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SOKOL TIMES

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Sokol Serves as Grand Marshall

Vietnam Veteran and Sokol USA member Brother Emil M. Trgala served as his community's Grand Marshall for the Memorial Day Parade and Service in his hometown of Roselle Park, NJ. Bro. Trgala entered the U.S. Army in September of 1966 and completed basic and advanced training at Fort Dix, N.J. and Fort Benning, Ga. He was deployed to Vietnam in August 1967, where he was attached to the Fourth Infantry Division performing reconnaissance and intelligence operations in the Central Highlands. And, for a short period, did the same for the First Infantry Division.

After serving his country and receiving the Combat Infantryman Badge, the Vietnam Campaign Medal and the Vietnam Service Medal, he left the service in August 1968.

Upon returning home, Brother Trgala became active with the Veterans of Foreign Wars, serving as Post Commander for 22 years and as a District Commander in Essex County, N.J., in 1992. He served as community activities chairman for



Sokol USA member Emil Trgala served as the Grand Marshall of the Memorial Day Parade and Service in his hometown in Roselle Park, N.J. Marching with him during the parade is Roselle Park Mayor Carl Hokanson.

the New Jersey Department of VFW from 1996 to 1999. He also served as chairman for the Essex County VFW Blood Bank, where he is recognized as a 17-gallon blood donor.

Brother Trgala married his beautiful wife Margaret "Peg" in

1975 and moved to Roselle Park. He lost his beloved wife in October 2004.

A former member of the Sokol USA Finance Committee and, as a 60-plus year member of Lodge 12, Brother Trgala continues to
(Continued on Page 8)

Soaring Falcon: Matt Blistan

I would like to recognize my Dad, Matthew M. Blistan, Sr., to be a Sokol Soaring Falcon! He has been involved in Sokol Lodge 276 (a.k.a. Sokol USA Pittsburgh) as far back as I can remember. Sokol has been his passion for 56-plus years! He has lived and breathed Sokol for the majority of his long life!

This list of his contributions, representations and his commitment to this lodge and Sokol in general is long. So get comfortable and read on! I'm sure many of you will smile as you read this as you were some of the lucky ones to spend time with him at slets, conventions, Christmas parties and, yes of course, meetings. Lots of meetings!

-He first was a Sokol gymnast at Braeburn Camp in Lower Burrell, Pa., (outside of New Kensington). This was maybe in the
(Continued on Page 2)



Matt Blistan of Sokol Lodge 276 is this month's Soaring Falcon.

From the President's View



Joseph Bielecki

As I write this article, the 100th anniversary celebration of the Pittsburgh Agreement, which led to the establishment of Czechoslovakia, is about to occur. The Pittsburgh Agreement was an historic coming together of Slovak and Czech peoples to establish a new and democratic state in the heartland of East Central Europe. The First World War was ending and the various ethnic groups which were ruled by the Habsburg Empire were yearning to be free of the empire and establish their own states.

The Pittsburgh Agreement was a seminal event leading to the establishment of the Czechoslovak state. The other pillars of Czech independence were Thomas Masaryk, who later became the Country's first president, the Czechoslovak legionnaires and the Sokol movement. In October 1918, in the waning days of the First World War, which ended on November 11, 1918, the Sokols in the Czech lands seized the military garrisons of the demoralized Habsburg army and then proceeded to push the Habsburg army out of the Czech and Slovak territories.

This July in Prague, there will be an international Sokol Slet. This Slet will celebrate the 100th anniversary of the establishment
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SOKOL TIMES

official organ of the
**SLOVAK GYMNASTIC UNION SOKOL
OF THE USA**

Sokol USA - District 4000 a Division of GBU Financial Life

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SOKOL USA

A Division of **GBU** FINANCIAL LIFE



DONATIONS GRATEFULLY ACKNOWLEDGED

To the Milan Getting Scholarship Fund

From Barbara Fronko-Froehlich <i>In Memory of Parents Emma R. Fronko & Stephen F. Fronko</i>	\$1,000.00
From Dorothy A. Erickson of Lodge 39, Berwyn, Ill. <i>In Memory of Shirley Forsberg</i>	\$500.00
From Lodge 15, Yonkers, N.Y. <i>In Memory of Deceased Members</i>	\$100.00
From Lodge 130, New Kensington, Pa. <i>In Memory of Deceased Members</i>	\$50.00
From Lodge 164, Detroit, Mich. <i>In Memory of Deceased Members</i>	\$100.00
From Lodge 248, Rossford, Ohio <i>In Memory of Deceased Members</i>	\$112.50
From Lodge 258, Campbell, Ohio <i>In Memory of Deceased Members</i>	\$50.00

