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# SOKOL TIMES

APRIL 13, 2017

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## Preparing for competition



Gymnasts of Lodge 12, Central Jersey, along with guests from the Boonton Lodge, line up at the end of another successful gym night. Instructor Lance Kovac (left) leads the line-up. Other Lodge 12 instructors include Norah Valentin, Neechee (Anna) Rehwinkel and Ellen Kovac. All were preparing for the recent District Hodza Competitions held at the Boonton Sokol Hall on March 18<sup>th</sup>.

## Volunteers and 8<sup>th</sup> Grade Graduates

Volunteers are the backbone of all organizations. These are the members found washing dishes and taking out the trash after major fundraising events or lodge meals. They are the people who spend hours helping out at our lodges and in our sports programs. Oftentimes, they are the first in to work during an event and among the last to leave. April 23<sup>rd</sup> through 29<sup>th</sup> is National Volunteer Week where we celebrate all those who put in so much time and energy to help Sokol execute a variety of events and activities for the lodges. So, let's take a moment to show our appreciation for all our wonderful Sokol members who help keep our fraternal moving forward. Thank you.

Members who donate their time to other charities and community services on a regular basis can now earn a donation to their qualified charity through GBU. Information on this program is in The Reporter magazine or on the GBU website at [www.gbu.org](http://www.gbu.org).

In the last issue of the Sokol Times, I preached about getting our high schoolers applications for post-secondary education in their due dates. This time, I'm reminding all

current Sokol eight graders and their parents that GBU also offers a High School Freshman Grant. This grant is based on a completed application and a required essay. Applications can be obtained by calling the GBU Home Office at 800-765-4428 or online at [www.gbu.org/Benefits#HSGrants](http://www.gbu.org/Benefits#HSGrants). The application and essay must be postmarked by May 31<sup>st</sup>.

Some upcoming events: The United Sokols of the East will conduct competitions on April 29<sup>th</sup> at TJ Sokol Hall, 71st Street, New York City. Farrell Lodge's Annual Meeting will be held June 4<sup>th</sup>, where the winner of the Steve Banjak Memorial Scholarship will be announced. Also, Farrell's 8<sup>th</sup> Annual Golf Scramble will be on June 10<sup>th</sup> and Sokol members are eligible for \$5.00 off the entry fee. Farrell, as well as members from Chicago, Monessen, Pen Argyl and possibly Central Jersey, will be participating in the American Sokol Slet to be held June 22<sup>nd</sup> through 25<sup>th</sup> in Cedar Rapids. Good luck to you all.

Nazdar  
Sister Nancy Shurina

## From the President's View

Many Sokol Times readers have asked why there was not a President's View article in the last issue. Unfortunately, I was not able to complete the article in time for submission before the publication deadline because I was hospitalized with blood clots, a complication from a small innocuous fall which occurred in late December.

While I had a good result from the treatments in the hospital and the subsequent doctor's care, this episode highlights an issue which is frequently discussed at lodges and amongst our membership: "Why should I buy life insurance?"

As I discovered, the best answer is because something unforeseen can occur, even when we are at a young age in life. Life insurance benefits help support a family after the unexpected loss of a loved one who passes young and can also pay for a funeral. The policy can also be pledged or borrowed against. And finally, it can help pay bills and expenses that come after the unexpected loss of a love one.

One of the things my doctor has encouraged me to do is to take a daily walk. Now that the spring weather is here, I want to encourage all of our members to take advantage of the spring season and begin again – exercising, walking, biking, and doing any number of Sokol physical fitness activities. The Walking Club and the Bicycle Club provide very nice rewards in terms of physical fitness and in prizes for those who attain the various mileage levels. This is an excellent time to start up again and shed a few of the winter pounds.

The Sokol USA District Board approved Community Service Funds to be sent to each lodge so that the lodges may promote community service and Sokol membership. These funds are



Joseph Bielecki

not intended to cover regular lodge expenses and lodges will need to file reports showing how the money was utilized. Sister Nancy Shurina has written an article in this edition of the Sokol Times detailing different ways in which lodges can utilize the community service funds. It is our first attempt at increasing community service by our individual lodges and it is a great opportunity! It is my hope that as many lodges as possible will participate and do great things in their respective communities.

Our convention will be held in August 2017 in Pittsburgh, Pa. Some materials have already been sent to the lodges encouraging the selection of delegates. Kindly remember to send in the delegate selection forms. Also, proposed new by-laws have been sent to the lodges for review. This will be a major topic of discussion at this convention. There will be many additional mailings. It is my hope to have as much participation from our lodges as possible in this important event.

I look forward to seeing as many of you as possible in August at the convention!

NAZDAR!  
Joe Bielecki  
President, Sokol USA

# SOKOL TIMES

official organ of the  
SLOVAK GYMNASTIC UNION SOKOL  
OF THE USA

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## SOKOL USA

A Division of **GBU** FINANCIAL LIFE



### GBU Financial Life

A Member Owned, Not-for-Profit Insurance Provider  
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[www.gbu.org](http://www.gbu.org) \* Email: [info@gbu.org](mailto:info@gbu.org)

### IN MEMORY

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

**MARGARET BRINGER** – (1929-2016) A member of Lodge 20, Ford City, Pa.

**RONALD CERVENKA** – (1944-2016) A member of Lodge 12, Central Jersey, N.J.

**JOHN CZAPLA** – (1944-2016) A member of Lodge 269, Whiting, Ind.

**ROSEANN FATZINGER** – (1943-2016) A member of Lodge 214, Palmerton, Pa.

**KURT METROCAVICH** – (1954-2014) A member of Lodge 32, Boonton, N.J.

**JAMES SUTCH** – (1929-2016) A member of Lodge 93, Bethlehem, Pa.

**MARGARET UHRIN** – (1923-2016) A member of Lodge 269, Whiting, Ind.

## ANNUAL MEETING OF DISTRICT JAN KOLLAR

November 19, 2016

National Sokol Hall, Bethlehem PA

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

|                                 |                                  |
|---------------------------------|----------------------------------|
| Sis Judy Stengl – President     | Sis Teena Coleman – SFW Director |
| Bro Steve Barron – Lodge 93     | Sis Jean Barron – Lodge 93       |
| Sis Joanne Check – Lodge 93     | Bro Rich Yatchyshyn - Lodge 410  |
| Sis Kathy Naccarato – Lodge 410 | Sis Heidi Vencl – Lodge 410      |
| Bro Todd Yatchyshyn – Lodge 410 |                                  |

Sis Joanne made a motion to appoint Sis Kathy as temporary recording secretary, Sis Teena 2<sup>nd</sup>, motion passed.

Sis Judy opened the floor for nominations.

