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SOKOL



TIMES

OCTOBER 8, 2015

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CONGRATULATIONS!

to

Roberta Pegg of Sokol USA Farrell

recipient of the

2015 American Sokol Instructors School Beginner Leadership Award

At left, Sokol USA students at the 2015 American Sokol Instructors School held at Sokol Spirit in Chicago, Ill., from July 12-26 are (from left) Roberta Pegg, Beginner Student; Emily Pranskevicius, Beginner Student; Philip Tudisco, Advanced Student; Caroline Young, Intermediate Student, and Samantha Pracko, Beginner Student. *Related story on Page 6.*



From the President's View

I am writing this article after having recently spent several days in New Mexico. New Mexico was a state of many impressions: fascinating wild nature, Native American and cowboy cultures, and all sorts of year-round physical fitness activities.

Walking around both Albuquerque and Santa Fe, one could see bicycle lanes painted in the roadways, bike parking and hundreds of people of all ages riding bicycles. Seeing the huge numbers of bicyclists made me realize the great benefits that come from bike riding and from our recently established bicycle program. Everywhere I turned in Santa Fe, Taos and Albuquerque, people of all ages were riding bicycles.

Additionally, as one went to the various national parks, one benefited from a great deal of walking. The parks were designed in such a fashion that one could not drive directly up to pueblos or to famous nature sites. One had to walk one to



Joseph Bielecki

three miles from parking lots or visitor check in locations. The sun was bright and many times the walks were elevated and mountainous, and one received a good walking workout. This also

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From the Fraternal Secretary

"Where are you?" has been revised and reprinted in this issue of the Sokol Times. (It appears at the bottom of Pages 2-7.) Though the list is quite large as we have combined parts 1 and part 2, the number of persons with bad addresses has been reduced by more than 150 names. This may not be apparent when you review the 845 names of individuals we are still trying to locate.

We wish to thank the many people who contacted friends and family and went the "extra mile" to help locate many of our members. We received many telephone calls, emails and letters. And, it was appreciated by those located, as in many cases they were unaware that they were entitled to benefits. In some cases, it was found the member had passed away and families were grateful to be notified of unclaimed benefits. A number of lodges are to be commended for their effort to locate members, however, there were also a number of lodges that did nothing!

In the event we are unable to

locate a member, their asset or benefit may be escheated to the last known state of domicile. We, as a fraternal society, should make every effort to help our fellow members and, in this case, help locate members and families. How do we locate people? Well, we are told "Facebook" is a source, and genealogy societies, high school reunions, phone books, churches, and community centers are good places to start. And, of course, there is the "senior" generation of aunts and uncles or grandparents, friends and neighbors whose memories could help. Whatever we utilize is a personal choice. The important thing is to "do something" and not leave it up to someone else. Please take a good look at the list and help if you can.

As mentioned earlier in this article, escheat of unclaimed assets or benefits is required by law or regulation. Consider this: 845 members, each with \$1,000 of benefits equates to \$845,000.00 (actually, when the surplus policy is included the amount is almost double). That

certainly is an awful lot of money! Do we really want to fill the coffers of the states of Connecticut, Illinois, Indiana, Massachusetts, New York, New Jersey, Pennsylvania, Ohio, or Wisconsin? Our preference is to provide the benefit to those justly entitled.

In reviewing the list of names, we note that many family names which are synonymous with certain lodges have not been located. It is apparent that many lodge leaders are not making an effort to find and communicate with their members.

We are again asking everyone to make the extra effort in locating our missing members. Please do not hesitate to call Headquarters at 973-676-0281 or email sokolusahqs@aol.com with any information concerning the members in question.

On another note, we are approaching year end and election of lodge officers for the coming year will take place. We remind each lodge to notify Headquarters of the changes. The form for this purpose will be

(Continued on Page 2)

SOKOL TIMES

official organ of the
SLOVAK GYMNASTIC UNION SOKOL
OF THE USA

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MEETING NOTICE

Sokol USA Lodge 26, Guttenberg, NJ

Lodge 26 will hold their next meeting and election of Officers on December 4, 2015. The meeting site is yet to be determined as the previous meeting place is changing ownership. Please call or contact Brother Buddy Burkhardt at 201-766-0002 for complete details and a confirmed meeting site. Thank you.

WHERE ARE YOU?

Lodge 1, New York City

Aigner, Stephanie
Destefano, Anita
Gurewicz, Roxanne
Hayden, Amelia
Kostka, Louise
Potacek, Milan
Schleef, Eleanor
Urbancik, Joseph

Lodges 2 & 3W, Bridgeport, Conn.

Boyles, Larissa
Carpenter, Cecelia
Dadey, Vincent

Lodge 7, Byram, Conn.

Abrams, Jennifer
Donch, Jacquelyn
Fausel, Carrie
Fausel, Kathleen
Hallock, Christopher
Hallock, Kelly
Koch, Hanna
Koester, Maggie
Kolok, William
Kucna, Barbora
Levy, Meryl
Lockwood, Lauren
McDermott, Colleen
Moran, Alexandra
Moran, Julia

Osterberg, Lindsay
Ouimete, Amber
Strang, John
Terenzi, Joseph
Tutolo, Ricky
Vitkowsky, Tory
Wynn, Doris

Lodge 12, Newark/Central Jersey

Abate, Judith
Balascak, Robert
Bocian, Rita
Brez, Cynthia
Buchala, Theresa
Guidiciipientra, Jason
Kovacs, Irene
Kubala, Edward
Lasher, John
Lasher, Karen
Lasher, Michael
Marshall, Jake
McIntyre, Jeffrey
McIntyre, Stacey
Nadal, Pauline
Norulak, Geraldine
Pajank, John
Petras, Mary
Petro, George
Polocko, Andrew
Poracky, George
Rinaldi, Ann
Sarno, Theresa
Scheckler, Ethel
Stillwagner, Lisa

Sukala, Andrew

Lodge 15, Yonkers, N.Y.

Hangac, William
Valusek, Viki

Lodge 15W, Binghamton, N.Y.

Kolar, Catherine
Stephens, Jane

Lodge 20, Ford City, Pa.

Balazik, Nikolas
Barrett, Lillian
Bartek, Joseph
Bartizal, Mary
Benkovic, Simon
Bennett, Holly
Beno, Vincent
Bringer, Margaret
Byrd, Patricia
Cechvala, Regis
Chorvat, Barbara
Cippel, Eleanor
Elger, Laura
Gatesman, Gretchen
Gilbert, Josphine
Kluciar, Andrew
Kovac, Albert
Kracht, Irma
Kunschik, Christine
Labutka, Ludwig
Mallinson, Joanne
Matthias, Julian
Morandini, Victoria

HELP SUPPORT OUR SOKOL FARRELL GYMNASTIC PROGRAM BY BRINGING YOUR FAMILY AND FRIENDS St. NICHOLAS PARTY (Mikulášska zabava)

SATURDAY, DEC. 5, 2015
FARRELL SLOVAK HOME
800 Spearman Ave.

JOHN LAPINSKI ORCHESTRA
FOR LISTENING & DANCING

TRADITIONAL SLOVAK HOMEMADE
FOOD MENU: Appetizer: Choice of
Kapusnica (sauerkraut and kolbasy
soup) or Salad.

Main Course:
Holubky (stuffed cabbage), Mashed Potatoes, Vegetable, Homemade European
Style Tort and Coffee included. Free Hot Dogs for the children.



Food service begins at 5:00 pm. Carry out service at 6:00 pm.
Music is from 6:00 to 9:00 pm.

Sit down service with live music, dancing and singing \$12.00
Carry out service \$10.00 ~ Children's portion (under 12 years) \$6.00

SLOVAK AND ENGLISH CHRISTMAS SING-A-LONG (words provided).
Get your tickets from a Sokol gymnast or call the SOKOL USA FARRELL HOTLINE:
724.342.1129 to reserve your place. (leave a message)
Seating is limited! Come early, stay late.

