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SOKOL



TIMES

DECEMBER 14, 2017

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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**

Holiday Traditions & The End of 2017

Christmas is coming and many of us have special traditions associated with this joyous celebration. For some, it's the annual trek to the woods for the perfect Christmas tree. Others are actively baking all those delicious cookies, pies and other treats. Many are mailing out holiday cards to friends, family and neighbors. Presents are bought, wrapped and under our trees (at least the more organized of us have this out of

the way). And our young are on their very best behavior as they wait for Santa Claus to arrive.

The traditions of the Slovak heritage are many, varied by region, and often unique. Perhaps one of the most unusual is the tradition of the Christmas Carp. In Slovakia, a large carp is part of a meatless Holy Evening (or Christmas Eve) feast tradition. What makes it unique is carp are quite a large fish, and many families keep it in cold

water in their bathtubs prior to preparation for dinner. Other traditions include cleaning one's house from top to bottom and putting the tree up on Christmas Eve. Families attend Christmas Eve services together and upon returning home, enjoy dinner and the opening of gifts that night. Carolers come to the homes to sing and are offered food and drinks for their services.

As Christmas comes, we
(Continued on Page 2)

From the President's View

Sadly, I send condolences to the family of Millie Barron who recently passed away. Millie had served on the Sokol USA's Supreme Lodge's Financial Committee for several years. She was an amazing woman and will be missed by all.

Thanksgiving is fast approaching, the weather has become cold and gray, and the Christmas and New Year's holidays will soon be here! There will be many festive times in the next weeks with family and friends. People will go to parties, eat, drink, and be merry.

I encourage our Lodges to meet and engage in activities in the New Year. There are many opportunities for charitable activities and physical fitness. The Christmas holidays and the New Year are a good time to remember the needy, the shut-ins, and the less fortunate, and to share our blessings with them.

The New Year will also be a time for making resolutions and working hard to achieve them. One valuable resolution is to engage in a physical fitness activity. It will help shed the many pounds gained at the holidays and lead to better



Joseph Bielecki

health. I have seen the benefits of daily walking and hiking, as in the past year, I have shed a couple of waist sizes. Our Sokol Walking Club is an idea way to move towards better health.

I send the happiest of holiday greetings to all of our members and wish all of you peace, joy, health, wealth, and happiness in the New Year!

NAZDAR!
Joe Bielecki
President, Sokol USA

WE HAVE MOVED!

For future correspondence, please note the change of address for Sokol USA Headquarters:

**SOKOL USA
301 Pine Street
P.O. Box 677
Boonton, NJ 07005-0677**

Our telephone number and e-mail address remain the same. However, we are cancelling our fax line.

Please make note of this information and thank you.

Fraternally,
Milan S. Kovac
Fraternal Secretary

SOKOL TIMES

official organ of the
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 OF THE USA**
Sokol USA - District 4000 a Division of GBU Financial Life

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June 9, 2018 Golfers – Save the Date!



NINTH ANNUAL SOKOL USA FARRELL, PA FOUR PERSON OPEN GOLF SCRAMBLE

SHENANGO LAKE GOLF CLUB
 99 Birchwood Drive, Transfer, PA 16154

HOLIDAY TRADITIONS

(Continued from Page 1)

prepare not only to celebrate the birth of the Savior, but also say farewell to the previous year. As 2017 closes, Sokol has adopted new by-laws at our August convention, which take effect on January 1st. We moved our headquarters in East Orange, N.J., to Boonton Sokol Hall in New Jersey. Many thanks to the officers leaving the board at the end of December for their leadership and dedication to our organization.

The Lodge 32 Boonton Gymnastics Department is sponsoring a \$10 calendar raffle running through January 13th. Contact Sister Judy Bindas at 973-960-8087 for more information. As always, please send any information on Lodge/Region events to share with other members to fna240@verizon.net or to sokolusahqs@aol.com. We want to keep everyone informed about all the wonderful activities that the Sokol members enjoy. Happy Holidays and Merry Christmas to all and to all a Happy New Year.

NAZDAR,
 Sister Nancy Shurina

Thank You!

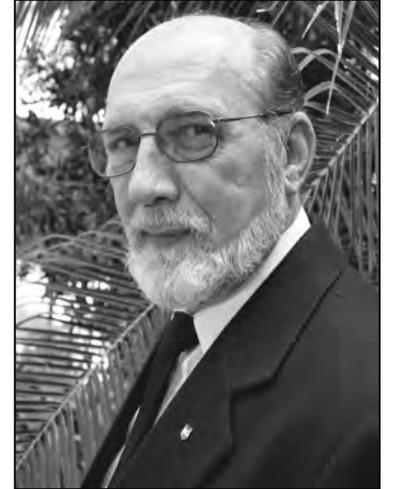
I'd like to take this opportunity to thank the many Officers, members, lodges and Regions that have sent gifts, cards and well wishes to me as I wind my way toward retirement.

The first 11 years of my life were spent in the Newark Sokol Hall as my father was the manager of that facility. So, it is evident that Sokol was in my life every day, and for many years after, up to and including today. To put it in a nut shell, it has been a wonderful experience of gym classes, social and sport activities, as well as toiling at camps or halls. And during those many years, there were an untold number of friendships developed from attending meetings, dances, competitions, Slets, both, regional, national and international events. This brings many Sokol friends into one's life. I am very grateful and honored to have met so many people and consider many as friends.

As Bob Hope used to say, "Thanks for the memories." And I mean that sincerely.

On to the future, and I extend my congratulations and very best wishes to the newly elected National Board. I will work with the incoming officers and assist in having a smooth transition. Brother Ed Bohon, the incoming Fraternal Secretary, and I have met on a number of occasions and expect to continue meeting as there are many items to review and discuss. By the way, please note the new address for Headquarters. I expect in "retirement" to haunt the National Board.

The National Board has a new position, which is the Recording Secretary, and Sister Kristen Merker of Lodge 306 was elected to that post. One of the responsibilities of that job is to coordinate and be responsible for the **Sokol Times** and also articles for the **GBU Reporter**.

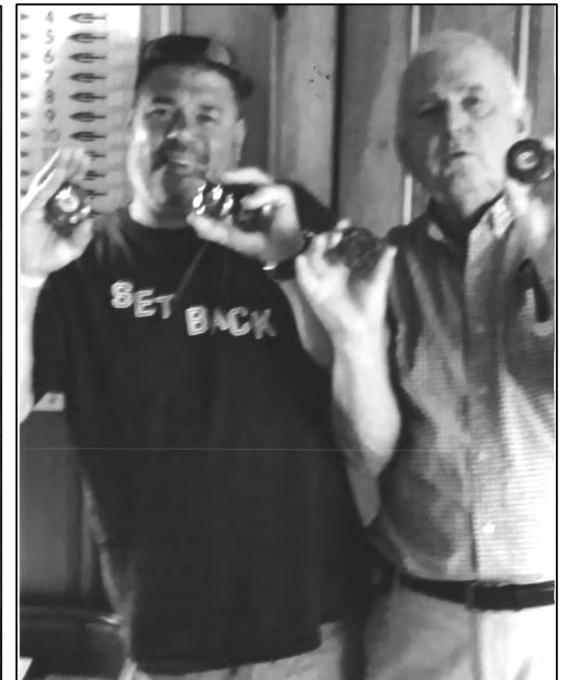


Milan Kovac

The particular details as to where and how to communicate with Sister Merker will be forthcoming, but I remind every lodge or region that it is important that you "blow your own horn" and send articles and photos for the publications.

Again, Thank you, Thank you.

Nazdar!
 Milan S. Kovac



At left, Harvey Surette (left) and John Montgomery won the horseshoe event and, at right) Jerry Naven (left) and Earl Briggs won the shuffleboard event at the Lodge 114 Tarrytown Annual Clambake.

Lodge 114 Annual Clambake

Lodge 114 held its annual clambake on Sunday, August 27th at the National Sokol Inc., located at 155 Beekman Ave., Sleepy Hollow, N.Y.

This year I was again decided to have our clambake catered by J.P. Doyle's of Sleepy Hollow since they did an excellent presentation last year, which was our first year using their catering service. Their menu consisted of not only the usual clams, sausage and peppers, burgers and hot dogs, but also shrimp cocktail with crab meat, barbecued shrimp, grilled baby lamb chops and three salads: vegetable, potato and macaroni. The meal ended with a course of steak, potatoes, corn on the cob, desert and

coffee. Also, liquid refreshments were available throughout the day.

Our sporting events were horseshoes and shuffle board. There were eight teams competing in each event. The winners of the horseshoe event were Harvey Surette and John Montgomery. The winners of the shuffle board event were Earl Briggs and Jerry Naven (for the third year).