Sis Joanne nominated Sis Judy for President, Sis Teena 2<sup>nd</sup>. Sis Judy declined the nomination. Sis Joanne nominated Bro Rich for President, Sis Teena 2<sup>nd</sup>. Bro Rich accepted the nomination. Bro Steve moved that the nominations be closed, Sis Jean 2<sup>nd</sup>, motion passed.

Sis Joanne nominated Bro Todd for Vice-President, Sis Teena 2<sup>nd</sup>. Bro Todd accepted the nomination. Bro Steve moved that nominations be closed, Sis Jean 2<sup>nd</sup>, motion passed.

Sis Teena stated that Sis Marge Stangl, the current Financial Secretary/Treasurer was unable to attend today's meeting due to health issues and would not accept a

## EIGHTH ANNUAL SOKOL USA FARRELL FOUR PERSON GOLF SCRAMBLE



SHENANGO LAKE GOLF CLUB  
99 Birchwood Dr., Transfer, PA 16154  
June 10, 2017



### Benefits Sokol Gymnastics Family & Youth Programs

**ENTRY FORMS:** All Sokol members and non-members alike are invited to participate in the EIGHTH ANNUAL SOKOL USA FARRELL OPEN • FOUR PERSON GOLF SCRAMBLE at Shenango Lake Golf Club on June 10, 2017. SHOTGUN START: 9:00 a.m.

- Registration Fee Includes: Greens fees, cart, T-shirt, door prizes, line prizes, beverages, BBQ steak dinner, and food at the turn.
- All Sokol members in good standing may deduct \$5.00/individual from registration fee.

### FEATURING:

**Team Prizes** (based on minimum of 25 teams)

**1<sup>st</sup> Prize:** \$800 per team

**2<sup>nd</sup> Prize:** \$400 per team

**3<sup>rd</sup> Prize:** \$260 per team (random draw)

- \$5000 Cash Prize for ANY Hole-in-One on #9 hole
- 50/50 raffle
- \$5.00 Skins Game
- \$5.00 or \$10.00 Bet Hole
- Prize Boards (\$25.00 minimum value)

Entries Accepted on "First Come" basis. Limit of 30 teams.

Information and entry forms can be downloaded by clicking the link:  
<http://sokolfarrell.org> > News and Events > Golf Scramble

or by contacting Bro. Tim Brandt, chairman; 1448 Hall Ave.; Sharon, PA 16146;  
Phone: (724) 866-8553.

**29 TEAMS WERE ENTERED LAST YEAR;  
NOW... BEAT THE CUT OFF!**

nomination for a position. Sis Joanne nominated Sis Kathy for Financial Secretary/Treasurer, Sis Judy 2<sup>nd</sup>. Sis Kathy accepted the nomination. Bro Steve moved that nominations be closed, Sis Jean 2<sup>nd</sup>, motion passed. Sis Joanne nominated Sis Teena for SFW Director, Sis Jean 2<sup>nd</sup>. Sis Teena declined the nomination. Sis Joanne nominated Sis Heidi for SFW Director, Bro Steve 2<sup>nd</sup>. Sis Heidi accepted the nomination. Sis Teena moved that the nominations be closed, Sis Judy 2<sup>nd</sup>, motion passed.

Sis Kathy moved that the entire slate be voted upon as one vote, Bro Steve 2<sup>nd</sup>, motion passed. Sis Judy called for a vote, all nominees were approved unanimously. Sis Judy led the new officers in the oath of office and handed the meeting over to Bro Rich. The existing financial records, old minutes and lodge seal were given to Sis Kathy.

There was a brief discussion on the change of officers in Lodge 93. Bro Todd stated that he had had a previous discussion with Bro Jeff Richter regarding starting a Tots class at Bethlehem and will follow up with the new President.

There being no further business to discuss, Bro Rich asked for a motion to adjourn. Bro Steve moved to adjourn, Sis Teena 2<sup>nd</sup>. The date and time for the next meeting will be determined.

Bro Rich adjourned the meeting at 1:40pm.

Respectfully submitted,

Sis Kathy Naccarato  
Temporary recording secretary

## Sokol USA Sports Fitness & Wellness Department Annual Conference Call Minutes

Session 1: Sunday, August 28, 2016 – 7:30 PM EST  
Session 2: Sunday, September 11, 2016 – 7:30 PM EST

### SESSION 1

**Welcome:** Sister Yatchyshyn welcomed the participants on the call.

**Participants:** National Staff: Chris Yatchyshyn, Todd Yatchyshyn, Charity Ruhl; Directors: Boonton – Judy Bindas, Eric Skovronek, Nicole Zarembo; Central Jersey – Brandi Kovac, Ellen Kovac; Chicago – Scott Pracko, Kristin Merker; Farrell – Steve Banjak, Amanda Michaels. (Monessen was represented by Charity Rule and Pen Argyl by Todd Yatchyshyn) District Board/SL: Milan Kovac. *President Joe Bielecki replied that he would be out of town on business. Sister Kathy Naccarato reported that she would be out of the countr. Amy Pracko texted that she was at the hospital due to Bryan Pracko's emergency surgery.*

Todd informed the participants that Bryan Pracko had emergency open heart surgery a few days earlier. Scott Pracko joined the call for a few minutes and gave an update on Bryan. Todd asked that everyone keep Bryan in their thoughts and prayers.

#### Old Business

##### Sokolfest XXVII

The Sokolfest Participation Summary was shared via e-mail. Discussion revealed that the sports facilities were very good, but the hotel was not quite up to par. Ellen stated it was a wonderful experience, though the gymnastics awards ceremonies were too long. It was suggested not to give individual event medals or lessen the number of age groups. Overall everyone felt Sokolfest was a big success; Milan congratulated the SFW staff.

Disappointment was expressed in the lack of participation by GBU. We appreciated the T-shirts, water ice and souvenirs but were really hoping for more GBU members to participate in the 5K Fun Walk and attend the Opening Ceremonies and the Slet performance to learn more about Sokol.

It was also noted that American Sokol had limited participation. This was discouraging since we switched our Slet year from 2015 to 2016 at the request of their president and director due to the 150<sup>th</sup> Anniversary. When that was held just 7 months prior to our Slet and with the next American Sokol Slet planned for 2017, we feel many skipped Sokolfest. It was suggested that a letter be written to American Sokol expressing our disappointment and to discuss what type of support we can anticipate in the future since we cannot continue to run such a large event if their units do not plan to attend.

#### Lodge/District Reports

The reports were compiled and distributed in one file after the conference call. The National Directors thanked all the directors, instructors and lodge officers for their hard work and dedication in running their Sokol programs.