DONATIONS GRATEFULLY ACKNOWLEDGED

To the Milan Getting Scholarship Fund

From John and Christine Mihalec \$50.00
In memory of Adelaide Darula

From Louise Botsko \$50.00
In memory of Dorothy Popineau

From the Fraternal Secretary

(Continued from Page 1)

mailed in October. In addition, the date logs will be available this year compliments of GBU. This order form will be included in the next mailing from Headquarters to Lodge secretaries. The approaching Holiday Season is a time for giving, and we remind everyone to remember their "shut in members." We are also appreciative of donations to the Milan Getting Scholarship Fund and the Sport, Fitness and Wellness Fund. Thank you.

Nazdar!
Milan S. Kovac, Fraternal Secretary

Novak, James
Novak, Valerie
Pernick, James
Pfeil, Stephanie
Polinsky, Mildred
Repak, Christine
Simmons, John
Slovensky, Joseph
Snyder, John
Trimeloni, Rose

Lodge 26, Guttenberg, N.J.

Baskow, Joan
Bohac, Anna
Bond, Jamie
Braun, Theresa
Broking, Richard
Colacci, Janice
Diri, Maria
Dolak, Ella
Fernandez, Erick
Fernandez, Natasna
Ferraro, Nicole
Gale, Megan
Gavlak, Alfred
Gerber, Florence
Gilvey, Joan
Gomez, Daniel
Herera, Maurici
Hojnowski, Jared
Hojnowski, Rache
Horn, Suzanne
Hornick, Joseph
Janicek, Louis

Kurnath, Joseph
Lamparillo, Michael
Makri, Irene
Manno, Helen
Mauro, Anthony
Moucha, Gary
Perez, Louis
Perez, Teresa
Phemsint, Jamie
Phemsint, John
Ranieri, Andrea
Rubino, Marissa
Rubino, Michele
Ryglicki, Jonathon
Steitz, Sean
Valencia, Saul
Wilson, Linda
Zengota, Eric

Lodge 30, Danbury, Conn.

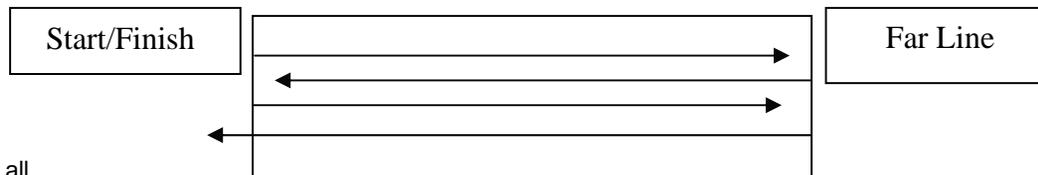
Chmielewski, Robert
Donnelley, Shell
Margres, Christopher
Smith, Cheryl
Yurick, Matthew
Zaleta, Donald
Zaleta, Paul

Lodge 30W, Allentown, Pa.

Bean, Judith
Berkheimer, Andrea
Ernst, Rosemary
Kadas, Michle

(Continued on Page 3)

IT'S TIME TO TAKE THE FITNESS CHALLENGE



The 2015-16 Sokol USA Fitness Challenge will be the official fitness test that all Sokols in the World Sokol Federation (WSF) will be using this program year. Sokol USA and American Sokol made a joint request to the WSF to use the Fitness Tests of the Sokol Organization that is sponsoring a Slet during that program year. The WSF affirmed that request, so you now have two opportunities to compete in the Sokol USA 2015-16 Fitness Challenge – once during the 2015-16 program year where your scores will be compiled and measured against all participating WSF members and then again at the Sokolfest XXVII Competition in 2016. Most of our Sokol USA gyms have not been participating in the worldwide Fitness Challenge offered by the WSF, but this is the year to start. Set aside a few minutes during your weekly gym class to practice the events. You'll be surprised at the progress you will make if you stick to at least a weekly practice.

This year's Fitness Challenge features four events, two are traditional, one is a modification and the other is probably a new event for most participants. The events included are the Shuttle Run, Jump Rope, Hand Release Push-Up and Plank Hold. In addition to the written text, the scoring format and youtube links of the events will be posted on the Sokol USA website in the near future. In the meantime, to everyone age 6 to 60+, "It's time to start practicing!"

2015-16 SOKOL USA FITNESS CHALLENGE

The 2015-16 Fitness Challenge includes four elements testing performance in muscular strength, muscular endurance, speed, and agility. Participation is open to all ages and genders and we encourage all Sokols to participate.

The competition divisions will be determined by age groups as follows: Girls 6-9; Girls 10-12; JG 12-14; JG 15+; W 17-24; W 25-34; W 35-49; W 50-59, W 60+ and Boys 6-9; Boys 10-12; JB 12-14; JB 15+; M 17-24; M 25-34; M 35-49; M 50-59, M 60+.

EVENTS

Shuttle Run: A training technique for sports which requires participants to preform short bursts of speed. Participants will be timed to determine their fastest time to complete the 10m shuttle run.

Equipment: Two lines marked on the floor exactly 10 meters apart (tape or paint is suggested).

Phase 1, Start - Take a starting position behind the line closest to the timer; this is the start/finish line.

Phase 2, Sprint 1 - On the signal, run forward to the far line. Touch the far line with your hand.

Phase 3, Sprint 2 - Immediately after touching the far line, sprint back to the start/finish line and touch the start/finish line with your hand.

Phase 4, Sprint 3 - Immediately after touching the start/finish line with your hand, sprint towards the far line a second time, touch the far line with your hand.

Phase 5, Final Sprint - Immediately after touching the far line a second time sprint all the way back across the starting line. The timer will stop the clock when any body part crosses the start/finish line. The participant does not need to touch the line with his/her hand during the final sprint. This will allow the participant to reach maximum speed during the final sprint phase of the shuttle run.

Scoring: Record the time to the nearest tenth of a second. A maximum of three attempts should be performed using the lowest amount of time to complete the shuttle

run as the participant's official time of completion.

Penalty: If a line is not touched by the participant, the shuttle run score will not count. On the third and final attempt, if a line is not touched, a participant will be assessed a +2 second penalty for each missed line.

Modification: To prevent extensive lowering of the upper body to touch a line on the floor, an elevated 12-inch cone may be used. The cones must be touched in the same manner as the far line and start/finish line in phases 2, 3, & 4. The participant may still sprint across the start/finish line as described in the final phase of the shuttle run. This modification is permitted for all participants in the M/W 50-59 and M/W 60+ divisions. An asterisk (*) must be placed next to time of completion if the modification was used by a participant. **The notation of a modification will only be used to break a tie during competition at the 2016 Sokolfest. A participant who does not use the modification, but receives the same score will be placed higher than a participant using the modification.**

Jump Rope Competition: A 60-second timed event in which the competitor attempts to complete as many jumps with a jump rope as possible within the time period. Both feet must remain together while jumping and leave the floor simultaneously. There may only be one revolution of the rope for each jump.

Scoring: Two judges will count the jumps while the competitor is jumping. The highest number of jumps counted by a judge completed in 60 seconds determines the participant's score for this event. The rope must start behind the athlete for forward jumping and in front of the athlete for backward (blind) jumping. Either direction is permitted for use during this event. There is no penalty for stopping and restarting during the 60-second trial.

- Jump ropes used for this event may be speed ropes, beaded, wire or cloth ropes with handles no longer than ten (10) inches in length. Swivels or other type fittings are legal.
- Ropes must be powered only by the competitor. No battery or powered devices may be used. Any type of attachment of ropes to the body is not permitted.
- Ropes will be available as needed. Personal ropes may be use as long as they meet the above criteria.

Hand Release Push-Up: This exercise is a modification of a traditional push-up that reduces occurrences of poor or incomplete repetitions during fitness testing. By removing the hands from the ground following the lowering phase, it forces participants to perform a full range of motion, regenerate momentum during each repetition, and the introduction of the hand release provides some additional benefit for the upper back by engaging the trapezius muscles during the hand-release phase. In this element of the fitness challenge, the participants will receive a score based on the number of complete repetitions they can perform in 60-seconds.