A special thanks to all the committees who made his possible. Everyone enjoyed the day with excellent food, drinks, weather and friends.

Nazdar.
 Stephen Horecky
 Secretary



**XXXV CONVENTION
OF THE
SLOVAK GYMNASTIC UNION SOKOL
OF THE UNITED STATES OF AMERICA
SOKOL U.S.A.**

Held in Pittsburgh, PA
From August 11 – August 14, 2017

**FIRST SESSION
Friday, August 11, 2017**

The first session of the XXXV Convention convened at 1:35PM at the Omni William Penn Hotel in Pittsburgh, PA on Friday, August 11, 2017 with a processional march of officers. The American and Sokol flags were carried by Supreme Lodge Officers. After the National Anthems, the colors were posted.

Bro. Joe Bielecki welcomed the delegates to the convention and thanked them for their presence. He then asked the delegation to observe a moment of silence in honor of our deceased Sokol members who have passed since the XXXIV Convention: Bro. Jan Sopoci, former Supreme Lodge Secretary, and Bro. John Walek, former President of Sokol U.S.A.

Bro. Bielecki welcomed guests: Matt Blistan from GBU Financial Life, and introduced former Supreme Lodge Officers that are present as honorary delegates:

- Sis. Beatrice Walko, Honorary President;
- Sis. Judy Smith, Honorary Treasurer;
- Sis. Karen Ondira, Honorary Directress;
- Sis. Justine West, former Finance Committee Member;
- Bro. Bryan Pracko, former Director of Men; and
- Bro. Rich Yatchyshyn, former Director of Men.

Bro. Bielecki called upon Sis. Bea Walko, to give the invocation.

Sis. Walko was appointed Chairperson of the Convention. Sis. Walko reminded the delegation that every delegate may speak only twice per topic, with a time limit of 3 minutes.

After the invocation, Sis. Walko invited Bro. Matt Blistan to approach the podium and offer a greeting and reflection on behalf of GBU. Bro. Blistan also reviewed handout packets from GBU, copies of which each delegate received to bring back to his/her lodge, in reference to current financials of GBU. GBU is the largest fraternal in Pennsylvania, and the 6th largest fraternal in the United States. He congratulated Sokol USA on helping GBU raise its ranks in fraternal activities. Bro. Blistan described the Get Fit Clubs sponsored by GBU, which includes walking and cycling mileage programs. Bro. Blistan described various programs at GBU including: New Member Program, Operation Reach-Out (gift packages to soldiers overseas), Relay for Life (matched donations to American Cancer Society), hearing program (discount hearing aids), scholarships, and GBU's commitment to donate funds to 501-C3 non-profit organizations to which GBU members volunteer time. Sokol members can log their volunteer time and request up to \$150 to the 501-C3.

Sis. Walko thanked Bro. Blistan and introduced the Supreme Lodge members:

- Bro. Joseph Bielecki, President;
- Bro. Scott Pracko, Vice President;
- Bro. Milan Kovac, Supreme Secretary;
- Bro. Arthur Burkhardt, Treasurer;
- Bro. John Kamenitsky, Chairperson of the Finance Committee;
- Sis. Debbie Golden, Finance Committee Member;
- Bro. Tim Brandt, Finance Committee Member;
- Sis. Ellen Kovac, Finance Committee Member;
- Bro. Emil Trgala, Finance Committee Member;
- Bro. David Walko, Finance Committee Member;
- Bro. Stephen Banjak, Finance Committee Member;
- Sis. Nancy Shurina, Chairperson of Fraternal and Cultural Activities;
- Sis. Christine Yatchyshyn, Co-Director of Sports, Fitness, and Wellness;
- Bro. Todd Yatchyshyn, Co-Director of Sports, Fitness, and Wellness.

Sis. Walko introduced Bro. Scott Pracko, Vice President of Sokol USA and Chairman of the Milan Getting Scholarship Committee. The other members of the committee are: Sis. Debbie Golden, Sis. Chris Yatchyshyn, and Bro. Todd Yatchyshyn. Bro. Pracko noted that there will be a silent auction during the Convention to fund the Scholarship. He thanked Bro. Bielecki for his constant work to promote the scholarship fund. The funds support younger members, with the hope they return to Sokol USA after completing their continuing education. Sokol USA awarded four Milan Getting Scholarships, and Sokol members received several GBU scholarships as well. Bro. Scott Pracko read the names of the award recipients. The delegates gave a round of applause to all recipients.

Bro. Todd Yatchyshyn directed the delegates' collective attention to the posters in the back of the room and described each poster, as they represent the various activities of the fraternal activities of Sokol USA. He highlighted Sokol USA's connections to other fraternal organizations.

Bro. Todd Yatchyshyn invited lodges wishing to give a brief presentation on its respective board to assemble in the front of the room, where they took turns describing their activities and community/fraternal outreach over the past year. Bro. Todd Yatchyshyn encouraged the delegates to make note of any presentation that interested them as the presenters would be available for questions during the first break. The following Lodges presented their programs, competitions, classes, challenges, goals, and fundraising activities: Farrell, PA; Pen Argyl, PA; Boonton, NJ; Monessen, PA; Chicago, IL; Tampa, FL; Central Jersey (special presentation).

2 minute stretch break.

Sis. Yatchyshyn introduced a team-building activity: the delegates divided into teams by color assigned by color-coded index cards. She split the delegates into six groups and had the groups seek new seats by their group colors. She distributed activity materials to the group captains and the group activity commenced. Each team is responsible for noting positives, tweaks (suggestions), and possibilities for Sokol USA for the future on a poster board.

Sis. Walko introduced James Williams, Parliamentarian, who will ensure that we will follow Robert's Rules.

Erin Flaherty will serve as Convention Secretary; Brandi Kovac will serve as Assistant to the Convention Secretary.

Sis. Walko called upon the Verification Committee. She called up Bro. Stephen Banjak, one of the advisors of the Verification committee. Bro. Banjak introduced his co-advisor, Bro. Emil Trgala, and the members of the committee.

REPORT OF THE VERIFICATION COMMITTEE:

Advisors – Bro. Emil Trgala and Bro. Stephen Banjak, Finance Committee Members
Chair - Bro. Mike Cunningham, Lodge 93 – Bethlehem, PA
Secretary – Sis. Kristin Merker, Lodge 306 – Chicago, IL
Member – Bro. John Stangl, Lodge 66W – Bethlehem, PA
Member – Sis. Bonnie Stangl, Lodge 66W – Bethlehem, PA
Member – Sis. Carolyn Coleman, Lodge 276 – Pittsburgh, PA

Lodge Delegates:

<u>Lodge</u>	<u>Delegate</u>	<u>Votes</u>
2 – Bridgeport, CT	Miguel Alicea	2
7 – Byram, CT	Judy Piro	7
	Steven Piro	
12 – Central Jersey, NJ	Anna Rehwinkel	7
16 – Braddock, PA	John West	2
26 – Guttenberg, NJ	James Malik	4
30 – Danbury, CT	Ann Lynn Dugay	5
	John Kennedy	
32 – Boonton, NJ	Ed Bohon	17
46 – McKeesport, PA	Stephen V. Tomko	1
47 – Monessen, PA	Charity Ruhl	3
59 – Trenton, NJ	Nicholas Debnarik, Jr.	1
68 – Blairsville, PA	Francis Shurina	4
	Anthony Angelo	
93 – Bethlehem, PA	Michael Cunningham	6
	Jeffrey Richter	
103 – Farrell, PA	Sandy Glover	7
	Debra Goda	
130 – New Kensington, PA	Josephine Funkhouser	3
	Mary Ann Slaninka	
255 – Leechburg, PA	Tim Dean	6
276 – Pittsburgh, PA	Patricia Blistan	5
	Carolyn Coleman	
306 – Chicago, IL	Cindy Larsen- Merker	6
	Kristin Merker	
401 – Tampa, FL	Debby Kruger	1
410 – Pen Argyl, PA	Kathy Naccarato	1
66W – Bethlehem, PA	John Stangl, Jr.	3
	Bonnie Stangl	

District Delegates:

<u>District</u>	<u>Delegate</u>	<u>Votes</u>
Jan Kollar	Rich Yatchyshyn	1
Ludevít Stur	Bryan Pracko	1
M.C.T.	Gerald Blistan	1
MM Hodza	Norah Valentin	1
Jan Francisci	Mariline Alicea	1
Svatopluk	Donna Ekis	1
Tatra	Tammy Bendel	1

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Supreme Lodge Officers:

Office	Officer	Votes
Honorary President	Beatrice Walko	1
Honorary Treasurer	Judy Smith	1
Honorary Directress	Karen Ondira	1
President	Joseph Bielecki	1
Vice President	Scott Pracko	1
Treasurer	Arthur Burkhardt	1
Supreme Secretary	Milan Kovac	1
Finance Comm. Chairperson	John Kamenitsky	1
Finance Committee Member	Stephen Banjak	1
Finance Committee Member	Debbie Golden	1
Finance Committee Member	Ellen Kovac	1
Finance Committee Member	Emil Trgala	1
Finance Committee Member	David Walko	1
Finance Committee Member	Timothy Brandt	1
Fraternal Activities Chair	Nancy Shurina	1
Co-Director S. F. W	Todd Yatchyshyn	1
Co-Director S. F. W	Chris Yatchyshyn	1

Guest Delegates:

NONE

Registered Alternates:

2 - Bridgeport, CT	Mary Kamenitsky
16 - Braddock, PA	Justine West
47 - Monessen, PA	Devin Bendel
59 - Trenton, NJ	Nancy Debnarik
130 - New Kensington, PA	Helen Slaninka
410 - Pen Argyl	Timothy Tocket

The total number of votes is 115. There are 20 Lodges represented, whose delegates total 91 votes, 7 District delegates totaling 7 votes, and 17 Supreme Lodge Delegates (with one vote each), and no Guest Delegates. Bro. Kovac confirmed that there is a quorum to hold a convention.

