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# SOKOL TIMES

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## From the President's View

The end of October in Pittsburgh saw the horrible murders at The Tree of Life Synagogue in Pittsburgh. A racist gunman burst into the synagogue during its Sabbath Service on a Saturday morning, killing 11 worshippers and wounding many more before several SWAT teams managed to capture him. The gunman announced as he entered the synagogue that he had come to kill Jews. It was a shocking and horrible incident.



Joseph Bielecki

Following this awful event, there was a giant outpouring of people to the streets protesting bigotry. The following days brought a great showing of support for the victims. There were many memorials, many demonstrations and many expressions of sympathy and aid to the families of the murdered victims.

This is what the fraternal system is all about! Miroslav Tyrs, the Sokol Movement's founder, summed it all up in his slogan: "Liberty, equality and brotherhood!"

I attended our Sokol MCT district meeting shortly after the horrific event at Tree of Life. The MCT district voted to make two charitable donations. One was to the Danbury, Conn., Sokol lodge which sustained severe damage to its Sokol club or home some months ago. The other donation made was to a fund for the families of the synagogue shooting victims. These donations are wonderful expressions of concern and fraternalism. These were generous responses to those in need.

Sokols have always assisted the less fortunate, either by direct help or by financial assistance. As we approach the Thanksgiving and Christmas holiday seasons, I encourage our lodges and members to engage in charitable giving and to remember the less fortunate. This is a good time of year to make donations to food banks and other community charities. I also encourage our members to remember Sokol USA's Milan Getting Scholarship Fund when  
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**VESELE VIANOCE  
A STASTNY NOVY ROK!  
MERRY CHRISTMAS  
AND HAPPY NEW YEAR!**



**TO ALL OUR MEMBERS  
FROM THE SUPREME LODGE OF SOKOL USA**



## Sokol USA Attends American Sokol Development Conference

By Chris Yatchyshyn

On the weekend of October 27-28, American Sokol held a Development Conference at Sokol Spirit in Brookfield, Ill. Nearly 100 Sokols of all ages participated in the day-and-a-half event that featured a variety of hands-on training sessions and lecture-style workshops. Our sister Sokol graciously invites Sokol USA to participate in the every-other-year conference and this year we gladly accepted with 27 Sokol USA members attending.

Included in the schedule was a track of sessions that featured the calisthenics and folk dance that will be featured in the Slet performance at Sokolfest 2019 in Buffalo, N.Y. Thanks to Bryan Pracko for teaching the new Senior II Calisthenics he wrote for the upcoming event. Thanks also to Heidi Yatchyshyn, lead teacher of the Junior/Senior Calisthenics session, along with several of the co-authors who jointly wrote the original calisthenics one weekend in 2017 during a "cal lock-in" at our Chicago lodge.

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At left, Senior II Calisthenics practice session at the Development Conference.

# SOKOL TIMES

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

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## FROM THE PRESIDENT'S VIEW

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making end of the year donations.

Looking ahead to the New Year, I encourage our lodges to meet and be active. I also encourage our members to work off some of the holiday pounds gained by participating in our walking and bicycle clubs as well as by doing traditional Sokol exercises.

Also, now is a good time to start making plans to attend our Sokolfest in the Buffalo/Niagara Falls, New York area in June 2019.

There will be many fun events. It is a good time to meet up with old friends and to watch or to participate in the sports events. At the MCT meeting, they discussed the idea of having a bus to go to the Sokolfest. I encourage our members to consider attending some or all of the Sokolfest and to come and have a great time!

As the holiday season and the end of the year fast approach, I conclude by wishing you all the traditional East European good wishes for Health, Wealth and Happiness in the New Year 2019!  
 NAZDAR!

Joseph Bielecki  
 President, SOKOL USA

## 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.*

**HELEN BATCHA** – (1927-2018) A member of Lodge 220, Dunellen, N.J.

**JUDY BZDUCH** – (1939-2011) A member of Lodge 39/40W, Berwyn, Ill.

**IRENE MARTINKA** – (1924-2018) A member of Lodge 130, New Kensington, Pa.

**DANIEL MIERT** – (1934-2017) A member of Lodge 7, Byram, Conn.

**ROBERT NOCTOR** – (1934-2018) A member of Lodge 93, Bethlehem, Pa.

**MARGARET PRISUTA** – (1923-2018) A member of Lodge 240, Aliquippa, Pa.

**MARIAN RESETAR** – (1929-2018) A member of Lodge 13, New Kensington, Pa.

**DONALD SHANNON** – (1951-2018) A member of Lodge 269, Whiting, Ind.

**BRIAN SOFALY** – (1964-2018) A member of Lodge 255, Leechburg, Pa.

**JOSEPH ZUROVCIK** – (1926-2018) A member of Lodge 46, McKeesport, Pa.

## Fit for Life

### LET'S TALK FOOD!

Physical fitness includes more than exercising. It includes eating nutritious food to fuel our bodies, getting sufficient sleep to repair and refresh our bodies, and maintaining mental and emotional health. This month's column addresses the fuel that our bodies need, summarizing information gleaned from many sources and providing advice from my own life plan for healthy eating, which has resulted in my still weighing what I have weighed since my college days.

### First, CALORIES

The calorie is a unit of energy. We keep track of everything we eat and drink by counting calories. The average woman needs 2,000 calories per day to maintain her weight and 1,500 per day to lose weight. Exactly how many calories we need to keep our bodies running well depends on our age, our gender, our height, and the amount of physical work we do. The epidemic of obesity that the American population is currently experiencing is due to consuming more calories than needed.

It's helpful to think of calories as money. You have a limited amount of money to spend on the goods and services you need in your life. You can spend your money wisely to best satisfy your needs or you can waste your money on things that will not enhance your life. It's the same with calories. You can "spend" your daily allotment of calories on food with a lot of nutritional value or you can waste your daily allotment on foods that will not enhance your life.

### WHY WE OVEREAT

Several factors account for our consuming too much food and/or the wrong foods, including these:

- social reasons (parties, holidays, any get-together with a friend; even loneliness),
- advertising, which often misinforms us,
- lack of accurate nutritional knowledge,
- sedentary jobs,
- huge portions served at restaurants,
- being "too busy" to prepare fresh foods for ourselves,
- eating when our body is only thirsty,
- eating as a substitute for not getting enough sleep, and
- consuming "reduced fat" or "sugar free" foods that don't satisfy our appetites, making meals the most important part of our lives.

### SOLUTIONS

1) Educate yourself about the calorie and nutritional content of everything you eat or drink. For example, a glass of milk, even whole milk, is a good food value; it has lots of nutrients for the amount of calories it has. A diet soda is a bad value; although it may have no calories, it actually contains no nutrition and does contain chemicals which may be harmful to your body. When grocery shopping, avoid unwanted

chemicals which may be harmful to your body. When grocery shopping, avoid unwanted chemicals by choosing organically grown foods when you can. Choose more vegetables and fruits and less meat. Choose fresh foods over processed, prepared, or convenience foods. Grow your own tomatoes and peas if you can.

2) Realize that your diet is everything you eat every day for the rest of your life, starting today. It must be sensible and well balanced. Train yourself to dislike junk food, such as items that are sold in wrappers in vending machines and greasy foods such as French fries. (Potatoes without the grease and salt are quite healthy; French fries and potato chips are not.) Eat simple meals with lots of fresh fruits and vegetables. Use onion, garlic, parsley, and other herbs and spices to make vegetables delicious without a lot of salt. Minimize rich sauces and sugary desserts. Eat slowly and don't stuff yourself. Hungry before bedtime? Don't eat; just go to bed. Your digestive system will thank you. Hungry during the day? You may actually only be thirsty; try drinking a glass of water.

3) Avoid fad diets as the waste of your time and money that they are.

4) DO NOT decide to start your diet *after* the holidays. Your diet started the day you were born. Start today to improve your eating habits and keep working towards that goal every day until it becomes natural and you can intuit what your body is asking for in terms of nutrition.

5) You and your car both need fuel to run. Your car needs gasoline and you need nutritious food. Memorize this and repeat it often: "I wouldn't put [insert any unhealthy drink] into my car's gas tank, so why would I put [insert any unhealthy food] into my body?"

### MEANWHILE, HOW'S YOUR EXERCISE PROGRAM GOING?

Although eating too much can never be completely offset by lots of exercise, exercising your body is still crucial for maintaining good blood circulation and the health of all your body organs, including your brain. The latest expert recommendation for adults is for 2½ hours per week of real exercise (more than that for children and teens), divided however is convenient for you throughout the days of the week.