Beginning Body Position: Begin lying face down on the ground with hands flat on the floor in preparation to do a push up. The participant's toes should be ready to support the body during the pushing phase of the exercise. Feet may be together or separated no more than 12 inches between the inside edges of the feet.

Pressing Phase: Press the body away from the ground until the arms are fully extended.

(Continued on Page 4)

WHERE ARE YOU?

(Continued from Page 2)

Sherer, Ellen
Troxell, Joan

Lodge 32, Boonton, N.J.

Anderson, Samantha
Arencibia, Zack
Armstrong, Allye
Baker, Nicole
Bakstad, Jena
Barbato, Michael
Baumgart, Gillian
Baumgart, Zachary
Belic, Kristina
Beltran, Amy
Beltran, Andrew
Benjamin, Megan
Bertko, Robert
Bevacqua, Frank
Bishop, William
Bogart, Sara
Breslauer, Kelly
Brushaber, Jessica
Brushaber, Michael
Carich, Amanda
Cikorsky, Erin
Colligan, Devon
Colligan, Meaghan
Condurso, Allison
Cuozzo, Meghan
Curely, Bailey
Curely, Casey

D'Agustine, Rose
Dalrymple, Jennifer
Eaton, Rosemarie
Eaton, Stephanie
Eaton, Vincent
Estler, Kathryn
Estler, Kelly
Fagans, Heather
Farres, Kelsy
Farres, Olivia
Feeeman, Charles
Freeman, Kyle
Freeman, Millicet
Gannon, Michael
Garcia, Mariana
Geiger, Kerilan
Growe, Heidi
Harris, Mikayla
Hartmonn, Paige
Hjelle, Josh
Ippolito, Gina
Jancik, Adele
Jancik, William
Johanson, John
Johanson, Kurt
Judge, Elizabeth
Kamensky, Andrew
Kayhart, Colleen
Keblesh, Jenna
Keblosh, Justine
Keck, Lindsey
Kerlin, Samantha
Knissel, Amy
Knissel, Caitlin

Koblarcik, Barry
Kuftz, Frederick
Lauritsen, Nicole
Lee, Melissa
Lee, Rahcel
Leung, Leslie
Lobacz, Emily
Love, Molly
Low, Karisa
Macrae, Douglas
Macrae, Heather
Maitha, Emily
Manella, Lillian
Metrocavich, Guy
Metrocavich, Kurt
Michko, Andrew
Mikula, Jonathan
Mitchko, Irene
Moore, Amelia
Moschella, Melissa
Murphy, Ann
Palazzo, Jessica
Patterson, Ashley
Petronaci, Dustin
Price, Courtney
Rak, John
Rasp, Gianna
Rasp, Gisella
Rea, Christopher
Rea, Larissa
Ryck, Evelyn
Schappa, Joseph
Sibona, Christine
Smitte, George

Stanton, Lydia
Strelec, Michael
Strelec, Sheila
Tallody, Lauren
Tello, Aniko
Terreault, Daniel
Tinuz, Marie
Travers-Deflumeri, Jill
Turiello, Daniel
Turiello, Kristin
Valentine, Chris
Vandevliet, Nicole
Vanduyne, David
Vanduyne, John
Vanstrander, Ann
Weinberger, Thomas
Westenberger, Chelsey

Lodge 33W, Johnstown, N.Y.

Morris, Amelia

Lodge 36, Binghamton, N.Y.

Belansky, Stephen
Klatz, George
Kolar, John
Lynch, Michael
Maxian, Joseph
Mica, Alex
Roach, Richard
Sabol, Richard
Tupy, John

Lodge 46, McKeesport, Pa.

Colli, Anne

Frederick, Dolores
Fusillo, Nadine
Gajdzik, Gary
Kmetz, John
Ludik, Albert
Pensis, Elizabeth
Relosky, Marie
Semago, Robert
Simurda, Michael
Simurda, Paul
Slafka, Mark
Soltis, Charles
Soltis, Naomi
Spenillo, Debra
Spenillo, Helen
Tkac, Deborah
Tkac, Duane
Tkac, Helen
Tomko, Arthur
Tomko, Frank
Wargo, William

Lodge 47, Monessen, Pa.

Bisong, Bonnie
Buchta, John
Cuprik, Milton
Davis, Jodie
Duda, Margaret
Eagan, Irene
Evans, Sue
Fabian, Donna
Forgac, Bernadette
Franco, Chelsey

(Continued on Page 4)

FITNESS CHALLENGE

(Continued from Page 3)

Lowering Phase: Lower the chest to the floor until the body rests on the floor.

Hand Release Phase: Lift the hands off the ground slightly while the chest remains on the floor. During the hand release keep the knees off the floor if possible. Return hands to the ground and repeat the pressing phase.

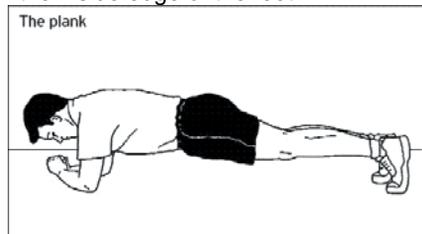


Modification: To increase participation in the fitness challenge, a push-up modification is available to the M/W 50-59 and M/W 60+ divisions. Hand Release Modified Push-Ups may be performed with knees on the ground and the torso angled at approximately 45 degrees. An asterisk (*) must be placed next to the number of push-ups completed if the modification was used by a participant. **The notation of a modification will only be used to break a tie during competition at the 2016 Sokolfest; participants completing the same number of repetitions without a modification will be placed ahead of participants performing the same number of repetitions with the use of a modification.**



Plank Hold: The plank is an isometric core strength exercise that requires a participant to maintain the described body posture for an extended period of time.

Body Position: The front plank will be used for this competition. In the front plank position, the body is held in a push-up position, with a flat back, supporting body's weight on the forearms, elbows, and toes. Feet may be together or separated no more than 12 inches between the inside edge of the feet.



Scoring: A participant's body parts other than forearms, elbows, and toes must remain off the ground during the timing of this event. Once a body part other than those listed touches the ground, the time is stopped for that participant. Times will be recorded to the nearest second. If a participant holds the plank for four minutes they will receive the maximum number of points. Participants may attempt the plank hold a maximum of two times if desired.

ONLY record scores on the score sheets. The program coordinators will put the appropriate points on the score sheets for you. You will see the scores when the pages are returned with the awards.

SCORING: Points will be awarded in each category and a total or all around score will be recorded. Achievement Awards will be based on the total score.

FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

made me realize first-hand the great benefits that come from our Healthy Heart Walking Club. The distances were large and in a period of a week, I felt much better and I could see that I had lost some weight from all of the walking.

I encourage our members to participate in both the bike and walking clubs. In short periods of time, you will see the direct results of engaging in both activities. You will feel healthier, lose weight, and become more physically fit.

Another very big impression of traveling in New Mexico is the poverty that exists on reservations as well as the harsh living conditions seen driving far outside of the large cities. This impression makes one realize the value of the fraternal benefit systems and societies such as our own. Our society was founded during the mass immigration era in order to assist our members with physical fitness and help them provide for their families by life insurance in the event of their untimely death or a devastating loss. Our lodges provide fraternal, sport and social activities to our members and provide a collective sense of care and concern for our fellow Sokol members.

Our society will be holding a Slet in Pittsburgh in late June 2016. Plans are well underway for the Slet and its various sporting, cultural and social events. There will be gymnastic and physical fitness events, walking club events, and, among other social events, a banquet with interesting entertainment for those who choose to attend. I encourage our members and our lodges to participate in some fashion with the Slet. People are coming from far and wide, from all over the United States and Europe, to participate.