Sis. Walko made a motion to accept the report of the Verification Committee. Sis. Ellen Kovac seconded. MOTION CARRIED.

AGENDA, OPERATING PROCEDURE and RULES OF ORDER

Sis. Walko directed the delegates to review the agenda and operating procedures, and made note of changes.

**OPERATING PROCEDURE FOR THE XXXV SOKOL USA CONVENTION
August 11-14, 2017**

A. GENERAL ARRANGEMENT OF CONVENTION

1. Thursday 8-10-17	7:00 PM to 9:00 PM	Registration
2. Friday 8-11-17	7:00 AM to 8:30 9:00 AM to 12:00 PM 9:00 AM to 12:00 PM 12:00 M to 1:00 PM 1:30 to 5:00 PM	Breakfast Committee Meetings Registration Lunch Convene Session #1 Opening Formalities: President Presiding Introduction of Guests Motivational Presentation Order of Business Committee Reports a. Verification b. Convention Order & Program c. New Motion/By laws -Adoption of By-laws d. Convention Expense & Salary e. Ballot & Election – Nominating Process f. Petitions & Grievances <i>Dinner on your own.</i>
3. Saturday 8-12-17	7:00 to 8:45 AM 8:00 AM to 9:00 AM 9:00 AM to 12:00 PM Dept. 12:00 PM to 1:30	Breakfast Registration Convene Session #2 g. Verification h. Report of Sp. Fitn. & Wellness i. Sokol History Presentation Lunch

1:35 PM	Convene Session #3 j. Verification k. Nominations
6:30 PM	Black & Gold Tailgate Party
4. Sunday 8-13-17	7:00 AM to 9:00 AM Breakfast Morning off for religious service Lunch 11:45 to 12:45 1PM – 4PM Convene Session #4 l. Verification m. Officers' Reports/Cultural Activities n. Ballot – Election Cocktails and light finger food 5:00 to 6:30 7PM – 8:30 Convene Evening Session #5 (if needed) o. Verification p. Unfinished Committee Reports q. Oath of Office r. Conclusion Discussions on lodge activities, brainstorming, and opportunities for community service.

5. Monday 8-14-17	7:00 AM to 8:30 AM Breakfast 9:00 AM Convention Session #6 (if needed)
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DEPARTURE

B. AGENDA FOR THE CONVENTION

- Opening of the Convention:
 - March of National Board Officers
 - National Anthems
 - Pledge of Allegiance
 - Moment of Silence
 - Invocation
 - President's Greeting
 - Formal Introduction:
 - National Board Officers
 - Honorary National Board Officers
 - President of the Supreme Court
 - Former National Board Officers
 - Recording Secretaries
 - Appointment of Sergeant at Arms and Hostess
- Sokol History Presentation
- Initial report of the Verification Committee
- Confirmation Report of the Verification Committee
- Report on Convention Order and Program
- Election of the Chairperson and Vice Chairperson the Convention
- New Motions/By laws – Adoption of revised by laws.
- Report on Convention Expense & Salaries
- Ballot & Elections – Nominating Process
- Report on Officer Reports/Cultural Activities Report
- Nominations
- Sport Fitness & Wellness Department
- Election & Ballot
- Unfinished Business
- Oath of Office
- Designation of the XXXVI Sokol USA Convention site
- Adjournment

C. GENERAL OPERATION

- The Convention of the Sokol USA is the highest legislative body and judicial tribunal for the entire Sokol USA, for all its components, and all its membership.
- The Convention will be open for registration on Thursday, August 10, 2017 from 7:00 PM to 9:00 PM, Friday, August 11, 2017 from 9:00 AM to 12:00PM and on Saturday, August 12, 2017 from 8:00AM to 9:00 AM.
- Committee's will meet Friday, August 11, 2017 from 9:00 AM. Advisors will

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- notify Committee members of time and place.
4. The first session will convene on Friday, August 11, 2017 1:00 PM. It is anticipated that all committee reports will be prepared.
 5. Further sessions will be held Saturday through Monday, August 14, 2017. Morning sessions from 9:00 AM and afternoon sessions from 1:30 PM.
 6. All convention sessions shall be called on time.
 7. Badges will be provided for delegates, alternates, district representatives, National Board Officers, and Guest Delegates. All the foregoing shall be required to wear their identification badges at all Convention sessions.
 8. Delegates and Region (formerly called District) representative shall sit in the section reserved for them and shall be in their seats before the opening of each session.
 9. Alternates and guests shall sit in the section reserved for them.
 10. Guests will be introduced at the end of each session. Messages will be read at the morning sessions.
 11. The Convention Sergeant-At-Arms shall see to it that the sessions are not disturbed by anyone. She/he shall sign in all guests. She/he shall announce all guest speakers and permit them to enter upon consent of the convention Chairperson.
 12. Two permanent microphones will be set up.
 13. The Convention Secretaries selected by the National Board will take minutes. The minutes of the preceding sessions will be read each morning immediately after the roll call. Copies of the minutes will be prepared for each delegate. Minutes will be published in the Sokol Times within 90 days after the Convention.
 14. One set of tape recording of the Convention proceedings is made.
 15. Robert's Rules of Order are to be used as per article XXVII, Section 7 of the By-Laws.
 16. The formal opening of the XXXV Sokol USA Convention will be 1:00 PM Friday, August 11, 2017 with our customary opening ceremonies, welcoming address, roll call and introductions.
 17. The Verification Committee will give its report to the convention as to who are bona-fide delegates, alternates, district representatives, Supreme Lodge officers, and guest delegates, and the Committee's determination of the number of votes accorded to each delegate.
 18. The Committee on the order and Program of the Convention will give its report for acceptance.
 19. There will now be the election of the Chairperson and Vice-Chairperson of the Convention.
 20. All Convention committees are to meet Friday morning, August 11, 2017 to complete their deliberations and be prepared for their presentation on Friday or Saturday as the case may be. They shall be ready to report to the Convention or until they are formally dissolved by the Convention Committee.
 21. All recommendations will be given in writing to the proper Convention Committee.
 22. The Committee on Elections and Ballots shall have supervision of the arrangements for the distribution and casting of ballots and their preservation until placed in the hands of the Supreme Secretary, who shall seal and file them.
 23. For this Convention, the New Motions and By Law Committee is one committee. They are tasked with presenting the new By-laws to the Convention with an up or down vote on the entire body of By-Laws. This committee will discuss and present its recommendation to the convention.
 24. All Motions, resolutions and recommendations shall be written, signed by the mover and presented to the Convention Secretary.
 25. When a Committee is initially called to report, the Advisor introduces the Committee Chairperson who then introduces the other members of the Committee. The Committee Secretary reads a proposal. A majority Committee member moves for either adoption or rejection, and explains the majority rationale. If there is a minority position, a minority Committee Member moves to amend, reject, or adopt, and explain the minority rationale. The majority Committee member may accept the amendment or withdraw the original motion. After a reasonable time for discussion, the Convention Chairperson states the question and opens the floor for discussion, the Convention Chairperson asks "Are you ready for the question." Upon a delegate answering "Question," the Convention Vice-Chairperson again states the question and calls for a vote.
 26. The Convention Vice Chairperson or designated member will record the names of those ask to be recognized for debate, or to amend or second motion.
 27. Delegates shall be entitled to the floor only if they rise, come to the microphone, address the Chair, give their name and that of the lodge or district they represent.
 28. A delegate may speak not more than twice or longer than three minutes each time on any one question on the same day.
 29. No delegate may speak a second time to the same question if one who has not spoken requests the floor.
 30. The Convention, by a two third vote may limit equally the time and the number of speakers for each side of a question and the total time for the debate on a particular question.
 31. The Convention Vice Chairperson or designated member will signal when the allotted time has expired.

