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CONGRATULATIONS TO **Sokol USA President Joseph S. Bielecki!** On your Election As National Board Member of GBU Financial Life!



Six Sokol USA members attended the 36th GBU Financial Life National Convention held in Indianapolis, Ind., on September 21 and 22. Attending the opening session are (from left) Nancy Shurina, Ed Bohon, Chris Yatchyshyn, Milan Kovac, John Kennedy and Joe Bielecki.



Joseph Bielecki receives congratulations following the swearing in ceremony for the newly elected GBU National Board of Directors for the 2018-2022 term.

From the President's View

Recently I returned from the The GBU Convention. It was a large-scale gathering of GBU districts. The Convention was held in Indianapolis, Ind.

For several days, district delegates met in the spirit of fraternalism. They shared the activities of their districts and their ideas. One of the highlights of the convention was a morning session where delegates shared their methods of fund raising for their scholarship programs.

Our District 4000 Sokol USA sent five delegates. Brothers Joseph Bielecki, Ed Bohon and John Kennedy and Sisters Nancy Shurina and Christine Yatchyshyn. Brother Milan Kovac attended as a guest. The various Convention Sessions, Committee Meetings and events provided a great opportunity for our district delegates to meet and get to



Joseph Bielecki

know delegates from other GBU districts, to share ideas and experiences, and to be involved
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Sokol USA District 4000 Attends GBU Convention

By Chris Yatchyshyn

The 36th GBU National Convention was held September 21-22 in Indianapolis, Ind. Sokol USA's delegates were Joe Bielecki, Ed Bohon, John Kennedy, Nancy Shurina and Chris Yatchyshyn. Milan Kovac and Rich Yatchyshyn were also in attendance.

Prior to the start of the convention, a Welcome Reception Buffet was held on Thursday evening. It was a great opportunity to meet delegates from other districts and GBU's new National Secretary-Treasurer CEO William W. Hunt.

The convention officially began on Friday morning, led by Chairman of the Board Lea Ann Hazi. After the formalities, a report on GBU's condition was presented. GBU is financially sound, with 2017 being a record year in the organization's 126-year history. GBU reached the one billion mark in 2013; by the end of 2017 GBU's assets were \$2.4 billion.

Included in the opening session was a memorial service held to recognize deceased national delegates and officers, during which Joe Bielecki lit the candle and read the names. At

the close of the first session, a group photo of the delegates was taken outside the JW Marriott Hotel where the convention was held.

After lunch, the Committee on Laws presented their report. The proposal submitted by Sokol USA regarding the number of National Delegates that a district is allowed at the convention was voted down by the committee, so it did not reach the floor for a vote. Presently, districts that have 2,000 or more delegates are allowed five votes. Sokol USA's proposal was to give an
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OF THE USA**

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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, Ct.
John G. Halas	#30, Danbury, Ct.
Guy Holick	#30, Danbury, Ct.
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.
Paula A. Fleming	#68, Blairsville, Pa.
Frank Shurina, Jr.	#68, Blairsville, Pa.
Andrew Shurina	#68, Blairsville, Pa.
Frank "Grampa" Shurina, Sr.	#68, Blairsville, Pa.
Nancy Huges-Shurina	#68, Blairsville, Pa.
Dale R. Green	#214, Palmerton, Pa.
David Kralovanec	#401, Tampa., Fla.
Michelle C. Bradshaw	#401, Tampa., Fla.

WELCOME BACK AND INDY 2018

Last weekend marked the end of summer and the start of autumn. For many of us in the Midwest and eastern part of the country, it was a welcomed overnight change in seasons and temperatures. I look forward to this time of year with its cooler air, low humidity and, hopefully, a lot less rain. It is also time to welcome back all our gymnasts to their Fall 2018 season. Good luck to all our young Sokols, their instructors and, of course, the dedicated members who keep these programs and facilities going.