*So, how are you doing?*

Ellen Kovac



## WHO NEEDS MONEY FOR COLLEGE?

High School Seniors planning to attend college or current college students, Sokol USA's **Milan Getting Scholarship** is available to Sokol USA members!

Education is never something that should take a back seat. Improve your financial ability to attend college by applying for the Milan Getting Scholarship. Each year, Sokol USA is proud to award the Milan Getting Scholarship to Sokol USA members who are furthering their education. Contact Sokol USA Headquarters by phone or e-mail (973-676-0281 or [SOKOLUSAHQ@aol.com](mailto:SOKOLUSAHQ@aol.com)) and obtain an application and get ready to enjoy one of the benefits of being a Sokol USA member.

Applications for the 2019-2020 academic year must be received at Sokol USA by April 1, 2019. New scholarship recipients will be announced by June 1, 2019.

**Reminder: All current Milan Getting Scholarship recipients must submit a scholarship renewal application each year by June 29<sup>th</sup>. Please contact Sokol USA headquarters with any question**



**HAPPY HALLOWEEN** – The Lodge 306 Tots class had a special Halloween Party where they played games, including hide and seek in their mat maze. The event also featured some special guests to get the children in the Halloween spirit.

## Sokol USA Sports Fitness & Wellness Department Annual Meeting

9/9/18 & 9/23/18 – Conference Call – Time 8:30 PM EST

**Attendance – 9/9/18:** Todd Yatchyshyn, Chris Yatchyshyn, Charity Ruhl, Matthew Reynolds, Kathy Naccarato, Heidi Yatchyshyn, Steve Banjak, Alex Banjak, Ellen Kovac, Brandi Kovac, Norah Valentin, Bryan Pracko

### OLD BUSINESS

**Lodge/District Updates:** In June the Farrell Lodge held their Annual Meeting/Gymnastic Recognition Day and awarded \$4,500 in college scholarships to lodge members. Lodge 103 also held their annual Golf Scramble fundraiser; 120 golfers participated. Seven members went to Prague, marched in the parade, attended the stadium performances and other Slet-related events.

**The Central Jersey Lodge** has been able to maintain a group of between 15-18 participants over the past year, from tots to seniors in their 70s. Lodge 12 also had members attend the Prague Slet and they were very impressed by the variety of performances throughout the week.

**The Monessen Lodge** offers a summer pass for unlimited gym sessions. Nearly 380 participants took advantage of the promotion; former gymnasts, home from college, helped serve as instructors. The promotion is a savings for the gymnasts but mainly it has helped increased funds to cover bills during the typically slower summer season.

**The Pen Argyl Lodge** again sponsored a summer tournament baseball team. The other main venture was a fundraiser, held during five summer concerts in the local park. Lodge 410 officers, parents and youth members volunteered with purchasing food, set up, cooking and manning the refreshment stand. They raised just under \$1500, which greatly helped with the summer rent.

**Lodge 306** did not have any gymnastics activities over the summer due to the floor being refinished and the parking lot re-paved. They sent two students, Phillip Tudisco and Lauren Hackett, to Kurz, and Kristin Merker served on staff as an instructor. Kristin Merker and Natalie Smith represented the Chicago Lodge in Prague. The Annual Golf outing was held on August 4 with 23 golfers attending. The Sr. II Calisthenics, written by Bryan Pracko, has been taught and lodge members participated in the filming. Lodge 306 has also developed a Junior Board being advised by Kristin Merker and Phillip Tudisco. They have been running fundraisers and went on a weekend outing in the beginning of August.

**COS Slet in Prague:** Over 20 Sokol USA participants marched in the parade and enjoyed the Opening Ceremony Gala and Slet performances. Our Sokol USA liaison Brother Banjak reported that everything was of high quality and very creative. He suggested that in the future we may want to move away a bit from the traditional calisthenics and consider the style of the creative compositions that are being written in the Czech Republic, especially incorporating unusual small apparatus, such as white buckets. Steve is posting video clips from various performances on the Farrell Facebook page. He also informed the group that Jean Hruby was elected president of the WSF. Chris commented on how sharp Sokol USA looked marching in the parade in their red shirts and white pants and mentioned that there is a video of the Slet available. Sokol USA will be ordering 15 copies.

**American Sokol Instructors School:** Two Sokol USA students attended the school held in Cleveland in July. Advanced II Student Phillip Tudisco and Beginner Student Lauren Hackett are both from Lodge 306. Sister Kristin Merker also served on the teaching staff.

**Bowling Tournament:** A national tournament was not held during the 2017-18 program year. The Bethlehem Lodge, under the direction of District Board Member Jeff Richter, will host a tournament next spring with a new format & possible inclusion of a fun bowling component. The tournament will not be restricted to the third weekend in May since the date conflicts with an ongoing tournament the lodge runs.

**Sokol Times/GBU Reporter Submissions:** Articles and photos should be submitted to Kristin Merker by the 20th of SEP, NOV, JAN, MAR, MAY, JUL for the following month's issue. This timeline also works for the *GBU Reporter*. Send items to [sokoltimessubmissions@gmail.com](mailto:sokoltimessubmissions@gmail.com). It is also time to update/condense our gym schedules and information in the *GBU Reporter*. Send it to Kristin and include: Lodge name, location, schedule, contact information, and a few sentences about the program.

**Code of Conduct Discussion:** The Sokol USA Code of Conduct was last updated in 2012 when we voted to follow 3 sections of the USAG policies - the Code of Ethics, Club Requirements and the Participant Welfare Policy. In 2012 a letter was sent to all lodge presidents, strongly suggesting that every officer and instructor sign a form, yearly, stating that they had read the three sections. It was also recommended that the signed forms be kept on file in the gym. Copies of this information was sent to the directors.

This year USAG has updated their policies. They are specified in two documents: The USA Gymnastics Code of Ethical Conduct and The USA Gymnastics Safe Sport Policy. Both documents have been shared with our directors to review; they will be discussed on the SEP 23 Conference Call. It was suggested that we need to do more than have a Code of Conduct, do background checks and post methods on how to report abuse. We need to make every effort to prevent abuse. It was suggested that we all take the Safe Sport training course offered online by the US Olympic Committee. It covers Mandatory Reporting, Sexual Misconduct Awareness Education, & Emotional and Physical Misconduct. Ellen reported that she has watched it and found it worthwhile; the training is available at <https://safesport.org/training>. Another suggestion was to inform parents about the availability of such training and to inform youth participants on how to be safe in the gym.

**Background Checks** All coaches and volunteers in PA who are involved with children must have criminal and child abuse background clearances; other states have similar regulations. Lodge directors must find out what is required by their state and comply with their guidelines.

### Sokolfest 2019 – Buffalo, NY, June 26-30

**Logo:** The logo was featured on the cover of the AUG *Sokol Times*. Thanks to Heidi Yatchyshyn for designing it.

**Tentative Schedule:** The schedule was previously sent and discussed. Concerns were raised about the Friday morning rehearsal; the directors have decided to keep the rehearsal as scheduled in hopes of promoting greater participation in the SAT morning Volleyball Tournament.

**Calisthenics:** Tots/Children – *Sokols Around the World* (1983) updated by author Steve Banjak Junior/Senior – A collaborative effort by a group of Sokols led by Todd Yatchyshyn Senior II Cal – Written by Bryan Pracko. The filming is completed for this call!

The authors were thanked; the goal is to have the texts and music available by the end of SEP, as well as the filming for the Junior/Senior Cal and the Tots/Children's Cal shortly thereafter. One additional number to be included in the Slet performance is the Sokol Instructor School Folk Dance Medley, assembled by Mary Cushing.

**Gymnastics** – This will be an AAU competition; all competitors must be AAU members.

**Routines** – There was a discussion regarding which routines to offer – Sokol compulsory routines, USAG Compulsories, USAG Excel program, or a combination. The directors will review the participants in Sokolfest 2016, and possibly the 2017 Am. Sokol Slet, and will present a recommendation on the SEP 23 Conference Call. There was consensus that the number of age groups within each level should be reduced to promote competition within the level.

**Gymnasts' Package:** This includes gymnastics competition, fitness challenge, Slet participation, amusement park with meal, BBQ, Polka Dance with meal and Celebration Dance with light food. The fee will be more expensive than in the past, but it is all inclusive. A full ticket package will also be available for non-competitors at a discounted rate; individual tickets will be higher.