Our members can participate by doing athletics, by volunteering to help staff events, and our lodges can help by encouraging our members to participate and attend events and lodges can sponsor events. The Slet will be time for our members to enjoy themselves with the activities offered and to meet old friends and make new friends. Our Slet is what fraternalism is all about.

NAZDAR!

Joe Bielecki

President, Sokol USA



WHERE ARE YOU?

(Continued from Page 3)

Geletko, Stephanie
Giacomantonio, Susan
Hannis, Karen
Herilla, Irene
Jackson, Cindy
Kerekes, Michael
Kmec, Kathleen
Kotch, Joey
Kurdilla, Kathleen
Kurdilla, Marion
Newman, Tarin
Pasquale, Joan
Pasquale, Regina
Patterson, Lori
Petrosky, Charles
Petrosky, Michael
Ramsden, Theresa
Stark, Carol
Wells, Barbara
Wilding, William
Wyke, Alexandria

Lodge 50, New Britain, Conn.

Brusick, Florence
Turek, Peter

Lodge 59, Trenton, NJ

Kolesh, Judith (maiden name
Rutledge)

Lodge 62, Ambridge, Pa.

Dutkevich, John

Lodge 63, Homestead, Pa.

Aikman, Maxmilliam
Aikman, Stacey
Bayuzick, Elizabeth
Davitt, Joan
Kasper, Raymone
Kocak, Michael
Ladick, Sylvia
Pasquale, James
Tomchek, Helen
Volosky, Federick

Lodge 66W, Bethlehem, Pa.

Harper, Connie

Lodge 68, Blairsville, Pa.

Bartek, Helen
Billingsley, Catherine
Brozick, John
Bruzda, Michael
Carmo, Isabelle
Citeroni, Branden
Ebert, Anna
Gearhart, Wyner
Harper, Laura
Harper, Stan
Himes, Donna
Himes, Samuel
Machak, John
Machak, Karen
McCune, Brittany
Nuhfer, Krystal
Palek, Gretchen
Palek, Henry
Pandullo, Chris
Robison, Steven

Sandala, Benjamin
Schawl, Barbara
Scriptets, Edward
Shurina, Christine
Weaver, George
Wisniewski, Chrster

Lodge 74, Plymouth, Pa.

Tomek, Edward

Lodge 77, Allentown, Pa.

Berkheimer, Erica
Bujcs, Gary
Capkovic, Gregory
Christman, Eugene
Finnerty, Donald
Kadas, Mark
Lepeta, Stephen
Mikulcik, Paul
Miller, David
Neidermeyer, walter
Rabenold, Richard
Reichard, Leo
Siwy, Dennis
Svoboda, John
Sweeney, Richard
Troxell, Mark
Troxell, Mateu
Wasy, James

Lodge 79, Mahanoy City, Pa.

Markus, Frank
Marsincavage, Alphonsus

Lodge 93, Bethlehem, Pa.

Andryshak, Patricia

Balik, Michael
Barry, Jessica
Bartos, Robert
Boos, David
Brown, Jennie
Caan, Jane
Deichmeister, Bethany
Ernst, Christy
Fahringer, Tara
Fattore, Karen
Freidman, Joel
Glagola, John
Green, Kelly
Harris, James
Harvilla, Josphe
Harvilla, Paul
Haymaker, Joseph
Horvath, William
Jancosko, James
Katrinak, Andrew
Kelly, Susanna
Kesack, Alicia
Kopchak, Helen
Kuzma, Joseph
Lawrence, Krysti
Matus, Paul
Moran, Alison
Murphy, Judith
Novotny, Stephen
Pavolka, Joseph
Petko, Linda
Pheiff, Jack
Philipp, Stephen
Pinter, Julie
Power, Will
Pribulka, Andrew

Pribulka, Anne
Rakos, Jane
Ramirez, Sally
Ratushny, Kathy
Ratushny, Nancy
Shup, John
Spevak, Francine
Spirk, Joseph
Stefanik, John
Wargo, Nicholas
Yasko, Geradette
Zettlemoyer, David

Lodge 103, Farrell, Pa.

Andrusky, Martin
Belichick, Francis
Belichick, Thomas
Bollinger, Lauri
Chaky, Julia
Daugherty, Karen
Evans, Richard
Foster, Peggy
Gaines, Erica
Hamilla, Lawrence
Harsh, Kimberly
Kent, Gladys
Kilgore, Stephanie
Maybee, Georgia
Milich, Betty
Patrick, Ronald
Purash, Kelly
Rose, Scarlet
Sanchez, Elizabeth
Smith, Sarah
Sopko, Jennifer

(Continued on Page 5)

Milan Getting Scholarship Recipients

Anastasia Bohon

Anastasia Bohon, a member of Sokol Lodge 32 in Boonton, N.J., recently was awarded a Milan Getting Scholarship. Anastasia is a third-generation member of the Lodge; her grandparents, Ed and Teddy Bohon, enrolled Anastasia just months after she was born. While she was in elementary school, Anastasia was a member of the Lodge's gymnastics program. She continues to help the Lodge whenever possible. She enjoys assisting the younger members serve pancakes at the Lodge's breakfast fundraisers as well as helping her father, Ed Bohon, in general upkeep of the Lodge grounds.

On June 22, 2015, Anastasia graduated from the Academy for Mathematics, Science and Engineering, located at Morris Hills High School, Rockaway, N.J. An avid student, Anastasia earned the school's Excelsior Medal by maintaining a GPA over 90 throughout her four years. She also was inducted into the National Honor Society, the National Art Honor Society, and the Social Studies Honor Society. Anastasia spent her senior year as intern with the Morris County Department of Planning and Public Works in the Division of History Preservation and the Division of Historic and Cultural Resources. She cites her internship as the beginning of her career due to the numerous opportunities that she experienced.

This fall, Anastasia is attending the New Jersey Institute of Technology's Albert Dorman Honors College to major



Anastasia Bohon

in Architecture. She looks forward to combining her love of art and history by studying the restoration, preservation and modernization of historic buildings.

Conner Annunziato

I am in my senior year at Goucher College and can't believe how fast it's gone by. I have been fortunate enough to receive the Milan Getting Scholarship each of my four years and am eternally grateful for the help.

This past summer I did my study abroad trip to Prague where I spent five weeks at The University of Economics studying Sports and Event Management and Global Leadership. We had a language class each day to help us get by with at least a little of the everyday words and phrases. Prague was a beautiful city with food a lot like my Bubi cooks at home. It was interesting

to have some of the same dishes such as sliced cucumbers, halooshki, etc. Visiting the historic castles and old town square were wonderful experiences that made the trip extremely memorable. The people who worked with us were very generous and thoughtful, giving us a deeper insight into the culture of their home. Without this experience, I don't think that college would have been as fulfilling as I feel it has become. My grandparents, Milan and Pauline Trnka, were very generous in helping fund my trip to Czechoslovakia and I can't thank them enough.

I will earn a degree in Psychology in the spring and hope to continue on and earn my Master's degree as well. I did end up with a 3.8 grade point average this past Spring despite playing Division 3 Lacrosse at Goucher, which eats up a great deal of time. You may also be happy to hear that a fellow Slovak (me) tied the Goucher Men's Lacrosse assist record this past season. I am currently doing an internship at City Neighbors Hamilton in Baltimore and getting a taste for the real world, with excellent support from the staff along with valuable experience.

Once again I would like to thank the Sokol organization for their generosity and look forward to giving back in the future!

Holly Trnka

The memories I've had at Sokol in Barryville N.Y., I know I will have for a lifetime. It started with my grandparents, "Babi" and "Dedo," Pauline "Honey" Trnka and Milan Trnka. The two

of them took me up to camp as a young girl and, following that, I was enrolled in the camps. Although I never spent my many summer times there like my father Michael and Aunt Kim, I'm pretty lucky to have spend the time that I did.

I'll never forget the bonds made at the camp. Waking up and going to bed every day, playing capture the flag at night, and singing for care packages in the mess hall. When you're that young, those are some of the best friendships you'll have in your life.

