-6260

Recreational Gymnastics (ages 18 month and up)
Tumbling

Fitness Run
Playtime with Parents
Kung Fu
Competitive Girls Gymnastics
Competitive All Star Cheer
Join us on September 20, 2014, for our Second Annual Carnival of Fitness celebrating National Gymnastics Day and the Right to Play.

Lodge 103, Farrell, Pa.

www.sokolfarrell.org
see Sokol Farrell on Facebook
Slovak Home

Teenage and children's classes Thursday evening at 6 p.m.

Lodge 306, Chicago, Ill.

Sokol Community Center
4855 North Elston Ave.
773-685-1464
www.sokolusachicago.com

1st Session Gymnastic classes start week of Sept. 15
Tots – Friday
Children – Boys – Monday
Children – Girls – Tuesday and Wednesday
Juniors – Monday and Friday
Adults – Wednesday

Upcoming Social Events

Turn Back the Clock Social Night – September 26
Spaghetti Dinner – Oct. 11
Fall Festival Hody (Dinner/Dance) – November 8
Annual Cartwheel-a-thon – December 20

SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

The Sokol Times Social Page is a great 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 07019-0189. Information and photographs also may be e-mailed to: **SOKOLUSAHQ@aol.com**

ENGAGEMENTS, WEDDINGS & ANNIVERSARIES



NAMES: _____

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

BIRTHDAYS



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

PROMOTIONS, HONOR ROLLS & OTHER EVENTS



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

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

Well known personalities in Slovak history: Jan Hus

(Continued from Page 8)
Chapel stopped until Hus left the city. Soon afterward, the order was given that Hus be arrested, judged according to ecclesiastical law, condemned, and turned over to the "secular arm" to be burnt at the stake.

Hus left Praha and went to Tabor for refuge. He later returned to Praha and began to prepare for his journey to the General Church Council which Pope John XXIII had convened at Constance in Switzerland. Hus was asked to come to the Council of Constance by the German Emperor Sigismund, who promised to furnish the reformer with a letter of safe conduct. This letter was to guarantee Hus freedom from

persecution on the way to the Council, and judgment as a free man. Hus, disregarding all voices that warned him not to trust Sigismund, decided to go to Constance in the autumn of 1414. The safe conduct letter did not save him for long. The Council had him cast in prison.

On June 10, 1415, Hus wrote his memorable letter to "the whole Czech nation," begging all Czechs to love one another, not to stand for the oppression of the virtuous, and not to deny anybody the truth. While the reformer was in Constance, his friend, Master Jakoubek of Stríbro, established the custom in Bohemia of offering the faithful both bread and wine in the Holy Communion. Such Communion

"in both kinds" had been practiced by the early Christians and Hus approved of its use by his followers.

On the sixth of July 1415, Hus appeared before the Council for the last time. The reformer wished to defend himself against the false accusations presented by the bishops, but was not allowed to do so. The Council convicted Hus of having preached heresy and of having spoken lightly of the dignity of the Holy See and the entire church. He was then publicly unfrocked. He was asked to recant and he refused. He was forced to wear a paper crown with the Latin inscription "This is the Arch-heretic."

Hus, accompanied by 1,000

armed men and a huge crowd of curious onlookers, was led out of town where the stake had already been prepared. Hus was asked for the last time to retract his statements. Feeling that he was innocent, he declared that he was willing to die joyously in the cause of truth, which he had taught and preached as he himself had found it. Commending his spirit to God's mercy and singing hymns, Hus soon breathed his last breath of air. The terrible death which he had been willing to undergo so courageously for his convictions

Jan Hus is important in Slovak history because his influence on church reformation was strongly felt in the Slovak lands.

gained him the respect and admiration of the civilized world and set him down as one of the great figures in the church and the Czech nation.

SOKOL LODGE 12 CENTRAL JERSEY

(Continued from Page 2)

awesome. He lets us play games, and he is a good spotter." Madeline

Besides our featured instructors, Lodge 12 Central Jersey is very lucky to have Wendy Koch, Ellen Kovac, Neechee Rehwinkel, and sometimes Julia Valentin on our current staff. In addition, we are watched over by would-be-there-every-week-but-Manhattan-is-too-far-away-to-make-it-often Lodge 12 Financial Secretary Brandi Kovac. We all, regardless of age, are still living the Sokol credo of striving for a sound mind in a healthy body.