32. The newly elected Trustees shall meet briefly and elect the Executive Trustee.

D CONVENTION COMMITTEE MEETINGS

1. A Committee shall meet as necessary during the Convention, or until it shall be dismissed upon completion of its duties by the Convention Chairperson.
2. The advisor shall call, chair, and open the first meeting of the Convention Committee. The first item of business will be the election of the Committee Chairperson and Secretary.
3. The Convention Committee will be supplied with a packet containing a synopsis of items to be considered, the synopsis will be based upon recommendations, petitions and grievances, or appeals received in Headquarters.
4. It will be the Chairperson's responsibility to determine which recommendations should be made to the Convention using Minutes of the XXXIV Convention as a guide if no items are provided.

Sis. Walko asked the delegation to examine particular rules of order, especially 24, 25, 26, 28 and 30. She opened the floor for questions. Bro. Milan Kovac made a motion to accept the rules of order. Motion seconded. MOTION CARRIED.

Sis. Walko reminded the delegates that there would be no motions from the floor regarding the by-laws, and that the by-laws must be approved by a two-thirds vote.

She called forward, Bro. David Walko and Sis. Debbie Golden to represent the by-laws committee.

REPORT OF THE BY-LAWS COMMITTEE:

Advisors – Bro. David Walko and Sis. Debbie Golden, Finance Committee Members
 Chair – Bro. Ed Bohon, Lodge 32 – Boonton, NJ
 Secretary – Bro. Jeff Richter – Lodge 93, Bethlehem, PA
 Member – Sis. Cindy Larsen-Merker, Lodge 306 – Chicago, IL
 Member – Sis. Josephine Funkhouser, Lodge 130 – New Kensington, PA
 Member – Bro. Miguel Alicea, Lodge 2 – Bridgeport, CT
 Member – Sis. Anna Rehwinkel, Lodge 12 – Central Jersey

Bro. Ed Bohon, Chairman of By-Laws committee, introduced himself and recommended that the by-law changes be accepted. On behalf of the committee, Bro. Ed Bohon made a motion to pass the proposed by-laws; it was seconded by Sis. Mariline Alicea.

Sis. Walko called for a voice vote; a ballot vote was requested from the floor.

Sis. Walko directed the introduction of the voting committee to Sis. Nancy Shurina; Sis. Walko reminded the delegates that their votes are weighted and that they are allowed to split votes (by requesting different ballot slips). Sis. Walko noted that following the vote, the delegates would review each amendment and open the floor to discussion of the amendments to the by-laws. Sis. Nancy Shurina, Advisor of the Election and Ballot Committee, distributed ballots to the delegation. Sis. Walko confirmed that all lodge delegates had received their ballots, and Sis. Shurina then distributed the district delegate ballots, followed by distribution of the officer ballots. Sis. Walko confirmed that each lodge or individual who is entitled to a ballot had received them. She gave instructions for turning in the ballots and reminded the delegation what a YES or NO vote means:

FOR - accept new by-laws
 AGAINST - revert to old by-laws

Sis. Walko reminded that the convention cannot move forward until the voting tally is concluded; she also reminded the delegates that the amendments will be discussed at length after voting; the guidelines for open floor discussion for amendments are:

1. No person can speak more than twice
2. Speaking time is limited to no more than three minutes per time

She also clarified that if the new by-laws do not pass, it will not be necessary to discuss the seventeen total amendments. Sis. Shurina collected the ballots for the By-Laws vote. Sis. Walko excused the Verification Committee, and called for a 15-minute break.

Sis. Walko called the Convention back to order after a 15 minute break.

Bro. Ed Bohon reported there were 115 votes cast and 77 votes are needed to pass the motion. He reported:

80 votes **FOR**
 35 votes **AGAINST**

The new by-laws passed by three votes.

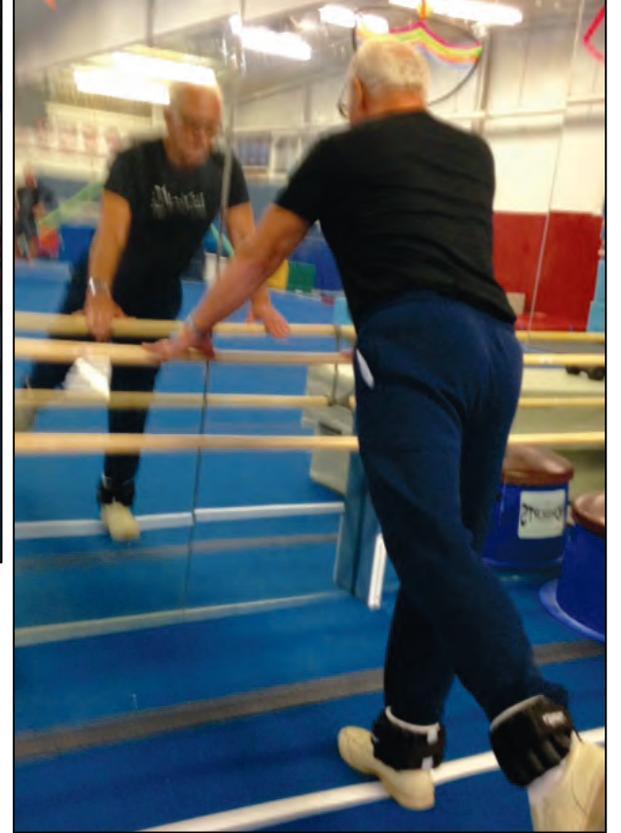
The convention moved to review proposed amendments to the by-laws.

Bro. Ed Bohon reported that regarding BL-C1, the by-laws committee recommended against the amendment. He read the following dissent:

Dissenting opinion for BL-C1: Sports, Fitness and Wellness Department

The newly approved by-laws fail to recognize an essential part of our Sokol organization. From the inception of Sokol USA, a Gymnastics Department existed. This Department has evolved into what has been called the Sports, Fitness and Wellness Department. This Department is not mentioned in the by-laws.

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LODGE 12 ON THE MOVE – Sokol USA Lodge 12 holds its gymnastics classes every Friday evening in a fully-equipped gym in Edison, N.J. Our participants range from preschoolers through retired members, and all classes are individualized according to the ability and experience of the participants. Members of GBU who live nearby are welcome to visit our classes and join if you like what you see. Contact ellenkovac@aol.com for further details and to confirm the evening that you plan to attend. In the top photos, Greg Bender and Emil Trgala work on upper body strength. At right, Emil Trgala practices exercises specifically designed as rehab therapy following hip joint replacement surgery.



Gymnasts from Lodge 12 (at left) finish their workout with a pyramid, just for fun. Members of Lodge 12's preschool class (above) enjoy taking a break in a giant "donut," one of numerous pieces of preschool equipment that are used in the gym.

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(Continued from Page 5)

Article VI, Section 23, detail the roles of the Co-Directors of Sports, Fitness and Wellness. Also, Article VII describes the Sports, Fitness and Wellness Committee of the District Board as consisting of just the two Co-Directors. The Co-Directors form an important committee of the District Board, but the SF&W Department is a much larger than this committee, and it is an important entity that deserves to be mentioned.

The existence of the SF&W Department is essential to Sokol USA and is essential to promoting the first Sokol USA objective: To promote Sokol physical culture and sports, fitness and wellness to its members. The SF&W Department is composed of a large group of Sokol members that work year round. Its existence and its responsibilities deserve to be included in the Sokol USA by-laws.

After an out-of-order discussion, Mr. Williams, the Parliamentarian clarified the delegates need a motion from the floor to accept the amendment. Mr. Williams asked if there was discussion from the delegation. Sis. Chris Yatchyshyn, Co-Director of SF&W Department noted that "the SF&W department does more for Sokol USA than any other department when it comes to promoting our society and accomplishing the ideals and the mission as set forth in the by-laws. It feels as though this was an omission", and she notes she would have brought this up in a by-laws committee meeting if she had noticed. Sis. Yatchyshyn asks for support so that the SF&W Department is included in the by-laws.

Mr. Williams noted alternating discussion for and against the motion to provide a

balanced discussion. As there were no delegates interested in speaking against the motion, Mr. Williams called upon more delegates who are in favor of the motion. Sis. Ellen Kovac noted that according to Sokol USA organizational structure, up until this moment, the gymnastics department had its own structural norms. The SF&W Directors are not nominated by the gymnastics department, and the SF&W is comprised of each district director who is elected by their district, and each lodge director, who is elected by their lodge. The gymnastics department is completely distinct from any committee or group within the organization. The directors of SF&W need to be able to work together to implement trainings and work together. It must be a distinct department because it is different.