One person I'll never forget from camp is certainly Adelaide, but she was known to all the kids

as "Aunt Addy." Her amount of kindness and generosity never went unmissed. As a young girl, I was always inspired by her ability to write so beautifully. I am grateful to have known such a brilliant woman.

There are many career paths I'd like to take on. Whether it's teaching, working in a gallery, or perhaps art therapy, I am thrilled to start the next phase of life, and I owe many thanks to my family and Sokol Woodlands.

In the fall, I will be majoring in Visual Studies at Tyler School of Art in Temple University. This major focused on both academics and the arts, and I am thrilled to be continuing my education.

WHO NEEDS MONEY FOR COLLEGE?

Milan Getting Scholarship

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) and obtain an application and get ready to enjoy one of the benefits of being a Sokol USA member.

Applications for the 2015-2016 academic year must be received at Sokol USA by April 1, 2016. New scholarship recipients will be announced by June 1, 2016.

All current Milan Getting Scholarship recipients must submit a scholarship renewal application each year by June 29th. Please contact Sokol USA headquarters with any questions.

WHERE ARE YOU?

(Continued from Page 4)

Summersgill, Mel
Yanik, Michael

Lodge 114, Tarrytown, N.Y.

Baker, Bruce
Baker, Karen
Chambal, Eleanor
Guercio, Jennifer
Hogan, Francis
King, Josephine
Obremski, Ronald
Vrabel, John

Lodge 115W, Gary, Ind.

Dzyacky, Joan
Dzyacky, John
Hardebeck, Carol
Kollada, Edward
Konrady, Ann
Konrady, Edward
Larson, Gaylen
McMullin, Janet
Obradovich, Charles
Obsitnik, Richard
Prasco, Victor
Saladin, Dorine
Tucker, Jacob
Tucker, Jessica
Warminski, Nancy

Lodge 122, Kenosha, Wis.
Rlahuta, John W

Lodge 130, New Kensington, Pa.

Anicka, Susan
Bartolovich, Vilma
Baynum, Buddy
Baynum, Leroy
Buffone, Anne
Dedomenico, Olga
Defail, Flora
Durcho, Colleen
Durcho, Robert
Fularz, John
Gautier, Heather
Gavasto, Paul
Giordano, Kelly
Greene, Marian
Kristofik, Paul
Martinka, Sharon
Miller, Olga
Ozdany, Cathy
Regent, Susan
Remper, Robert
Schultz, Edward
Valach, Mark

Lodge 150, Racine, Wis.

Mikus, Stephen

Lodge 164, Detroit, Mich.

Dietze, Nancy
Elkington, Helen
Luptak, Stephen
Nelson, John
Sago, Constance

Lodge 191, Chicago, Ill.

Bigus, Irene

Bigus, Robert
Bigus, Stephen
Foltin, John
Kenny, Ronice
Pollak, Stephn
Zaklan, Julia
Zaklan, Lisa

Lodge 203, South Norwalk, Conn.

Nyisalosky, Elaine

Lodge 214, Palmerton, Pa.

Baxley, Gloria
Donchez, Susan
Greene, Barbara
Heatley, Charles
Horvath, Frank
Kralik, Mary
Lambert, Mary
McCann, Mary
Negoescu, Lillian
Renshaw, Helen

Lodge 220, Dunellen, N.J.

Sepelya, Susan
Tausinger, Mary
Toth, Donna

Lodge 223, Hoboken, N.J.

Gazo, Emanuel

Lodge 244, Westfield, Mass.

Balicki, Jeremy
Barry, John
Broadhurst, James

Diamond, Kimberly
Diamond, Robin
Dolat, David
Kana, Catherine
Kana, Rudolph
Kana, William
Kitner, Elizabeth
Laptew, Thomas
Lucas, Joseph
Manning, Michele
Maslar, John
Maymon, Steven
Muransky, John
Oleksak, David
Siska, Robert
Soule, Mary
Strycharz, Jeffrey
Zielinski, Alan

Lodge 248, Rossford, Ohio

Bauer, Louis
Butz, Pauline
Gercak, Edward
Herbert, Terrance
Holt, Edward
Jachimiak, Alice
Joblonowski, Sharon
Kobercik, William
Konesky, John
Nawrocki, Marsha
Norwood, Linda
Rabara, James
Rabara, Janet
Rabarra, John,
Rabara, Joseph

Rabara, William
Steils, Robert
Steils, William
Tatro, Paula
Wascak, Elizabeth
Zarichny, Monica
Zdybek, Timothy

Lodge 255, Leechburg, Pa.

Allen, Kelsie
Armagost, Fawn
Bielek, Aubrey
Burr, Monica
Burr, Rachel
Carr, Elizabeth
Chiatello, Tina
Coover, Kendra
Delvecchio, Natalie
Gibson, Courtney
Gibson, Crista
Girardi, Tammy
Giworonik, Jackie
Grimm, Kayla
Grupac, Mary
Hallwirth, Becky
Hannan, Riley
Hessom, Allyson
Hessom, Amanda
Hoculock, Charles
Hoculock, Steven
King, Joelene
Kistler, Cloe
Klingensmith, Ashley
Knispel, Amanda

(Continued on Page 6)

2015 American Sokol Instructors School

July 12 – July 26, 2015

By Sister Mary Cushing
School Director

A total of 45 students from eight American Sokol Units (representing five of the six Districts) as well as students from Sokol USA and DA Sokol attended this year's American Sokol National Instructors School hosted by Sokol Spirit. There were 19 Beginners, 19 Intermediates, three Advanced and four Advanced II students, of which 20 were boys and 25 girls ranging in age from 12 to 18 years old. Interesting fact, this was the first year that I can remember that the girl to boy ratio was almost equal.

Once again the staff did an outstanding job! Most were returning staff from last year, included Brother Todd Yatchyshyn from Sokol USA, Lodge Pen Argyll, who headed up Games, Dynamic Warm-ups, Nutrition, Conditioning, and Practice Teaching. Sister Michele Jirousek from Sokol Greater Cleveland taught Beginning Marching, Intermediate Calisthenics, Apparatus for all levels, Female Judging and headed up Spotting & Progressions. Sister Heidi (Venci) Kuharek from Sokol Greater Cleveland taught Beginning Calisthenics, Beginning Marching and assisted with Spotting & Progressions and Apparatus classes. Brother Dan Bajek from Sokol Naperville Tyrs taught Beginning Calisthenics, Intermediate Marching, assisted with Practice Teaching and many other classes. Sister Hallie Soulides from Sokolice Tabor

returned as an Assistant Instructor this year. Sister Hallie taught Advance Marching, Advanced Calisthenics, Special Number class, assisted with Singing and headed up the Group Competitions. We were also pleased to have Sister Alix Wilt from Sokol Spirit returning as a part-time instructor, assisting with Singing and a variety of other classes. Besides the duties of School Director, I also taught most of the lectures, Folk Dance and Rhythmics. Everyone helps out where needed and we work well together.

Sister Jane Wise from Sokol Greater Cleveland performed the duties of School Registrar, which primarily takes place before the school begins, and local Sokol Spirit member Sister Kathy Barcal took on the duties of School Secretary. She was assisted by Sister Vera Wilt, president of Sokol Spirit, who pitched in when needed. Sister Irena Polashek did a wonderful job heading up the kitchen, creating well-balanced and delicious meals. There were also many other volunteers in the kitchen from Sokol Spirit and the Central District; we even had assistance from Brother and Sister Kalat from Sokol KHB in Texas, as well as Brother and Sister Fiordelis from Sokol Detroit. We would also like to thank the children from Central District who came to participate in our Practice Teaching classes. We tried something a little different this year with two hours before lunch and two hours after

lunch. Some of the children stayed the whole time! This is very important so our students are able to actually "teach" children during that practical class and get feedback from their peers as well as Staff Instructors. We wish to thank the parents who made this experience possible.

