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# SOKOL TIMES

MARCH 13, 2014

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## DISTRICT MM HODZA PREPARES FOR NEW SEASON

To help our female athletes learn the new USAG routines, District MM Hodza held an all-day training session at the Boonton Sokol Hall on December 30, 2013. Gymnasts from both the Boonton and Central Jersey Lodges met at 10 a.m. sharp. The routines were taught by Sister Ellen Kovac, our resident expert on all things USAG, along with Sister Pat Ritz, Sister Judy Bindas, Sister Nicole Zaremba, Sister Anna Rehwinkel, and Sister Karen Glaser. There were five eager participants from Central Jersey, Lodge 12, and 10 from Boonton, Lodge 32. They are pictured in the photo to the left.

The workshop focused on the new Levels 1 2, 3 and 4 routines. In the morning, the groups worked on Levels 1 & 2 Floor Exercise and Levels 3 & 4 Balance Beam. The group took a mid-day break for a delicious and nutritious lunch prepared by Boonton Lodge hostesses Pat and Judy. In the afternoon, the groups finished the day by switching events. On each event, the gymnasts took turns watching the DVD of the routines and practicing the new moves themselves.

Our district gymnasts performed these new routines at the District Competition on March 8, 2014, and will perform them again at the United Sokols of the East Competition on April 5, 2014.

## From the President's View

The winter is ending and we are setting aside our snow shovels and sidewalk salt. The spring is the perfect time to begin to enjoy the warm weather, to start walking, and to begin physical fitness activities.

I recently received an invitation from Sokol Canada inviting our Sokol USA members to join Sokol Canada in Toronto from June 26 to 29, 2014, for a mini-Slet. Sokol Canada's mini-Slet will feature swimming, volleyball, track and field events, gymnastics, cultural events, and social events. It will be held in Masaryktown, which is located just outside Toronto. It has been several years since Sokol Canada has hosted a Slet. The events promise to be great fun and I encourage our members to participate and support Sokol Canada.

Now that the warm spring weather is upon us, I also encourage our lodges to meet and be active. Sokol USA has five gymnastically active lodges with regional sports programs. All of our

lodges can hold meetings, do sport, fitness, and wellness related activities, community service and fraternal activities. Sokol offers many activities that are perfect for the summer. People can join our Healthy Heart Walking Club, participate in the new bicycle program, or do fraternal activities through any number of our local Lodges.

Additionally, as the merger of Sokol USA and GBU received its final approval in late December, our members can expect to receive communications from both Sokol USA and GBU regarding their policies.

I encourage our members to enjoy the spring and summer weather, to work off the winter pounds, and to become healthier and more physically fit through Sokol!

NAZDAR!  
Joseph Bielecki  
President, Sokol USA



Joseph Bielecki

# SOKOL TIMES

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

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## Four tips for starting safe weight loss

It is no surprise that weight is an American obsession. Ironically, the more we struggle to be thin, the more overweight we are.

In fact, one in four adult Americans is obese. In addition, during any given year, more than half of Americans go on some type of weight loss diet.

While most people know it is unhealthy to carry extra pounds, what many don't realize is the negative effect that the extra weight has on weight-bearing joints. For example, studies have shown that women who lose an average of 11 pounds reduce the development of arthritis in their knees.

Whether you decide to lose weight through a structured program or by following a dieting self-help book, safe and effective weight loss can be achieved by following some simple guidelines:

Consult your doctor. If you plan to lose more than 15 to 20 pounds, have any health problems, or take medication on a regular basis, your doctor should evaluate you before you begin a weight-loss program.

The weight loss program should be slow and steady. Expect to lose approximately one to two pounds per week.

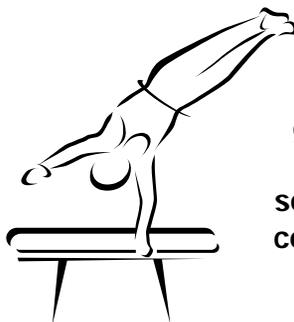
The diet should be safe. It should include all of the recommended daily allowances for vitamins, minerals and protein, and should be low in calories only.

Think about plans for weight maintenance. Weight maintenance is the most difficult part of controlling weight and is typically not consistently implemented in weight loss programs. However you decide to approach weight loss, whether through a structured program or simply by counting calories and exercising, it should include changing your dietary habits and your level of physical activity.