Any members or friends who wish to join our group in September are encouraged to contact Ellen Kovac at ellenkovac@aol.com or 908-659-0121, or Norah Valentin at Norahjane@verizon.net.

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.

DOROTHY NEMETZ – (1926-2014) A member of Lodge 103 in Farrell, Pa. She is survived by her children.

DOROTHY HREBENAR – (1925-2014) A member of Lodge 47 in Monessen, Pa. She is survived by her daughter.

MARIE PAULINE KATCHMAR – (1915-2014) A member of Lodge 107 in Mt. Olive, Ill. She is survived by her son.

ETHEL BARTOS – (1924-2014) A member of Lodge 66W in Bethlehem, Pa. She is survived by her son.

EDWARD D. DRAGON – (1924-2014) A member of Lodge 220 in Dunellen, N.J. He is survived by his nephew.

ANNA CERVENAK – (1918-2014) A member of Lodge 17W in Perth Amboy, N.J. She is survived by her children.

MOLLY P. WEAVER – (1927-2014) A member of Lodge 66W in Bethlehem, Pa. She is survived by her daughters.

CATHERINE CWIK – (1922-2013) A member of Lodge 40W in Chicago, Ill. She is survived by her children.

ELLEN R. VARGO – (1938-1999) A member of Lodge 45 in Tarentum, Pa. She is survived by her husband.

HELEN SMIESKO – (1930-2009) A member of Lodge 130 in New Kensington, Pa. She is survived by her children.

MARGARET VOOZ – (5/4/2014) A member of Lodge 66W in Bethlehem, Pa. She is survived by her children.

RUDOLPH PACEK – (1925-2011) A member of Lodge 130 in New Kensington, Pa. He is survived by his wife.

LARRY FELSKY – (1954-2012) A member of Lodge 103 in Farrell, Pa. He is survived by his wife.

WILMA POKLEMBIA – (1927-2014) A member of Lodge 15 in Yonkers, N.Y. She is survived by her children.

PAUL SCHNITTA – (1916-2014) A member of Lodge 26, Guttenberg, N.J. He is survived by his daughter.

ZELMIRA GALE – (1926-2014) A member of Lodge 260 of Cleveland, Ohio.



Do you know the average
person gains
1-2 pounds over the holidays?

Well... WALK IT OFF!!!

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Benefits include:

Reducing your stress level Lowering your risk of heart disease
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Sign up for Sokol's Healthy Heart Walking Club
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Brandi Kovac
64 East 111th St.
Apt. #811

New York, NY 10029

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!

Sokol Social News

**HAPPY BIRTHDAY
AND HAPPY ANNIVERSARY**



Martin and Betty Polacek of Brick, N.J., members of Sokol Lodge 12, will celebrate their 60th wedding anniversary on September 18th. In addition, Martin celebrated his 90th birthday in August.

Lodge 39 Luncheon



Lodge 39 recently had a luncheon at McCook's Restaurant on June 22nd. Attending the event were (seated from left) Millie Melka, Jan Sopoci and Dorothy Erickson; and (in back) Paul Brinley, Anne Marie Brinley, Arlene von Schwedler, GERAL von Schwedler and Brad Erickson. During the luncheon, Lodge 39 members met some friends from Lodge 306 and the Slovak Athletic Association.

Well known personalities in Slovak history

Jan Hus - Czech Church Reformer

By Stephen J. Banjak

Editor's note: This is the sixth part of an ongoing series about the Slovak people, history and culture.

Master Jan Hus, although a Czech by birth, is important in Slovak history because his influence on church reformation was strongly felt in the Slovak lands. Many Slovak protestant churches, even in the United States, had references to Hus, in word and photography in their churches.

Hus was born in the year 1369 at Husinec in Southern Bohemia. He was called Jan of Husinec, or later as we know him, Jan Hus. He sang in church for a living and, as a student, was so poor that he often went hungry. When he completed his studies, he became a professor in the University. From the beginning, his exemplary life and moral seriousness drew his students to him. He became a priest and, in 1402, the preacher at Bethlehem Chapel in Praha. (If you travel in Bohemia, you can still see this church in the heart of Prague.) Up until the time the Bethlehem Chapel was built, there was no place in Praha where the word of God could be freely preached in the Czech language.

