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SOKOL TIMES

December 8, 2016

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From the President's View

It is a snowy November day as I begin to write this article. Looking back, it was a year of many of Sokol successes.

Our SokolFest 2016 was a great success! People came from far and wide from the U.S., Canada, and Europe in large numbers and had a great time. There were excellent mass callisthenic performances, and many enjoyable events for all who attended. Many people volunteered time and much effort to make the SokolFest the great success which it was. Sokol USA is very thankful to all who volunteered, as well as to all of those who came, participated and/or attended the events. It is thanks to you that SokolFest 2016 was so spectacular. The preliminary groundwork is underway for our next SokolFest which will most likely be held in 2020.

Now the planning has begun for our District Convention to held in August 2017 at the Omni William Penn Hotel in Pittsburgh, Pa. Informational packets have been mailed to the lodges and I encourage our members to begin to think about the Convention, to consider the process of selecting delegates to send to the Convention to represent the lodges and to review all of the documents in the materials packet that was recently sent.

One of the most important issues to be addressed at the Convention besides the election



Joe Bielecki

of District Sokol USA officers will be the proposed new by-laws governing Sokol USA as a district of GBU. I strongly encourage each lodge to review the proposed by-laws. Regional meetings will be held in the new year to address any questions which lodges may have regarding the proposed by-laws. Please be sure to watch the Sokol Times for more information in the course of the next several months regarding the District Convention.

The holiday season and the new year fast approach. I encourage our lodges to remember the less fortunate at this holiday season. There are many who silently have hard

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**Vesele Vianoce A Stastny
Novy Rok!**



**Merry Christmas
and Happy New Year!**

**To all our members from the
Supreme Lodge of Sokol USA**

Sokol USA Attends Development Conference

By Chris Yatchyshyn

Seventeen Sokol USA instructors and gymnasts attended the American Sokol Development Conference held at Sokol Greater Cleveland the weekend of October 29-30. Prior to the conference, Director Chris Yatchyshyn attended the afternoon session of the National School Board meeting on Thursday, October 27, during which plans for the 2017 Instructors' School were made and many standard operating procedures were addressed.

Both Director Todd Yatchyshyn and Chris attended the American Sokol Board of Instructors meeting on Friday, October 28. There was a short review of reports that had been previously distributed via the American Sokol website, with the bulk of the

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The weekend Development Conference began with an ice breaker, followed by announcements about where the following sessions would be held in the very impressive, restored Sokol Greater Cleveland facility that features a ballroom, older gymnasiums, a classroom, eating areas, and a wonderful museum, as well as a modern gymnastics facility built adjacent to the original building.

SOKOL TIMES

official organ of the
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 OF THE USA**
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 Telephone: (973) 676-0281
 FAX (973) 676-3348
 E-mail: SOKOLUSAHQSA@aol.com

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ANNUAL MEETING OF DISTRICT JAN KOLLAR

November 19, 2016
 National Sokol Hall, Bethlehem PA

The meeting was called to order at 1:10 p.m. by President Judy Stengl. The following were in attendance:

Sister Judy Stengl – President
 Sister Teena Coleman – SFW Director
 Brother Steve Barron – Lodge 93
 Sister Jean Barron – Lodge 93
 Sister Joanne Check – Lodge 93
 Brother Rich Yatchyshyn – Lodge 410
 Sister Kathy Naccarato – Lodge 410
 Sister Heidi Vencel – Lodge 410
 Brother Todd Yatchyshyn – Lodge 410

Sister Joanne made a motion to appoint Sister Kathy as temporary recording secretary, Sister Teena made the second and the motion passed. Sister Judy opened the floor for nominations.

Sister Joanne nominated Sister Judy for President, Sister Teena made the second and Sister Judy declined the nomination. Sister Joanne nominated Brother Rich for President, Sister Teena made the second and Brother Rich accepted the nomination. Brother Steve moved that the nominations be closed, Sister Jean made the second and the motion passed.

Sister Joanne nominated Brother Todd for Vice President, Sister Teena made the second and Brother Todd accepted the nomination. Brother Steve moved that nominations be closed, Sister Jean made the second and the motion passed.

Sister Teena stated that Sister Marge Stangl, the current Financial Secretary/Treasurer, was unable to attend today's meeting due to health issues and would not accept a nomination for a position. Sister Joanne nominated Sister Kathy for Financial Secretary/Treasurer, Sister Judy made the second and Sister Kathy accepted the nomination. Brother Steve moved that nominations be closed, Sister Jean made the second and the motion passed.