To the Sokol USA Sport, Fitness and Wellness Fund

From District Pavel Mudron <i>In Memory of Deceased Members</i>	\$90.00
From Lodge 15, Yonkers, N.Y. <i>In memory of Deceased Members</i>	\$100.00
From Lodge 130, New Kensington, Pa. <i>In Memory of Deceased Members</i>	\$50.00
From Lodge 164, Detroit, Mich. <i>In Memory of Deceased Members</i>	\$100.00
From Lodge 248, Rossford, Ohio <i>In Memory of Deceased Members</i>	\$112.50
From Lodge 258, Campbell, Ohio <i>In Memory of Deceased Members</i>	\$50.00

Soaring Falcon: Matt Blistan

(Continued from Page 1)
1950s, many of the slets were held there way back when.

-He was the Financial Secretary of Lodge 276 from the early 1960s until he resigned this office in 2016 due to his failing health. Always the accountant, he would keep a close eye on the lodge's finances and investments, reinvesting to get the better rate.

-He was involved in the sale of the Lodge Hall on Lockhart Street on the North Side of Pittsburgh. I remember as a kid with my brother, Matthew M. Blistan, Jr. (a.k.a. Matty), belying up to the bar for an orange pop after gyming.

-He organized all the trips lodge members went on for gymnastic slets, including transportation, hotel accommodations, tours, entertainment and group meals. No small feat!

-He participated in Sokol Bowling Tournaments and golf outings. Many of them he took our two sons, Brett and Evan, with he and my mom. They have

many happy memories of those times. And, of course, he made all of the arrangements for all of the other members attending.

-He encouraged Sokol Lodge 276 members to participate in other lodge celebrations and support their functions, as well as their own.

-He planned the Lodge Christmas Party at the Grant Bar in Millvale each year down to the minute detail. He was the life of the party at those celebrations (and at most functions) and made sure everyone had a good time.

-He always attended Sokol USA Conventions and was regularly one of the lodge's two delegates.

-He was President of District MCT from 1998 until 2015. I will say that growing up it seemed to me that he was always going to meetings and, looking back now, I can see why with all of the positions he held for so long.

This recognition would not be complete without giving credit to someone who was always at his

side and behind the scenes – my mom, Amelia S. Blistan, who passed away three years ago. She was the quiet one – typing his announcements, making beautiful picture boards of all the events, keeping records of where they went and basically supporting him in his endeavors. You may remember she also submitted beautifully written articles to this publication for years reporting on the lodge events.

So I guess you can say they were a Soaring Falcon Team!

Our Dad is still going pretty strong at 94 years of age! He lives in an assisted living facility in Washington, Pa., less than 10 minutes from my home. He enjoys his recliner now and watching the Pittsburgh Pirates!

I want to thank my Aunt, Patty Blistan, for her inspiration and extensive research of the Sokol files to compile all of the above. I could not have done it without her!

NAZDAR!
Sandy Blistan Gullborg

American Sokol Instructors School July 15 – July 29, 2018

Hosted by Sokol Greater Cleveland – Cleveland, Ohio

Levels – Beginner, Intermediate, Advanced, Advanced II

Minimum Age – 13

American Sokol will once again hold a summer Instructors School. This program is part of a strong tradition of training instructors to provide high-quality Sokol programs for our members and local communities. Instructor Training Schools are for teens and adults and offer four levels of instruction. Participants attend a two-week, all-day intensive program and are trained to instruct gymnastics and other physical fitness activities. There is a strong emphasis on safety and spotting, as well as the responsibilities associated with being an instructor.

Attendees participate in student teaching lessons and are taught how to read and write Sokol terminology, which is used to write calisthenics and beginner gymnastics routines. Students are also taught different levels of gymnastics routines provided by USA Gymnastics, the leading authority in the sport. Sokol history, Czechoslovak and Sokol songs, and folk dancing are part of the curriculum, as are marching and games. Students can attain safety certifications from USA Gymnastics, along with other sports-related certifications. Sokol schools have produced many excellent instructors and Sokol leaders over the years. Most attendees develop lifelong friendships at Sokol School and have fond memories of their days at "Kurz" (school).

As in previous years, the Sokol USA Board approved reimbursing lodges for the full tuition for any Sokol USA member who is recommended by their lodge director as a candidate for attending the school. Contact the national directors for application forms.