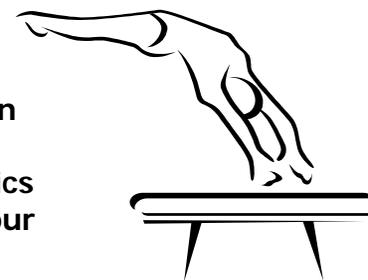
Visit us online at:

**WWW.  
SokolUSA.  
org**

## GYMNASTICS COMPETITIONS!



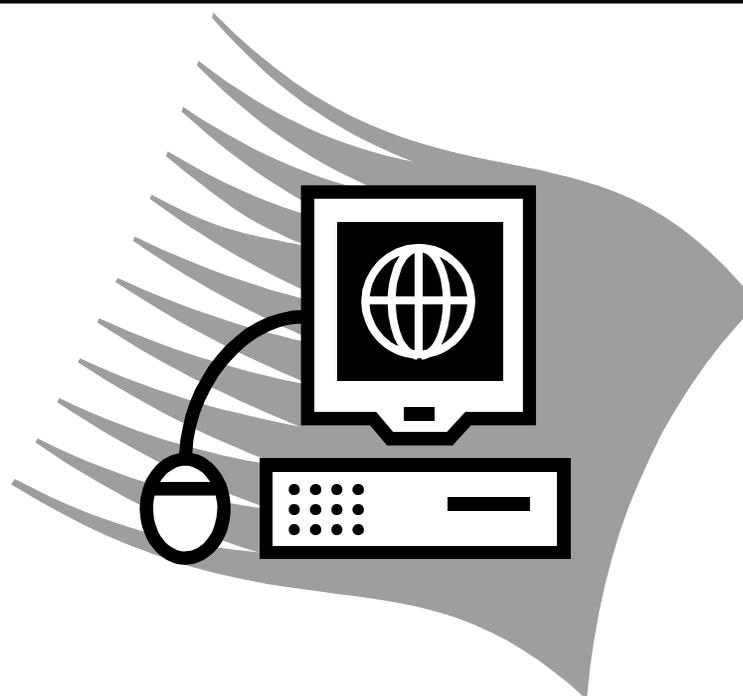
Whether you're getting ready to compete, or getting ready to cheer on our athletes – here are some upcoming gymnastics competitions to put on your calendar:



**April 5, 2014**

**United Sokols of the East Competition** at the American Sokol Hall in New York City:

Registration and competition times will be decided upon at the February US of E meeting.



## 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)

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

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

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

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)

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

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



## Gearing up for bike safety

Biking is a fun form of transportation and exercise, but few people stop to consider the dangers involved. Every year, nearly 500 children under the age of 15 die in bicycle accidents involving a car. Most of these deaths are due to the biker's behavior – riding into the street without stopping, running a stop sign or riding against the flow of traffic. These statistics are alarming, but parents and teachers can help protect children by teaching them proper bicycle safety.

Saving a life can be as simple as following a few rules of the road, including wearing helmets, obeying traffic signs, riding in the same direction as cars and using hand signals. Most child deaths on bicycles are due to head injuries. By using helmets, these injuries can be reduced by as much as 85 percent.

Here are some common sense rules for riding a bike safely:

- Wear a helmet
- Use hand signals to indicate to motorists where you are going
- Obey traffic signs and laws
- Ride on the right, with the flow of traffic
- Ride single file when riding with friends
- Warn others when passing
- Never weave through traffic
- Stay alert for unexpected situations
- Let someone know where you are going
- Ride defensively and assume motorists in cars cannot see you

## Sokol USA Lodge 306 Exhibition April 5, 2014

This year, we will again have the Exhibition Program include ads, boosters and sponsors. To show your support for this event, we are asking for donations in your name or on behalf of someone special to you. The ads will require a donation of \$50 for a full page (5 1/2" x 8 1/2"), \$35 for a half page (5 1/2" x 4 1/4"), and \$20 for a quarter page (5 1/2" x 2 1/8" or 2 3/4" x 4 1/4"). Boosters will be \$5 each. Also, if you would like to wish someone well or congratulate them on an accomplishment, we will have one-10th pages for \$10.