#### American Sokol Instructors School

Todd served on the staff this summer but no Sokol USA members attended the school. He reported that it was a very successful and held the location – Am. Sokol Unit in Ennis, TX – was a great spot. He urged the directors to send students in the future. The course is continually updated and the students who attend not only gain a great deal of knowledge and hands-on experience, but also have a lot of fun and make long-lasting Sokol friendships.

#### District Board (SL) Update

Milan stated the board will be preparing for the upcoming Sokol USA and GBU Conventions.

#### World Sokol Federation Update

This topic was inadvertently skipped and was addressed in the second session.

#### Liability Insurance – Umbrella Policy

Milan will be contacting the current insurer to see if he can obtain an umbrella policy for the Boonton, Central Jersey and Farrell gym programs.

#### Weekend Instructors School

Todd stated that the winter weekend instructors school went well and he hopes to hold another one this year. He was considering the Chicago area but Kristin explained that the Central Area offers a weekend clinic at that time and 306 has a large contingent participate in that weekend event. Other locations are welcome to host the weekend school and should contact Todd if interested.

#### YES Squad

Chris reported that we did not receive applications from young people, who we had hoped would help at the Slet. Instead, people from all participating organizations were recruited to help hand out souvenirs, help run games, etc. Anyone who volunteered received a red T-shirt and wore it as they provided assistance.

Special thanks goes to Dan Bajek of Am. Sokol who ran the men's gymnastics competitions. We will attempt to revive the YES Squad in the future.

#### Sokol Times/GBU Reporter Submissions

Please continue to submit items to headquarters. [sokolusahqs@aol.com](mailto:sokolusahqs@aol.com). Start sending items now for the OCT *Sokol Times* issue. Nancy Hughes (Shurina) also writes an article for the *Sokol Times* and the *GBU Reporter* and she is asking for any upcoming events, socials, etc. your lodge may be hosting. Her e-mail address is [hughesnp@westinghouse.com](mailto:hughesnp@westinghouse.com).

#### Code of Conduct

The Code of Conduct was sent via e-mail to the directors. Please have all instructors and lodge officers review it.

#### New Business

##### GBU Insurance Policies Update

At the Spring District Board meeting the GBU representatives informed us that there is a \$500 Annuity Option that can be sold to adults for children, paid in monthly increments of \$25. The annuity may be purchased in lieu of an insurance policy and gives the purchaser full membership benefits. It was also reported that the term life insurance policy premiums would double in cost. Chris wrote a letter on behalf of the SFW Dept. stating that an increase in these premiums would make it even more difficult for some of the gyms to sign up new youth members. She received a letter back from Jim Stoker but to date we have not received the new rates; Milan stated they probably will still go up, but maybe not double.

#### Am. Sokol Development Conference/Sokol USA Meeting

Chris reminded the participants that Am. Sokol is hosting a Development Conference the weekend of October 29-30 at Sokol Greater Cleveland. This will be Sokol USA's main training session and we will hold a face-to-face meeting during the conference on Sat. evening. Travel for the directors or two representatives per lodge will be covered in full. Let Chris and Todd know ASAP if you plan to attend so a group rate can be negotiated. The directors will let you know which hotel Am. Sokol is using as soon as it is announced.

#### Possible upcoming activities/events

Todd discussed several events that are under consideration for the upcoming season. He will be polling people in the areas of the events to see if there is enough interest and will move forward with those we feel are feasible.

National Volleyball Tournament – Chicago Area - November  
Gymnastics Competition/Snow Tubing – January  
Weekend Instructor School – February  
Gymnastics Competition/Calisthenics Rehearsal – May

#### Collaborations with other Fraternal Organizations

Todd informed the group that he has been in contact with the president of the Polish Falcons and the Director of the Catholic Sokols. Both organizations are interested in working together on sporting events –volleyball, bowling & golf and youth activities such as national camps and weekend leadership seminars. A conference call is being set up and American Sokol will also be included.

Since no Sokol USA Lodge has volunteered to run the 2017 Bowling Tournament, and the Catholic Sokols tournament is being held in Wilkes Barre on the third weekend in May, (same weekend we generally run a tournament, except for last year) we are recommending Sokol USA members bowl in that tournament since the invitation has already been extended. The tournament generally hosts 200 bowlers and the Greek Gymnastic Union also participates. Judy Bindas suggested that all lodges with bowlers should be informed about the suggestion and see if this is acceptable to them. Chris suggested the Kathy Naccarato could be the liaison since she attended this year's tournament, met the bowlers, and ran the fun bowling event in Pittsburgh.

Chris noted that the meeting had been in session for over 90 minutes so she asked that Session 1 of conference call be ended. Session 2 will be on Sunday, September 11 at 7:30 PM.

### SESSION 2

#### Call to Reconvene Annual Conference Call

Chris called the meeting to order and thanked the directors for participating.

**Participants:** National Staff: Chris Yatchyshyn, Todd Yatchyshyn, Matthew Reynolds; Directors: Boonton – Judy Bindas, Nicole Zarembo; Central Jersey – Brandi Kovac, Ellen Kovac; Chicago – Kristin Merker; Monessen – Tammy Bendel; Pen Argyl was represented by Todd Yatchyshyn) District Board/SL: Milan Kovac. *President Joe Bielecki replied that he would be traveling and unable to participate. Sister Kathy Naccarato reported that she would be out of the country and unable to participate. Amy Pracko texted that she and Scott were at the emergency room since Bryan Pracko was having complications due to his heart surgery. Steve Banjak sent an e-mail stating that he was unable to participate due to a family event.*

(Continued on Page 4)

**Sokol USA Sports Fitness & Wellness Department  
Program Year Participation Report SEP 2016-FEB 2017**

| Participants       | Boonton   | C. Jersey | Chicago    | Farrell   | Monessen  | Pen Argyl | 2017       | 2016       | 2015       |
|--------------------|-----------|-----------|------------|-----------|-----------|-----------|------------|------------|------------|
| Tots               | 0         | 0         | 27         | 1         | 0         | 1         | 29         | 28         | 24         |
| Sokolettes         | 15        | 6         | 111        | 4         | 12        | 2         | 150        | 124        | 97         |
| Sokolads           | 6         | 1         | 11         | 2         | 3         | 9         | 32         | 34         | 29         |
| Jr. Girls          | 10        | 3         | 11         | 5         | 21        | 1         | 51         | 50         | 45         |
| Jr. Boys           | 2         | 2         | 4          | 1         | 0         | 34        | 43         | 41         | 21         |
| Sr. Women          | 3         | 5         | 10         | 8         | 13        | 6         | 45         | 44         | 38         |
| Sr. Men            | 1         | 3         | 5          | 2         | 5         | 21        | 37         | 34         | 28         |
| Cheerleaders       | 0         | x         | x          | x         | 0         | x         | 0          | 0          | 10         |
| <b>Totals 2017</b> | <b>37</b> | <b>20</b> | <b>179</b> | <b>23</b> | <b>54</b> | <b>74</b> | <b>387</b> |            |            |
| Totals 2016        | 40        | 18        | 157        | 23        | 54        | 63        |            | <b>355</b> | XX         |
| Totals 2015        | 38        | 22        | 125        | 24        | 50        | 33        |            | XX         | <b>292</b> |