Instructors School is one of the best ways to ensure that your lodge programs have sufficient instructors to continue your gymnastics programs. We hope you will take advantage of this opportunity that is extended to us by our sister Sokol organization. Nazdar!

FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

of the first Czechoslovak republic. Sokols are coming from all over the world to mark the occasion and to participate in the Slet. Many of our members will travel from near and far to participate in this great event. I promise to publish photographs upon my return so that our members may see the activities of the Prague Slet.

The Czechoslovak legionnaires were one of the pillars of their country's independence. Our veterans are a pillar of our independence. Thanks to their sacrifices, we enjoy the many freedoms we have today. We salute them at this Memorial Day and acknowledge the great deeds which they have done on our behalf.

We will also celebrate Flag Day on June 14. While in many areas of the country it is considered a minor governmental holiday, it is, along with Memorial Day and Veterans Day, a day of great symbolism and significance. We celebrate the independence of our country and its growth into the great democracy which it is today by honoring the flag.

Additionally, we salute all of our members who are fathers and celebrate Father's Day, which will occur on June 17. It is thanks to their love and patience that so many have had good upbringings and life opportunities.

I encourage all of our members to enjoy the summer, make picnics and barbecues with your families, to attend their Sokol lodge meetings, and to work off the winter pounds by our traditional Sokol sports such as gymnastics or by walking or bike riding in our walking club or bike riding program. I can testify as to the effectiveness of the walking club, as I have shed more than 40 pounds since late January 2017, and all of it was achieved by walking one hour per day.

Nazdar!
Joseph Bielecki
President
Sokol USA

Do you have articles or pictures from events that you are interested in having submitted to the Sokol Times? Email these items to Sokoltimessubmissions@gmail.com.

If submitting pictures, please include a three to four sentence caption that can be included with the event.

Finally, Summer Time 2018

After a long cold winter and a cool wet spring, we seem to be enjoying some warmth and sunshine at last. Our sport seasons are finishing up and will restart in the coming fall. School is over or will be ending soon for our younger members who are ready for some summer fun.

Congratulations to the Milan Getting Scholarship winners for 2018. There are four initial awardees who displayed outstanding academic skills, strong involvement in their lodges and communities, and all around excellence in their character. Their names and those of our renewals will be featured in August's edition along with the scholarships winners from the Bridgeport and Farrell lodges.

Farrell lodge hosted their Ninth Annual Golf Scramble on June 9th. Additionally, a nice sized group of members will be participating in the Pan Slet in Prague later this summer. The Annual Slovak Day at Kennywood Park will be held July 12th; gates will open at noon and the day will end at 10 p.m. Many of the cultural aspects of the event will be held in the evening, beginning around 5-6 p.m., which includes the parade at Folk Costumes as well as several new attractions. As always, this is a fun-filled family outing with a chance to meet new friends and reconnect with old ones.

Of course, the most important cultural event of the summer is the 16th All Sokol Slet in Prague. Sokol USA members are in their final preparations for the exciting journey and should look forward to a charming little adventure. It's an especially significant occasion since we are celebrating the

100th anniversary of the founding of an independent Czechoslovakia. The document of this independence, known as the Pittsburgh Agreement, was signed May 31, 1918, in Pittsburgh, Pa., and the original is housed at the Heinz History Center. Naturally, it is with great pride we Sokol USA members will be marching and joining in the many activities in this special year.

Over the last several months, Sister Chris Yatchyshyn and I have been reaching out to our lodges and regions again asking for the quarterly lodge activity reports to be filled out and sent to headquarters. I was primarily interested in what lodges had done with their community service award money, while Chris as Co-Director of the SFW Department was looking at current activities in the lodges/regions and looking for input from our folks about the kinds of programs and support they wanted, as well as more important ideas to help grow our organization. By providing these reports to Headquarters, our fraternal secretary is able to submit an activity report to GBU which rewards us financially.

The next part of this column will focus on a lodge that did fill out the report so we can share what that lodge's activities were with the rest of our group. I plan on continuing this throughout all of my future articles until we've hopefully shared information on all of our lodges. So meet Lodge 276 of Pittsburgh that, like so many of us, no longer has a house but won't let that stop them. Lodge 276 holds monthly meetings, celebrate birthdays, has an annual Christmas party and a summer picnic. Two

members are active volunteers with the local hospital and have turned their hours into GBU for \$300 donations to the hospital auxiliary. Their donations included memorial donations for deceased members to a charity of the family's choice, and they divided the Community Membership Enhancement Award from HQ between the food banks, a homeless shelter and the Salvation Army. In addition, they gave substantial donations to the Lutheran Disaster Hurricane Response and recently made an additional generous donation to the food bank.