**Separate Fees:** There will be separate registration fees for Volleyball Teams, those only participating in the Fitness Challenge, the Brewery Tour, the Golf Scramble, and Fun Bowling

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# Thanks & Giving 2018

As a busy 2018 winds down and winter begins to set in, we can look back and see that October and November were full of activities. The National Board met in October to set budgets and gear up preparations for our 2019 Sokolfest in Buffalo, N.Y. I wish to thank our Board for approving my requests for our following fraternal member programs: continued the lodge/region reimbursement of \$100.00 to the first 10 groups applying to sponsor events for increasing membership or community service.

The Board approved a new member rewards' program to encourage wellness among all members by sponsoring five monthly drawings for a \$25.00 gift card for any member who gets their flu shot. To participate in this drawing, members must send their name, lodge number, address, and date and place they received their vaccine to headquarters. The drawing will be at the end of each month of December through April. All names will remain eligible throughout this period and

only winners' names will be removed. Also, the Board approved seed money for our community service during our Slet. We will be raising funds for the Special Olympics of Western New York and hope to release more information on the fundraising of this worthy cause soon.

Region MCT held their annual meeting October 28<sup>th</sup> and, in addition to a donation to the repairs of Lodge 30, they also gave a donation to the Tree of Life Synagogue. This again shows a demonstration of our strong Sokol involvement in our communities in times of both prosperity and crisis. Additionally, members committed to go Friday, November 2<sup>nd</sup> to help setup for Operation Reach Out box packing. President Joseph Bielecki gave a report on the GBU Convention and our upcoming Sokolfest. Members expressed interest in possibly sponsoring a bus trip to attend the events in Buffalo.

On Saturday, November 3<sup>rd</sup>, I was part of a group of

Sokol members, which included a wonderful group from Monessen's gym lead by Sister Charity Ruhl, who joined other GBU members in packing 2,250 boxes for our military members. We packed all these in a little under three hours, finishing shortly before 11 a.m., and we were treated to drinks and pizza afterwards. It was an honor to help with this project giving back to our military heroes who give their all to defend America.

In December, many lodges will be busy planning Christmas events and donating to organizations we support. Please consider donating this season to our Sokol funds directing the money to either the Milan Getting Scholarship or the Sports, Fitness and Wellness fund. I always find it enjoyable to help others during this season and I'm sure my fellow members feel the same. I wish all of you happy holidays.

NAZDAR

Sister Nancy Shurina

Chair of Fraternal Activities

## Sokol USA Sports Fitness & Wellness Department Annual Meeting

(Continued from Page 3)

(This event is still under consideration).

**Invitations** will be sent to American Sokol, DA Sokol, Sokol Canada, Czech Sokol, Slovak Sokol, World Sokol Federation to distribute to all affiliated groups, Slovak Catholic Sokol and the Polish Falcons.

### NEW BUSINESS

**American Sokol Development Conference:** *October 27-28, Sokol Spirit – Chicago*  
Travel was approved last year for participation in this event. There will be a track during which the Sokolfest Calisthenics and Folk Dance Medley will be taught a Sokolfest informational session with promotional items will be held. Travel for two representatives per lodge was approved, as well as the registration fee for all Sokol USA members attending. Chris will be discussing a group rate fee with the Am. Sokol directors. A separate Sokol USA meeting will be held some time during the conference.

**NOTE:** Chris added that on SAT OCT 20, following the District Board meeting at the Boonton Sokol Hall, the directors hope to offer a Senior II Calisthenics Training Session led by Kathy Naccarato and a Sokolfest Promotional/Informational Session at the Boonton Sokol Hall. While it is not yet confirmed, she wanted directors in the East to put the date on their calendars.

**The SFW Dept. conference call meeting was adjourned at 10:00 PM. The meeting is scheduled to resume on SEP 23 at 8:30 PM EST.**

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**The SFW Dept. conference call meeting was resumed on Sunday, September 23 at 8:30 PM EST.**

**Attendance - 9/23/18:** Todd Yatchyshyn, Chris Yatchyshyn, Charity Ruhl, Matthew Reynolds, Kathy Naccarato, Heidi Yatchyshyn, Steve Banjak, Alex Banjak, Lili Glover, Juliann Hurst, Christina Pegg, Ellen Kovac, Norah Valentin, Bryan Pracko, Scott Pracko, Amy Pracko, Kristin Merker

**AAU as umbrella organization.** A discussion was held about joining AAU as our umbrella organization so that the Sokolfest 2019 Gymnastics competitions can be sanctioned under AAU and lodges seeking an alternative insurance option can join as member clubs to be covered under the AAU Sport Accident and General Liability Insurance. Membership runs from SEP 1-AUG 31 and allows participation in any AAU licensed event, not just Sokol events.

Individual AAU gymnastics membership fees are Youth - \$14, Adult - \$24 and Coach - \$16 Club fee for gym classes only are \$50 for combined youth & adult activities. Club fees for gym classes and also events like competitions are \$80 for combined youth & adult activities. Most gyms will have to pay the \$80 membership fee since they have both youth and adult gymnasts and occasionally hold meets, exhibitions, etc., plus the individual membership fee for each youth and adult gymnast and/or coach. Anyone who participates in Sokol gymnastics, calisthenics, exercise, or fitness classes – and is on your gym floor - should be an AAU member so you have complete insurance coverage if you plan to use solely the AAU insurance.

AAU also has a Youth Protection Handbook. More information is available at aausports.org.

#### AAU Updates obtained after the conference call:

**An individual with an adult participant gymnastics membership does not need to purchase a coaching membership. An adult with only a coaching membership is not permitted to compete.**

**"Extended insurance" is available for \$2/per youth member. AAU will extend their insurance to your gymnasts when participating in any outside meet, such as a local YMCA, USAG, or non-sanctioned Sokol meet. This coverage is not**

**offered to adults, but if an adult is competing for a lodge that has elected to have youth members pay the additional \$2, the extended insurance covers all participants, youth and adults, from your lodge in all events such as those previously mentioned above.**

#### **Motion made by Director Todd Yatchyshyn**

*Effective immediately all instructors and chaperones attending any national event must complete a SafeSport Course for coaches or parents, depending on their role. All coaches must also be a registered AAU Coaches or Adult members, including a background check and complete the Level 1 AAU Positive Coaching Alliance Course.*

**Notes:** Sokol USA will require a record of completion for all coaches/chaperones to register for any event national event, including Sokolfest 2019.

Sokol will apply to become a cooperating partner with SafeSport. The organization will present the coach with a voucher code when payment is received, and we will be automatically notified of their completion. The cost of the course for coaches does not change with a partnership, but cross reference of completion is much easier. Proof of AAU membership for coaches will also be required, including a background check.

**Motion seconded by Christina Pegg; passed unanimously.**

Sokol will apply to become a cooperating partner with SafeSport. The organization will present the coach with a voucher code when payment is received, and we will be automatically notified of their completion. The cost of the course for coaches does not change with a partnership, but cross reference of completion is much easier. Proof of AAU membership for coaches will also be required, including a background check.

**Motion seconded by Christina Pegg; passed unanimously.**

#### **Motion made by Director Todd Yatchyshyn**

*Sokol USA will begin an affiliation with the Amateur Athletics Union for the 2018-19 gym season. Gymnastically active lodges planning to utilize the AAU Sport Accident and General Liability Insurance, as their sole coverage, must also join as member clubs and register their individual youth, adult and coaching members participating in their programs.*

**Notes:** As a Level 2 Club you have access to AAU liability coverage for your practices and events in addition to having the ability to host a sanctioned event. A Level 1 Club is covered for practices only. Lodges will choose which Level best meets their needs.

Some lodges may decide not to join AAU as a member club, instead continuing to use their present liability insurance, depending on which makes more sense financially.

Even if the lodge chooses not to become an AAU member club, gymnasts and coaches participating in the Sokolfest 2019 gymnastics competition will be required to join as an individual AAU member. A member number will be required on the registration form since the competition will be sanctioned through AAU.

**Motion seconded by Ellen Kovac; passed unanimously.**

#### **Motion made by Director Todd Yatchyshyn**

*The Gymnastic Competition at Sokolfest 2019 will be a sanctioned AAU event, requiring all gymnasts and coaches to have an AAU number; there will be no exceptions.*

**Notes:** This will be an obvious departure from our normal operating procedures, but it will give us an additional layer of insurance coverage for the gymnastics competition.