**Note:** *Gym member numbers were in decline from 2011 to 2013:* 2011: 285 2012: 254 2013: 246  
*Gym member numbers are increasing 2014 to 2017:* 2014: 260 2015: 292 2016: 355 2017: 387

**The 2017 total number of 387 members in gym programs reflects a 9% increase as compared to 2016, a 32.5% increase since 2015 and a 49% since 2014.**

|                         |          |          |           |          |           |          |           |
|-------------------------|----------|----------|-----------|----------|-----------|----------|-----------|
| <b>Instructors 2017</b> | <b>6</b> | <b>4</b> | <b>18</b> | <b>5</b> | <b>12</b> | <b>6</b> | <b>51</b> |
| Instructors 2016        | 6        | 5        | 14        | 6        | 12        | 6        | 49        |
| Instructors 2015        | 4        | 6        | 12        | 5        | 12        | 10       | 49        |
| Instructors 2014        | 4        | 6        | 12        | 3        | 14        | 0        | 39        |

## Sokol USA Sports Fitness & Wellness Department Annual Conference Call Minutes

(Continued from Page 3)

Chris said WSF would be first on the agenda since it was inadvertently skipped during session one. Since Steve Banjak was unable to make the call, Ellen Kovac updated the group about proposed revisions being made to the WSF Special Number competition. The main goal was to have more specific rules and a rubric for judging. Representatives from Sokol USA, DA and American Sokol created a more detailed set of rules and designed a judging criteria sheet which was approved by all three organizations and will be submitted to the WSF. Chris again encouraged all lodges to create a special number and enter it in the yearly competition.

Next Milan was asked for an update on the liability insurance. He stated he was having a hard time getting the current insurer to create an umbrella policy for three part-time gyms in three different locations. He has reached out to two other insurance companies but they have similar concerns and have not yet replied. An answer is needed within the coming week since all three gyms, who hope to be part of the umbrella policy, are starting their programs this month.

A discussion was held regarding how each of the lodges handles registration and selling insurance policies; discussion also occurred previously via e-mail. Each lodge does it differently but all agree it is difficult. Farrell has a good set of flyers that explains membership options, along with an attractive brochure; these will be shared with the other lodges. Central Jersey has a handout that was shared. Boonton and Farrell sell single premium policies but do not charge their regular gym fee to offset the cost of the insurance for the first year. The other lodges can't afford to do that; most sell the term policies but are concerned since the price is increasing. The directors were reminded of the new \$500 annuity option. That might work for adults, but others think a new version of social membership would be more beneficial.

### **Lodge/District Recommendations for 2016-2017**

**Lodge 12 Recommendation #1:** Combine accident insurance with other interested lodges, including pro-rating premiums as needed to make renewal dates uniform.

**Explanation:** \$900/year is too expensive for our one-night-a-week program which has fewer than 20 participants.

**Recommendation seconded.**

Milan is working on the liability insurance issue so there is no need to send the recommendation to the District Board. Boonton, Central Jersey, and Farrell hope to be covered under an umbrella policy.

**Lodge 12 Recommendation #2:** Discuss pros and cons of offering social memberships, especially if indeed GBU is going to significantly raise its rates as stated at our last National Board meeting. Consider what Bylaws changes we may need or want to make if we decide to move ahead with a real option for Social memberships for our gymnasts.

**Explanation:** GBU policies are quite expensive for a once-a-week program, may rise even more, and involve very complicated application forms.

**Recommendation seconded.**

Some directors question the value of GBU insurance, especially for short term members, while others see purchasing the single premium insurance as making more of a commitment to Sokol. Todd feels that the \$3.25 per member we receive from GBU would more than be covered if Sokol USA sold a social membership with a greater national fee. Ellen suggested that perhaps the By Laws should be modified to give social members a vote and allow them to hold office on the local level. Brandi questioned the benefit of trying to build up the number of insurance members in individual lodges when GBU lumps us into one district and wondered what the purpose of future Sokol USA Conventions would be. It was also suggested that perhaps social members could have a vote and could hold office on the local level, but they would not be eligible to hold a national level position, unless they were an insurance member.

After discussion it was agreed that this proposal should go forward to the District Board. Along with the recommendation, the discussion points above will also be shared.

**Lodge 12 Recommendation #3:** Consider alternate ways to present gymnastics awards after next Sokolfest competitions.

**Explanation:** Younger competitors (and their instructors) were unable to watch, appreciate, and cheer for the more advanced gymnasts due to the awards taking up almost the entire length of time of the second session of competition.

**Recommendation seconded.**

It was agreed by all that the awards ceremonies were too lengthy. Chris suggested that we see how American Sokol handles them in 2017. One recommendation was to limit age groups; another was to eliminate medals for individual events. Prior to the next Sokolfest, the SFW Dept. will address the issue.

### **SFW Department Recommendations for 2016-2017**

The group discussed each recommendation and then voted on recommendations 1-21 at one time.

(Continued on Page 5)

All Members & Friends of  
**SOKOL USA FARRELL**

Are invited to the

**111<sup>th</sup> Annual Gymnasts' Meeting Recognition Day**  
**Sunday June 18, 2017**



Program:  
1:30 pm: Meeting (members only)  
3:00 pm: Gymnastic Exhibition  
4:00 pm: Buffet



All activities at Slovak Home  
800 Spearman Avenue  
Farrell, PA 16121

**Sokol USA Sports Fitness & Wellness Department**  
**Annual Conference Call Minutes**

(Continued from Page 4)