Members' fees were paid by the lodge to bowl at the GBU All District Bowling Tournament held at the Meadows in Washington, Pa. Members walked in the 5k Fun Walk at the Pittsburgh Slet and sent delegates to our last August convention. They are also active in MCT, serving as officers and always sending delegates. Members attended Slovak Day at Kennywood and took out an ad for Slovak Heritage Festival. I'm sure that Lodge 276 will continue to be an important, generous and active lodge for many years to come.

As always, feel free to contact me at fna240@verizon.net to promote and inform everyone of events in our lodges and regions.

Enjoy your summer and be safe.

Nazdar
Sister Nancy Shurina

District Jan Kollar Meeting Minutes

March 25, 2018

The meeting was called to order by President Rich Yatchyshyn at 4 pm. The following were in attendance:

Bro Mike Cunningham	Sis Heidi Yatchyshyn
Bro Jeff Richter	Bro Todd Yatchyshyn
Sis Vanessa Meleski	Bro Aaron Smith
Bro Mike Sands	Sis Kathy Naccarato
Sis Chris Yatchyshyn – guest	

Bro Rich welcomed all and thanked the Bethlehem lodge for hosting the social bowling and refreshments held prior to the meeting. A fun time was had by all.

The minutes from the last meeting were reviewed. Bro Mike C moved to accept them, Sis Heidi seconded the motion. Motion passed unanimously.

Sis Kathy gave the financial report. The District had \$130.80 credited to our District funds by Headquarters giving us a balance of \$262.00. This amount was comprised of \$40.80 in assessments and \$90.00 Fraternal Contribution. As no one at the meeting was familiar with what Fraternal Contribution consisted of, Sis Kathy asked Bro Mike C and Bro Jeff to inquire at the next Finance Committee meeting for an explanation. Bro Mike C made a motion to accept the report, Bro Jeff seconded, motion passed unanimously.

Updated Lodge reports – Bro Mike C reported that the Bethlehem lodge will be building a deck onto the back of their building this summer for BBQs and other social events and will be having a Spring Cleaning Day on May 12th. The attending members of the Pen Argyl lodge offered to help with both projects. The Bethlehem lodge also has continued to increase its membership and continues to hold events and concerts. Bro Todd reported that the Pen Argyl lodge continues their programs and that there is a good chance that their membership will increase significantly in August with the addition of a girls softball team.

New Business

Region Report to National – Sis Kathy reported that a Region Report was received from the SFW department requesting information on our activities. She volunteered to complete the report and submit it.

National Bowling Tournament – Bro Jeff stated that the Bethlehem lodge is willing to consider hosting the National Bowling Tournament, possibly the 3rd week in May. He will bring it up at their next meeting.

Next meeting – Bro Mike C offered to have the next meeting in conjunction with the "Grand Opening" of their deck to include a BBQ. Possible date to be the last week of June.

There being no further business, Bro Rich asked for a motion to adjourn. Bro Mike C made the motion with Sis Heidi seconding. The meeting was adjourned at 4:45pm.

Respectfully submitted,
Sis Kathy Naccarato



Macroburst Devastates Sokol Danbury

Sokol Danbury took a direct hit with a Macroburst Storm (new meteorologist term) with sustained winds of 110 miles an hour. We have 17 large Maple and Oak trees down on the structure and property. There was considerable damage to the lodge itself and the docks and property, as well as a large hole in the driveway where an 80-foot tree uprooted. My house also sustained damage with nine trees down and four on it. I live across the street from the Sokol Lodge. If anyone would like to make donations to help with repairs and tree removal, it would be greatly appreciated.

Donations can be sent to:
Sokol Lodge 30
c/o John Kennedy
202 Candlewood Lake Road
Brookfield, CT 06804

Donations will go to the lodge repairs and tree removal that are not covered by insurance. We cannot thank everyone enough for reaching out to us in this sad time. Thank you very much.





Sokol Day

Sokol USA and American Sokol competed in the Chicago area at the Central District Gymnastics Competitions. Everyone had a great time and celebrated with their annual Sokol Day Picnic. It may have been a bit cold and rainy, but everyone of all ages still had a fun time and got on the field to perform calisthenics!



Soaring Falcons Wanted!!!