Sister Joanne nominated Sister Teena for SFW Director, Sister Jean made the second and Sister Teena declined the nomination. Sister Joanne nominated Sister Heidi for SFW Director, Brother Steve made the second and Sister Heidi accepted the nomination. Sister Teena moved that the nominations be closed, Sister Judy made the second and the motion passed.

Sister Kathy moved that the entire slate be voted upon as one vote, Brother Steve made the second and the motion passed. Sister Judy called for a vote, and all nominees were approved unanimously. Sister Judy led the new officers in the oath of office and handed the meeting over to Brother Rich. The existing financial records, old minutes and lodge seal were given to Sister Kathy.

There was a brief discussion on the change of officers in Lodge 93. Brother Todd stated that he had a previous discussion with Brother Jeff Richter regarding starting a Tots class at Bethlehem and will follow up with the new President. There being no further business to discuss, Brother Rich asked for a motion to adjourn. Brother Steve moved to adjourn, Sister Teena made the second. The date and time for the next meeting will be determined. Brother Rich adjourned the meeting at 1:40 p.m.

Respectfully submitted,
 Sister Kathy Naccarato
 Temporary Recording Secretary

ANNOUNCING THE XXXV CONVENTION OF SOKOL USA

Commencing August 11, 2017 thru August 14, 2017
 Omni Hotels & Resorts – William Penn – Pittsburgh, PA

Mark your calendar now! Plan on Attending.
Details in the next issue of the Sokol Times.

At our last convention, we were tasked with revising our bylaws to adapt to our current operations as a district of GBU. After many meetings, we have finally completed the revision. "Draft" copies have been mailed to all lodges and officers will be available to explain and answer inquiries concerning the document. Therefore, if a lodge or group of lodges wish to have an opportunity to discuss the bylaws prior to the convention, please contact Headquarters to arrange such an event. We hope to adopt the revised bylaws at the upcoming Convention of Sokol USA.

Milan S. Kovac, Fraternal Secretary



**District MM Hodza
 is hosting a training session for female
 athletes competing in any USAG's Xcel level,
 & you're invited!**

When: Tuesday, December 27, 2016
Time: 9:30 a.m. to 4:00 p.m.
Where: Boonton Sokol Hall
301 Pine Street
Boonton, NJ 07005



Suggested Donation: \$10.00, to help cover cost of lunch.

Sis. Ellen Kovac will lead the clinic and provide handouts with basic rules. The goal is to help gymnasts and their coaches create new routines that meet Xcel requirements on the Bars, Beam and Floor. Gymnasts can also have their routines from last year critiqued.

Participants can purchase the official Xcel rules from the USAG website.

Coffee in the morning and lunch in the afternoon will be provided.

**RSVP to Brandi Kovac at: 908-400-2169 or
 BKKovac@aol.com by
 December 16 to confirm your group's expected attendance
 so we can adequately prepare staff and lunch.**

Walko inducted into Sports Hall of Fame

The Greenwich High School Sports Hall of Fame honored its 2016 inductees Chantal Rawn Morrison, Betsy Hagman O'Donnell, Dwight Fenton, the 1974 GHS undefeated Football Team, the 1983 Undefeated Girls Field Hockey Team, Charlie Weiss, George Chelwick, Tom Deneen, Bea Walko and Taylor Baldwin on October 15th at the Greenwich Water Club.

Hall of Fame coach Bea Walko, who is a former Sokol USA President, was introduced by Maria Sheridan Dutmer of the '83 field hockey team. Sheridan Dutmer said Walko was a physical education teacher, a department administrator and GHS field hockey coach from 1973 to 1989. She amassed a record of 152 wins, 41 losses and 20 ties. Her teams were state champs in 1980, 1982 and 1986, and FCIAC champions in '77, '83, '85 and '88. She was a 1982 field hockey association coach of the year and CIAC coach of the year.

"To play for her was a true honor," Sheridan Dutmer said. "You got a coach who inspired individual excellence, but only in the context of the team. She was a coach who taught you to show up fully and win with humility, and lose gracefully. A coach with her priorities set clear. Being on her team meant that field hockey came after family and academics. A coach who allowed space for fun. And she did all this so quietly and with such humility, more tuned into our needs on and off the field than we realized at the time."

Walko recalled the years when Title 9 was new. "Thankfully some men in the athletic dept. embraced the chances and made the necessary adjustments to fully support these women," she said. "It was not uncommon to have the football coaches to bring their team to cheer for our teams if it was a game day." She credited administrators including Superintendent Ernest Fleishman and GHS Headmaster Quattrone for their support as well.