Five delegates and two guest members of Sokol USA attended the GBU convention in Indianapolis, Ind., during the September 20th thru 22nd period. During this time, we were able to meet and get better acquainted with the groups that make up the sixth largest fraternal organization in the United States and the largest based in Pennsylvania. The best news from the convention was obviously the election of our own President and Brother Joseph Bielecki as a full board member. Congratulations, Joe! As for the specific needs of our group, the need to develop a product for our juvenile members was advanced to the Executive Committee of the Board. On the downside, our proposal to gain additional delegates was defeated for the time being.

Social events were a great opportunity to get to know the other folks better and were both interesting and varied. One highlight was the Dollara car event. All interested parties were bused to the Dollara Car Factory where Indy cars are built. We got to tour an on-site museum of the factory's history, have a picture taken with one of the Indy cars, and go for a ride in either an Indy or Nascar race car. How exciting! And on Saturday's morning convention session, we had some additional time which allowed the districts to share the fraternal activities provided to members and the community service performed by them. Both Brother Bielecki and Sister Yatchyshyn gave a wonderful report for our organization.

Finally, as always, we are looking for information as to the activities going on in our fellow lodges and regions to share with all the members. Also, we know that we have many unsung volunteers who put endless amounts of time in volunteering to their local communities and we know Sokols don't like to ring their own bell. So, please send their information and any current or upcoming activities to headquarters.

NAZDAR
Sr. Nancy Shurina

9TH ANNUAL FARRELL GOLF SCRAMBLE

What a glorious day the second Saturday has been for Sokol Farrell and our 4-Person Open Golf Scramble. What a fun event that our club sponsors, and for the ninth consecutive year, Chairman Brother Tim Brandt gave the "Final Instructions at 9 AM under sunny skies.

As usual, the following prizes were awarded: 1st Place - \$800; 2nd Place - \$400; and 3rd Place - \$260 which is awarded as a "random draw." In this way, everyone in the scramble will have had a chance to at least win their registration fees back.

Additionally, there was a \$5,000 prize for any

hole in one on the designated number 9 hole. Unfortunately, no one claimed this prize. This award is sponsored by Brother Melvin and Sister Dorothy Slezak.

All 120 participants received a 12-ounce ribeye steak with all the trimmings, refreshments, food at the turn, plus a great round of golf with a cart thrown in, a T-shirt and chances to win some cash and prizes – all for \$60 if you are a Sokol member. That's almost for FREE! Keep an eye on our website (www.sokolfarrell.org/home.html) to get information for next year – June 8, 2019.

FROM THE PRESIDENT' VIEW

(Continued from Page 1)
with the convention decision making process. The meetings and discussions were an interesting learning experience for all.

The convention held an election for members of the GBU Board of Directors. Seven directors were elected by the convention, one of whom was myself. I look forward to working with the members of the newly elected Board of Directors.

Fall has officially begun on September 21. I encourage all of our members to continue their physical fitness activities. Cold weather may necessitate a change in how these activities are done. Walkers will require heavy jackets. Bicycle club members will switch to pedaling stationary bikes indoors. Our traditional gymnastics activities will continue in gyms indoors. The important thing is to continue the efforts at physical fitness. Many winter diets and holiday meals will add pounds. Continuing physical fitness activities will keep off seasonal weight gain and result in better health.

I also encourage our lodges to continue their meetings and their community and charitable activities. The Thanksgiving and Christmas holiday seasons are

times to remember the less fortunate and to volunteer in community activities. As Veterans' Day approaches, I encourage our members to remember those who served our country. Our veterans have done a great deal to preserve our freedoms and our nation's values and ideals. We cannot forget their sacrifices! Additionally, when making charitable gifts at the holidays, please consider donating to Sokol USA's scholarship and sports funds.

I also encourage our members to attend our 2019 SokolFest in the Buffalo, N.Y., area. There will be many opportunities to volunteer and to assist in the preparations for the SokolFest in the coming months. The Sokol Times and our website will present a lot of information about the SokolFest in the coming months.

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.

LOUIS BEDNAR – (1921-2018) A member of Lodge 12, Newark, N.J.

ELSIE GESSAY – (1924-2018) A member of Lodge 306, Chicago, Ill.

MARGARET HEINS – (1930-2018) A member of Lodge 248, Rossford, Ohio.