Do you know of a member young or old who you would like to recognize for their contributions, representations, and/or commitment to your Lodge? You can submit an article with a picture for consideration to Sokoltimesubmissions@gmail.com.

The deadline for the next Soaring Falcon submission is May 19th! Let's recognize our members and show them how much we appreciate them on all levels!!!

LIFETIME FITNESS

Memorial Day 2018 has come and gone, and you know what that means – bathing suit season. How is your fitness program coming along?

If you have followed the advice in the previous two issues of the Sokol Times, you feel healthier already. If not, improve your situation starting now. This column includes more hints to help you get and stay on track towards a healthier life.

But first a . . .

True-False quiz: Answers are in previous issues and below. (No peeking below until you are finished with the whole quiz.)

1. The mission of Sokol is to train Olympic gymnasts.
2. The mission of Sokol is to teach apparatus skills only to children and teens.
3. The mission of Sokol is physical fitness for life for everyone.
4. The Sokol Gymnastics Manual includes four "Departments" or categories of exercises.
5. All of the Departments in the Sokol Manual require gymnastics apparatus.
6. Filling your body with greasy and sugary foods is like pouring soda into your gas tank.

Answers: Numbers 3, 4, and 6 are true, although, if you insist on being picky, #6 is true only in a figurative sense. The others are false.

Now, more advice, all of which you have heard before and just need prodding to follow.

Walk whenever you can. As our Sokol USA President Bro. Joe Bielecki has written in his column, walking is a great way to exercise. He recommends 45 to 60 minutes (2-3 miles) a day. Another source says walking as little as a mile a day is sufficient to keep your body in good shape. Do not "reward" yourself with extra food for walking or any other exercise!

Use the stairs. If you have a choice of taking the stairs or an elevator, like I do at work, choose to walk up and down stairs as often and as much as possible.

If you have only one step in your world, or a sturdy bench, you can make that into a great "step up-step down" exercise. Here's how the exercise goes:

- Count 1, step up onto the step with one foot.
- Count 2, step up with the other foot.
- Count 3, step down with the first foot.
- Count 4, step down with the other foot.

That's the pattern. Repeat several times, maybe for 30 seconds if you can. Then, repeat by switching to start with the other leg. Keep repeating until you are breathing just a little harder and/or you can feel your leg muscles fatiguing.

Note: It's important not to overdo any exercise. Better to start off easy and gradually build up the number of repetitions. This advice is important for two reasons: First, as we get older, our endurance may not be as good as we remember it being, and we shouldn't overtax our cardiovascular system. Second, overdoing may make us less enthusiastic to continue with our fitness program.

Exercise with hand-held weights. As with the step up-step down exercise above, don't overdo the weights. It's better to be able to do more repetitions with less weight than fewer reps with heavier weights.

Exercise with music. It's amazing how exercising – or doing any work, for that matter – to music of your choosing turns a chore into a pleasant experience that you will look forward to doing again.

Exercise with a friend. You are less likely to skip a scheduled exercise time if you know your friend will be doing it with you. Pick a friend who is likely to have good gossip to share while you exercise.

Get enough sleep. Americans are famous for boasting how little sleep they need. But medical experts warn us that sleep deprivation has serious consequences for health and longevity. Cut out nonessential time-consumers such as excessive use of electronic devices.

I'm not mentioning healthy eating in this column because we discussed that in the February column. Review it if necessary.

The August Sokol Times column will feature healthy foods for your Labor Day barbecue. We welcome your recipes and suggestions. Send them to ellenkovac@aol.com.