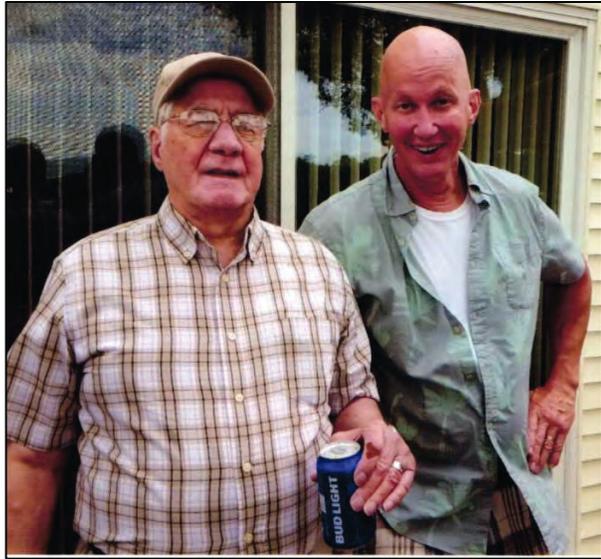
There was a question from the floor posed by Sis. Mariline Alicea, District Jan Francisci: According to Sis. Kovac's remarks, this is what they've been doing all along, but somehow it never made it to the by-laws; this statement is affirmed by Sis. Ellen Kovac. Sis. Alicea inquired as to the necessity of the by-law if it has always been an informal understanding.

Sis. Nancy Shurina suggested a tally vote. Mr. Williams asked if anyone is opposed to the vote; no one spoke.

MOTION BL-C1 PASSED unanimously.

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Lodge 30, Danbury, Conn. 115th Anniversary Picnic



Enjoying the picnic are (at left) Al Morey and Kevin Holick; (in center) Renee Russell, Billy Layda and Guy Holick; and (at right) Stephney Kennedy, Lily Novak and Inkie Layda.



Having fun are (at left) Paul Novak and Mark Briganti; (in center) Charlotte Grieco, Dakota Briganti, Emma Thlick and Abigail Grieco; and (at right) Mark Omasta, Milan Kovac and Al Morey.



At the picnic are (top left) Louise Russell, Laura Jean Holick, Keri Mendes and Kim Novak; (top right) Kim Novak, Connie Marino, Mike Vangeon and Rich Cook; and (bottom row from left) Mike Vangeon and Ellen Mockovak; Irene and Irene Roth; Diane Morey and Emil Fusek.



DONATIONS GRATEFULLY ACKNOWLEDGED

To the Milan Getting Scholarship Fund

From Lodge 6W, Perth Amboy <i>In Memory of Deceased Members</i>	\$200.00
From Milan Kovac and Brigid Ruvolo <i>In Memory of "Teti Em"</i>	\$100.00
From Emil Trgala <i>In Memory of Emily Punctatz</i>	\$100.00
From the Polacek Family of Lodge 12 <i>In Memory of Emily Punctatz</i>	\$101.00
From the Polacek Family of Lodge 12 <i>In Memory of Mildred Polacek</i>	\$100.00
From the Hines Family <i>In Memory of Mom, Grandmom, and Great-Grandmother - Emily Punctatz</i>	\$101.00
From Sokol USA Lodge 74, Plymouth, Pa. <i>In Memory of Deceased Members</i>	\$45.00
From Slovak American Sokol Krivan, Lodge 306 <i>In Memory of Lillian Havel, Don Schramek and James Stoker</i>	\$100.00

To the Sport, Fitness and Wellness Fund

From Lodge 6W, Perth Amboy, N.J. <i>In Memory of Deceased Members</i>	\$200.00
From Lodge 7, Perth Amboy, N.J. <i>In Memory of Deceased Members</i>	\$45.00
From Lodge #12, Central Jersey <i>In Memory of Sister Emily Punctatz – a true Sokol for each and every one of her 101 years</i>	\$100.00
From Lodge 39, Berwyn, Ill. <i>In Memory of Sister Emily Brower</i>	\$50.00

LODGE 26, GUTTENBERG, NJ

Lodge 26, Guttenberg, N.J., donated \$170 to the Town of Guttenberg PBA Children's Christmas Party and Toy Drive. These funds represent our local community involvement for 2017.
Officers and Members of Lodge 26

HOLIDAY GREETINGS! MERRY CHRISTMAS & HAPPY NEW YEAR!

To the Milan Getting Scholarship Fund

From Brandi and Lance Kovac of Lodge 12 <i>Happy Holidays to All Our Sokol Friends</i>	\$25.00
From Ladies Lodge 15W, Binghamton, NY <i>Merry Christmas and Happy New Year</i>	\$50.00
From District Jan Francisi, Connecticut <i>In Memory of Deceased Members</i>	\$112.00
From Debbie Golden of Lodge 39, Berwyn, IL <i>Merry Christmas and Blessings to All Our Sokol Friends</i>	\$100.00
From Milan Kovac and Brigid Ruvolo <i>Merry Christmas and Happy New Year to Everyone</i>	\$100.00
From Lodge 1, Slovensky Sokol v New Yorku, Inc. <i>Wishing Everyone a Very Merry Christmas</i>	\$100.00
From Lodge 39, Berwyn, Ill. <i>Christmas Blessings to All</i>	\$100.00
From Lodge 79, Mahanoy City, Pa. <i>In Memory of our Departed Members</i>	\$500.00
Lodge 63, Homestead, Pa. <i>In memory of our Deceased Members & Best Wishes to All this Holiday Season</i>	\$150.00
From Lodge 500, East Orange, N.J. <i>Best Wishes for a Joyous Christmas and a Healthy and Happy New Year</i>	\$500.00

To the Sport, Fitness and Wellness Fund

From Sokol USA Lodge 39, Berwyn, Ill. <i>Giving Thanks to All Our Veterans</i>	\$100.00
From Lodge 1, Slovensky Sokol v New Yorku, Inc. <i>May You Have a Very Wonderful Holiday</i>	\$100.00
From Debbie Golden, Lodge 39 <i>Wishing Everyone a Very Merry Christmas and A Healthy and Happy New Year</i>	\$100.00
From Lodge 63, Homestead, Pa. <i>We Wish Everyone a Very Merry Christmas</i>	\$150.00
From Lodge 79, Mahanoy City, Pa. <i>May Health, Peace and Happiness be Yours for the New Year and May Santa Grant You All Your Wishes</i>	\$500.00

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(Continued from Page 6)

BL-C2: Bro. Bohon reported that the committee recommended against the amendment, and read the following:

Dissenting opinion for BL-C2: Merging Districts/Regions due to a lack of activities in the lodges within a District/Region

The by-laws provide a detailed and specific description of the reason for the creation of districts, now called Regions. Article IX Section 2 states: Regions are established for the purpose of facilitating the SF&W activities, contests, public exhibitions, as well as educational work of Sokol USA; sixteen districts are named in the by-laws. Although the by-laws further state in Article IV, Section 4 "Each region having a regular program of gymnastics, sports, fitness or wellness may be represented at the Convention by one of its directors ...", seven districts have sent voting delegates to this Convention.

Regions that have no activities that satisfy this clearly-defined original purpose still exist.

The by-laws have specific criteria to dissolve Loges and to expel members, but there are no such provisions to remove or merge Regions. Merging regions would streamline the Sokol USA organization. Also, combining lodges with SF&W activities with lodges that do not in a single Regions could help to spark SF&W activities in the inactive Lodges. This would be done to encourage the growth of Sokol USA through new programs and activities.

Bro. Bryan Pracko moved to accept the amendment. Sis. Kathy Naccarato seconded the motion. Sis. Karen Ondira requested to know which districts have non-active lodges, and why it would be beneficial to merge them. Sis. Walko clarified it is not for a specific district.

Bro. Bryan Pracko clarified that the purpose of the by-law is not to merge right now, but to say that districts could merge, some time.

Sis. Walko spoke against the motion, and clarified she is a critic of the by-laws, because

districts and lodges are not properly addressed. The by-laws change the organization from the administrative aspect. She stated it is not a good idea to change an organization piecemeal. The by-laws need to be changed in terms of districts and lodges in order to fit. Sis. Chris Yatchyshyn, SF&W Co-Director, clarified that this recommendation came from the SF&W. She agreed with Sis. Walko and amended the recommendation to state that a full revision of the by-laws section on regions and lodges be reviewed. Bro. Ed Bohon agreed with Sis. Walko and Sis. Yatchyshyn. He said a review of the entire section is necessary and urged delegates to vote down motion and start over.

Bro. Bryan Pracko withdrew his movement to accept the amendment. Sis. Kathy Naccarato withdrew her second. Sis. Walko reported THE MOTION IS DEAD.