To be included in this year's Exhibition Program, please fill out the bottom of this ad and mail it with your payment to: Scott Pracko 1010 North Hemlock Lane, Mt. Prospect, IL 60056; or to the Sokol Community Center, 4855 North Elston Avenue, Chicago, IL 60630; or turn it in to a class instructor no later than **Saturday, March 15, 2014**. Please make checks payable to "Slovak American Sokol Krivan."

All donations are greatly appreciated and will go a long way to keep the gymnastic program alive and well at the Sokol Community Center. We all look forward to seeing you at the Exhibition on April 5, 2014, at 3 p.m. Thank you for your support!

NaZdar!  
The Gym Staff

.....  
Check the appropriate and print on the lines below or include a sample (i.e. business card, copy ready artwork) of exactly what you want to appear in the program.

- \_\_\_\_\_ Booster - \$5 \_\_\_\_\_
- \_\_\_\_\_ 1/10 page - \$10 \_\_\_\_\_
- \_\_\_\_\_ 1/4 page - \$20 \_\_\_\_\_
- \_\_\_\_\_ 1/2 page - \$35 \_\_\_\_\_
- \_\_\_\_\_ full page - \$50 \_\_\_\_\_

To ensure that this will be included in this year's Exhibition Program, please return this form with payment on or before **Saturday, March 15, 2014**.

# 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:

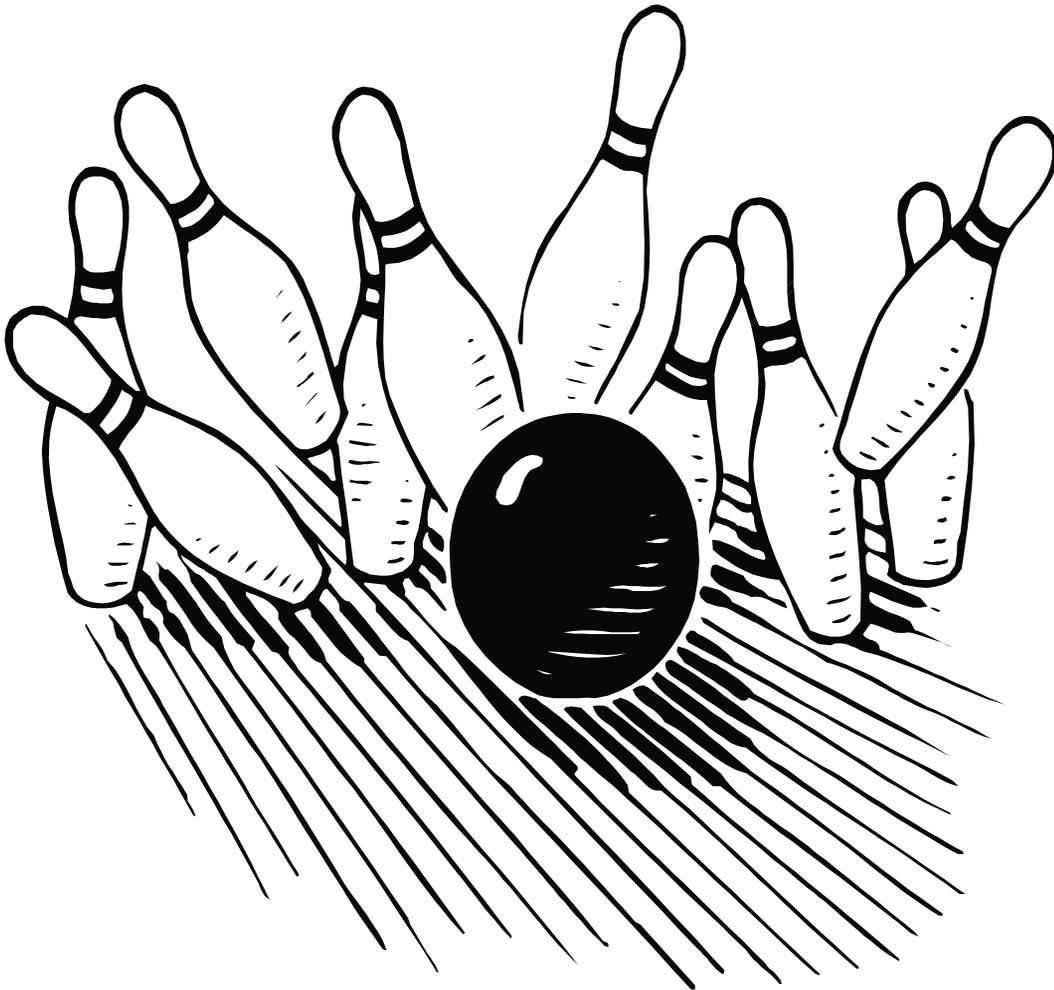
NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