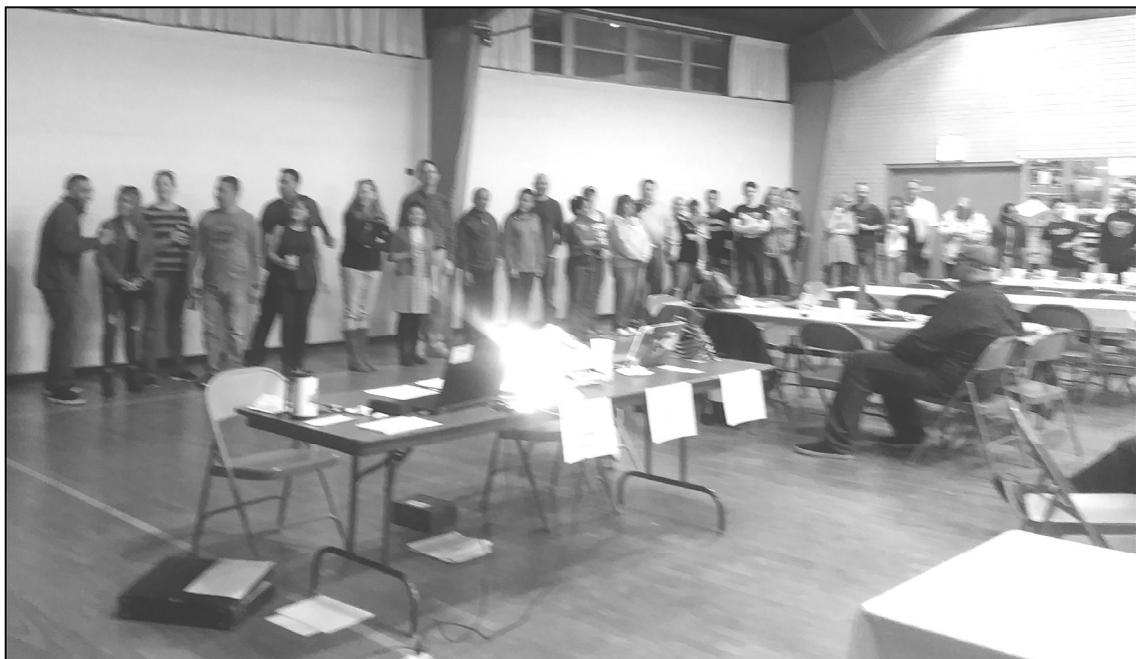
Trivia Night



Sokol Chicago Lodge 306 held their first Trivia Night. It was a hit and they even offered a babysitting service in the basement to keep the kids engaged and having a great time!

~ ~ ~

Last Man Standing



A Last Man Standing raffle was held during one of the trivia night breaks at Sokol Chicago Lodge 306.

THREE LEGIONS FOR CZECHOSLOVAKIA

(Continued from April 2018)

The performance of the Družina at the Battle of Zborov convinced the military advisors to the Czar, and then the Bolsheviks, to expand the Družina with the prisoners of war (POWs), despite some Geneva Conventions rules. Well, the Bolsheviks had less qualms about them, expanding the legion with thousands of POWs, but Lenin later came to regret their decision. When the Bolsheviks made peace, the legion wanted to return to the Western Front and was to be sent indirectly via Siberia, across the Pacific from Vladivostok and then to France. It went all wrong during their transit to Vladivostok. Russia was in chaos. By then, the Allies were wary of the Bolsheviks and encouraged the legion to remain in control of the Trans-Siberian Railroad until they could decide on a political resolution to the Russian revolution. This indecision delayed their homecoming. Paul in New York says his granddad did not return home until years after the war ended. Guess why? He must have gone home crossing Russia/Siberia to Vladivostok, then crossing the Pacific to San Diego, then crossing America to sail back to Europe. A favorite history of the time is "Dreams of a Great Small Nation." The author will give a talk at the Bohemian Benevolent and Literary Association, New York City, in 2018 to celebrate the 100th anniversary of the founding of Czechoslovakia.

Thanks to Claire Nolte, Kevin J. McNamara, Br. Charles S. Bednar, and others for their helpful comments.

Submitted by:
Br. Ed Chlanda
Sokol Museum & Library

For further reading:
Accidental Army, a video available from ASO (<http://youtu.be/B44ox14WJE>)

"Dreams of a Great Small Nation, The Mutinous Army that Threatened a Revolution, Destroyed an Empire, Founded a Republic, and Remade the Map of Europe," Kevin J. McNamara

"Army without a Country," Edwin P. Hoyt

"The Czech and Slovak Legion in Siberia, 1917-1922," Joan McGuire Mohr

"The Wartime Experiences of a Cleveland Czechoslovak Legionnaire," Ladislav Krizek and Stephen J. Sebesta

"Uncle from America," Kenneth Dexter Miller

"The Great War's Forgotten Front," Jan F. Triska

"The Sokol in the Czech Lands to 1914, Training for the Nation," Claire Nolte

95th Annual Slovak Day at Kennywood Park

The 95th Annual Slovak Day will take place Thursday, July 19th at Kennywood Park, West Mifflin, Pa. It will be an exciting day for Americans of Slovak descent to celebrate their heritage with each other while enjoying colorful displays, authentic costumes, a Slovak liturgy, spectacular Slovak Folk Dance performances, scrumptious Slovak food, special children's activities as well as foot-tapping music for dancing. These combine to build a treasure chest of memories – many to be remembered and still more waiting to be created.