Bea Walko



John Babuska

Babuska honored as gymnastics founder

At the First Annual Gala of the NJ-USAG, the founders of the NJ Gymnastics Association (founded circa 1963) were recognized for organizing New Jersey's gymnastics community prior to the U.S. Gymnastics Federation becoming the official governing body for gymnastics in the United States. Six of the original founders, including former Supreme Secretary of Sokol USA John Babuska, were particularly honored with a plaque and with a framed photo with the brief biography reprinted here.

John Babuska moved with his family to New Jersey in 1955, when he was elected National Executive Secretary of the Slovak Gymnastic Union Sokol. Prior to that, he had competed in national and international Sokol competitions and had been an instructor at various Sokol Gymnastics training camps.

John was a big promoter of gymnastics both within Sokol and in the larger gymnastics community, quickly developing working relationships with other enthusiasts such as Paul Bohrer, Jerv Krawitz, John Hennigan,



A framed photo and biography of John Babuska's gymnastics accomplishments in New Jersey are on display, along with plaques, his NJGA President's gavel, and other memorabilia at the NJ-USAG Gala honoring the founders of the NJ Gymnastics Association in the 1960s.

Marv Speidel, and Helen Sjursen. He became a founding member of the New Jersey Gymnastics Association, organized at about the same time that Frank Bare was beginning to organize the United States Gymnastics Federation in western states.

John Babuska lent the East Orange Sokol office and its facilities to many NJGA meetings and projects. Some of their activities included making plans for annual boys' and girls' developmental and championship meet schedules which actually preceded the organization of the USGF (now known as USAG) system. NJGA's Zone Meet system for qualifying to State meets eventually became the USAG Sectional meet system. Among other initiatives, NJGA also planned and sponsored a statewide gymnastic clinic at Newark State College (now known as Kean University). Club directories, lists of rated judges,

and other information were printed in NJGA newsletters. In keeping with NJGA's custom, John also took his rotating turn as president of this group.

It was through John's vision and efforts that Sokol Woodlands Gymnastic School was created in Barryville, N.Y., and developed into one of the first and best summer gymnastics camps in the United States. Many present and former leaders in NJ gymnastics, in fact, were students or instructors at Sokol Woodlands. You know many of these people: Jeanne Devenney, Leslie McPeek, Mike Milchanowski, Brant Lutska, Kathy Feigley, and future regional and national figures such as Gary Anderson and Cheryl Hamilton.

John Babuska would be happy to know his most important life's work is being recognized tonight.



John Walek, Jr. 1927 - 2016

It is with heavy hearts that we mourn the passing of Brother John Walek, Jr., former President of Sokol USA (1987-1994). His leadership on many levels of Sokol USA had a positive impact on leaders who followed. There are no words to express our thanks to you, Brother Walek, and to you family for your love and dedication to Sokol USA.

On behalf of the Officers of the National Board and all members of Sokol USA, we extend our sincerest condolences to you, Dorothy, and all members of the Walek family. We join you in your sorrow for his passing and in your joy for the life he lived. We send you to your rest with our sincere Sokol NaZdar! Rest in peace, Brother John.



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Development Conference

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meeting focused on potential bylaw changes to be addressed at the American Sokol 2018 Convention and the upcoming American Sokol XXIV Slet and Festival to be held in Cedar Rapids, IA, from June 22-25, 2017. There were also discussions regarding a District Directors' Recognition Program and goals for the 2016-2017 Program Year.

A total of 107 instructors and gymnasts, representing American Sokol units across the country and five Sokol USA lodges, attended the Development Conference that began with registration at 7:30 a.m. on Saturday and continued until the 9 p.m. Halloween-themed social. The participants were back in the gym at 8 a.m. on Sunday. The two-day event ended with lunch on Sunday at 12:45 p.m.

Saturday morning began with an Ice Breaker/Warm Up led by several Instructor School staff members. Attendees were then offered a wide range of sessions to attend. There were four tracks, most running through the entire



The Slet Calisthenics for children (pictured above and below) was co-authored by Michelle Jirousek and Heidi Vencel. Many directors and instructors attended these sessions so they will be prepared to teach the Children's Calisthenics in their home gyms.



conference. Track one featured Slet Calisthenics and Folk Dance sessions, taught by the respective authors.