# Get ready for the 66<sup>th</sup> Annual Sokol USA Bowling Tournament

May 17 & 18, 2014



The time is approaching for the 66<sup>th</sup> Annual Sokol USA Bowling Tournament. The dates are Saturday, May 17 and Sunday, May 18, 2014. The lodges in the local area will bowl during the week of May 12<sup>th</sup> at 7 p.m. at the Palmerton Sokol Club Lanes. The schedule for start times will be stated in the April issue of the Sokol Times.

This year, the tournament is open to mixed teams. No longer will it have to be just a men's or women's team. We are hoping this will help open the tournament to more participants. The tournament is to be a handicap based totals only, no more scratch divisions, as this was decided at the 2013 meeting.

For those interested in staying, we will have rooms set aside at a hotel right off the PA Turnpike (Exit 74 Mahoning Valley). We will run a bus to Mohegan Sun Casino for those seeking to play some games, watch the horses, or just to walk around and relax. The bus will pick competitors up at the hotel and drop them back off.

There will be the annual meeting to decide the site of next year's tournament as well as general discussion for the good and welfare of our sport.

Please feel free to email any questions to us at [sokol214@ptd.net](mailto:sokol214@ptd.net). Thank you!

Palmerton Sokol Lodge 214  
465 Lehigh Ave  
Palmerton, PA 18071  
610-900-4323

Or Jerry Pereira  
610-737-2784

## 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: [SOKOLUSAHQS@aol.com](mailto:SOKOLUSAHQS@aol.com)

### ENGAGEMENTS, WEDDINGS & ANNIVERSARIES



NAMES: \_\_\_\_\_  
\_\_\_\_\_  
PHONE #: \_\_\_\_\_  
HOMETOWN: \_\_\_\_\_  
SOKOL LODGE: \_\_\_\_\_  
YEARS MARRIED (IF APPLICABLE): \_\_\_\_\_

### BIRTHDAYS



NAME: \_\_\_\_\_  
BIRTH DATE: \_\_\_\_\_  
AGE: \_\_\_\_\_  
PHONE #: \_\_\_\_\_  
HOMETOWN: \_\_\_\_\_  
SOKOL LODGE: \_\_\_\_\_

### PROMOTIONS, HONOR ROLLS & OTHER EVENTS



NAME: \_\_\_\_\_  
PHONE #: \_\_\_\_\_  
HOMETOWN: \_\_\_\_\_  
SOKOL LODGE: \_\_\_\_\_  
EVENT: \_\_\_\_\_  
\_\_\_\_\_

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

## Steve Banjak Memorial Scholarship

Applications and eligibility requirements for the \$1,000 "Steve Banjak Memorial Scholarship" are available by downloading the three-page form from the Sokol Farrell website at <http://sokolfarrell.org>. Click on "News and Events" tab and then click on "Scholarship." Completed applications must be received by the Scholarship Committee by May 15, 2014.

Applications can also be received by writing to Brother Melvin Slezak at 6850 Seneca Road, Sharpsville, PA 16150-8418.

Brother Steve Banjak lived his whole life believing in and supporting the ideals of the Sokol movement founded by Dr. Miroslav Tyrs in the Czech Republic and established by Ivan Branislav Zoch in Slovakia.

Brother Banjak was active in the Sokol gymnasium in Farrell, Pa., since he was introduced to the organization when he was 14 years old; stopping only when his advanced age and health did not permit it. As President of Lodge 103, he led the lodge for a period of 50 years, seeing it become one of the most successful

lodges in the Slovak Gymnastic Union Sokol, USA. Currently Lodge 103 has approximately 300 members. Brother Banjak also held almost every office in District Svätopluk, including President. In 1958, he was President of the Committee responsible for the very successful XIII Sokol USA Slet held in Cleveland, Ohio.