A highlight of Slovak Day is the con-celebration of the Slovak Liturgy in the Main Pavilion #5 directly behind "Garfield's Revenge" at 4 p.m. The celebrants will be Catholic priests from the Pittsburgh, Greensburg and Johnstown-Altoona Dioceses. Immediately following will be the vibrant repertoire of Slovak music, songs and dances presented by the Pittsburgh Slovaks and the Pittsburgh Area Slovak Folk Ensemble.

Tantalize your taste buds at the Slovak Kitchen where you will be able to enjoy hohubky (stuffed cabbage), haluski (sweet cabbage and noodles), pirohy and kolbasy. Your sweet tooth can be satisfied with the homemade favorite – ceregi and Paska. Enjoy this delicious dinner or a-la-carte foods, and relax amid the echoes of Slovakia, as the strolling musicians play all the "Slovak favorites." Food will be served in Pavilion

#4 behind the ride "Garfield's Revenge" from 12:30 p.m. until the food is sold out.

In Pavilion #3, you will be able to see a Slovak Living Museum prepared by the PAS Junior and Maly Ensembles. The exhibit will include Slovak heirlooms of folk treasures that show the incredible skill and artistry found in the Slovak villages.

In the Main Pavilion #5, there will be Slovak cultural displays provided by the Slovak Fraternal. New this year is a Slovak Marketplace where one can shop for unique items from Slovakia and other Eastern European countries. Items include Christmas ornaments, embroidered aprons, Slovak cookbooks and much more.

A special youth area will feature activities just for children. The children's program will include games and treats beginning at 12:30 p.m. by the Main Pavilion. Every child participating in these activities will receive a free treat.

From 1-4 p.m., one can sit back and enjoy the music or kick up your heels dancing, grab a partner and twirl to traditional Slovak music of the George Batyi Ensemble at the Kitchen Pavilion.

The cost of tickets is \$25 for Fun Day General Admission, \$15 for those 55 years of age and over, plus a Super Senior Tickets (ages 70+) \$11. For tickets, call Sue Ondrejco at 412-421-1204 or Mary Lou Wagner at 412-462-1957. For general information, call Chairwoman Mary Lou at 412-462-1957.

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.

- ELIZABETH BAYUZICK** – (1918-2017) A member of Lodge 63, Homestead, Pa.
- DOROTHY BURSIK** – (1919-2018) A member of Lodge 15W, Binghamton, N.Y.
- JOHN DUNDEK** – (1920-2017) A member of Lodge 39, Berwyn, Ill.
- SONJA KARATJAS** – (1941-2014) A member of Lodge 89, Carnegie, Pa.
- CECELIA KISH** – (1930-2018) A member of Lodge 66W, Bethlehem, Pa.
- GEORGE KRIZAN** – (1923-2016) A member of Lodge 30, Danbury, Conn.
- IRENE KUBINA** – (1927-2018) A member of Lodge 33W, Johnstown, N.Y.
- ELIZABETH LYON** – (1930-2017) A member of Lodge 32, Boonton, N.J.
- KATHRYN MCMILLEN** – (1953-2017) A member of Lodge 20, Ford City, Pa.
- ANNA MILLER** – (1929-2018) A member of Lodge 15, Yonkers, N.Y.
- JOSEPH MILLER** – (1931-2018) A member of Lodge 269, Whiting, Ind.
- OLGA MILLER** – (1924-2018) A member of Lodge 130, New Kensington, Pa.
- ELEANOR PALCHAK** – (1923-2018) A member of Lodge 47, Monessen, Pa.
- VERONICA PIECKA** – (1918-2017) A member of Lodge 255, Leechburg, Pa.
- JANICE POPDAK** – (1953-2018) A member of Lodge 260, Cleveland, Ohio.
- THOMAS SOTAK** – (1950-2018) A member of Lodge 269, Whiting, Ind.
- JOHN STORA** – (1936-2017) A member of Lodge 26, Guttenberg, N.J.

Join GBU's



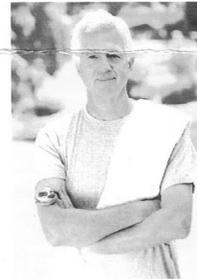
- WALKING
- RUNNING
- BIKING

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

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

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

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



There is NO COST to join!

Make today the day you commit to getting healthier by calling the GBU Fraternal Department at (800) 765-4428 or emailing GBU (info@gbu.org) with your name and mailing address to register to join the 2015 Walking, Running and/or Biking Club(s).