1. That Sokol USA pay full tuition of any Sokol USA member to attend a National Sokol Instructors School in 2017 with the recommendation of their Lodge Director and prior to attending the school, obtain the approval of the National Directors.
2. That Sokol USA subsidize the cost of tuition for Sokol USA campers to attend the 2017 American Sokol National Camp or other Fraternal Society Leadership Development Program with an \$1,800 subsidy to be divided equally among the participants with a maximum allowance of the cost of one week's tuition. Interested members must obtain a recommendation from their Lodge Director and obtain the approval of the National Directors.
3. That Sokol USA subsidize up to \$3,600 total to be allocated for the 2016-2017 season for hosting or participating in a Weekend Instructor School, mini-Kurz, training sessions, or invitational competitions, for Sokol USA members or lodges. A proposal must be made in advance with the approval of the National Directors and Executive Board. Proper documentation must be submitted within thirty (30) days of the event for reimbursement of the expenses.
4. That the Reactivation Project be continued to help any lodge that is not presently active, or to assist an active lodge that is adding a new program, up to one thousand dollars (\$1,000) per lodge with the prior approval of the National Directors and the Executive Board.
5. That Sokol USA support the Professional Development of individuals who attend clinics and/or conferences related to the teaching activities of the Sport Fitness and Wellness Department with a total subsidy of up to \$1,000. Prior approval of the National Directors is required.
6. That Sokol USA support "Project Safety" by reimbursing the sum of 50% of expenditure up to \$1500 per lodge on new mats or equipment for up to a total of \$3,750 during the 2016-2017 season.
7. That Sokol USA reimburse one half the tuition of the USAG Safety Certification, or equivalent sport certification for a lodge-approved sport that occurs on a weekly basis, to all Sokol USA member instructors with prior approval from the National Directors.
8. That Sokol USA pay the cost of Professional Membership in USAG for the National Staff for the 2016-2017 season.
9. That Sokol USA reimburse up to two instructors per lodge for professional membership in USAG or equivalent professional membership for a lodge-approved sport that occurs on a weekly basis.
10. That Sokol USA join the USAG Member Club Program as a member organization.
11. That the National Directors and the Sokol USA Secretary coordinate and administer the purchase of accident insurance for all gymnastically active lodges for the 2016-2017 season. Note: This recommendation is presently being handled; no additional action is needed.
12. That Sokol USA pay for travel, room, per diem & registration fee for the National Directors to attend the American Sokol Directors' Conference, District Directors Meeting and School Board Meeting in 2017.

(Continued on Page 6)

## LODGE COMMUNITY SERVICE

As discussed at the last National Board Meeting on March 4, 2017, the board has voted to distribute funds to each Lodge in the amount of \$2.00 per member of which we have a current and valid address. These funds are to be used for community services and to promote our Sokol membership. They are not meant to cover regular lodge expenses. A report including receipts is to be sent to Headquarters showing how these funds were used. Some examples that come to mind: sponsoring of the food bank drive, donations to the local library to sponsor or help with children programs, and donations of time and supplies for a community clean-up day. Joining forces with other Fraternal in the area and pooling our resources would also enable a larger scale event.

Ideally, this should promote our Sokol organization while providing a positive example to the members of our respective communities. Hopefully, these actions will raise Sokol lodge visibility in the community and lead to a gain in new membership. This is our first attempt at increasing community service by Sokol USA in our individual lodges and we should all be elated at this opportunity. An evaluation will be performed afterwards to see if benefits occurred and if the program should continue. If there are further questions, please contact Headquarters for more details.

Regards

Sister Nancy Shurina

## DISTRICT MCT MEETING

Sunday, April 30, 2017

1 PM

Quality Inn

300 Tarentum Bridge Road

New Kensington, PA

Route 28 North, Exit 14

*Attention District MCT Lodges, please have your delegates in attendance. Thank you.*

## LOOKING FOR INTERESTED CANDIDATES

The District Board (Supreme Lodge) is encouraging members who are interested in running for a position on the District Board to announce their intention in advance of the Convention and share a brief biography, including their qualifications, and a statement explaining why he/she would like to be a candidate. This information will be printed in the *Sokol Times* and shared with the Lodges and Regions (former Districts). The purpose is to better inform the delegates and give them time to consider, even speak with the candidates, in advance of voting.

The District Board is proposing a revised set of By-Laws they hope will be approved early in the Convention, which will be held August 10-14, 2017 in Pittsburgh, Pa. If approved, the District Board positions as listed in the revised By-Laws are:

**President**

**Vice President**

**Fraternal Secretary**

**Recording Secretary**

**Treasurer**

**Three (3) Financial Trustees**

**Fraternal Activities Director**

**Co-Directors of Sports, Fitness & Wellness\***

(\*The co-directors are nominated by the Sports, Fitness and Wellness Department. If you are interested in one of these positions, please let the directors know.)

When writing your biography/statement, it is suggested that you include your:

-Name, Lodge & Region (District)

-Number of years in Sokol USA

-Your occupation and skill set

-Current or previous positions held in Sokol USA,

-Local, regional, national and/or Slets and Conventions you have attended

-Positions held in other service, community or religious organizations that have provided you with experience you believe would be an asset to Sokol USA

-Your reason for running.

The answer might include answering one or more of the following questions:

-What do you feel would be your unique contribution to the District Board of Sokol USA?

-What is your vision for the future of Sokol USA and how would you help to achieve it?

-What is a specific change you would like to see in Sokol USA and how would you help to implement that change?

**Sokol USA Sports Fitness & Wellness Department  
Annual Conference Call Minutes**

(Continued from Page 5)

13. That Sokol USA provide fifty dollars (\$50.00) per bowling team to the host lodge of the National Bowling Tournament for the "prize fund," with a minimum 20-team contribution, plus the cost of trophies or awards.
14. That Sokol USA pay a travel expense of ten dollars (\$10.00) per Sokol USA bowler attending the National Bowling Tournament, payment is to be made to the participant's lodge. The host lodge is not eligible.
15. That Sokol USA pay ten dollars (\$10.00) to the host lodge for every eligible Sokol USA golfer in the National Golfing Tournament plus the cost of awards.
16. That Sokol USA subsidize a National Sporting Activity, up to one thousand dollars (\$1000) plus the cost of awards (\$150).
17. That lodges conducting weekly SFW programs can apply for financial aid from Sokol USA in order to supplement the expense of their programs up to \$2,000 (two thousand dollars) each, for the 2016-2017 program year, for a sum of \$12,000 based on a total of six active lodges.
18. That Sokol USA pay for the full travel expense for all authorized Sokol USA delegates to attend the 2017 SFW Department Meeting/Training Session, with room and per diem for the directors, room and food allowance for the assistants and registration fees for participants if the event is scheduled in conjunction with the American Sokol BOI Development Conference.
19. That Sokol USA fund up to \$10,000 for a major Program Development Initiative that is designed to attract membership and help sustain Sokol USA into the future. Program must be presented in detail with a clear vision, goals and objectives, a strategic plan of implementation, a budget, action steps for reaching goals, and metrics for measuring program performance on a regular basis.
20. That Sokol USA financially support Sokol USA members who will participate (a participant includes any competitor, Slet performer, judge or chaperone) attending the American Sokol National Slet and Festival in Cedar Rapids, IA, June 22-25, 2017 by paying one half the cost of the most reasonable travel expense.
21. That Sokol USA financially support the SFW National Staff in attending the Am. Sokol National Slet in Cedar Rapids, IA, June 22-25 by paying for travel, per diem or food allowance and housing.