AAU registration is \$14 for a gymnastics youth competitor, \$24 for a gymnastics adult competitor and \$16 for a gymnastics coach.

**Motion seconded by Kathy Naccarato; passed unanimously.**

#### **Motion made by Director Todd Yatchyshyn**

*That Bro. Matthew Reynolds be appointed Social Media Coordinator for Sokolfest 2019 and receive a \$500 stipend. Responsibilities will include creating social media accounts (Twitter, Facebook, Instagram), posting content approved by Sis. Christine Yatchyshyn, responding to queries received via social media platforms, as well as monitoring the platforms and deleting any inappropriate comments.*

**Motion seconded by Christina Pegg; passed unanimously Approved by Trustees/Finance Committee 10/19/18**

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# Sokol USA Sports Fitness & Wellness Department Annual Meeting

(Continued from Page 4)

## Motion made by Director Todd Yatchyshyn

The age groups and levels for female and male gymnastics for the Sokolfest 2019 Competitions be as follows:

### FEMALES

Age Groups	Juniors (12-18)	Seniors (17 - 33)	Seniors (34 - 49)	Masters (50 - 64)	Legacy (65+)
Levels					
Xcel Bronze	Xcel Silver	Xcel Gold	Xcel Platinum	Xcel Diamond	Xcel Garnet* (Masters & Legacy only)

### SOKOLETTES

Age Groups	8 and Under	(9-12)			
Levels					
L1	L2	L3			
Xcel Bronze	Xcel Silver	Xcel Gold	Xcel Platinum	Xcel Diamond	

### MALES

Age Groups	8 & under	(9-12)	Juniors (12 - 18)	Seniors (17 - 33)	Seniors (34 -49)	Masters (50 - 64)	Legacy (65+)
Levels							
	Sokol L2	Sokol L3	L4 (D1 & D2 combined)	L5 (D1 & D2 combined)	L6 L7 L8	L 9 L10	

## Motion seconded by Ellen Kovac.

Notes: There was much discussion about the Xcel levels originally recommended for males.

Motion amended to delete the three Xcel levels for males and replace them with Levels 4 and 5 but allow Division 1 & Division 2 to be combined within those Levels, which provides the opportunity for the gymnast to receive bonus points.

## Motion passed with one dissenting vote.

## Southwestern PA AAU Gym & Acro League

To date this league has not been formed but Charity continues to work on the concept with local gyms who have shown dissatisfaction with USAG and are looking for a different competitive model for their gymnasts. At this time some gyms in the area have decided not to affiliate with any national organization, forfeiting participation in any national level competition and are considering their future options. The league will continue to be promoted throughout the year; promotional materials will need to be ready in the summer of 2019.

## Lodge/District Recommendations

There were no recommendations from the lodges or districts.

## Annual SFW Department Recommendations for 2018-2019

1. That Sokol USA pay full tuition of any Sokol USA member to attend a National Sokol Instructors School in 2019, with the recommendation of their Lodge Director and approval of the National Directors. *Approved by Trustees/Finance Committee 10/19/18*
2. That Sokol USA subsidize the cost of tuition for Sokol USA campers to attend the American Sokol National Camp or other Fraternal Society Leadership Development Program in 2019 with an \$1,800 subsidy to be divided equally among the participants, with a maximum allowance of the cost of one week's tuition, with the recommendation from their Lodge Director or President and approval of the National Directors. *Approved by Trustees/Finance Committee 10/19/18*
3. That Sokol USA subsidize up to \$3,600 total to be allocated for the 2018-2019 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 and approved by the National Directors and National Board. Proper documentation must be submitted within thirty (30) days of the event for reimbursement of the expenses. *Approved by Trustees/Finance Committee 10/19/18*
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 National Board. *Approved by Trustees/Finance Committee 10/19/18*
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 Trustees/Finance Committee 10/19/18*
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 \$3,000 during the 2018-2019 season. *Approved by Trustees/Finance Committee 10/19/18*
7. That Sokol USA join the SafeSport alliance as an affiliated organization and cover the \$20 per instructor fee for coaches to take the online course by entering the code assigned to Sokol USA. *Approved by Trustees/Finance Committee 10/19/18*



FELLOWSHIP – Brother Stephen Horecky, Financial Secretary of Lodge 114, Sleepy Hollow, N.Y., and Brother John Kennedy of Lodge 30, Danbury, Conn., enjoy fraternal fellowship and refreshments. Brother Kennedy, a Trustee on the National Board, was visiting the Sleepy Hollow Sokol Club.

8. That Sokol USA instructors take, at minimum, the Level 1 AAU Positive Coaching Alliance Course, which is offered for free with an AAU Adult or Coach membership. *Approved by Trustees/Finance Committee 10/19/18*  
**Note:** There are 6 courses offered. It is suggested that the first 3 levels be taken by all coaches, at a minimum of one level per year. The additional 3 courses that focus on topics such as motivation, techniques, training schedules, etc. are also available for free.
9. That Sokol USA reimburse the AAU registration fee for the National Directors and Assistants; adult individual fee is \$24 (coach/competitor) or \$16 (coach only). *Approved by Trustees/Finance Committee 10/19/18*
10. That Sokol USA reimburse the adult coach or coach/gymnast fee (\$16 coach only, \$24 coach/competitor,) for up to six instructors per lodge to register with AAU, or equivalent professional membership for a lodge-approved sport that occurs on a weekly basis. *Approved by Trustees/Finance Committee 10/19/18*  
**Note:** The cost of registering six instructors per lodge with AAU is still less expensive than the cost for registering two instructors with USAG, which Sokol USA previously covered.
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 2019. *Approved by Trustees/Finance Committee 10/19/18*
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  
(Continued on Page 8)

## Lodge 7, BYRAM

On October 14<sup>th</sup>, the Byram Sokol members and friends gathered for our 2<sup>nd</sup> annual Lobster Bake.

Yet again it was a wonderful affair. Everyone enjoyed connecting with old friends, catching up on "the news." Captain John, our outstanding caterer, provided Lobster or steak, steamers and mussels, new potatoes, corn on the cob and watermelon. There were lots of great food and company.

We were pleased to welcome our guests Brother Ed Bohan and his family, Brother Milan Kovac and Brigid, and our neighbor from Danbury Brother John Kennedy and his family. Their support keeps us in touch with our national Sokol organization. Sokol Club is no longer the center of our small Byram community which like many communities is changing. However, several social events keep our members in touch.

Our next get together will be our Christmas Lunch and Lodge meeting on December 2<sup>nd</sup>. We promise to have pictures taken then.

We wish you all the most blessed of Christmas seasons and a happy and beautiful new year!

NaZdar!  
Lodge 7 reporter



Bryan Pracko taught the calisthenics he wrote to the overture of the musical *Oklahoma*.



Heidi Yatchyshyn was the lead teacher of the Junior/Senior Calisthenics.



Several of the co-authors demonstrated the Junior/Senior cal written during the "cal lock-in."



Kristin Merker taught the second exercise of the cal that will be performed by both Tots & Parents and Children.



The third exercise of the *Sokols Around the World* calisthenics was taught by Ellen Kovac.

## Sokol Development Conference

(Continued from Page 1)

The Tots and Children's calisthenics for the Buffalo Slet will be a revival of the 1983 *Sokols Around the World* Calisthenics written and updated by Stephen Banjak. The composition begins with a story of creative movement during which both the tots and parents, as well as the children, will perform little activities when specific cues are read in the story. The older children will then perform two exercises of calisthenics. Special thanks to Kristin Merker for teaching Exercise 2 of the composition and to Ellen Kovac for teaching Exercise 3, which is performed with small American flags.

To add some variety to the Slet performance, we requested permission to feature a folk-dance medley compiled by Mary Cushing, former director of many American Sokol Instructor Schools. Mary remains the Chairperson of the School Board, but retired from active participation following the 2018 school, serving on staff or directing the school for the past 25 years. We greatly appreciate the opportunity to feature a bit of heritage and tradition that is taught each year at the Kurz. Many thanks to Mary for agreeing to teach the number during the Development Conference. We hope to have many Sokols performing the folk dance – especially since anyone who has attended the Instructor Sokol school over the past decade or so should already know it, since it is featured each year at the Instructor School graduation!