JOHN MURANSKY – (1948-2018) A member of Lodge 244, Westfield, Mass.

PATRICIA PANKO – (1951-2018) A member of Lodge 2, Bridgeport, Conn.

ANNA SANTORA – (1920-2018) A member of Lodge 30, Danbury, Conn.

ISAAC "BILL" SKAFF – (1947-2018) A member of Lodge 77, Allentown, Pa.

FIT FOR LIFE

We all need “**reserve strength**,” “**reserve flexibility**” and “**reserve aerobic ability**” for unexpected physical challenges.

This column will focus on simple things you can do during your daily routine to maintain or improve your overall physical ability. Don't think for a minute that you “don't have time” to exercise or stay in shape. Not true! Here are several examples of exercises best done at home or while sitting in an airplane or other restricted area. Some are particularly for strength, some for flexibility, some for cardiovascular/aerobic endurance, and some improve more than one aspect of health.

I. STRENGTH EXERCISES

Isometric exercises involve pushing against an object or surface which you cannot move. For example, put your palms together with your arms bent in front of your chest. Push your palms against each other as hard as you can for several seconds. Your hands will most likely not move, but you will feel your arms and pectoral muscles contract. This is a classic isometric exercise.

More isometrics:

Stretch your arms forward onto a wall and inch your feet backward a little, so that you would fall if you didn't have the wall holding you up. Push as hard as you can against the wall. Keep pushing for 10-15 seconds, relax and repeat. You cannot move the wall (I hope), but you will be giving your arms a nice isometric workout. A bonus is that your Achilles tendons will get a good stretch at the same time.

More advanced: Do arm bending and extending in this position (like push-ups). *And even more advanced:* Keeping your head between your straight arms, push off forcefully from the wall with your hands and return; repeat several times. This latter exercise is actually a good drill for handspring vaults.

Stand in a doorway and place your palms up-outward on each side of the frame. Push as hard as you can against the door frame for 15 seconds. Rest and repeat!

Sit on a chair on your hands palms down, right hand under right thigh and left hand under left thigh. Next, straighten your elbows and lift your body up off the chair. Can't do it? No problem – you are doing a valuable isometric exercise. Just keep trying until you feel muscle fatigue. If you *can* do it, excellent! Hold yourself up for as many seconds as you can. For fun, start with your hands under your thighs palms up and try to lift your body up off the chair!

Suck your abdomen in as much as you can while keeping your back straight and buttocks tight. Hold for 10-15 seconds. You can do this standing, sitting, or lying down. If standing, be prepared to grab your pants so they don't fall down when you do this exercise.

II. RANGE OF MOTION/FLEXIBILITY EXERCISES

Popularly known as *stretching or flexibility exercises*, these exercises have the value of keeping your body limber enough not only for everyday movement but also for the unexpected, such as a forceful bump or jolt that causes the body to react instinctively in self-preservation mode. We don't do splits as part of our everyday activities, but what if we slip on a patch of ice and the body lands in a split? We want our body to have a range of motion larger than we normally use for exactly this kind of unexpected event.

I described some basic stretching exercises in a column in the February issue of the *Sokol Times*, which I know you have saved for future reference. Trunk bowing, lunging, and ankle stretching in all directions can be done while drying your face and hands or talking on the phone. And it's a must that you do exercises such as sitting in a straddle seat or flying like Superman (in a prone arch on the floor) any time you are



watching TV.

GORILLA WALK from one room to another. It's a fantastic exercise! Just bend forward with a rounded back and bend your knees so that your fingers hang near or on the floor as you take steps. Try it – you'll love it!

Here are some similar great stretches:

ELEPHANT WALK: Bend over, clasp your hands together, and swing them side to side like an elephant's trunk as you walk.

And the more advanced **INCHWORM.** Bend over, place your hands on the floor, and walk your hands forward without moving your feet until you are in a push-up position. Then, without moving your hands, walk your feet up as close to your hands as you can. Yes, it's OK to bend your knees a little as necessary. Repeat.

Other good animal-imitating walks include these:

BUNNY HOP or KANGAROO JUMP

FROG JUMP: Requires jumping forward from a straddled squat to land on the hands before the feet land again in the straddle squat, and

SEAL SLITHER: From prone lying, lift your upper body and locomote with your hands.