**Following discussion of the 21 recommendations, the directors voted unanimously in favor.**

**Finance Committee: Motion made, seconded and carried to approve items 1-21 unanimously.**

The following proposal comes from Director Chris Yatchyshyn:

22. That Sokol USA financially support the purchase of a laptop, Word Package and printer/scanner/copier. The current SFW Computer that Chris uses is a 2007 Dell that is no longer receives updates and is out of space. It also will not work with the new LCD projector Sokol USA purchased for the Sokolfest Opening Ceremonies.

*Note: In 2007 Sokol USA paid \$800 toward the \$2,400 purchase of the computer and programs that Chris uses nearly exclusively for Sokol work.*

**Finance Committee: Motion made, seconded and carried to approve up to \$2,000 toward the purchase of a laptop, Word package, and printer/scanner/copier.**

**2016-2017 SFW Budget**

**Administration**

|  |      |             |
|--|------|-------------|
| <i>Includes expenditures for:</i>                            |      | \$12,300.00 |
| SFW Dept. Assistants' Salaries                               | 1220 |             |
| SFW Dept. Prof. USAG Prof Mem.                               | 900  |             |
| Directors' Travel  | 4000 |             |
| USAG Member Club Program                                     | 180  |             |
| National Meeting/Training Session/<br>Development Conference | 6000 |             |

**Lodge Benefits**

|                                   |      |             |
|-----------------------------------|------|-------------|
| <i>Includes expenditures for:</i> |      | \$22,750.00 |
| Sports Prof. Mem. - 2/lodge       | 900  |             |
| Safety Course Participation       | 500  |             |
| Lodge Reactivation                | 1000 |             |
| Professional Development          | 1000 |             |
| Project Safety                    | 3750 |             |
| Supplemental Program Support      | 1200 |             |

|  |       |                    |                                     |
|--|-------|--------------------|-------------------------------------|
| Local/Area Training Sessions                                       | 3600  |                    |                                     |
| <b>National Activities</b>   |       | \$6,950.00         |                                     |
| <i>Includes expenditures for:</i>                                  |       |                    |                                     |
| National Bowling Tournament  | 1200  |                    |                                     |
| National Golf Tournament   | 1000  |                    |                                     |
| National Sports Tournament   | 1150  |                    |                                     |
| Instructors School   | 1800  |                    |                                     |
| National/Leadership Dev. Camp                                      | 1800  |                    |                                     |
| <b>Program Development</b>   |       | \$10,000.00        |                                     |
| <b>American Sokol Slet 2017</b>                                    |       |                    |                                     |
| <i>Includes expenditures for:</i>                                  |       |                    |                                     |
| Travel Reimbursement for lodges                                    | 10800 |                    | \$16,800.00                         |
| Travel, room, per diem or food allowance<br>for National SFW Staff | 6000  |                    |                                     |
| <b>Equipment</b>   |       | \$1,200.00         | <b>2,000.00</b><br>(per Fin. Comm.) |
| Laptop Computer & Printer/Scanner/Copier                           |       |                    |                                     |
| <b>Total</b>   |       | <b>\$70,000.00</b> | <b>\$70,800.00</b>                  |

Chris asked the Directors to let her know ASAP the number of persons planning to attend the Development Conference in October. She also asked which gyms were planning to go to the American Sokol Slet in June 2017. At this time Chicago 306 and Farrell are planning to attend.

The directors were also asked to take note of the Annual SFW Participation Report for the 2015-2016 Program year. The increase is significant with 355 members participating in the six gymnastics/fitness programs. She noted that the largest increases were in Lodge 306 Chicago and Lodge 410 Pen Argyl. She thanked everyone for the good work they are doing in their Sokol programs.

**Future Conference Call Dates**

Following the District Board meeting on October 15, a date will be set for the directors to receive an update via a video conference using Google Hangouts.

*Nazdar!*

Respectfully submitted by Chris Yatchyshyn

**Sokol USA Sports Fitness & Wellness Department Lodge/District Annual Reports  
Program Year SEP 2015 - AUG 2016**

**Date: Aug 22, 2016** **Lodge/District: Boonton/MM Hodza**  
**Director(s): Eric Skovronek, Judy Bindas and Nicole Zaremba**

Sokol Member Participants: Sokolettes 26; Junior Girls 4; Sr. Women 2; Sokolads 4; Junior Boys x; Sr. Men x; Tots 3; Cheerleaders x; Instructors 6

List the nights on which you hold **Sokol SFW classes** & indicate which group(s) gym: Monday – Sokolads; Tuesday - Sokolettes and Jr. Girls

Indicate numbers of any additional non-Sokol participants & describe the SFW programs: We rent the hall for a "Mini Ninja" program run by an outside trainer. This is mostly obstacles designed to mimic the American Ninja Warrior TV show. Our bowling league continues with a mix of members, social members and guests.

List any lodge or district special events or fundraisers you have conducted this year: Pierogi sale at Boonton day; Fish & Chips Dinner, Pancake breakfasts, Stuffed cabbage take-out dinner; giving tree for local family at Christmas; Friendship club continues.

List the number of participants you had in each of the following: Lodge Competition(s) x; District Competition(s) 30; Area Competition(s) 16 (at US of East); USAG Competition(s) x; 2-week Sokol School x; Weekend Sokol School x; Bowling Tournament(s) 4; Volleyball Tournament(s)

Sokolfest XXVII Events: Gymnastics - 4, Fitness Challenge - 4, Senior Cal - 7

**Date: August 25, 2016** **Lodge/District: #12 Central Jersey**  
**Director(s): Ellen Kovac, Norah Valentin, Neechee Rehwinkel,**

**Sokol Member Participants:** Sokolettes 4; Junior Girls 2; Sr. Women 5; Sokolads 2; Junior Boys 2; Sr. Men 3; Tots 0; Cheerleaders 0; Instructors 5

List the nights on which you hold **Sokol SFW classes** & indicate which group(s) gym: All gymnastics and fitness classes are on Friday nights.