The second track featured more hands-on, gym-related sessions such as male and female coaching techniques, the new Men's routines, Dynamic Warm-Ups, Marching, Xcel Routine Construction for females, A Proposed Men's Optional Routines Discussion, Strength and Conditioning, Aerobic Drumming Workout, and Pickleball.

Featured in the third track were more interactive lecture-styled sessions including Bridging the Age Gap, Leadership, 2017 Slet updates, Reconditioning, Youth Membership, District and Unit Directors Recognition Programs, Aspiring Leaders of Tomorrow, Do's & Don'ts for Parents and Helpers, and Public Relations and Marketing. The fourth track offered a Risk Management session and the opportunity to attain American Red Cross Adult and Pediatric CPR and AED Training and Concussion Certifications.

Sokol USA Director Todd jointly taught many of the sessions during the Development Conference and was the lead instructor for the Dynamic Warm Ups session and the CPR/AED course that was offered on both Saturday and Sunday. Nine Sokol USA members participated in these courses and attained their CPR-AED certifications.

Congratulations to American Sokol for another excellent Development Conference and for inviting Sokol USA to attend. We appreciated all the hard work that goes into planning, organizing and implementing this event and we look forward to participating. Thank you also to Sokol Greater Cleveland for once again being such gracious hosts.

Nazdar!



Trainer Todd Yatchyshyn watches as Kathy Barcel and Saddle Brandt (standing) practice their CPR techniques on the manikins. The two-hour course enables participants to earn their CPR and AED Certifications.



Many of the participants in the Senior Calisthenics session were learning the Senior Cal, which they will perform in the XXIV Slet and Festival in Cedar Rapids in June 2017. This cal was co-authored by Howie Maskill and Alex Zahrobky.



Sokol Farrell had strong participation in the Development Conference. Six members participated in both days of the Development Conference; on Sunday they were joined by two more members.



**DONATIONS GRATEFULLY
ACKNOWLEDGED**

HOLIDAY GREETINGS!

To the Milan Getting Scholarship Fund

From Brandi Kovac of Lodge 12 \$25.00
Happy Holidays

From Sokol USA Lodge 12, Central Jersey \$100.00
A Peaceful 2017

From William A. Zachar from Lodge 15 \$100.00
A Very Merry Christmas to All

From Sokol USA Lodge 6W, Perth Amboy \$50.00
Merry Christmas and Happy New Year

From Sokol USA Lodge 17, Perth Amboy \$50.00
Wishing Everyone All the Joy of the Holidays

From Jeannette V. Zboray of Lodge 7, Byram \$50.00
Much Joy and Happiness to All this Christmas Season

From Milan S. Kovac & Brigid Ruvolo \$100.00
Merry Christmas and Happy New Year to Everyone

From Emil Trgala of Lodge 12 \$100.00
Much Peace and Happiness this Holiday Season

From Sokol USA Lodge 500 \$250.00
Best Wishes for a Joyous Christmas and a Healthy & Happy New Year

From Frank Kudlac of Lodge 36, Binghamton \$100.00
Best Wishes to All My Sokol Friends

From Sokol USA Lodge 2, Bridgeport \$300.00
Merry Christmas and May There be Peace Throughout The World

From Sokol USA Lodge 39, Berwyn \$100.00
Christmas Blessings to All and in Memory of our Deceased Members

From Debbie Golden of Lodge 39 \$100.00
Merry Christmas and Best Wishes for a Happy 2017

From Sokol USA Lodge 63, Homestead \$200.00
In Memory of our Deceased Members and Best Wishes to All for this Holiday Season

To The Sport, Fitness and Wellness Fund

From Sokol USA Lodge 39, Berwyn \$100.00
Christmas Blessings to All and in Memory of our Deceased Members

From Sokol USA Lodge 63, Homestead \$100.00
Wishing All a Very Merry Christmas

From Sokol USA Lodge 79, Mahanoy City \$250.00
May Health, Peace and Happiness be Yours for the New Year, and May Santa Grant You All Your Wishes

Happy Anniversary



John Jr. and Margaret Gaydac were married on Oct. 25, 1952, and are celebrating 64 years of marriage. John is a member of Sokol Lodge 130 and Margaret is a GBU member.

Milan Getting Scholarship Recipient

Phillip Tudisco



Phillip Tudisco

I joined Sokol in the fall of 2002 as a tot. My mother decided this was a good way to release my extra energy. Since joining, I have gone through the ranks of tot, Sokolad, junior and now a senior member. Sokol has become a big part of my family. My mother was a member back in the '70s and early '80s. She has since rejoined since 2006. My brother Frank joined in the spring of 2007. He was also a scholarship recipient. And my father joined in the fall of 2007. Sokol has changed my life.