A session of CPR training was taught both days by Director Todd Yatchyshyn, a certified Red Cross Trainer, and Bryan Pracko along with Christina Curran taught a class on Skills and Progressions. Todd and Chris Yatchyshyn presented an informational session on Sokolfest 2019. To help promote the event, each participant received a light blue drawstring bag featuring the Slet logo that included handouts pertaining to Sokolfest 2019, as well as AAU and SafeSport information. Sokol USA also held a Sports Fitness and Wellness meeting for our attending directors and instructors.

(Continued on Page 9)



Mary Cushing taught the Folk-Dance Medley she compiled.

# Monessen members participate in Operation Reach Out



Volunteers from Sokol USA Monessen Lodge 47/Falcon Gymnastics and District Board Member Nancy Shurina helped pack boxes at GBU's 12<sup>th</sup> Annual "Operation Reach Out" project on Saturday, November 3<sup>rd</sup> at the GBU office in Pittsburgh, Pa. There were 2,250 boxes packed in just under two hours and shipped the following Monday to troops in the Middle East. This year, representatives from Pennsylvania Senator Bob Casey's offices in Pittsburgh and Washington, D.C., were present and there was coverage from KDKA-TV. Thanks to the Sokol USA members who were part of the 150 GBU employees, members and friends who participated over the two-day event. GBU National Vice President Matthew M. Blistan, Jr. extended thanks to all who made financial donations, donated items, helped with set up on Friday or filled boxes on Saturday. He added, "I hope to see you all again on Friday/Saturday, November 1-2, 2019, for our 13<sup>th</sup> year of recognizing and thanking our troops for their service!"



**SPECIAL RECOGNITION** – In honor of 20 years served in the Marine Reserves, Assistant Director Matthew Reynolds (left) was presented with a plaque by Director Todd Yatchyshyn (right) during the Sokol USA Sports Fitness and Wellness meeting held on October 27<sup>th</sup> in Chicago during the Development Conference. Matthew joined the reserves at age 17, just prior to entering Valparaiso University, where he obtained his degree. Matthew served two tours in Iraq, one in Afghanistan and was stationed in the Republic of Georgia during his last tour. He retired from the reserves in mid-October of this year. He was thanked for his service to his country and for remaining active in Sokol, assisting whenever possible. Matthew was a member of the YES Council, which encouraged leadership development in teen and young adult Sokols. During the XXIV Slet held in Valparaiso, Ind., Matthew and fellow Marines served as the Color Guard for the Opening Ceremonies and received a stirring ovation, having just returned home from one of their tours of duty. Nazdar Matthew!



## Sokol USA Sports Fitness & Wellness Department Annual Meeting

(Continued from Page 5)

support participation in a tournament sponsored by one of the fraternal organizations with whom Sokol USA collaborates. **Tabled; moved to District Board Meeting**

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. **Tabled; moved to District Board Meeting**
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 Trustees/Finance Committee 10/19/18**
15. That Sokol USA subsidize a National Sporting Activity, up to one thousand dollars (\$1,000) plus the cost of the awards. **Approved by Trustees/Finance Committee 10/19/18**
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 2018-2019 program year, for a sum of \$10,000 based on a total of five presently active lodges. **Approved by Trustees/Finance Committee 10/19/18**
17. That Sokol USA pay for the full travel expense for all authorized Sokol USA delegates to attend the 2019 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 Trustees/Finance Committee 10/19/18**
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 Trustees/Finance Committee 10/19/18**
19. That Sokol USA financially support one half the travel of Sokol USA members participating in Sokolfest 2019, June 26-30 in Buffalo, NY. **Approved by Trustees/Finance Committee 10/19/18**
20. That Sokol USA financially support the National Co-Directors and Assistants who are organizing and running Sokolfest 2019, June 26-30 in Buffalo, NY with travel, room and per diem for the directors, and travel, room and food allowance for the assistants. **Approved by Trustees/Finance Committee 10/19/18**

**Annual SFW Department Recommendations for 2018-2019 seconded by Heidi Yatchyshyn. After these motions were distributed via e-mail with the wording agreed upon during the conference call that reflected changes to institute an affiliation with AAU and SafeSport they passed with no dissenting votes.**

### 2018-2019 SFW Budget

#### Administration

*Includes expenditures for:*

		<b>\$11,904.00</b>
SFW Dept. Assistants' Salaries	1320	4 at \$330
SFW Dept. AAU Membership	144	6 at \$24
Safe Sport Course Participation	120	6 at \$24
Directors' Travel	4000	
AAU Club Membership	320	Level C
Nat'l Meeting/Training Session	6000	

#### Lodge Benefits

*Includes expenditures for:*

		<b>\$19,920.00</b>
Professional Membership	720	(30 at \$24)
Safe Sport Course Participation	600	(30 at \$20)
Lodge Reactivation	1000	
Professional Development	1000	
Project Safety	3000	
Supplemental Program Support	10000	
Local/Region Training Sessions	3600	

#### National Activities

*Includes expenditures for:*

		<b>\$6,950.00</b>
National Bowling Tournament	1200	
National Golf Tournament	1000	
National Sports Tournament	1150	
Instructors School	1800	
National/Leadership Dev. Camp	1800	

#### Program Development

**\$10,000.00**

**Sokolfest 2019 – Buffalo, NY** **\$17,000.00**

*Includes expenditures for:*

Travel Subsidy for Lodges	10,000.00*
Nat'l SFW Staff Expenses	7,000.00 *

**Total** **\$65,774.00**

*Note: The budget has been adjusted to reflect the anticipated alliance with AAU and SafeSport.*

\*In 2016 the SFW Budget reflected estimated costs for lodge travel to the Slet and Nat'l Staff expenses; however, the costs were applied to the Sokolfest 2016 Budget. Should these estimated expenses be included in the SFW Budget for 2018-2019 or the Sokolfest 2019 Budget?

**If these estimated expenses should be included in the Sokolfest 2019 Budget, then the SFW Budget total is \$48,774.00**

**Future Meeting – SAT OCT 27** at American Sokol Development Conference; time TBD. Chris reminded everyone that transportation to the Development Conference will be covered for 2 representative per lodge and 2 per region (former district). The registration fee for participants will also be covered as passed in the 2017 SFW Dept. recommendations. All Sokolfest 2019 calisthenics and the Sokol Instructor School Folk Dance Medley will be taught. There will also be an information session about Sokolfest 2019, along with many other instructional sessions offered by American Sokol. Sokol USA National Directors will also hold a meeting for the SFW Department on Saturday evening.

#### Other

There was no other business to discuss so the meeting was adjourned at 10:40 pm.

*Nazdar!*

*Respectfully submitted by Chris Yatchyshyn*

## Minutes of M.M. Hodza District Meeting

OCTOBER 13, 2018

BOONTON, NJ

President Judy Bindas called the meeting to order at 12:20PM. The following people were in attendance:

<u>Name</u>	<u>Lodge</u>
Judith Bindas	32 – President / Co-Director
Teddy Fernandez	1 – Vice-President
Brandi Kovac	12 – Co-Director / Secretary
Norah Valentin	12 - Treasurer
Ellen Kovac	12

Sis. Bindas led the Pledge of Allegiance and a moment of silence for deceased members followed.

Minutes from the 2017 meeting were read. A motion was made to accept the minutes. Motion seconded and carried.

Sis. Bindas thanked all the District Officers for their dedication and commitment to District MM Hodza. Sis. Bindas then declared, "Onward!"

#### Treasurer's Report

As always, Sis. Valentin presented a thorough and detailed annual report of the District's finances, as well as a comprehensive ten-year summary. She categorized each expense and listed what we've spent on average over the ten years in each category. This average provides a great perspective on our spending and helps highlight differences from year to year.

Our total assets remain about the same, there's just more in the checking account currently. Last year, the District moved to cash in a Promissory Note (#49 rather than #27 – but they were in the same amount) to help maintain the bank account minimum. Our income this year was basically the same as our expenses.

To address the bank account minimum issue, Sis. Valentin changed bank accounts from Bank of America to PNC Bank. For several years, she has been dealing with fees and customer service issues, etc. Last year, the District moved to switch banks if Sis. Valentin could find one that had an ATM card, no monthly fee, low minimum balance, and still conveniently located to Sis. Valentin. We want the new account to have two signatures authorized (on file), but only one signature required on check. Sis. Valentin found all of these requirements in a PNC account and made the switch - great job!