Upon his death in October 2006, the membership of the lodge unanimously voted to name this scholarship in his honor as a way to remember him for his many years of service to

Sokol. The first recipient of the scholarship was announced at the 100<sup>th</sup> anniversary celebration of the lodge held at the Radisson Hotel on May 20, 2006.

Sokol Farrell member recipients of the Steve Banjak Memorial Scholarship are:  
2006 Oleksandra Banjak  
2007 Oleksandra Banjak  
2008 Katie Shebeck  
2009 Lucia Murcko  
2010 Robin Platte  
2011 Bibiana Murcko  
2012 Shared between Robin Platte and Bibiana Murcko  
2013 Daniel Konopski



Steve Banjak

The Scholarship is available for download by following the links in the box above. The Scholarship will be announced at the Annual Meeting of Sokol USA Farrell, which is held on the first Sunday in June of each

year. Applications are due to the Scholarship Chairman on or before May 15th of each year.



**Do you know the average person gains 1-2 pounds over the holidays? Get ready for the summer by 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**  
64 East 111<sup>th</sup> 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!

## The importance of fiber

For nearly 30 years, studies have associated a diet high in fiber with the reduced risk of heart disease and certain cancers. Researchers continue to study fiber and its usefulness in maintaining good health. Health experts emphasize people should continue to eat a low-fat, fiber-rich diet high in fruits, vegetables, grains and beans to improve overall health and reduce the risk of chronic diseases. The bottom line is that fiber has many virtues.

**Intestinal health.** Fiber stimulates the muscles in your intestine, which helps keep them toned and functioning smoothly. This action helps prevent diverticulitis, a disease that weakens the walls of the intestine and causes them to bulge out and potentially become irritated. And, of course, fiber reduces the risk of constipation and hemorrhoids.

**Heart health.** When combined with a low-fat diet, fiber can help lower cholesterol in the blood by reducing how much of it is absorbed by the body. Some experts believe dietary fiber binds with cholesterol, making it less absorbable. The precise mechanism responsible for the cholesterol-lowering effect of soluble fiber is unclear.

Eating a high-fiber diet also can help reduce the amount of fat you eat. A recent study found men who ate two bowls of high-fiber cereal every day for 12 weeks without altering their diets in any other way, lowered the amount of fat they normally ate by 10 percent.

**Diabetes benefits.** A fiber-rich diet may help control blood sugar levels. The fiber found in fruits, vegetables, beans (legumes) and certain grains, such as oats and barley, may slow the absorption of sugar into the blood. The result is a more even rise in blood sugar after a meal – good news for people with diabetes who may otherwise need to take medication to keep their blood sugar levels under control.

**Weight control benefits.** Fiber-rich foods are filling and tend to contain fewer calories than high-fat, high-sugar foods. Therefore, eating a high fiber diet usually leaves little room for more calorie-rich foods. Because a high fiber diet helps keep blood sugar levels in line, it may also reduce food cravings.

A great start toward total nutrition. There is still a case for fiber and a lower risk of colon cancer. Hundreds of studies have supported the theory, but regardless of its affect on colon cancer, fiber still has many other perks. Choose five or more servings of fruits and vegetables a day and three or more servings of whole grain foods.

## Planning an Activity

One of the most important things we can do 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.

## EXERCISE AS PART OF EVERYDAY LIFE

Regular moderate exercise is something that works out for everyone. Exercise is not only good for mind, body and spirit, it reduces the possibility of coronary diseases, lowers blood pressure, raises the good HDL cholesterol, helps to control weight and cuts the risk of diabetes. Many people regularly turn to exercise to reduce stress.