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

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

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

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



SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

The Sokol Times Social Page is a great way to keep up with your old and new friends! Share your families' events with your Sokol family. We want to hear from you. Only news regarding members of our lodges will be printed.

Complete one of the attached forms and mail the information and a photograph of clear quality to Sokol USA, 276 Prospect Street, P.O. Box 189, East Orange, NJ 07019-0189. Information and photographs also may be e-mailed to: SOKOLUSAHQ@aol.com

ENGAGEMENTS, WEDDINGS & ANNIVERSARIES



NAMES: _____

 PHONE #: _____
 HOMETOWN: _____
 SOKOL LODGE: _____
 YEARS MARRIED (IF APPLICABLE): _____

BIRTHDAYS



NAME: _____
 BIRTH DATE: _____
 AGE: _____
 PHONE #: _____
 HOMETOWN: _____
 SOKOL LODGE: _____

PROMOTIONS, HONOR ROLLS & OTHER EVENTS



NAME: _____
 PHONE #: _____
 HOMETOWN: _____
 SOKOL LODGE: _____
 EVENT: _____

Photographs are not required, but they do add to the presentation. Please include a self addressed, stamped envelope if you would like your photograph returned.



FRIENDLY COMPETITION – The Sokol Chicago Lodge 306 boys had a successfully in-house competition! Fun and a bit of friendly competition was had by all.



Sokol serves as Memorial Day Parade Grand Marshall

(Continued from Page 1) attend the weekly classes of the lodge. Though semi-retired, working part-time as an auditor and tax practitioner, he recalls and retains his skills from his days as a "Kurzist." He conducts the "Healthy Bones" workout for seniors at his local community center weekly.

We thank Brother Trgala for his service to his Country, Community and Sokol USA. He is both a true patriot and a true Sokol.

Following the parade, there was a Memorial Service near the town War Memorial and Brother Trgala, was part of the service. He gave the following remarks:

Mayor Hokanson,
Members of the Council of Roselle Park
Honored Guest
Fellow Veterans,
Father Jim, Reverend Manuel
Ladies and Gentlemen,

I am a war baby. That is, I was born in 1944 during World War II, a war of which, I was much too young to remember. However, I do remember the Korean War, listening to the radio, asking many questions and watching the Movietone Newsreels at the Rivoli Theatre in Newark. And, of course, I do remember the Vietnam War because I was there and I was in it.

After my stint with the military that ended August 1968, another

conflict followed, mostly in the Middle East that still persists today. People my age and older have witnessed much history, with years of great prosperity and, unfortunately, many years of unrest.

But today is not about me or any of us here. It is about the names on that monument, especially the 45 names. It is about the names on monuments all over this country, in towns like ours. It is about monuments with names of Americans who lost their lives overseas in times of war, in Europe, Africa, Asia and those who perished at sea. Today is about them – and because of them we have a day of remembrance, Memorial Day.

For nearly 100 years, since the end of World War I, the war to end all wars, we have been holding this day of remembrance. And with this comes this emblem as its adopted symbol.

We all know what it is. It's a Poppy! Many of you are wearing one today. Ironically, the Poppy is classified as a weed, yet it produces a beautiful red flower, and has the most profound and meaningful purpose. It compels us to stop and reflect upon the human cost of war, not only to ourselves, but to those we once considered our enemies. We should never glorify war or take it lightly. It hurts. Just ask a Gold Star mother or father.

So, when you see a Veteran in uniform at a street corner or at a shopping mall with the Poppy

flowers, not only for yourself, but for your children and grandchildren. They, too, should know.

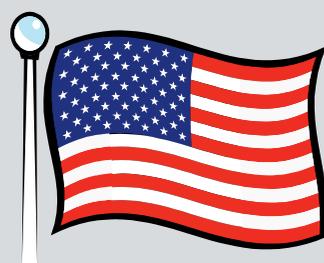
Mayor, I thank you and all those involved in bringing this program together, one in which I am always proud to participate. And I especially thank all of you for bestowing such an honor to me which I gladly share with all my fellow veterans who are here today.

It is exactly 50 years this year that I served my country. A country I have learned to love and appreciate. Knowing and understanding of those who have given of themselves, I often regret that I could not have given more myself. What could I do now? To never forget them ever!

God bless America, God bless our troops who are in harm's way. Pray for their families and God bless you all for remembering. Thank you.



Celebrate Flag Day!



June 14th

GBU Financial Life

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Pittsburgh, PA 15227-3394

412-884-5100 * 800-765-4428

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