Indicate numbers of any additional non-Sokol participants & describe the SFW programs: None

## Sokol USA Sports Fitness & Wellness Department Annual Conference Call Minutes

(Continued from Page 6)

List any lodge or district special events or fundraisers you have conducted this year:  
Sold "Sokol Tee shirts; attended District Hodza competition; participated in XCEL workshop at Boonton Hall

List the number of participants you had in each of the following: Lodge Competition(s) 0; District Competition(s) 14; Area Competition(s) 2; USAG Competition(s) 0; 2-week Sokol School 0; Weekend Sokol School 0; Bowling Tournament (s) 1; Volleyball Tournament(s) 0

Sokolfest XXVII Events: Opening Ceremonies, Gymnastics Competitions, Fitness Challenge, Calisthenics (all 6 cal), Relay Race, Tug of War, 5K Walk and Run, Bowling, Kennywood Park, Games (?), Banquet, and leading and volunteering at various events.

Describe local community events or fundraisers in which your members participated:  
Support local Food Bank.

List any comments, ideas or suggestions for sharing with the District Board:  
We enjoyed the variety and quality of the Sokolfest events. It was a positive experience for our participants, with something for everyone to do.

**Date: 2015 – 2016**

**Lodge/District: Lodge 306 Chicago/Lodge 39 Chicago/District L. Stur**  
**Director(s): Bryan Pracko (Director – Lodge 306 and District L. Stur)**  
**Kristin Merker (Director – Lodge 306 and District L. Stur)**

Sokol Member Participants: Sokolettes 79; Junior Girls 15; Sr. Women 9; Sokolads 18; Junior Boys 10; Sr. Men 5; Tots 21; Cheerleaders 0; Instructors 14

List the nights on which you hold Sokol SFW classes & indicate which group(s) gym:  
Mondays - Sokolads 6:30-8:00 p.m.; Jr. Boys and Girls 8:00-9:30 p.m.; Tuesdays – Sokolettes 6:30-8:00 p.m.; Wednesdays – Sokolettes 6:30-8:00 p.m.; Senior Cal 8:00-9:00 p.m.; Thursdays – Sokolettes 6:30-8:00 p.m.; Fridays – Tots 6:15-7:00 p.m.; Jr. Boys and Girls 7:00-8:30 p.m.; Volleyball 8:30-10:00p.m.;

Indicate numbers of any additional non-Sokol participants & describe the SFW programs: None at this time.

List any lodge or district special events or fundraisers you have conducted this year:  
Fundraisers since Sept. 2015 – Soap Fundraiser; Cartwheel-a-thon; Candy sale; Palm Sunday Brunch; Event Volunteers; 2 Spaghetti Dinners; Fall Festival Hody; Cookie Walk; Soup Smackdown; Lodge 306 Exhibition; Lodge 306 Awards Banquet; Social Nights (2x a month); Movie Nights; Parents Date Night Out; Sokol Golf Outing; Other Events since Sept. 2015 –Central District Women's Volleyball; Central District Skills Day/Competition for boys (6 competitors); Central District Skillz and Progressions Clinic (15 gymnasts & 3 Instructors); Central District Cal/Marching Competition (21 competitors); Central District Competitions and Sokol Day; Summer Gymnastics (35 Participants) ; Instructors Spotting Clinic; Super Tumbledown GJO meet helpers

List the number of participants you had in each of the following: Lodge Competition(s) 56; District Competition(s) 37; Area Competition(s) x; USAG Competition(s) x; 2-week Sokol School x; Weekend Sokol School x; Bowling Tournament (s) x; Volleyball Tournament(s) x; Sokolfest XXVII Events: 67

Describe local community events or fundraisers in which your members participated:  
Kohlman's Breast Cancer Walk, Special Olympics Volunteers, Liver Walk

**Date: 08/20/16Lodge/District: Sokol Farrell/Svätopluk**  
**Director(s): Amanda Michael & Stephen Banjak**

Sokol Member Participants: Sokolettes 2; Junior Girls 6; Sr. Women 7; Sokolads 1; Junior Boys 1; Sr. Men 2; Tots 4; Cheerleaders 0; Instructors 6

List the nights on which you hold Sokol SFW classes & indicate which group(s) gym:  
Monday 6 – 7 PM tots/children; Tuesday 6:30 – 8:30 PM Juniors/Seniors; Thursday 6 – 8 PM Juniors/Seniors; Sunday – All classes slet calisthenics 2:00 – 5:30 PM

Indicate numbers of any additional non-Sokol participants & describe the SFW programs: 0

List any lodge or district special events or fundraisers you have conducted this year:

- Mikulaš (St. Nicholas) Party – first Saturday in December
- Daffin's Chocolates Sale – Begins in January
- Sokol Farrell Golf Scramble – Second Saturday in June
- Steve Banjak Memorial Scholarship Award to Sokol Farrell members – Two \$1,000 Awards given this year.

- Sokol Farrell Newsletter – three times per year: August, December and May
- Sister Sokol Agreement with Sokol Vranov, Slovakia

List the number of participants you had in each of the following: Lodge Competition(s) x; District Competition(s) x; Area Competition(s) x; USAG Competition(s) x; 2-week Sokol School x; Weekend Sokol School 5; Bowling Tournament (s) x; Volleyball Tournament(s)x; Sokolfest XXVII Events: (See Klimow Bednar Form)

Describe local community events or fundraisers in which your members participated:  
X

List any comments, ideas or suggestions for sharing with the District Board:  
Sokol Farrell strongly feels that the Board should initiate a local advertising program for lodges that request it.

**Year: 2015-2016** **Lodge/District: Monessen #47**  
**Directors: Charity Ruhl**

Gymnasts (Indicate number of Sokol members only in each group): Sokolettes 12; Junior Girls 21; Sr. Women 13; Sokolads 3; Junior Boys x; Sr. Men 5; Tots x; Cheerleaders 0; Instructors 12

List the nights on which you hold Sokol SFW classes & indicate which group(s) gym:  
Tues, Thur, Fri. Sun 5-8; All

Indicate numbers of any additional non-Sokol participants & programs in which they participate: Recreational Gymnastics and tumbling classes, 225 in 35 classes

Describe other events or fundraisers in your lodge, district or community in which your gymnasts participated: Annual Polar Bear Meet, Paint & Sip, Hoagie Sales, Popcorn Sales, Tastefully Simple, Gymnastics Competitions, North Belle Park Opening demonstration, Annual Christmas party Blanket Drive, Annual Gobbler Food drive, Parent's night out, Olympic Viewer

List the number of participants you had in each of the following: Lodge Competition(s) x; District Competition(s) x; Area Competition(s) x; USAG Competition(s) 37; 2-week Sokol School 0; Weekend Sokol School 10; Bowling Tournament (s) 0; Volleyball Tournament(s)8; Sokolfest XXVII Events 31

Please share any other information that you would like to have included in the SFW Report at the upcoming SL meeting: The weekend instructor school went well.