I participated in my first slet in 2005 held in Chicago. Since then, I have attended slets in 2007 in Pittsburgh Pa., 2009 in Fort Worth, Texas, 2011 in Cleveland, Ohio, 2013 in Milwaukee, Wis., and most recently in 2016 again in Pittsburgh. I competed in gymnastics at all of them. I've also been a part of the fitness challenges and tug of war competitions.

Gymnastics has helped my football career as well. I've been playing football since the age of 8 through my high school years. All the working out and conditioning has made me very strong and helped in my position as a lineman.

I have also attended Kurz 2011 in Brookfield, Ill., 2014 in Cleveland, Ohio, and 2015 again in Brookfield, Ill. While attending Kurz, I have made many friends from Sokols all over the country. We see each other at slets. At the most recent Pittsburgh slet, I hung out with them most of the time. Kurz was a great opportunity. It taught me how to teach gymnastics and has given me leadership skills that I will use the rest of my life no matter what career choice I follow.

I have been coaching the Sokolads

and juniors. I also played volleyball on our men's team in the Central District. This year, I have been assistant coach for football at the Chicago Park District I played at as well.

I am proud to be a member of the coaching staff at Sokol Lodge 306 Chicago. I work with a great group of people. Since at the present time my major is undecided, I am attending Oakton Community College to acquire my general education classes and decide on my major. Since I am not away, I can continue coaching while attending college.

I am very grateful to be a recipient of the Milan Getting Scholarship. This will go a long way to help defray some of my college expenses.

Nazdar.
Phillip Tudisco
Sokol USA Lodge 306 Chicago

MEETING OF THE NATIONAL BOARD OF SOKOL USA – DISTRICT 4000 MAY 14, 2016

Held at the Park Inn by Radisson, West Middlesex, PA

1. Meeting Called to Order By Pres. Bielecki at 9:15 AM
2. Pledge of Allegiance
3. Moment of Silence in Memory of Deceased Members
4. Roll Call
 - President Joseph Bielecki-present
 - Vice President Scott Pracko-excused
 - Fraternal Secretary Milan Kovac-present
 - Treasurer Arthur Burkhardt-absent due to illness
 - Chairman of Finance Committee John Kamenitsky-present
 - Finance Committee Member Stephen Banjak-present
 - Finance Committee Member Deborah Golden-present
 - Finance Committee Member Ellen Kovac-late due to travel delays
 - Finance Committee Member Emil Trgala
 - Finance Committee Member David Walko-absent
 - Fraternal Activities – Nancy Shurina – present
 - SF&W Director – Christine Yatchyshyn – present
 - SF&W Director – Todd Yatchyshyn - present
5. Greeting by President
 - Pres. Bielecki welcomed our new Board member Bro. Tim Brandt. He stated that later this morning we will have two guests from GBU. Excitement is building for the upcoming Sokol Fest. Some of the GBU board will be attending Sokol Fest and will provide some assistance to us with volunteers.
6. Presentation of Guests
 - Jim Stoker and Matt Blistan joined our meeting at 11:00 am
7. Presentation of Agenda
 - Bro. Kamenitsky had an addition to the agenda under the Finance Committee
 - Motion made, seconded, and carried to approve the agenda as amended.
8. Appointment of Secretary
 - Motion made, seconded, and carried to appoint Sis. Golden. She graciously accepted
9. Approval of Minutes National Board Meeting October 17, 2015 Motion made, seconded, and carried to approve the minutes
10. Committee Reports
 - C. Finance Committee
 - a. Report of Sister Kovac & Brother Trgala advising of the Ballot count for new member of the Finance Committee
 - Ballots were properly tallied and Bro. Tim Brandt was elected to the Finance Committee
 - Report of April 16, 2016 Finance Committee Meeting
 - The oath of office was administered by Chairman Kamenitsky to Brother Tim Brandt. We welcomed him to the National Board and as Member of the Finance Committee. We had a good meeting.
 - b. Minutes of the Finance Committee April 16, 2016 meeting
 - Copies of the Finance Committee meeting were distributed and read aloud.
 - Discussion followed.
 - Sis. Yatchyshyn had some questions regarding the letter from Sis. Naccarato to the Finance Committee.
 - It was explained that the letter was mainly questions about lodge and region membership dues. Sis. Naccarato thought dues varied. Chairman Kamenitsky said the National Board needs to communicate more clearly with the lodges that the membership assessment hasn't changed for over 60 years and the Regions each set their own dues.
 - Motion made, seconded, and carried to accept the Finance Committee meeting minutes.
 - c. Financial Report
 - Fraternal Secretary Kovac distributed copies of Sokol USA's assets and expenses. He explained that the lower valuations of the Falcon Towers building units are due to current real estate conditions in East Orange. We continue to place emphasis on reducing our mortgage holdings.
 - Discussion followed about the assets, receipts, and expenses. GBU gives all their Districts \$3.25 per member yearly. The GBU Sharing program was discussed.
 - Expenses were reviewed in detail. Postage is large expense due to the Sokol Times. Sis. Yatchyshyn said we need a budget moving forward so we can determine what activities may be funded.