The classes and curriculum continue to evolve innovatively and progressively in order to engage and excite the students at all levels and will surely benefit each unit where these students return to teach. Because of the expertise we had on our staff, students were able to take advantage of some different classes as well as our traditional ones.

Once again, we had certifications for all students. A free certification, which is an annual course, was given to students of all levels on Concussions developed by the Center for Disease Control. This included a video instruction, practice quizzes and a final exam which they all passed and received a certificate. Intermediates and one advanced student were certified in American Red Cross First Aid, CPR and AED. This was a blended learning, which means part of this was done online before getting to the school and the "hands on" portion was given at the School by ARC certified instructor Brother Todd. They all passed and received a certificate and card as well. The Advanced students took the online USAG U100 Course of Fundamentals of

Gymnastic Instruction. This was all online with quizzes and a final test that took one long evening to complete. For the first time, we had the Advanced II students take the online USAG U200 Course – the Development Coaches Course: Sports Science. This covers L 1-4 athletes in areas of Nutrition, Psychology, Biomechanics and Injury Preventions. The seven students that took these two USAG courses found them much like a review of things which they had learned at our school. They all passed and received a certificate as well.

We also continued with the Adopt a Class or Adopt a Student Promotion that was initiated last year. Several individuals and Units donated to participate in this venture. The idea is to be able to raise funds to replenish the monies in the Future Sokol Leaders Fund, which helps to financially support the National School. This was a huge success even surpassing last year. We had 18 students adopted and six classes. This raised \$1,350 to return to the American Sokol FSLF. It was a fun way to donate, as the individual and units received letters and pictures of the students or classes from the school. Coming soon will be a special article to thank all these generous donors.

We didn't have any serious behavior issues and once again used the "White Elephant Sale" as a means of rewarding positive behavior. Donations to the cause came from the Kalat's, the Sokol

Office, Sokol Greater Cleveland and Sister Alice Khol. We thank everyone for their donations. The students can check their progress every few days on the chart that is posted. We had eight students with perfect 10's (five girls and three boys)! The students seem to revel in getting a prize for good behavior, even to the point of wearing and bringing things back the next year to show off their trophies.

The two regular outings were fun and a much needed break for all. We went to an indoor Laser tag venue at the end of the first week, which seemed to be enjoyed by the students! The other outing was to an outdoor pool which was nice and refreshing. This included diving boards and slides. Everyone had a blast whatever they chose to do, including just relaxing laying in the sun! The travel to and from the outings (as well as the airport) were all done by Sokol volunteers, mostly from Sokol Spirit and the Central District.

Many of the policies and features that were already in place were again repeated this year. The cell phone policy is still a challenge, as parents sometime have a hard time understanding the students will only be calling twice in the two-week time. But that is getting a bit easier. We continued our medical procedure with Sister Michelle, a nurse, who happens to be on our staff, handling all our medical issues and diligently keeping our "medical log" accurate. That was a huge help

(Continued on Page 7)

WHERE ARE YOU?

(Continued from Page 5)

Kochmanski, Karla
McCluske, Dallas
Miccolis, Karen
Miller, Gary
Montoya, Samantha
Moran, Ashley
Mozga, Billie
Nawrocki, Adrien
Ostrowsky, Renee
Patrick, Joseph
Ray, Douglas
Richards, Dustie
Sanner, Kelsey
Schwarz, Alysa
Shaner, Andrea
Sharp, Patrick
Shirley, Samantha
Smail, Savannah
Smalley, Brittany
Smith, Katy
Stano, Jeremiah
Thomas, Joni
Tira, Nicole
Tira, Samantha
Toman, John
Walters, Alyssa
Walters, Tara
Wray, Emily
Yonek, Andrew
Zinchini, Frances

Lodge 260, Cleveland, Ohio
Cutt, Stephen

Gordon, Linda
Jacks, Darleen
Kisel, John
Margosian, Karen
Palynchuk, Emily
Perez, Irene
Poling, Geraldine
Schambach, John
Smith, Christine
Smolar, Barbara
Sokol, Bill
Werbicky, Platon

Lodge 268, Throop, Pa.
Keller, Ardella
Molitoris, John
Silvestro, Serily

Lodge 269, Whiting, Ind.
Bugajski, Mary
Carpenter, Ronald
Czapla, John
Dean, Martin
Girman, Karen
Holman, Nick
Hruskocyc, Mary
Kovach, Ronald
Pacanka, Joseph
Simchak, Ann
Stack, Kimberly
Stack, Mark
Stack, Paul
Stoll, Jeffery

Lodge 273, Wilkes Barre, Pa.
Eglasias, Elizabeth

Emerick, Emily
Emerick, Jacob

Lodge 276, Pittsburgh, Pa.
Blumenthal, Abraham
Exler, Elizabeth
Schwer, Nancy

Lodge 306, Chicago, Ill.
Aburto, Marc
Arroyo-Gross, Devon
Arroyo-Gross, Phoenix
Beard, Lynn
Brzozowski, Joanne
Celli, Dorothy
Chapman, Virginia
Duckhorn, Caroline
Duda, Ladd
Dudziak, Abigail
Dudziak, Thomas
Durkovic, Jerry
Eder, Janet
Forszt, Catherine
Friel, James
Friel, John
Friel, Kathleen
Gallik, April
Gasso, Susan
Gehant, Hugo
Georgopoulos, Angelo
Georgopoulos, Evangelia
Gessay, Elsie
Gustafik, Jessica
Gustafik, Kurt
Gustafik, Philip
Irlweg, Christopher

Irlweg, Sara
Jablonska, Halina
Jablonski, Bartek
Jenega, Rachel
Kaczmarek, Steve
Kaczmarek, Tegan
Keehan, Bethany
Krocha, Olga
Kruszewski, Roberta
Kuyken, Brian
Laumann, Bruce
Lovinus, William
Lubeck, Russell
Macuran, Amalia
Matthews, Ashley
McNamara, Carol
Meridith, Alec
Meridith, Elena
Misko, John
Monahan, Cecelia
Mrazik, Ricky
Obselka, Stephen
Orsi, Thomas
Ortega, Alicia
Owens, Kaela
Plato, Natalie
Powell, Alexandria
Rule, Thomas
Sabin, Marni
Sarelas, Ryan
Sprtel, James
Teran, Damen
Teran, Natalie
Thompson, Isaiah
Thompson, Owen
Tondyk, Laura

Tyrell, Elizabeth
Villafane, Alessandra
Walcast, Betty
Walter, Susan

Lodge 39/40W, Berwyn, Ill.
Babiczy, Joyce
Conlon, Jack
Corn, Jacob
Corn, Nicole
Dundek, John
Forst, Keith
Hruz, Sylvia
Karac, Betty
Kausak, Peter
Klimo, Margaret
Kostelancik, Timothy
Krc, Milan
Krc, Paul
Kurovsky, Julia
Laguardia, Christy
Menich, Emil
Nadovich, Paul
Panik, Mary
Risuliak, Anna
Sandberg, Jeffrey
Siska, Steven
Skaritka, John
Skorich, Betty

Lodge 403, Miami, Fla.
Miller, Kristen
Miller, Megan
Sinak, Maggie
Sinak, Michelle

(Continued on Page 7)

25TH ANNUAL SLOVAK HERITAGE FESTIVAL

Sunday, November 1, 2015 ~ 1-5 PM
University of Pittsburgh (Oakland)
Cathedral of Learning Commons Room
Free Admission

Presented by the University of Pittsburgh, Pitt Student Slovak Club & Slovak Studies Program

Performing are Jozef Ivaska, the Singing Revil'ak Family of Bardejov, Slovakia, Pittsburgh Slovaks, Pittsburgh Area Slovaks, Slavjane Fold Ensemble, Ben Sorenson on Fujara

Cultural Displays, Lectures, Shop for Christmas, Ethnic Food

For information, contact Christine Metil at 412-624-5906 or Slaviv @pitt.edu

INSTRUCTOR'S SCHOOL

(Continued from Page 6)
for the staff! We also had another year of no trips to the ER this school! That is always an encouraging relief.