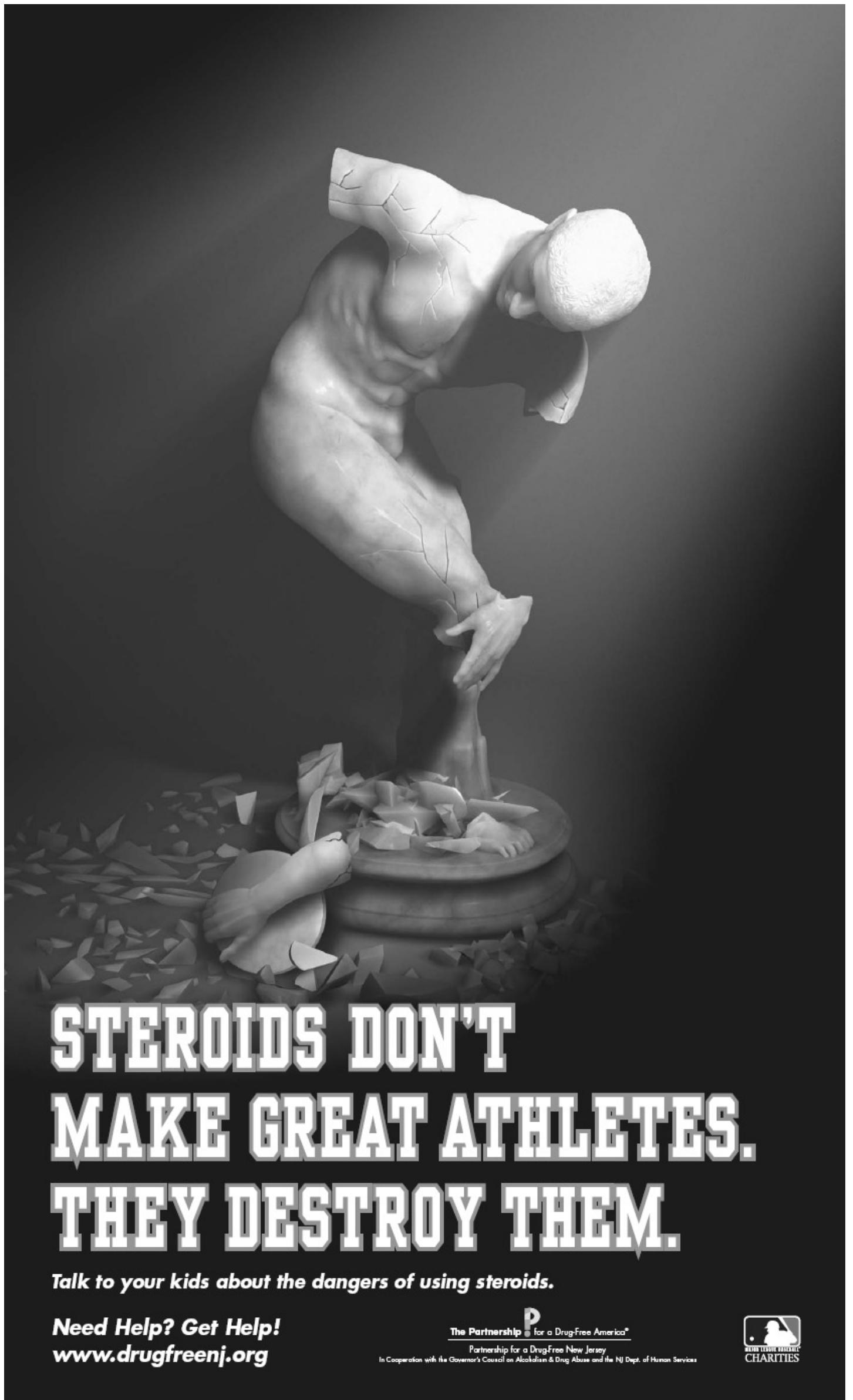
Here are a couple suggestions for choosing a fitness program:

Choose fitness that fits. Exercise does not need to be like a prescription to be swallowed like distasteful medicine. Moderate exercise for 20 minutes or so every day yields the same benefits as rigorous sweat and grunt workouts.

Remember, you're more likely to stick with activities that feel good.

Some people prefer exercise that is free from the stress of competing with opponents or keeping up with others. They might choose an activity such as swimming or walking that doesn't require a team or partner.

Remember, exercising alone at home may not supply the motivation that a class or a group gives, but this may be an ideal choice for some.



**STERIODS DON'T  
MAKE GREAT ATHLETES.  
THEY DESTROY THEM.**

*Talk to your kids about the dangers of using steroids.*

**Need Help? Get Help!**  
[www.drugfreenj.org](http://www.drugfreenj.org)

The Partnership  for a Drug-Free America®  
Partnership for a Drug-Free New Jersey  
In Cooperation with the Governor's Council on Alcoholism & Drug Abuse and the NJ Dept. of Human Services

 **WORLD'S LARGEST LGBT CHARITIES**

# Sokol Canada invites you to its Mini Slet



## SOKOL CANADA SOKOLSKA ZUPA KANADSKA

Dear Sokol Friends:

Sokol Canada is inviting you to our Mini Slet on June 27-29 in the Toronto area.