BL-C3: Bro. Ed Bohon read BL-C3; the committee recommended accepting BL-C3. Bro. Todd Yatchyshyn, SF&W made a motion to adopt the amendment. Bro. Jeff Richter, Bethlehem, seconded the motion.

Bro. Nicholas Debnarik, Jr inquired about the definitions of activity vs. inactivity. Bro. Todd Yatchyshyn, SF&W responded: Activity is described as any fraternal, sports, or community activity. Bro. Burkhardt reminded the delegation that Lodges submit activity reports to Headquarters. Sis. Chris Yatchyshyn clarified that anything that can inspire activity is the goal, to keep Sokol USA alive. Sis. Ellen Kovac voiced her support for Bro. Burkhardt and Sis. Yatchyshyn because of increased transparency through the report - it ensures something meaningful is happening.

Bro. Todd Yatchyshyn proposed an exploratory question to avoid ballots; Jeff Richter seconded this motion. Sis. Walko asked the floor: Is the third amendment accepted? The floor affirmed YES.

Sis. Walko reported BL-C3 passes.

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BL-C4: Bro. Ed Bohon reported that the committee recommended that BL-C4 be passed.

Bro. Steve Banjak made a motion to accept BL-C4; Sis Norah Valentin seconded the motion. Bro. Gerry Blistan asked a clarifying question about who is considered an adult. Bro. Bohon responded that an adult member is 16+. Bro. Banjak pointed out that in another amendment, age is addressed. This specific amendment only has to do with the word "adult." Sis. Alicea pointed out the by-laws never had an age. Bro. Milan Kovac and Sis. Walko voiced dissent and contended it has always been 16. Bro. Steve Tomko suggested postponement of this amendment until a clear definition of what an adult is (16 or 18) could be reached.

Discussion of accepting 16 or 18 years old as an adult ensued.

After some discussion of adult vs. minor as defined by different lodges, Bro. Yatchyshyn points out that acceptance of the by-law would align Sokol USA's by-laws with GBU's. Sis. Debbie Golden reported that in her district, if this motion is passed, some lodges will take all of the control, and other lodges will be rendered irrelevant. Sis. Debbie Kruger, Lodge 401, pointed out that there are already lodges that can direct what is going on; she commented that the youth membership will not have opinions heard, but needs addressed. Bro. Milan Kovac objected to removing the word "adult" because the youth members are not permanent members of the organization - they are not linked to the policies sold; they are in and out. Sis. Nancy Shurina agreed that younger members are transient. Sis. Shurina responded to Bro. Todd Yatchyshyn's point by stating that there is inconsistency in what Sokol USA is merging with GBU's policies and questions why it would be critical to align with GBU on this matter but not others. Bro. Gerry Blistan returned to his original suggestion of amending the by-law to read "18 year old" rather than "adult". Bro. Jeff Richter pointed out this section of the by-laws is only about convention votes and delegates. Sis. Charity Ruhl voiced her opinion that the word "adult" should be omitted. Sis. Kristin Merker voiced her opinion that the word "adult" should be left out because all members do matter, and lodges need to be able to represent them. Bro. Tomko dissented; he stated Sokol USA is not a life insurance company. Bro. Tomko asserted that Sokol USA is an organization about preserving culture, not selling policies. Bro. Bryan Pracko responded to Bro. Tomko saying that the purpose of the amendment is to focus on new membership. Bro. Bryan Pracko voiced his opinion to eliminate the word "adult". Bro. Scott Pracko responded to Bro. Tomko. Sis. Debbie Goda questioned where it says active in the amendment - it says in good standing. Sis. Goda said it would be natural for members to come and go; she said we must eliminate word "adult". Bro. Steve Banjak pointed out we define our membership by people who have insurance policies and annuities. Bro. Steve Banjak said that number should be represented at the convention: to say that the parents of these children aren't involved is totally incorrect. Bro. Tim Brandt expressed his concern at the length of this discussion and added that there are fourteen more amendments to go. He suggested a closure of discussion and voting. He also posited that he is for the amendment. Bro. James Malik pointed out that if the amendment is passed, then there is a monopoly, and it can never be reversed. Bro. Buddy Burkhardt stated that the organization is built on longevity. Bro. Mike Cunningham said the thing to consider, if the word "adult" is eliminated, is if the motion is passed, then how many people can be sold annuities and it may not be a huge swing in votes, but then it could later. Sis. Kathy Naccarato addressed Bro. Burkhardt's comment about longevity - kids can be turned over into lifetime members. Bro. Tomko said having a policy doesn't make you a member. Bro. Tim Brandt disputed the previous points about policies not making you a member. Sis. Norah Valentin stated that you don't know if children are going to be lifetime members or not & shared her personal story with Central Jersey, Lodge 12. Sis. Valentin said all members count! Sis. Chris Yatchyshyn assured the delegates that there is no lodge trying to stack the odds by selling tons of policies. Sis. Yatchyshyn stated the difficulty lodges have in selling policies!

Motion from the floor: Use a paper ballot to vote on BL-C4.

Motion is approved with a vote on the floor.

Bro. Tim Brandt stated that he will not be present at tomorrow's session. Tomorrow, he will be nominated to the board, and he would like to accept that nomination verbally on Sunday morning before voting. The request was granted.

Sis. Nancy Shurina distributed and collected the ballots for BL-C4. The verification committee was excused to count ballots. The verification committee returned.

Bro. Ed Bohon reported there were 115 votes cast and 77 votes are needed to pass the motion. He reported:

71 votes **FOR**
44 votes **AGAINST**

The motion to approve amendment BL-C4 did not carry; the word adult will remain in the by-laws.

Bro. Milan Kovac made a motion to recess; it is seconded by Bro. James Malik.

Sis. Walko adjourned for the day with the next session to commence tomorrow morning at 9:00 AM.

Respectfully submitted, Erin Flaherty and Brandi Kovac

Sokol USA Sports Fitness & Wellness Department Annual Meeting Minutes Friday, August 11, 2017- Pittsburgh, PA – 5:30 PM

Attendance: Chris Yatchyshyn, Todd Yatchyshyn, Charity Ruhl, Amy Pracko, Kathy Naccarato, Ellen Kovac, Norah Valentin, Neechie Rehwinkel, Bryan Pracko, Scott Pracko, Kristin Merker, Cindy Larsen Merker, Stephen Banjak, Donna Ekis, Tim Tocket, Rich Yatchyshyn, Tammy Bendel

Welcome

Chris and Todd welcomed the attendees and thanked them for the great work they do to maintain their gym programs. They also thanked them for giving up their Friday evening to hold the annual meeting during the Convention rather than at a separate time.

OLD BUSINESS

American Sokol Slet

Sokol USA participation was strong; over 70 members attended the Am. Sokol Slet. Sokol USA had many gymnastics winners, several fitness challenge winners, and placed second in the Slet Relay Race.

Lodge/District Reports

Lodges were encouraged to share any updates since they submitted their mid-year reports. Lodge 12 plans to resurrect their Tot Program; Pen Argyl now has a Tournament Baseball Team; Monessen has added an Acro Class which involves dance, balancing and tumbling performed by pairs or trios.

District Board (SL) Update

Chris reported that there was again discussion regarding the types of policies available through GBU. Several board members expressed their displeasure with selling the yearly term policy to the youth because there is a large turnover each year. It was agreed that the 3-payment life policy that Mr. Sopoci originally designed for the gym programs was the one that worked best for the lodges with gym programs and members who purchased that policy make up a good portion of the present membership – even if they are not active in their lodges today. Bro. Bielecki was asked to bring this topic forward to GBU, asking them to consider offering a 3-payment life policy.

Discussion followed that focused on whether or not selling life insurance is the best method for membership since it is a difficult sell and Sokol USA receives very little in return. An alternative would be a yearly national fee, similar to the Am. Sokol model, which could help generate the national fund. This fee would be in lieu of a life insurance policy but in addition to whatever the gym programs need to charge in order to run their programs. The group decided to see what GBU's reaction to the possibility of a 3-payment life policy is before making any other membership recommendations.

American Sokol Instructors School

Todd informed the group that the 2017 School will follow the Slet and be held at the Cedar Rapids gym. Todd will serve on staff and Sokol USA has three beginner students – two from Chicago and one from Farrell.

The 2018 School is scheduled to be held in Cleveland, some time after the CSO Slet in Prague. Todd reviewed the classes that the students attend. He explained that the curriculum is constantly evolving and the school also offers many certification opportunities to the students. It was recommended that the school also cover some crisis prevention/intervention and defusing techniques. Todd will bring this recommendation to the next school board meeting. The national directors urged the directors to continue sending students to Instructors School to help insure sufficient instructors for the future.