**Date: August 31, 2016** **Lodge/District: Pen Argyl 410**  
**Director(s): Erl Persson, Jess Lawless**

Sokol Member Participants: Sokolettes 1; Junior Girls 2; Sr. Women 8; Sokolads 6; Junior Boys 28; Sr. Men 18; Tots 0; Cheerleaders 0; Instructors 6

List the nights on which you hold Sokol SFW classes & indicate which group(s) gym:  
- All Groups  
- Monday, Tuesday, Wednesday, Thursday, Friday

Indicate numbers of any additional non-Sokol participants & describe the SFW programs:  
- 13 Non-Sokol members that participate in Strength and Conditioning programs

List any lodge or district special events or fundraisers you have conducted this year:  
- New Program: Started a 13-U Tournament Team that will train together in advance of the 2017 summer tournament season.

List the number of participants you had in each of the following:  
2-week Sokol School - 1 instructor Weekend Sokol School – 1 instructor

Sokolfest XXVII Events: Fitness Challenge –1; Volleyball: 1 player, 1 referee; Slet Relay Race Team – 1; Calisthenics: Tots – 1 pair, Jr/Yg Adult – 1, Senior - 1

Describe local community events or fundraisers in which your members participated:  
- Promoted Sokol 5 Tool Fitness at "Christmas on Robinson" with give-aways and an Open House

### FRIDAY NIGHT SOCIALS

**Social  
Night**

Lodge 32 is thrilled to announce that the Sokol Bar will now be open on the **FOURTH FRIDAY** of each month!  
Please join us on Fridays for a fun night out with your fellow Sokol members (members, bowlers, Friendship Club members and gymnast families).  
**The festivities begin at 7PM.**

## Sokol Social News

Welcome to our newest Sokol member!



Reyna Jean Reynolds was born to Matthew Reynolds of Lodge 32-Boonton and Stacey Peterson Reynolds of Lodge 410-Pen Argyl on February 21<sup>st</sup> at 9:22 a.m. She weighed 7 pounds 3 ounces and was 20<sup>3</sup>/<sub>4</sub> inches long. Reyna Jean is the granddaughter of Kathy Nacarrato of Lodge 410-Pen Argyl and great-granddaughter of Bess Babuska of Lodge 12-Central Jersey.

## ANNOUNCING THE XXXV CONVENTION OF SOKOL USA

August 11, 2017 thru August 14, 2017

Omni Hotels & Resorts – William Penn Hotel  
530 William Penn Place – Pittsburgh, PA

**Mark your calendar now! Plan on Attending.**

For delegates arriving Thursday evening, it is our intention to begin limited registration of delegates on the evening of August 10, 2017 and again on Friday morning prior to the opening of the Convention. It is expected that Committee meetings will begin at approximately 9:00 AM on Friday, August 11, 2017. The actual opening ceremonies are expected to begin at 1 PM. We look forward to a high attendance and brisk participation in this Convention. Thank you.

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 expect to adopt the revised bylaws at the upcoming Convention of Sokol USA.

Milan S. Kovac  
Fraternal Secretary

## DONATIONS GRATEFULLY ACKNOWLEDGED

### To the Milan Getting Scholarship Fund

|  |          |
|--|----------|
| From Sokol USA Lodge 15, Yonkers, N.Y.<br><i>In memory of deceased members</i>                     | \$100.00 |
| From Sokol USA Lodge 79<br><i>In memory of deceased members</i>                                    | \$45.00  |
| From Sokol USA Lodge 248, Rossford, Ohio<br><i>In memory of deceased members</i>                   | \$250.00 |
| From Ellen, Lance and Brandi Kovac and Families<br><i>In memory of "Teti Effie," Ethel Nardone</i> | \$75.00  |
| From Deborah Golden<br><i>In memory of Ethel Nardone</i>   | \$25.00  |
| From Emil M. Trgala<br><i>In memory of Ethel Nardone</i>   | \$100.00 |
| From Karen & Michael Willenborg, Highland Village, Texas<br><i>In memory of Sidney Kudlac</i>      | \$50.00  |

### To the Sport, Fitness and Wellness Fund

|  |          |
|--|----------|
| From Sokol USA Lodge 15, Yonkers, N.Y.<br><i>In memory of deceased members</i>   | \$100.00 |
| From Sokol USA Lodge 79<br><i>In memory of deceased members</i>                  | \$45.00  |
| From Sokol USA Lodge 248, Rossford, Ohio<br><i>In memory of deceased members</i> | \$250.00 |

## WANTED FOR THE SOKOL CONVENTION

During the recent National Sokol Board meeting, an idea was discussed to provide all our delegates with a way to show what their lodges and districts do. One idea was to have displays, photos, videos and the like that delegates and guests can look at during breaks before and after the Convention sessions.

To accomplish that, we are asking every lodge and district to prepare some kind of visual display that your delegates can bring to Pittsburgh to put on exhibit, possibly along a wall of the main Convention room. Displays can be as simple as a few labeled photos, possibly protected in an album, or as complicated as videos on a laptop or ready to be projected onto a screen. We are interested in seeing the wide variety of fraternal and sports activities in which our Sokol membership is involved.

## 2017 Sokol Usa Farrell's Steve Banjak Memorial Scholarship Applications Due

Every year since the 100<sup>th</sup> anniversary celebration held on May 20, 2006, Sokol Farrell Lodge 103 has awarded a grant to a deserving high school graduating senior who is a member of the lodge for at least three years. At that time, it was unanimously decided to name this scholarship in honor of Brother Steve Banjak Sr. to honor him for his many years of service to Sokol. Brother Banjak passed away in October of that same year.

Beginning with the academic year 2017-2018, the award will be up to \$2,000; allocated in annual installments of \$500 over a four-year period, providing a grade point average of 2.5 (4.0 system) or above is maintained.

Please refer to the Sokol Farrell website for requirements and to download an application. The website is <http://www.sokolfarrell.org/>. **Applications are due no later than May 1<sup>st</sup> of each year.**

Previous recipients of the Steve Banjak Memorial Scholarship are:

|                                       |                        |
|---------------------------------------|------------------------|
| 2006 Oleksandra Banjak                | 2007 Oleksandra Banjak |
| 2008 Katie Shebeck                    | 2009 Lucia Murcko      |
| 2010 Robin Platte                     | 2011 Bibiana Murcko    |
| 2012 Bibiana Murcko/Robin Platte      | 2013 Daniel Konopski   |
| 2014 Sarah Goda                       |                        |
| 2015 Daniel Konopski and Sarah Goda   |                        |
| 2016 Kaitlyn Slezak and Eric Konopski |                        |

The scholarship is funded entirely from private contributions and not lodge funds. Donations can be sent to Brother Tim Brandt; Sokol Farrell President, 1448 Hall Avenue; Sharon, PA 16146.