As a reminder, please submit any reimbursement requests within 60 days of the event.

Motion made and seconded to accept the financial report as read. The District applauded Sis. Valentin for the exceptional and conscientious care she takes with our finances.

#### Gymnastics

The October United Sokols of the East meeting did not take place in person – but rather will be an email exchange. When the dates are decided, Sis. Brandi will email Sokol USA about it.

At this point, we won't schedule a District competition at this point. Last year's District competition was a huge success. And Sis. Ellen Kovac thanked Boonton for all of the years of hosting the competition.

#### The Sports, Fitness and Wellness Department (formerly the National Gymnastics Department) Meeting

This year, the Sports, Fitness and Wellness Department Meetings were a few conference calls  
(Continued on Page 9)

## AN INTERVIEW WITH WYATT KOVAC ABOUT FLAG FOOTBALL

This interview is the first in a series that will highlight Sokol members who participate in sports or fitness activities other than gymnastics. Wyatt Kovac, a member of Lodge 12, is an 11-year-old who has participated in many sports, including baseball, basketball, football, wrestling, and gymnastics. This fall, he tried Flag Football, and here are his comments about it, from an interview in November 2018. We hope to hear from other Sokols of all ages about the sport or exercise program they like.

**Interviewer:** Hi, Wyatt. Can I ask you a few questions about flag football?

**Wyatt:** Sure.

**Q:** How long have you been playing?

**A:** One and a half seasons. I'm in the middle of my second season.

**Q:** How did you get started playing flag football?

**A:** I saw my other friends playing it and I was just looking for a new sport to play.

**Q:** How many hours a week do you play or practice?

**A:** I have two or three practices a week and two games a week,

and they're both about an hour and a half long.

**Q:** Can you explain, for people who don't know, how is flag football different from regular football?

**A:** There is no contact. There are blitzers, and they start seven yards back from the quarterback and they try to pull their flag.

**Q:** Would you describe the flags for us?

**A:** On the top end of the flags there are tubes and on the belt that goes around your waist there are bigger tubes and you stick the tubes on the fliers into the tubes on the belt.

**Q:** So, all you have to do is grab and pull on the flag and it comes right out, correct?

**A:** Yes. And then the play is over.

**Q:** What kinds of protective equipment do you wear, compared to traditional football?

**A:** You only have to wear a mouthpiece and cleats, no helmet.

**Q:** How many players are playing for each team at one time?

**A:** It depends on how many players you have. If you have a full team it will be five players. But if you are missing a few



Wyatt Kovac

players you can play with only two or three.

**Q:** There were a couple of girls playing. How do you feel about that?

**A:** That really doesn't matter. It's the same for boys and girls because it's not dangerous and no tackling is allowed.

**Interviewer:** Well thank you very much for your time and the interesting information, Wyatt Kovac, flag football player and multi-sport athlete.

## Sokol USA at Development Conference

(Continued from Page 6)

Other hands-on sessions offered during the conference included Wheels and Spotting, Pound Exercise Class, and a class on the Benefits of Yoga for the Athlete. The lecture sessions included a very informative presentation on How to Start a Special Education Class, How to Market Your Organization, Youth Membership, the S.A.L.T. Group/Social Media and a brief preview of the American Sokol in 2021.

Two sessions titled *Focus on Safety: Protecting our Kids, Coaches and Sokol* led by Maryann Fiordelis and Brenda Michalek were very informative and timely, considering the recent unfortunate developments within the gymnastics community in the United States. While Todd and Chris provided an overview

of AAU and SafeSport during their presentation, Karyn Domzalski shared additional information on the difference between USAG and AAU. When asked, she said AAU was a better fit for Sokol.

On Saturday evening, after a long day of sessions, many participants still had enough energy to enjoy a Halloween Social. There were some amazing and original costumes; prizes were awarded for the Most Original, Scariest, Funniest, and Least Effort Expended!

Thanks to American Sokol Directors Pat Satek and Kathy Barcal, and their assistants, for organizing the event and to the Sokols who cooked the delicious meals and prepared Sokol Spirit to host the event.

Congratulations on a job well done. Nazdar!

## Minutes of M.M. Hodza District Meeting

(Continued from Page 8)

throughout the year. Several District members were able to call in; we thank them for their time. The focus of the calls was the next Sokolfest being planning for Buffalo in June 2019, how online certification courses will be required, and the suggested benefits of joining AAU instead of USAG. Professional USAG members are now required to complete both the Safety Certification course (once every four years) and the new SafeSport course. Sis. Brandi Kovac has taken the SafeSport course. Compared to the USAG Safety Certification, it's for more in-depth regarding "grooming" and abuses of power in sports. Athletes and parents should be taking this course in addition to instructors, coaches and officers. Discussion ensued about the proposed AAU membership. We have lots of questions; tabled until New Business.

Sis. Chris Yatchyshyn emailed minutes from the SF&W meeting, so please refer to them.

### Lodge Reports:

#1, New York – Bro. Fernandez is not a Lodge #1 Officer, and is not sure if the remaining Lodge #1 officers are meeting regularly. The District is thrilled that Bro. Fernandez continues to serve as a District Officer. Bro. Fernandez and Bro. George Dano are still active with some activities at Sokol New York.

#12, Central Jersey – Lodge 12 is in the same location: Henderson's Gymnastics Academy in Edison, NJ on Friday nights. The gym has other groups working out at the same time; our Sokol group has no time alone in the gym until 9:00PM. However, we have a wonderful relationship with the gym owners but sometimes have trouble getting Sokol gymnasts on the equipment. Lodge 12 still have a few Senior Men work out, and now has a Junior Instructor to help with the Tots. We are lucky to have enough instructors, and have room for more gymnasts. We would love to have more participants, which is difficult with word of mouth advertising. Last June, Lodge 12 had several members attend the Prague Slet, and march in the parade. Looking forward to this coming year, Lodge 12 made the video of the children's cal to be used at the Directors conference. There are several members planning on going to the Buffalo Sokolfest.

#32, Boonton – after careful and meaningful deliberations, Boonton decided to not have a gymnastics program this year. They will still be renting the upstairs hall out, in addition to the renting the downstairs meeting room to Sokol USA Headquarters. Sis. Bindas will keep us informed of any changes.

Sis. Bindas thanked the Officers for their dedication; the rest of the Officers thank Sis. Bindas in return. (This Secretary's editorial: At the beginning of the meeting, Sis. Bindas had declared, "Onward!", and I think the Sokol motto of Onward and Upward is becoming the beautiful theme of this day.)

Motion made & seconded to accept Lodge Reports.

### Recommendations from the co-Directors for 2018-2019

1. The District help finance District students sent to Sokol Instructors' Schools by

reimbursing 50% of the most reasonable means of transportation.

2. The District host at least one Eastern Area training session, if needed, during the 2018-2019 season, with reimbursement provided by the Sport, Fitness and Wellness Department.
3. The District reimburse Director(s) travel, lodging and food expenses arising from District participation in authorized activities.
4. The District retain its membership with the United Sokols of the East. (The \$100 annual membership fee will be paid as follows: \$30 by the District, \$35 by Lodge 12 and \$35 by Lodge 32. The recommended way to pay is with a check in person at the US of E meet in the spring.)
5. The District sponsor an annual competition for Children, Juniors and Seniors to be held as needed in Boonton; and the District financially support this event by paying for awards, and the participants' and volunteers' meals (@ \$3 per meal).
6. The District have representation at the 2019 Sokol USA National Sport, Fitness and Wellness Department Board meeting; paying for expenses not covered by the National Sport, Fitness and Wellness Department.
7. The District subsidize expenses for District participants in any 2019 Sokol USA National sports tournament (golf, bowling, volleyball, etc.), excluding Sokolfest activities, by paying \$10.00 per participant, per tournament.
8. The District reimburse member instructors one-half their tuition for completion of the USAG (or AAU) Safety Certification Course.
9. The District pays for the Professional Membership in the USAG (or AAU) for each of the District Officers, if the Membership is not paid by the Supreme Lodge.
10. The District subsidize expenses for District participants in the 2019 National Sokolfest in Buffalo, by paying \$100.00 per participant (by participating or assisting) a sanctioned event or official Slet activity.

Motion was made and seconded that the recommendations be accepted. Motion carried.

### Old Business

The District sent a letter to the newly-elected National Board Officers to be read at their April 2018 meeting. The District did not receive a reply.

At some point, the District should take stock of what inventory is left of t-shirts, back packs and cook books.