Hus, a zealous preacher, demanded true Christian living of his parishioners. To make his writings simpler to understand, he simplified the Czech grammar



Master Jan Hus on a horse

and became the founder of the standard unified Czech language. Hus was grieved when he saw how the nobility and some of the people, especially those who lived in the city, used German expressions, which they mixed with Czech. Hus also took a great interest in religious folk songs, which he made a part of the Divine Service.

Before long, Hus became the idol of the people. The Archbishop of Praha also grew fond of him and appointed him the "preacher" at synod meetings. Hus was then able to find ample opportunity to reproach the clergy for their less than exemplary, sinful lives. He, therefore, quickly fell out of grace with the clergy as well as the

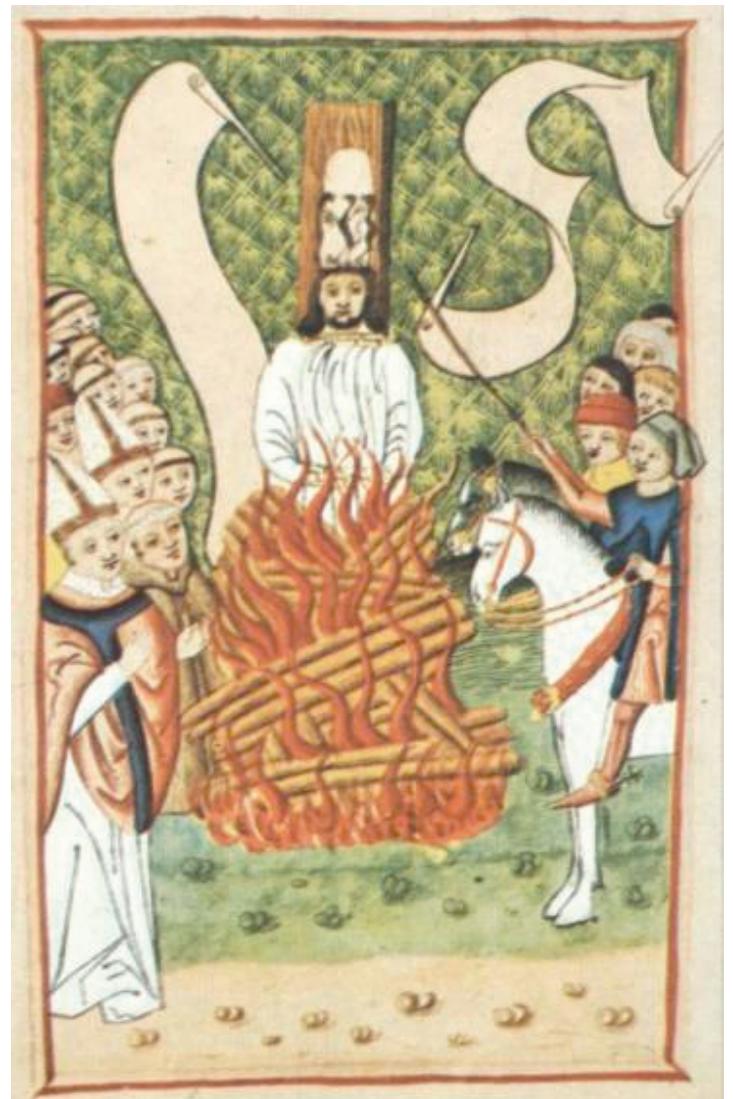
Archbishop.

Hus became an ardent follower of John Wycliffe, the English reformer. Wycliffe, relying directly on the authority of the Bible, repudiated everything not directly sanctioned by it. Since his teachings were contrary to the doctrines of the Papacy, they were condemned as heresy and his followers, Hus included, were persecuted.

After the death of Pope Alexander V, John XXIII became Pope. Since his neighbor, the King of Naples, refused to recognize him, he declared war on Naples. The Pope, not having sufficient funds to wage a war, devised a profitable plan: he authorized the sale of "indulgences." This meant that he promised absolution and the remission of sins, and thus an escape from the punishment for sins, to all those who would pay him for this absolution or, in other words, for those who bought an indulgence.

Indulgences were sold in Praha as well as elsewhere and the method of sale was so much like common huckstering that Hus and his followers were filled with revolt. Hus took a firm stand against the procedure. Hus disobeyed the commands of the Archbishop to stop his protests of the indulgences and was eventually excommunicated from the church. The Pope threatened to have all services at Bethlehem

(Continued on Page 7)



Hus at the stake