We had many visitors for our Group Competitions – the majority was local parents, instructors and Sokol members. We had Jean Hruby, American Sokol President, address the students the first morning as well as give an encouraging talk at the Graduation Ceremony. We also had a visit of a couple of days by Sister Maryann Fiordelis, our National Physical Director.

Our graduation program was presented on Saturday evening, preceded by a delicious pork dinner. We had many spectators, mostly parents, family, friends and members from a variety of Sokol units both local and out of the district. We also had some very special guests from our National Executive Board – as mentioned Sister Jean Hruby, President; Sister Lynda Filipello, PR & Marketing Director (also Central District President); Sister Julie Meyer, Membership Director; Sister Meribeth Tooke, Treasurer; National Executive Board members Brother Howie Wise and Sister Kathy Barcal. We also had Sister Jane Wise, our School Registrar, come in from Cleveland with her husband for the celebration.

As tradition, the students

demonstrated many of the things and activities learned over the previous two weeks, most of which were choreographed by the students themselves. The graduation program was concluded with the presentation of diplomas and special awards. The Leadership Award is given to the one student from each school level that the staff feels were outstanding in this area. The Beginner Leadership Award went to Roberta Pegg from Sokol Farrell, Sokol USA; the Intermediate Leadership Award went to Paige Tignor from Sokol KHB, Ennis; the Advanced Leadership Award went to Caroline Flynn from DA Sokol and the Advanced II Leadership Award went to Joe Bajek from Sokol Naperville Tyrns.

Our 2015 Sokol Instructors School officially concluded with our final flag lowering and you could hear the resounding tradition of the three Sokol "Zdars!" ringing out loud and clear to conclude another successful Kurz.

A tremendous thank you to the staff that did an outstanding job! I would also like to extend a big thanks to all the helpers and volunteers from Sokol Spirit and the other units mentioned, the awesome students and once again the American Sokol for continuing to support this important venture! NAZDAR!

By Chris Yatchyshyn
The Sports, Fitness and Wellness Department, along with other Sokol USA Board officers, are enthusiastically planning for Sokolfest XXVII. Originally this major event was to be held in 2015, but our sister organization American Sokol requested that we switch to 2016 since they were holding events in 2015 commemorating the 150th Anniversary of Sokol in America. We agreed to move Sokolfest XXVII to 2016, which has provided us with the opportunity to celebrate Sokol USA's 120th Anniversary.

For each major Slet, we try to create a unique logo and theme, but when we realized that Sokol USA would be in existence for 120 years on July 4, 2016, we opted to focus on the milestone and utilize a traditional logo that has endured throughout our long history.

Calisthenics is the signature activity of Sokol that continues to be the highlight of all our Slets. The Children's Calisthenics that will be used for Sokolfest XXVII was first used at our Slet in Washington, DC, in 1987. The composition was written by Sister Ellen Kovac of Lodge 12 Central Jersey. One of the songs in this calisthenics is "Yankee Doodle," a perfect tribute to our country that will celebrate its 240th birthday in 2016 and to our organization that was founded on the Fourth of July.

While it is always appropriate to look back and celebrate our long history, it is also important to look forward. Sister Kristin Merker of Lodge 306 Chicago has written a new calisthenics for juniors and young adults, which we are excited to present in Pittsburgh. Kristin describes the essence of her composition as follows: "This calisthenics is a celebration of the youth of Sokol. It represents the journey they will go on to have their voices heard and acted upon. It is these young adults that will help Sokol move forward as an organization. In order for Sokol to evolve, we must utilize these young minds as an important resource. Let them take you on this exciting journey."

For our Senior Calisthenics, we are fortunate to have permission from Sister Jarina

Zitna of the Czech Sokol Organization to perform a calisthenics composition she wrote for 2009. With Sister Zitna's permission, the composition has been modified by Sister Ellie Babka of American Sokol, making it a little less challenging so that all of our seniors will be able to perform it. We are grateful to both of these women for providing us with a unique calisthenics that includes some traditional music from the Czechoslovak heritage.

We will also feature a Parents and Tots Calisthenics that we have used at our last two Sokolfests entitled "Fun with Mother." It was written by Viola Bartolenovaj and was translated into English by Stephen J. Banjak of Lodge 103 Farrell. Since our children are tots for only a short period of time, we know this fun composition will be new for each of them and once again a delight for our audience to watch.

Prior to the afternoon Slet performance on Saturday, July 2, 2016, there will be many sports events. On Wednesday afternoon there will be a 3-on-3 Basketball Tournament and a Marching Competition. Later in the evening on Wednesday everyone is invited to the Opening Ceremonies.

On Thursday, there will be Gymnastics Competitions for all ages and everyone can participate in the Fitness Challenge on Thursday or Friday morning. A Volleyball Tournament is planned for Friday and, if there is enough interest on the surveys, a Golf

Tournament and a Bowling Tournament will be added. Also on Friday, we are arranging for Kennywood Amusement Park tickets to be available at a group rate.

We also have a new event planned for Sokolfest XXVII. Fraternal Activities Director Nancy Shurina is organizing a 5K/Fun Walk for Thursday evening that will be held in conjunction with outdoor games and a Softball Challenge. For Friday evening, President Joe Bielecki is organizing a banquet that will include tours of the University of Pittsburgh's Cathedral of Learning Nationality Rooms. After the Slet on Saturday, there will be a celebration dance for the competitors and opportunities to gather with your Sokol friends.

The competitive events and the Slet will be held at Baldwin High School. From there, it's a short 15-minute ride to downtown Pittsburgh if you are interested in seeing some of the great sites the city has to offer. The main hotel is the Holiday Inn Express on Lebanon Church Road in West Mifflin and there are several other hotels within a couple of miles on the same road, located even closer to Baldwin High School. Travel between the hotels and the high school will require cars, but it is a short 10-15 minute drive.

So save the dates because you're officially invited to Sokolfest XXVII. Come to Pittsburgh June 29 through July 2, 2016, and help us celebrate 120 years of Sokol USA.

LODGE 306 EXHIBITION 2015

The annual Lodge 306 Exhibition was held on Saturday April 11th at the Sokol Hall. Although several gymnasts were missing due to spring break vacations, the program was exciting and was enjoyed by a large audience of well over 100 spectators. The program featured all the gymnasts performing their routines on all the apparatus, as well as special numbers by the Sokolettes, Sokolads, Juniors and Tots. Calisthenics were performed by the Seniors, Juniors and Children. And the program culminated with our traditional singing of "God Bless the USA."

The program was followed by dinner and dancing in the lower hall. We all relaxed to a chicken dinner and celebrated with the music of our DJ Mario Mongello. Special thanks to our Senior Men's and Women's class who served dinner, to our volunteer parents who cleaned up afterwards, and to the bartenders. Also thanks to the instructors and directors for all their hard work in putting together such a special day! NAZdar!

WHERE ARE YOU?