### New Business

The District is confused as to how / who is supposed to join AAU (for the purposes of the Sokolfest, and / or the purposes of the gym program). The insurance coverage should be a

(Continued on Page 10)

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i. Percent Paid and/or Requested Circulation (15c divided by 15f times 100)	100	100

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b. Total Requested and Paid Print Copies (Line 15c) + Requested/Paid Electronic Copies (Line 16a)		
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I certify that 50% of all my distributed copies (electronic and print) are legitimate requests or paid copies.

17. Publication of Statement of Ownership for a Requester Publication is required and will be printed in the **DECEMBER 2018** issue of this publication.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner: **EDWARD BOHON, - MANAGING EDITOR** Date: **OCTOBER 18, 2018**

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

## Minutes of M.M. Hodza District Meeting

(Continued from Page 9)

benefit, but we need more information. We will draft a list of questions within a month for the National Directors.

The District looked over the Sokolfest program, and thought it was unusual that a Brew Tour is on our official schedule of events rather than on a list of activities like "things to do in Buffalo" including visiting Niagara Falls, etc. Discussion ensued regarding an alternate "field day" like activity for kids. Sis. Bindas and Sis. Valentin reminisced about their last trip to Niagara Falls and the failed trip to see the butterflies. Pause for laughter. For the past few Slets, Sis. Ellen Kovac keeps catching the same typo in the Program Book in the Slovak National Anthem. She'll contact the National Directors and/or the contact person for the Program Book in order to correct the Slovak National Anthem; it's important because it changes the meaning.

A motion was made to update our District MM Hodza ad and submit it to the Program book. We will vote via email on the size / \$ amount when the info is available.

A motion was made to thank the current and former Gymnastics Directors from the Boonton Lodge in whatever celebratory fashion that's most enjoyable to them, partly subsidized by the District. We are looking forward to honoring their fraternalism and volunteerism!

Discussion ensued regarding the District Officers responsibilities. Since the responsibilities are in flux, and events might be via email or in person meetings, the District should keep the Co-Director positions but their salaries will be eliminated.

### New Salaries:

President	\$75.00
Vice President	\$30.00
Secretary	\$75.00
Treasurer	\$75.00
Co-Directors	\$ 0.00 each

As in the past, any urgent business and business that arises before the next annual meeting can be discussed and voted on via email.

### Nomination of Officers:

Nominations of officers were opened. Sis. Kovac moved that the present slate of Officers remain the same, however Sis. Bindas respectively declined the nomination for Co-Director. Judy Bindas nominated for President. She accepted the nomination. Teddy Fernandez nominated for Vice President. He accepted the nomination. Brandi Kovac nominated for Secretary. She accepted the nomination. Norah Valentin nominated for Treasurer. She accepted the nomination. Brandi Kovac nominated for Co-Director. She accepted the nomination. Ellen Kovac nominated for Co-Director. She accepted the nomination. There being no more nominations, nominations were closed.

**Motion made and seconded that the secretary cast one vote for the slate. Motion carried.**

President – Judy Bindas  
Vice President - Teddy Fernandez  
Secretary – Brandi Kovac  
Treasurer - Norah Valentin  
Co-Directors – Brandi Kovac and Ellen Kovac

Our next meeting will be on 10/12/19. The meeting location and time is TBD, please contact Brandi Kovac if you're interested in attending.

The meeting adjourned at 3:15PM.

Respectfully submitted,  
Brandi Kovac, Secretary

## Report of the Sports Fitness And Wellness Department Co-Directors

In addition to the SFW Department conference call minutes, the SFW Co-Directors and staff have been working on the following:

Chris attended the GBU Convention in SEP as an alternate delegate when Buddy was unable to attend. Chris created a display highlighting District 4000 Sokol USA for the convention. Promotional magnets and copies of the *Sokol Times* were also available for the delegates.

Todd continues to work with the venues in Buffalo to finalize arrangements for Sokolfest 2019. As previously stated many of the venues will not finalize arrangements until the year in which the event will be held, so we presently have tentative agreements. The hotel, however, was willing to sign a contract so that has been completed.

Hotel – Room and event rates have been established; menu details need to be finalized. Opening Ceremonies at Fantasy Island Amusement Park – Group-rate prices will be available in March  
Dance Group - Polish Heritage Dancers – Awaiting final confirmation  
DJ - Quote Accepted  
Brewery Tour – Need to send out a preliminary RSVP in January to set pricing. Pricing depends on the number of attendees.  
Amherst-Audubon Golf Course – The GM asked us to contact him in March to finalize the details

(Continued on Page 11)



**COMMUNITY SERVICE** – GBU Financial Life and Sokol USA participate in the NJ/NY Fraternal Alliance. There are approximately 20 fraternal societies that are members and conduct a number of programs to foster community service. The Alliance financially supports the Atlantic City Rescue Mission in Atlantic City, N.J., which provides housing for those in need, prepares approximately 1,000 meals daily, and offers many counseling services for area residents. At the recent convention, Brother Ed Bohon, Fraternal Secretary, presented our gift, a check in the amount of \$500, to Howard Hirsch, Director of Development for the Mission.

## THANK YOU!

*The following members have donated to the Milan Getting Scholarship Fund and to the Sport, Fitness and Wellness Fund. Please consider supporting our programs by donating.*

Name	Lodge
Leopold J. Valasek	#20, Ford City, Pa.
Kathleen Caliendo	#30, Danbury, Conn.
John G. Halas	#30, Danbury, Conn.
Guy Holick	#30, Danbury, Conn.
Bryon C. Holick	#30, Danbury, Conn.
Joseph Mato, Jr.	#30, Danbury, Conn.
Sheila O'Brien	#30, Danbury, Conn.
Thomas Omasta	#30, Danbury, Conn.
Renee A. Russell	#30, Danbury, Conn.
Sylvia A. Seidl	#30, Danbury, Conn.
John D. Vanek	#30, Danbury, Conn.
Robert J. Mateyovic	#36, Binghamton, N.Y.
Sharon Papanek Stork	#39, Berwyn, Ill.
Paul Brinley	#39, Berwyn, Ill.
Alfred G. Vogt	#47, Monessen, Pa.
Peggy S. Vogt	#47, Monessen, Pa.
Ronald L. Dewitt	#47, Monessen, Pa.
Jacquelyn Dewitt	#47, Monessen, Pa.
Jeffrey W. Crist	#68, Blairsville, Pa.
Pa.ula A. Fleming	#68, Blairsville, Pa.
John R. Rovison	#68, Blairsville, Pa.
Frank Shurina, Jr.	#68, Blairsville, Pa.
Andrew Shurina	#68, Blairsville, Pa.
Frank "Grampa" Shurina, Sr.	#68, Blairsville, Pa.
Nancy Hughes-Shurina	#68, Blairsville, Pa.
Dale R. Green	#214, Pa.Imerton, Pa.
Carol A. Heffelfinger	#214, Pa.Imerton, Pa.
David Kralovanec	#401, TamPa., Fla.
Michelle C. Bradshaw	#401, TamPa., Fla.
Thomas J. Proksa	#500

## Report of the Sports Fitness and Wellness Dept. Co-Directors

(Continued from Page 10)

**Greater Buffalo Gymnastics** – The gym director has given us a ballpark figure for facilitating our gymnastics meet. The full contract details will be finalized within the month. The owner is currently traveling to Nepal. Prayers for safe passage.

**Sweet Home High School** – Contract expected this week.

**AV Rental for stadium** – Quote Accepted

**Volleyball Referees** – Email sent to assigner

**Bowling** – Contact made with Transit Lanes; further details depend on number of interested participants.

Todd worked with the cal authors and other volunteers to finalize the filming of the calisthenics for Sokolfest 2019.

The Senior II Cal written by Bryan Pracko was filmed in Chicago this summer.

The Junior/Senior Cal written by a joint group of leaders from Sokol USA and American Sokol under the direction of Todd was filmed in Cleveland on OCT 6, under the direction of Heidi Yatchyshyn.

The Tots/Children's Cal was written and revised for 2019 by author Steve Banjak. It will be performed and filmed by several seniors at Lodge 12 and estimated completion date is OCT 21.

Kathy Naccarato is also preparing to teach the Senior II Cal on SAT OCT 20 following the District Board Meeting. This is also an opportunity for participants to learn about Sokolfest 2019 and socialize with District Board members over dinner.