We regret that we were unable to attend the last ASO Slet in Milwaukee. Our representatives were ready to go and all purchases were made but, due to unforeseen circumstances, they were not able to attend. We hope this will not influence your decision in participating at our slet. We always look forward to seeing you. Our slet is for family, filled with fun, enthusiasm and a new look into the Sokol spirit.

Most of the events will be held at a beautiful park, which is called Masaryktown. It is owned by MMI organization and will be rented by Sokol for the slet.

Please have in mind that all prices are in Canadian dollars. Hotels are a very short walking distances from one another and Masaryktown is about a 10-minute drive away.

We are looking forward to seeing each and every one of you in Toronto June 27-29, 2014!

Nazdar!  
Anna Janous  
President

## PŘEDBĚŽNÝ PROGRAM TENTATIVE SCHEDULE

**June 26, 2014: ČTVRTEK, THURSDAY**  
-VEČERNÍ PŘÁTELSKÁ ZÁBAVA, NA MASARYKTOWNU  
-WELCOME PARTY

**June 27, 2014: PÁTEK, FRIDAY**  
-SORTOVNÍ DEN - VOLEJBAL, LEHKÁ ATLETIKA, PLAVÁNÍ - KULTURNÍ VEČER  
AKADEMIE - SOUTĚŽ PODIOVÝCH SKLADEB  
-SPORT DAY - VOLLEYBALL, TRACK AND FIELD, SWIMMING -  
CULTURAL EVENING -SPECIAL NUMBER COMPETITION

**June 28, 2014: SOBOTA, SATURDAY**  
-GYMNASTICKÉ ZÁVODY ŽACTVA A DOROSTU , ODBIJENA  
-VEČER TANEČNÍ ZÁBAVY- JEDNA PRO DOSPĚLÉ DRUHÁ PRO MLÁDEŽ  
-KIDS AND YOUTH ARTISTIC GYMNASTICS AND VOLLEYBALL  
-EVENING DANCES , ONE FOR ADULTS AND ONE FOR YOUTH

**June 29, 2014: NEDĚLE, SUNDAY**  
-SOKOL CANADA MINI SLET NA MASARYKTOWNU  
-DOPOLEDNE ZKOUŠKY - ODPOLEDNE VYSTOUPENÍ MENŠÍCH CELKŮ  
. PROSTNÁ, NÁRODNÍ TANCE, AKROBATIKA  
-MORNING PRACTICE - AFTERNOON MINI SLET. PERFORMANCE OF ALL GROUPS, DANCE GROUPS AND MORE

Anna Janous president of Sokol Canada  
26 Penwick Cr. Richmond Hill ON L4C – 5B4 Tel.: 905 884 – 9829 Email :  
[anna.sokol@bell.net](mailto:anna.sokol@bell.net)

## Nearby Hotels for Sokol Canada Mini Slet 2014

### Holiday Inn Express Toronto East

50 Estate Drive, Scarborough, On M1H 2Z1  
(ph) 416-439-9666 (f) 416-439-4295

Price per night @ \$109.00 before taxes (cad).  
You can choose from the following:  
King bed non smoking/ smoking  
Queen beds non smoking/ smoking

Reservations for the group block can be made by calling 416-439-9666 with a credit card.

This price is confirmed until May 14, 2014, so you must reserve prior to this date. An advance deposit is required for groups and buses. If the deposit is not received by the cut-off date, all rooms will be released without further notification. For cancellation policy, please ask hotel.

### Best Western Plus Executive Inn

38 Estate Drive Toronto East Scarborough, On M1H 2Z1  
(ph) 416-430-0444 (f) 416-430-0555  
[www.bestwestern.com/ca/executiveinnontario](http://www.bestwestern.com/ca/executiveinnontario)

You can choose from the following:  
\$108.00 plus taxes /traditional two queen beds, non-smoking  
\$106.00 plus taxes/ king executive, non-smoking (1 king + double sofa bed)

Reservations can be made by calling the hotel at 416-430-0444 or 1-877-430-0444 (toll free) or faxing a reservation request to 416-430-0555.

This price is confirmed until May 26, 2014, for credit card guarantee reservations only. After that, the rooms will be released without further notifications. For cancellation policy, please ask hotel.