Mini Sokolfest – hosted by Monessen Sokol

Charity said the event went very well and was attended by gymnasts from DA Sokol, Farrell Sokol and Monessen Sokol. Todd added that the visitors felt the meet was very professional and they had a lot of fun during the social events and pig roast. He hopes many more will attend in the future.

Todd recommended that we hold another Mini Sokolfest next spring; date to be determined based on the Falcon Gymnastics schedule.

Motion seconded; unanimously approved.

World Sokol Federation Update

Steve updated the group on the progress made regarding the Special Number Video event that is sponsored by the WSF. A group consisting of Sokol USA, DA Sokol and American Sokol created a rubric which better clarifies the requirements for entries. The recommendation was accepted by the WSF. Steve urges all lodges to create a special number that can be used at various functions throughout the year and perhaps have all numbers performed at an event in the future. It was mutually agreed that everyone would try to work on a number during 2017-18 and schedule a performance the following year, or at the 2019 Slet.

Collaborations

Todd updated the group on collaborations that have been occurring between Sokol USA, American Sokol, the Polish Falcons and the Slovak Catholic Sokol. A group of nine Boonton bowlers participated in the Catholic Sokols National Bowling tournament that was held the same weekend that Sokol USA traditionally hosts a tournament. The directors have received feedback from Boonton and will be sending out a survey to

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Sokol USA Sports Fitness & Wellness Department Annual Meeting Minutes

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decide how to proceed going forward with the Bowling Tournament.

The Polish Falcons hosted a Future Leaders Conference in February in Pittsburgh. Todd and the Bajek Brothers, two Americana Sokol members, attended – one an adult the other as a student participant. They found the event very worthwhile. Polish Falcons may open the event to more in the future. The Polish Falcons also have a Youth Summer Camp but have a shortage of staff. The Bajek brothers were both invited to serve on staff this summer; Todd hopes to make a visit one day during the summer camp that is being held in western PA. The Polish Falcons will also be hosting a face-to-face meeting on November 4th at their headquarters in Pittsburgh. Both Sokol USA and American Sokol have stated they will be in attendance; to date all other meetings have been conference calls. The Polish Falcons will also be hosting their Zlot (Slet equivalent) in Cleveland in 2018. They are willing to coordinate with us to hold a gymnastics meet in conjunction with their event. Further discussion will ensue.

Liability Insurance

Central Jersey explained the difficulty they have encountered trying to get liability insurance since they only rent a few hours a week at another gymnastics establishment. Eventually they purchased individual coverage for each of their instructors. The directors shared the names of the insurance companies they use. Coverage is costly, but all the other gyms have been able to obtain it.

Sokol Times/GBU Reporter Submissions - Reminder

Please continue to submit items to headquarters. 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

Code of Conduct (separate attachment) - Reminder

Please review this document with all instructors and lodge officers.

NEW BUSINESS

Am. Sokol Directors Conference

The American Sokol District Directors Conference will be held October 20-22, in Detroit. Chris and Todd will attend. There will also be a School Board meeting that Todd will attend that weekend.

Since American Sokol is not hosting a Development Conference this year, it was strongly suggested that each area hold at least one training session.

Chicago will be hosting a Calisthenics Writing Clinic the weekend of SEP 30-OCT 1. The goal of this session is to create a new calisthenics exercise for juniors and young adults to perform at the 2019 Sokol USA Slet.

Sokolfest XXVIII

Todd provided an update on the 2019 Sokol USA Slet. After visiting gyms, high schools and hotels in both Detroit and Buffalo, it was decided that Buffalo was better able to accommodate our needs. With the close proximity of Niagra Falls, this additional feature may also help draw participants. Buffalo is within a day's driving distance of most of our Sokol USA lodges and the majority of American Sokol Units that generally participate in our Slet. It is also a large hub for Polish Falcons who we also hope will participate.

Final arrangements have not yet been made and a schedule other than our usual one is under consideration. Possibilities include an opening ceremony at a local amusement park on WED, Gymnastics competition and evening social on THU; FRI morning Slet rehearsal, afternoon Fitness Challenge and FRI night Slet performance; SAT Volleyball Tournament, Marching Competition and Fitness Challenge; SAT evening Awards Dance; SUN golf tournament. Fun Bowling Tournament and 3-on-3 Basketball are also under consideration.

Two members expressed concern that the Slet would not be the finale of Sokolfest XXVIII and wondered if people would stay Saturday if they were not in the volleyball tournament. Scheduling concerns will be taken into consideration before final dates and times are decided.

Lodge/District Recommendations

Farrell: That Sokol USA financially supports those representing Sokol USA in the XVI Pan Sokol Slet in Prague in the amount of \$300.00 per participant. The amount to be paid prior to the time that the money is needed to pay the cost of the trip. Participants to be verified by the Lodge Directors

Explanation: The money would aid in paying the cost of the trip which may extend into thousands of dollars per person.

Motion seconded; approved unanimously.

SFW Dept. Recommendations, Budget Recommendations for 2017-2018

1. That Sokol USA pay full tuition of any Sokol USA member to attend a National Sokol Instructors School in 2018 with the recommendation of their Lodge Director and prior to attending the school, obtain the approval of the National Directors.

Approved by Finance Committee

2. That Sokol USA subsidize the cost of tuition for Sokol USA campers to attend a National Summer 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.

Approved by Finance Committee

3. That Sokol USA subsidize up to \$3,600 total to be allocated for the 2017-2018 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.

Approved by Finance Committee

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.

Approved by Finance Committee

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.

Approved by Finance Committee

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 2017-2018 season.

Approved by Finance Committee

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.

Approved by Finance Committee

8. That Sokol USA pay the cost of Professional Membership in USAG for the National Staff for the 2017-2018 season.

Approved by Finance Committee

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.

Approved by Finance Committee

10. That Sokol USA join the USAG Member Club Program as a member organization.

Approved by Finance Committee

11. 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 2018.

Approved by Finance Committee

12. 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. If Sokol USA does not host a national tournament, lodges may apply for subsidy to help support participation in a tournament sponsored by one of the fraternal organizations with whom Sokol USA collaborates.

Approved by Finance Committee

13. 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.

Approved by Finance Committee

14. 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. If Sokol USA does not host a national tournament, lodges may apply for subsidy to help support participation in a tournament sponsored by one of the fraternal organizations with whom Sokol USA collaborates, or to help fund costs associated with a lodge team that participates in an ongoing seasonal league.

Approved by Finance Committee

15. That Sokol USA subsidize a National Sporting Activity, up to one thousand dollars (\$1000) plus the cost of awards (\$150).

Approved by Finance Committee

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**Sokol USA Sports Fitness & Wellness
Department Annual Meeting Minutes**

2017-2018 SFW Budget

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16. That lodges conducting weekly SFW programs can apply for financial aid from Sokol USA to supplement the expense of their programs up to \$2,000 (two thousand dollars) each, for the 2017-2018 program year, for a sum of \$12,000 based on a total of six active lodges.
Approved by Finance Committee
17. That Sokol USA pay for the full travel expense for all authorized Sokol USA delegates to attend the 2018 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. This event may be scheduled in conjunction with an American Sokol BOI Development Conference.
Approved by Finance Committee
18. 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.
Approved by Finance Committee
19. That Sokol USA financially support the \$106.00 annual cost of WORD 360 and the \$155.00 annual cost of Borked PC maintenance and anti-virus maintenance protection for the SFW Dept. computer, currently in Sister Yatchyshyn's possession.
Finance Committee approved with the removal of the dollar amount and Borked PC. Headquarters will look into getting these items covered as an organization.
20. That Sokol USA financially support those representing Sokol USA in the XVI PAN Sokol Slet in Prague, July 1-6, 2018, in the amount of \$300.00 per participant, not to exceed a total of \$6,000. Should more than 20 members participate, the \$6,000 will be divided equally among the participants. The amount to be paid prior to the time that the money is needed to pay the cost of the trip. Participants to be verified by the Lodge Directors.
Explanation: The money would aid in paying the cost of the trip which may extend into thousands of dollars per person.
Approved by Finance Committee
21. That Sokol USA financially support the National Co-Directors in attending the XVI COS Prague Slet, July 1-6, 2018, in the amount of \$1,500.00 per director. The Finance Committee previously addressed this recommendation when it approved a travel allowance of \$1500 for board members attending the Slet. That recommendation was then modified to cap travel allowance for board members at \$10,500. Up to 7 board members would each receive a \$1500 allowance. Should more members attend, the \$10,500 would be divided equally among the attending board members.

Motion made to accept Recommendations # 1-21. Motion seconded; approved unanimously. The recommendations will be forwarded to the Finance Committee for consideration.