Meeting recessed for a break at 10:40 AM.

Meeting reconvened at 11: 00 AM.

Bro Trgala joined the meeting.

- D. Report of Guest Speakers –GBU
 - Pres. Bielecki warmly welcomed James R. Stoker, CEO of GBU Financial Life and Matt Blistan, Vice President of GBU.
 - Mr. Stoker explained that following a merger, for the next year and a half GBU is transferring all the data into their system and cleaning up data, getting valid addresses. He said they will be hiring additional people in the office to get things done in a timelier manner. He discussed GBU's policies of managing growth. Insurance applications were passed out and reviewed by Brother Stoker and Brother Blistan.

Matt Blistan stated that individual states have different application requirements, so GBU went with a compact form that is acceptable in all of the

states. Jim Stoker said that the majority of GBU policies are sold by professional insurance agents. They have training sessions that we could attend in Pittsburgh and several other areas. Bro. Banjak stated that we need better communication with GBU because application for new members were written, but then returned from the GBU office. Jim Stoker said that Bro. Kovac will be receiving monthly lists of delinquent policies. He said that we can offer new members annuities starting at \$500.00 instead of insurance. We can use the short insurance application for amounts up to \$25,000.00. GBU will be sending out annuity and insurance applications to us.

Meeting recessed for lunch at 12:27 PM.

Meeting reconvened at 1:45 PM.

Sis. Kovac joined the meeting.

Jim Stoker stated that GBU is very strong financially; the largest Fraternal in Pennsylvania and the 6th largest Fraternal in the country. In April 2017 GBU will be having a 125th Anniversary celebration. GBU wants all members to participate in local community service.

Pres. Bielecki stated that we need to remind lodge members that GBU is sending all financial information and handling the direct billing. Pres. Bielecki and Bro. Kovac thanked Jim Stoker and Matt Blistan for taking the time to come to our meeting and address our concerns.

Meeting recessed for short break at 2:45 PM.

Meeting reconvened at 3:05 PM.

- E. Report of Fraternal Secretary
 - Bro. Kovac stated that he is working on a reduced schedule, trying to keep to working two days a week. He has devoted much time toward locating members that we have no address or a bad address. He has found a great many members that were deceased. Because of the large number of members that passed away prior to the merger, we will be receiving a substantial amount of returned premiums from GBU. Motion made, seconded, and carried to place this money into the Sokol USA escrow account. Bro. Kovac discussed our real estate or Sokol Office and the current real estate environment in New Jersey. We will eventually sell or dispose of our office and seek other space to conduct our business.
- F. Sport, Fitness, and Wellness meeting
 1. Sokol Fest 2016 update
 - The registration deadline is Monday May 16. GBU will be sending out letters to local members inviting them to Sokol Fest. The numbers of gymnastic participants is down because several ASO units will not be attending. Senior gymnasts want to go to the Beach Party instead of the dance. Tag teams may be allowed to compete. So far, there aren't many volleyball teams registered. Sis. Yatchyshyn said Slet activities will be evaluated to determine future interest. Sponsorship has been good. Sokol Canada and DA Sokol will be attending. Our lodges will have higher participation than in the past. The main hotel is completely booked. Lodge 306 will be staying at the Marriott. There will be wrist bands for the Beach Party.
 - Bro. Yatchyshyn stated that American Sokol has some upcoming events: July 10-24 is a National Instructor school in Ennis Texas.
 - A Development Conference at Greater Cleveland in Oct 28-30 and we will hold the annual SFW meeting in conjunction with it.
 - The ASO Administrative Conference will be held in Chicago at Sokol Spirit in September. There will be emphasis on other programs such as health and wellness.
 - The ASO Slet will be in Cedar Rapids June 22-25 2017
 - Sokol Fest treasurer Bro. Trgala gave a brief report. We have \$21, 232.00 in funds and 13 trophy fund sponsors. Expenditures are \$1100.00 so far.
 - The Banquet is at 20th Century Club. We will have the entire top floor of the Club. They will be providing the flowers. The Opera Club will provide some singers for entertainment during the dinner. There will be a cake cutting ceremony for the 120th Anniversary and a silent auction.
 - The Beach party will be more laid back. There will be a photo booth and leis. There will be funny door prizes such as snorkels, flippers, etc.
 - Two of the Czech Sokol Directors will be attending.
 - Invitations were sent to all WSF member organizations.
 - Motion made, seconded, and carried to have Bro. Banjak attend as the second Sokol USA representative at the WSF.
 2. World Sokol Federation
 - The room has been reserved and there will be refreshments.
 - Motion made, seconded, and carried that we provide tickets to the banquet to the WSF delegates.
 - Bro. Banjak talked about the routine the Farrell lodge had submitted to the WSF Special Number competition. The rules were very general and Farrell's entry was not even judged because it was decided that they didn't meet the criteria. The entry received a lot of criticism without any explanation of what WSF wanted. This will be brought up at the World Sokol Federation Meeting
- G. Milan Getting Scholarship Report
 - Sis. Golden read the minutes of the MSG Committee teleconference from May 8, 2016. Four scholarships were awarded. All four of the candidates are very involved in their lodges. Pres. Bielecki said that Sokol USA members received a large proportion of the GBU scholarships.