(Continued from Page 6)

Lodge 500, Everywhere

Bilovsky, Albert
Brosky, Michelle
Busonic, Frank
Carroll, Theresa
Conger, Anna
Cook, Mary
Deptula, Margaret
Domenichetti, Cheryl
Domenichetti, Eva
Domenichetti, J
Drazdik, Lydia
Ducar, Anna
Elek, Helen
Fajnor, Mary

Gasperec, Joseph
Gersna, Edward
Grann, Kathryn
Harvilla, George
Havay, Debra
Henry, Raymond
Hurak, Amelia
Hurak, Louis
Jacobs, Robert
Kadlecik, John
Kaluznik, Chris
Kaluznik, Michelle
Kaschok, Alice
Kent, Gladys
Kmetz, Anna
Kotulak, Joyce
Krajnak, John
Kurilla, Elizabeth

Kurilla, Matthew
Kvartek-Sprows, Frances
Longdale, NINam
Majtan, Mildred
Makoski, Joseph
Martin, Cynthia
McGregor, Andrew
McGregor, Ryan
Mihalick, Susan
Mizialko, John
Nerstrom, Hellen
Palla, Joseph
Perry, Mary
Philbrin, Deborah
Pohlman, Cali
Poliak, Clara
Powley, Marylyn
Rastoka, John

Revella, Andrew
Richards, Mary
Sakala, Margaret
Sandberg, Marissa
Sandberg, Nicholas
Satina, Donald
Schust, Joseph
Seholly, Cecilia
Sevcik, John
Sklenar, Victor
Slovak, Ignace
Smallwood, Kathryn
Smella, John
Snyder, Joseph
Solinsky, Bernard
Spisak, Joyce
Stancik, Clement
Stancik, Robert

Stanek, Bernard
Stanek, Frank
Stanek, Gregory
Taman, George
Tokar, Donna
Tokar, Gregory
Tokar, Jodi
Tomenga, Frank
Valentik, John
Vanderwerf, Martin
Voinovich, William
Yencho, Mary
Zajac, Cynthia
Zajac, Edwin
Zialkowski, Peter
Ziolkowski, Carol
Ziolkowski, John
Ziolkowski, Michael

2ND ANNUAL GOLF OUTING

Slovak American Sokol Krivan had its 2nd Annual Golf Outing on August 1st. There were over 30 golfers and participants who enjoyed a great Saturday at Billy Caldwell Golf Course and the Sokol Community Center. The weather could not have been any better – sunny, light breeze, and temperature in the low 80s. It was a golfer's dream; the golf however, well, we all had a great time. After the golf, there was a cookout at the Sokol Hall. Everyone enjoyed burgers, brats, hot dogs, and plenty of extras to go along. There were several prizes handed out for "outstanding" golf accomplishments, including the Ugly Jacket award.

Thank you to all of the participants. We hope you had a good enough time to come back next year. Thank you to Sokol USA, GBU, and Mick and Sue Smith for your donations. And a big "thanks" to Frank Tudisco for organizing the outing again this year. We hope to see everyone again next year for another great day of golf and fun



Cathy Pranskevicius (last year's winner) presents the Ugly Jacket to this year's winner Eugene Gribelsky.



Scott Pracko, Bryan Pracko, Matthew Pracko, and David Carlson get ready to tee off on the 1st hole.

Language Learning Program

French Italian Chinese Slovak Polish Hungarian German Spanish

Want to learn a new language? If you do, GBU wants to support you in your efforts to expand your "world of languages" with our **NEW** Language Learning Program.

The Language Learning Program is offered in place of the Concordia Languages Villages which GBU no longer offers.

GBU members have the opportunity to take a language course of his/her choosing and receive a reimbursement from GBU!

The member would simply complete a form, shown below, with requested information and mail or email it to GBU along with a copy of his/her paid invoice, tuition statement or receipt for the language class. **Upon approval, GBU will reimburse the member 50% of the cost of the course, up to \$125.**

Self-taught language computer courses such as Rosetta Stone do qualify!

Name	Email Address
Address	
Daytime Phone	Language Course
Language Course Instructor, School or Company	
Location of Course (College, Local School, Computer Course, etc.)	
Date of Language Course	Full Cost of Language Course

Documentation must be received within two months of payment and class enrollment. Please note that there are limited funds available for this benefit.

IN MEMORY

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

Due to technical difficulties, we are only able to report a members passing and lodge number. Thank you for your patience and understanding.

VERA REPKO: A member of Lodge 15, Yonkers, N.Y.

SUSAN HRUSIK: A member of Lodge 39/40W, Berwyn, Ill.

ELIZABETH ANDERSON: A member of Lodge 68, Blairsville, Pa.

JOHN MINGORA: A member of Lodge 93, Bethlehem, Pa.

ARTHUR KOSCELNIK: A member of Lodge 194, Raritan, N.J.

MILAN GETTING: A member of Lodge 500, of New Jersey.

NICHOLAS HALAMA: A member of Lodge 240, Aliquippa, Pa.

EDWARD PERCHES: A member of Lodge 306, Chicago, Ill.

HELEN BOYCHUK: A member of Lodge 6W, Perth Amboy, N.J.

MARGARET STEBLER: A member of Lodge 66W, Bethlehem, Pa.

DOROTHY POPPINEAU: A member of Lodge 146, Youngstown, Ohio.

LOUIS DOMIN: A member of Lodge 12, Newark, N.J.

DONALD VRABEL: A member of Lodge 219, Canton, Ohio.

ISABEL YURICK: A member of Lodge 30, Danbury, Conn.

JOSEPH FABIAN: A member of Lodge 93, Bethlehem, Pa.

MARY MARSALA: A member of Lodge 12, Newark, N.J.

FLORENCE COPE: A member of Lodge 194, Raritan, N.J.

BRANISLAV KAPITAN: A member of Lodge 500, of New Jersey.

ARTHUR BZDUSEK: A member of Lodge 96, Cudahy, Wis.

IRENE PETKO: A member of Lodge 66W, Bethlehem, Pa.

Join GBU's GET FIT CLUBS

- WALKING
- RUNNING
- BIKING

You have been thinking about it for years. Now is the time to do it!

Regular exercise can reduce your stress level, lower your risk of heart disease, increase flexibility and help control your weight.

Join GBU's "Get Fit" Clubs and keep track of your 2015 walking, running or biking mileage.

Compare your mileage with other GBU Club members by calling in or emailing GBU (info@gbu.org) once a month with your mileage. Submitted member's mileage will be published on the GBU website and in the bi-monthly Reporter. For privacy purposes, only your first name, last name initial, city and state will be listed.

There is NO COST to join! Make today the day you commit to getting healthier by calling the GBU Fraternal Department at (800) 765-4428 or emailing GBU (info@gbu.org) with your name and mailing address to register to join the 2015 Walking, Running and/or Biking Club(s).

You will receive a 2015 mileage chart and a "Welcome to the Club" gift to get you off to a fast-start! GBU will reward you for reaching selected mileage levels.

Please note this IS NOT a Race or a Competition; it is just a way to get active and stay active. You participate at your own pace.

If you have any questions, please feel free to contact the GBU Fraternal Department.

It's time to get fit! Let's Do It!

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10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of its stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)
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Complete Mailing Address: **276 Prospect St., PO Box 189 East Orange, NJ 07019-0189**

11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box None

12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one)
The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes:
 Has Not Changed During Preceding 12 Months
 Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)

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a. Total Number of Copies (Net press run)		2,400	2,400
b. Paid Circulation (By Mail and Outside the Mail)	(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	1,812	1,812
	(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	3	3
	(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	0	0
	(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)	15	15
c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))		1,830	1,830
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)	(1) Free or Nominal Rate Outside-County Copies included on PS Form 3541	48	48
	(2) Free or Nominal Rate In-County Copies included on PS Form 3541	0	0
	(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)	0	0
	(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	0	0
e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))		48	48
f. Total Distribution (Sum of 15c and 15e)		1,878	1,878
g. Copies not Distributed (See instructions to Publishers #4 (page #3))		522	522
h. Total (Sum of 15f and g)		2,400	2,400
i. Percent Paid (15c divided by 15f times 100) (Do not use electronic copy circulation)		97.0	97.0
j. Average No. Copies Each Issue During Preceding 12 Months			
k. No. Copies of Single Issue Published Nearest to Filing Date			
a. Paid Electronic Copies			
b. Total Paid Print Copies (Line 15c + Paid Electronic Copies (Line 15a))			
c. Total Print Distribution (Line 15b + Paid Electronic Copies (Line 15a))			
d. Percent Paid (Both Print & Electronic Copies) (15b divided by 15c x 100)			

I certify that 60% of all my distributed copies (electronic and print) are paid above a nominal price.

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18. Signature and Title of Editor, Publisher, Business Manager, or Owner
Milan S. Kovac Managing Editor Date: **September 1, 2015**

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).