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/ 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	12000	
Local/Area Training Sessions	3600	

National Activities		\$ 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	

Program Development for Membership Growth	\$10,000.00
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XVI CSO Slet 2017		\$ 9,000.00
<i>Includes expenditures for:</i>		
Subsidy for Individuals	6000	
Subsidy for National Co-Directors	3000	

Technology-related Fees		\$ 216.00
<i>Includes expenditures for:</i>		
WORD 360 annual fee	106	
Borked PC annual protection fee	155	

Total	\$ 61,261.00
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Future Conference Call
The next conference call will be in early December. Date TBD.

Motion to Adjourn
A motion to adjourn was made, seconded and unanimously approved.

The meeting ended at 8:15 PM.

Respectfully submitted by Chris Yatchyshyn



**XXXV CONVENTION
OF THE
SLOVAK GYMNASTIC UNION SOKOL
OF THE UNITED STATES OF AMERICA
SOKOL U.S.A.**

Held in Pittsburgh, PA
From August 11 - August 14, 2017

SECOND SESSION
Saturday, August 12, 2017

The second session of the XXXV Convention was called to order at 9:11 AM on Saturday, August 12, 2017.

Sis. Walko reported the advice of the Parliamentarian, Mr. Williams: the By-Laws committee needs further meeting and advisement. She suggested that the delegation move the order of the morning schedule, and begin with salary and expenses. First order of business is to move first to salary and expenses, and move the By-Laws to follow lunch. Sis Walko asked if anyone was in opposition to changing the order. No one was.

Sis. Walko called upon the Verification Committee to call roll. Sis. Kristin Merker reported that yesterday there was a total number of 115 votes. There was a total of 91 Lodge votes, 7 District votes, and 17 Supreme Lodge Delegates (with one vote each).

Bro. Cunningham conducted roll call. Absent: Bro. Tim Brandt and Joe Dubovi (who

wasn't present at yesterday's session either).

Sis. Kristin Merker reported a correction for today's session: there will be 16 national board votes, with the absence of Bro. Tim Brandt. So the total votes is 114 for today.

Also present at today's session was Sis. Cathy Ozdany, Lodge 130, New Kensington, PA. Sis. Ozdany is an Alternate Delegate with no votes.

Sis. Walko moved to Expenses & Salary, and called Bro. John Kamenitsky to the podium. Bro. Kamenitsky recognized the members of the Finance and Expense committee.

Sis. Naccarato reported on behalf of the Expenses and Salary Committee. Sis. Naccarato's report is reprinted below:

- REPORT OF THE CONVENTION EXPENSES & SALARY COMMITTEE**
 Advisors - Bro. John Kamenitsky, Finance Committee Chair & Bro. Arthur Burkhardt, Supreme Treasurer
 Chairperson - Bro. Stephen Tomko, Lodge 46 - McKeesport, PA
 Secretary - Sis. Kathy Naccarato, Lodge 410 - Pen Argyl, PA
 Member - Sis. Judy Piro - Lodge 7, Byram, CT
 Member - Bro. Nick Debnarik, Jr, Lodge 59 - Trenton, NJ
 Member - Sis. Charity Ruhl, Lodge 47 - Monessen, PA
 Member - Bro. James Malik - Lodge 26, Guttenberg, NJ

The Committee unanimously recommends the following Convention Expenses to be paid:

(Continued on Page 12)

Golfing for Children



Participating Nathan Lounsbury Foundation Big Cup Golf Tournament Fund Raiser were Sokol Lodge 30 members (from left) Mark Omasta, Tom Omasta, Ava Omasta, Lindsey Mapes, newborn Savanna Mapes, Skip Omasta, Kristen Omasta, Rick Fusek, and Stephanie Lounsbury with her son Andrew. There were 136 golfers and many volunteers participated in this fun event that generated thousands of dollars, which will help fund a cutting-edge research study to help better understand and prevent SIDS (Sudden Infant Death Syndrome) from occurring. The foundation continues to partner with Boston Children's Hospital to further this research. The Lounsbury family and Foundation are truly grateful to all of the sponsors, players and volunteers who made this year's tournament a success. The event was held on Monday, October 2, 2017, at Richter Park in Danbury, Conn.

XXXV CONVENTION – SESSION I

(Continued from Page 11)

- 1) The Convention Chairperson and Vice- Chairperson receive \$100 per diem. There shall be no "double dipping" of per diems. If the Chair or Vice -Chair be entitled to 2 or more per diems due to other offices or positions, he or she is allowed to receive the higher amount.
- 2) The Sergeants -at-Arms receive \$50 per diem each.
- 3) Sokol USA pay Lodging and Transportation to each bona fide delegate as per Article IV, section 7 of the By-Laws including region representative, District officer, Honorary Officer, appointed officer, recording secretary, and Guest delegate.
- 4) a) Air travel to be reimbursed at Coach fare plus local cab fare. A copy of the airline ticket must be attached to the expense voucher.
b) Car travel to be reimbursed to the driver of the car, not to additional delegates in the car, at the rate of \$0.535 per mile, tolls and parking expense. Reimbursement is not to exceed coach air fare.
- 5) Travel expenses will be reimbursed to no more than two (2) delegates per lodge per Article IV section 2.
- 6) The following meals to be provided to the Delegates, Guest Delegates, Convention Chairpersons, Legal Advisor, District Board Officers, Honorary Officers, Convention Hostesses, Recording Secretaries and officially invited guests:
Breakfast & Lunch – Friday, Saturday and Sunday August 11,12 & 13, 2017
Breakfast – Monday, August 14, 2017
Tailgate Party – Saturday August 12, 2017
Cocktail Reception – Sunday August 13, 2017

The committee recommends that all six convention expenses be voted on as one.

Bro. Bohon made a motion to accept the expenses. Bro. James Malik seconded the motion. MOTION CARRIED.

The Committee unanimously recommends the following annual salaries for the District Board Officers:

President	\$4600
Vice-President	\$1125
Fraternal Secretary	\$6250
Recording Secretary	\$1500
Treasurer	\$1700
Executive Trustee	\$1700
Trustee	\$1125 each
Frat Activities Director	\$1250
SFW Co-Director (2)	\$2800 each
SFW Assistants (4)	\$330 each
Chief Judicial Officer	\$100

(To be Continued in the February 2018 Edition)

SOKOL RAISING THE BAR FOR FAMILY FITNESS

Some of us in the District Hodza area are getting shirts that say "Raising the bar for family fitness. Originally planned to be worn at the Convention (but unavoidably delayed), these shirts state the Sokol philosophy in a modern way. The theme of the shirts focuses on family fitness because there is no age limit to exercise and good health the Sokol way.

Only a few Sokol USA lodges still have the luxury of a gym to call their own. But every member of any age can live a Sokol life of physical fitness. Many things can be done at home for free. I personally believe that washing the car and vacuuming the floors are excellent exercises.

What else is necessary to live a healthy lifestyle? They include: eating a diet with plenty of vegetables and fruits; getting adequate sleep; avoiding smoking; having something purposeful to do; being kind to others. Having someone to work with you toward these goals is a big plus. No one is too old or too young to get stronger and healthier.

In future issues of the Sokol Times, I hope to offer more suggestions gleaned from various sources on maintaining or regaining a healthy life and warding off "old age." But don't wait – start out today. Think of one thing you can do to improve your muscle tone, your diet, or your outlook on life. You will be on your way to a Sokol way of life: a sound mind in a healthy body.

Ellen Kovac

PS: It would be great if you would share your favorite simple and free ways to improve fitness. What do you do? Send a description of it to Sokolusahqs@aol.com, marked "For the Sokol Times." Let's get a column of suggestions going!



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.

WILLIAM J. STEILS – (1943-2017) A member of Lodge 248, Rossford, Ohio.

ANNA VESEY – (1925-2016) A member of Lodge 2, Bridgeport, Conn.

MARYANN ZUKA – (1945-2017) A member of Lodge 26, Guttenberg, N.J.

MARGARET DUDA – (1919-2017) A member of Lodge 47, Monessen, Pa.

MICHAEL HALAMA – (1955-2017) A member of Lodge 240, Aliquippa, Pa.

MARTHA HUBANS – (1931-2017) A member of Lodge 46, McKeesport, Pa.

HELEN JONES – (1921-2017) A member of Lodge 278, Masaryktown, Fla.

PETER KRAJC – (1935-2017) A member of Lodge 30, Danbury, Conn.

MILDRED RAUCH – (1918-2017) A member of Lodge 39, Berwyn, Ill.

MELISS ROBINSON – (1969-2017) A member of Lodge 112, Newark, N.J.

JAMES STOKER – (1947-2017) A member of Lodge 276, Pittsburgh, Pa.

JOHN YENDREK – (1928-2017) A member of Lodge 103, Farrell, Pa.