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FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

times. It is my hope that when our lodges and members consider charitable giving that the less fortunate among us will be remembered.

Our society was founded upon fraternalism and I encourage our lodges to meet and enjoy this holiday season by gathering for lodge meetings, holiday parties, and doing fraternal activities together. This is also a good time to begin to plan fraternal activities to be done in the new year and to consider doing Sokol sports, walking, or biking to help work off the additional pounds that we all tend to gain following Thanksgiving, Christmas, and New Year's. All of these activities bring better health to all who engage in them.

In closing, I send the traditional greeting of our East European ancestors for all of the holidays and the New Year: I wish you Health, Wealth, and Happiness!

NAZDAR!
Joe Bielecki
President, Sokol USA

Junior Calisthenics



Written by Christina Wurst and performed to "Beautiful Day," the junior cal is a fast-paced and creative exercise. The juniors were up to the challenge and seemed to enjoy the composition. See Story starting on Page 1 and more photos on Page 4.)

MEETING OF THE NATIONAL BOARD OF SOKOL USA – DISTRICT 4000

(Continued from Page 6)

11. Old Business
 - A. Web Site
An ad was placed in the paper for a web designer, no responses received.
 - B. By-laws
Bro. Banjak said we need to review our by-laws to determine if they need to be amended to include annuity purchase for member eligibility
Motion, seconded, and carried to form committee to look at advertising for Sokol USA programs to increase membership.
The Committee should report ideas to the National Board at the summer Teleconference meeting. Pres. Bielecki appointed Bro. Kamenitsy, Bro. Brandt, and Sis. Yatchyshyn to serve on the committee.
12. New Business
None
13. Correspondence
Email from Lodge 410 Pen Argyl
Bro. Kovac asked how Pen Argyl decided to request being assigned to District MCT as they are a considerable distance away.
Pres. Bielecki stated that Pen Argyl should approach District MCT first and get their opinion. There has to be mutual consent between parties. Bro. Kovac stated that the districts were created and assigned geographically. Sis. Kovac said we should eliminate non-functioning districts. Bro. Yatchyshyn inquired when it is appropriate to merge small lodges.
Motion made, seconded, and carried to review Bro. Banjak's consolidation slide presentation at the next National Board meeting.
- Memo from Sister Kathy Naccarato
Sis. Naccarato requested that we resume printing the minutes of the Board Meeting in the Sokol Times. It was an oversight due to the Sokol Times going to bi-monthly publication.
14. Other
Discussion on preparation of vouchers and number of days for per diem.
 - a. Date and Site of Next Meeting
Conference call Thurs. July 28, 2016 at 8 PM EST
15. Adjournment
Motion made to adjourn meeting at 5:25 PM

Respectfully submitted:
Deborah J. Golden
Secretary

IN MEMORY

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

- STEPHEN HAKY** – (1934-2016) A member of Lodge 500, East Orange, N.J.
MARY PIERCE – (1925-2016) A member of Lodge 89W, Gary, Ind.
JOHN A. REGAL – (1925-2016) A member of Lodge 114, Sleepy Hollow, N.Y.
MARY STEFKA – (1914-2016) A member of Lodge 33W, Johnstown, N.Y.
JOSEPHINE L. VARGO – (1926-2016) A member of Lodge 220, Dunellen, N.J.