### Travelodge Toronto East

20 Milner Business Court, Toronto On M1B 3C6  
(ph) 416-299-9500 (f) 416-299-6172  
[www.travellodgetorontoeast.com](http://www.travellodgetorontoeast.com)

Price is \$89.00 plus taxes /night. Standard guestrooms are equipped with one queen bed, two double beds. This price is for single/double occupancy bases. Early departure fee is \$35.00 if any rooms check out prior to the departure date.

Reservations can be made by calling the hotel at 416-299-9500 and asking for the special rate for Sokol Gymnastics no later than May 26, 2014. All guests are required to have a credit card to guarantee the reservations at the time of booking. After May 26<sup>th</sup>, rooms will be released without further notification. For cancellation policy, please contact the hotel directly.

For further inquiries on hotels, please contact:

Anna Janous  
Sokol Canada President  
905-884-9829

## 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.

**Masaryktown 2014**



# Palm Sunday Buffet Dinner

at The Sokol Community Center  
4855 N. Elston  
Sunday, April 13, 2014

Served from 11:30 a.m.  
to 2:00 p.m.

**RESERVATIONS ONLY!**  
Please note: This year's dinner will be served in the LOWER HALL.

by March 30th please.  
to The Sokol Community Center  
773-685-1464 or  
Harriet Kelly  
773-736-7229

Donation:  
Adults \$10.00  
Child (12 and under) \$5.00

Serving Chicken, Ham and all the trimmings.  
Pastry Donations appreciated.

## DONATIONS GRATEFULLY ACKNOWLEDGED

### To the Milan Getting Scholarship

From Sokol USA Lodge 248, Rossford, Ohio \$250.00  
*In memory of deceased members*

### To the Sokol USA Gymnastic Fund

From Sokol USA Lodge 248, Rossford, Ohio \$250.00  
*In memory of deceased members*

## 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.*

**AMANDA KULIK** – (1982-1998) A member of Lodge 130 in New Kensington, Pa. She is survived by her parents.

**FRANK J. WILK SR.** – (1925-2014) A member of Lodge 93 Bethlehem, Pa. He is survived by his wife.

**VERA A. HRYNDA** – (1927-2013) A member of Lodge 56 in Philadelphia, Pa. She is survived by her children.

**JORDAN S. SINCICH** – (1923-2014) A member of Lodge 103 in Farrell, Pa. He is survived by his wife.

**THOMAS BALASH** – (1918-2014) A member of Lodge 30 in Danbury, Conn. He is survived by his children.

## Tips to live healthy & protect your heart

“Eat right and exercise” is the mantra of every health care professional. However, this is especially important in the fight against two of America’s deadliest maladies: heart attack and stroke.

Even losing five pounds can make the difference between healthy living and premature death. But is it easier said than done?

Study after study tells us to avoid certain foods while even more studies contradict those recommendations. And while most people could always use more exercise, it’s important to consult a physician before starting any workout regime. And for some, that may be even more unpleasant than the workout itself.

Need motivation? Here are some health tips to help you change your lifestyle and start protecting your heart:

As a general rule, be sure to eat lots of fruits, vegetables, grains and beans.

Control your fat intake. Instead of always ordering the 40-ounce porterhouse steak, try switching to chicken, turkey or fish.

At home, take care how you prepare your meals. Grilling or broiling is always preferable to frying.

When a recipe calls for fat or oil, choose one that is low in saturated fat, such as olive or canola oil.

Eat more grain bread. White bread is a no-no among nutritionists who know it is loaded with empty calories, not unlike those potato chips you may like to munch on while watching television.

Where exercise is concerned, try to vary your activities. Running, swimming and other aerobic activities benefit every muscle in your body, especially the most important one, your heart. But even a brisk walk can reduce stress, lower your blood pressure and increase your energy level.

If you’re just starting an exercise program, you don’t want to overdo it. That inevitably leads to burnout or, even worse, to an injury. Start slowly and build up to lengthy periods of exercise.

Most importantly, if you experience a shortness of breath, chest pain, dizziness or weakness, see your doctor immediately.

For those who have already suffered a heart attack or stroke, other precautions and remedies are necessary to maintain a long, healthy life.



## 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 2014-2015 academic year must be received at Sokol USA by April 1, 2014. New scholarship recipients will be announced by June 1, 2014.

**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.**