Chris is working with Kevin Zabek of CPS Corporation to post all Sokolfest 2019 information on the Sokol USA website. To date the logo is on the homepage; the menu and subtitles are posted. All information that is ready/available will be posted on OCT 18. Some information, such as registration instructions and ticket prices will be available after the new year. Chris is writing the copy and will review all copy to be used on any other social media sites.

Chris was in touch with Emil Trgala who agreed to serve as Sokolfest treasurer. He will set up the Sokolfest 2019 checking account, income/expense summary, and check register. Ed has forwarded a \$5,000 check to Emil as seed money for the account.

Todd and Charity Ruhl are working with MeetMaker, a company Charity regularly uses, to create an online registration program for Sokolfest 2019. The program will be available for competitors as well as non-competitors to register and order tickets. Tickets, sponsorships, and program ads will still be available via regular mail. All registration queries have been provided. In exchange for promotional opportunities for MeetMaker, the set-up fees were waived.

Todd has been in contact with AAU obtaining information and fees for participation by Sokol USA. For AAU member gyms, sport and liability insurance is offered and it enables Sokol USA to run a sanctioned meet for Sokolfest 2019. This is a good insurance option for some of the smaller gyms and AAU allows Sokol USA to run a sanctioned meet which we have not been able to due in the past because we could not meet the USAG requirements. AAU is a well-respected organization with whom Sokol USA was affiliated with prior to the existence of USAG. AAU offers much more affordable registration options than USAG, which is presently experiencing financial and credibility issues.

Todd has also been in contact with SafeSport, an organization associated with the International Olympic Committee (IOC) that offers online sessions and information for sport organizations regarding child abuse prevention. Sessions are offered for coaches and instructors, as well as for parents. Many Sokol USA members were concerned that we were not taking enough preventative measures; this is a sound step in the right direction.

Todd continues to represent Sokol USA on monthly American Sokol Board of Instructor and School Board conference calls.

Todd organized a fraternal collaboration call on TUE OCT 2. During the discussion Sokol USA extended an invitation to all the participating fraternal to participate in Sokolfest 2019. All agreed we should try to participate in each other's events when the location of the event is easily accessible to members.

As in the past, the Slovak Catholic Sokols also have a Slet in 2019, but it is later in the summer. James Matlon suggested that even if there are not a group of participants who can attend, perhaps a representative could at least attend to see how the other organization's event is set up and how others fraternal might participate in the future. The Slovak Catholic Sokols still offer gymnastics, volleyball, and track and field. Last summer the Polish Falcons held their Zlot, which is more like a one-day exhibition followed by a summer camp with sports competitions for youth. Two American Sokol instructors were invited to help; American Sokol hopes to have participants in future Polish Falcon summer camps which are held on off Zlot years. American Sokol also sent a few youth representatives to the annual Polish Falcons Youth Leadership weekend in FEB. In 2017 Sokol USA had a delegation participate in the Slovak Catholic Sokol Bowling Tournament and we have been invited to participate in their future bowling and golf tournaments. A follow-up call will be scheduled later this month or in early November.

To date Sokol USA has 26 confirmed participants attending the American Sokol Development Conference in Chicago, OCT 27-28. There are 3 session tracks and one is specifically to teach Sokolfest 2019 Cals and the Folk Dance Medley that will be used at the Slet. There will also be a promotional session on Sokolfest 2019 including information on AAU and SafeSport. Bryan will teach the Senior II Cal, Heidi, Charity & Todd will teach the Jr/Sr Cal, and Kristin and Ellen will teach the Children's Cal. Mary Cushing of American Sokol will teach the Folk Dance Medley which she originally assembled for use at the Am. Sokol Schools. Todd is also teaching the CPR Certification Course at the conference.

Sokolfest 2019 promotional drawstring bags have been ordered for the Development Conference participants; they will contain information about the Slet, as well as AAU and SafeSport.

Sokol USA will hold a meeting on SAT evening OCT 27 to further discuss Sokolfest 2019 responsibilities and other topics that need to be addressed since the two conference calls that were held on SEP 9 and SEP 23. The minutes for these calls have also been provided.

Monessen Sokol will once again host a Gymnastics Meet/Pig Roast Social on APR 27. There will also be a Junior/Senior Cal practice session in the morning and a performance in the evening to prepare for Sokolfest 2019. DA Sokol has already responded that they will attend. All are invited to participate in the meet and social events at Falcon Gymnastics in Belle Vernon, PA.

Todd continues to work on the Income and Expense Committee through participation in conference calls and correspondence via email with Bro. Scott Pracko and Sister Naccarato.

Visit us at  
**WWW.  
SokolUSA  
.org**



## LODGE 114 ANNUAL CLAMBAKE

Lodge 114 held its annual clambake on Sunday, August 26<sup>th</sup> at the National Sokol, Inc., located at 155 Beekman Avenue, Sleepy Hollow, N.Y.

This year, we decided to use the same caterer as last year, J.P. Doyle's of Sleepy Hollow. Their menu consisted of clam chowder, sausage and peppers, burgers, hot dogs, steamers, shrimp cocktail, grilled baby lamb chops, plus salads. The main course was steak, barbecued chicken, corn, potatoes and dessert and coffee. Liquid refreshments were available throughout the day.

Our sporting events were horseshoes and shuffle board. There were six teams competing in horseshoes and 10 teams in shuffle board. The winners of the horseshoe event were Harvey Surette and John Montgomery for the second consecutive year. The winners of the shuffle board competition were Harvey Surette and Sonny Batista.

A special thanks to all the committees that made this event possible and successful. Everyone enjoyed the day with excellent food, drink, good weather and especially the company. There were 27 members attending the day's festivities.

**Nazdar!**  
Steve Horecky  
Secretary



The winners of the Lodge 114 shuffle board competition (above) were Sonny Batista and Harvey Surette and the winners of the horseshoe event (below) were John Montgomery and Harvey Surette.



## HOLIDAY GREETINGS & DONATIONS

### Milan Getting Scholarship

From Lodge 1, Slovensky v New Yorku. Inc <i>Merry Christmas and Happy New Year</i>	\$100.00
From Lodge 2, Bridgeport, Conn. <i>Merry Christmas &amp; Best Wishes for a Happy New Year</i>	\$300.00
From Lodge 12, Central Jersey <i>Best Wishes to All this Holiday Season</i>	\$100.00
From Lodge 26, Guttenberg, N.J. <i>Happy Holidays; Given in Memory of Susan Genuario &amp; John Stora</i>	\$50.00
From Lodge 6W, Perth Amboy, N.J. <i>May This Holiday Season Be Joyful for All! In Memory of Deceased Members</i>	\$202.00
From Lodge 63, Homestead, Pa. <i>Wishing All a Blessed Christmas</i>	\$315.00
From Lodge 79, Mahanoy City, Pa. <i>May Health, Peace and Happiness be Yours for the New Year and May Santa Grant All Your Wishes.</i>	\$500.00
From Lodge 122, Kenosha, Wis. <i>In Memory of Deceased Members</i>	\$50.00
From Lodge 500, Boonton, N.J. <i>Best Wishes for a Joyous Christmas and a Healthy &amp; Happy New Year</i>	\$250.00
From District Jan Francisi, Conn. <i>In Memory of Deceased Members</i>	\$112.00
From Lance and Brandi Kovac <i>Happy Holidays and Peace to All our Sokol Friends</i>	\$50.00
From Milan Kovac and Brigid Ruvolo <i>Merry Christmas and Happy New Year to Everyone</i>	\$100.00
<b>Sports, Fitness &amp; Wellness Fund</b>	
From Lodge 1, Slovensky v New Yorku. Inc <i>May Everyone Have a Wonderful Holiday</i>	\$100.00
From Lodge 6W, Perth Amboy, N.J. <i>May This Holiday Season Be Joyful for All! In Memory of Deceased Members</i>	\$202.00
From Lodge 63, Homestead, Pa. <i>We Wish Everyone a Very Merry Christmas</i>	\$315.00
From Lodge 79, Mahanoy City, Pa. <i>May Health, Peace and Happiness be Yours for the New Year and May Santa Grant All Your Wishes.</i>	\$500.00
From Lodge 122, Kenosha, Wis. <i>In Memory of Deceased Members</i>	\$50.00
From Lodge 500, Boonton, N.J. <i>Best Wishes for a Joyous Christmas and A Healthy &amp; Happy New Year</i>	\$250.00