GBU
FINANCIAL LIFE
is here for YOU.

February/March 2015

What's New with GBU

4254 Clairton Blvd. • Pittsburgh, PA 15227-3394 • 800-765-4428 or 412-884-5100
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New GBU Fraternal Member Benefit!

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 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!

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!

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.

Join GBU's **GET FIT CLUBS**

- WALKING
- RUNNING
- BIKING

DO IT FOR YOUR HEALTH

You have been thinking about it. 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 2016 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 2016 Walking, Running and/or Biking Club(s).

You will receive a 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!**

Lodge 39 Learns about the Library



Members of Lodge 39 attended a luncheon and presentation by the Czech & Slovak National Museum and Library at the Alpine Inn in Westchester on August 28th. ASO President Jean Hruby was also there. The presentation highlighted the interactive exhibits the museum has recently opened. Next year, the American Sokol Organization's Slet will be in Cedar Rapids and lodge members hope to spend some time at the museum. From left are Vice President Millie Melka, Secretary Arlene von Schwedler, President Debbie Golden, Treasurer Gerald von Schwedler and Financial Secretary Paul Brinley. Also, Lodge 39 will hold a Holiday Luncheon and Party on December 4 at McCook's Restaurant, McCook Ill., at 2 p.m.



HELP SUPPORT THE SLATE BELT SOKOLS' TOURNAMENT BASEBALL TEAM!!!

We are The Slate Belt Sokols, a tournament baseball team sponsored by Sokol 5 Tool Fitness of Sokol USA Lodge 410 in Pen Argyl, PA.

Our team is made of up Sokol Lodge 410 members in the 13U age bracket. We have been working hard in the gym on strength and conditioning and on our baseball skills twice a week since early October. We plan on playing in 8-10 Elite Championship Tournament Baseball Tournaments next July, August, September and October. This fundraising program is set up to help us offset the cost of tournament entry fees and other team operating costs.

We are excited to be partnering with FUN PASTA FUNDRAISING! Shop now and order some creative, delicious pasta goodies. It's simple, and you'll love the selection - great for any special occasion or just for yourself! Below is the website to our Fun Pasta Group Website. The pasta is delicious! Please select the player you wish to support or support the whole group in this fundraising effort upon checkout.

<http://www.funpastafundraising.com/shop/slate-belt-sokols>

With each sale, our group earns 40 percent which helps us reach our fundraising goal. Plus you get FREE shipping over \$50!

Thanks for your help! Your order will be shipped from Nashville, TN within 3-5 days.



Make plans now to attend the American Sokol XXIV Slet & Festival



News from the 2017 Slet Committee

The Slet schedule is set and the venues have been booked. Check out the venue websites listed below.

Thursday, June 22nd

Scottish Rite Temple

www.CRScottishRite.org

Coaches Meeting, Cal and Marching Competition, Opening Ceremonies

Friday, June 23rd

Iowa Sports Center

www.iasportscenter.com

Volleyball and Fitness Challenge

National Czech & Slovak Museum & Library

www.ncsml.org

Banquet

Saturday, June 24th

Sokol Cedar Rapids

www.sokolcr.com

Gymnastics competition

Clarion Hotel

www.clarioncr.com

Victory Dance

Sunday, June 25th

Google - Kingston Stadium Cedar Rapids for pictures

Slet Program rehearsal and Program

The Clarion hotel located at 525 33rd Ave., SW, Cedar Rapids is also the host hotel. It has an indoor pool, offers a full free breakfast, and free off-street parking. It is within walking distance of many restaurants, a bowling alley, and convenience stores. To reserve a room, call direct 319-366-8671.

More information about the upcoming Slet can be found in the Slet Manual located on the American Sokol BOI website at <http://american-sokol.org/board-of-instructors/>.

For the calisthenics and folk dance music and videos, contact Chris Yatchyshyn for the link at cyatch1258@gmail.com.

Note from Sokol USA Directors: For Sokol USA lodges interested in participating in the American Sokol Slet, the Sports Fitness and Wellness Recommendation requesting 50% travel reimbursement for Slet participants was approved.



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, 2017. New scholarship recipients will be announced by June 1, 2017.

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.