These are fun, but they're not easy! Don't be discouraged if you can do only 2 or 3 steps of each at first. Just do what you can.

CRAMMED IN ON AN AIRPLANE? We know sitting for more than an hour is not healthy, yet we are discouraged from standing during a flight. **Stand** as much as you can anyway. Make a point of doing isometrics like putting your **palms** together in front of your body and pushing them as hard as you can. Next, lift **each knee** up off the seat for as long as you can. Flex and point each **foot** 10 times. Make gentle circles with your **head**, then turn it right and left several times. Hunch and arch your **shoulders** repeatedly. Push your shoulders down while lifting your chin up to make your **neck** as long as possible; then hunch your shoulders up and lower your chin

(Continued on Page 6)

Sokolfest 2019 Schedule

XXVIII Sokol USA Slet, June 26-30, Buffalo, NY

<i>Date</i>	<i>Time</i>	<i>Event</i>	<i>Location</i>
WED JUN 26	Afternoon/Evening	Opening Ceremonies w/dinner	Fantasy Island Amusement Park
THU JUN 27	Morning/Afternoon Evening	Gymnastics Competitions BBQ w/DJ	Greater Buffalo Gymnastics Buffalo Marriott Niagara
FRI JUN 28	Morning	Slet Rehearsals Fitness Challenge	Sweet Home High School Field Sweet Home High School
	Afternoon	Brew Tour Fun Bowling	Buffalo Breweries Transit Lanes
	Evening	Polka Dance w/dinner & band	Buffalo Marriott Niagara
SAT JUN 29	Morning	Volleyball Tournament Fitness Challenge	Sweet Home High School Sweet Home High School
	Late Afternoon Evening	Slet Performance Celebration Dance w/food & DJ	Sweet Home High School Field Buffalo Marriott Niagara
SUN JUN 30	Morning	Golf Scramble	Amherst Audubon Golf Course

Lodge 306 Junior Board Retreat



On one of their adventures, the Lodge 306 Junior Board (above) stumbled upon a waterfall. Here is where they decided to do their annual Junior Board group handstand photo. As the Junior Board trip to Galena, Ill., came to a close, they posed for one final group photo (at left) in front of the waterfall.



Sokol Lodge 306's first annual Junior Board outing. Junior Board members and advisors stayed in an Air Bnb that offered lots of room for outdoor activities like nerf wars and capture the flag activities. The lodge 306 Junior Board enjoyed a multitude of activities that included taco night, game night, and a ghost hunting adventure in town.





IN THE KITCHEN – Above, parents, officers and members of the Pen Argyl Lodge were hard at work this summer running the concession stand during the Weona Park Sunday evening concerts. The hard work paid off. The lodge exceeded their \$1,000 goal, raising nearly \$1,500 to help cover rent during the summer months when income is lower due to less participation. Below, the fourth of the five-concert series was by far the best attended and the busiest for the concession stand. The heat wave and rain had subsided; the group had to restock food several times during the evening to keep up with the demand. The lodge has already volunteered to run the stand during next summer's concerts. Thanks to everyone who helped make this a success!



SOKOL LODGE 276, PITTSBURGH, PA

The Pittsburgh Lodge held its annual Christmas party at Grant Bar in Millvale, Pa. There were a number of lodge members in attendance, including Sokol USA President Joseph S. Bielecki. There were prizes of super market gift cards, candy bars and a 50/50 raffle. Delicious food and a fun time was had by all.

The lodge also met in the months of March, April, May and June. In addition, in April, three members went to the bowling tournament at the Meadows. We had two bowlers and one cheerleader. Another fun day, but no prize winners. In July, members attended a meeting and a graduation party of member Jessica Bauer.

Two days later, 10 members went to Strabane Woods to have a nice luncheon with member Matt Blistan, Sr. This was a special treat for Brother Matt and enjoyable time was had by all. In July, a couple of members attended Slovak Day at Kennywood. The next regular meeting was in September.

Donna Scafede
Lodge Reporter

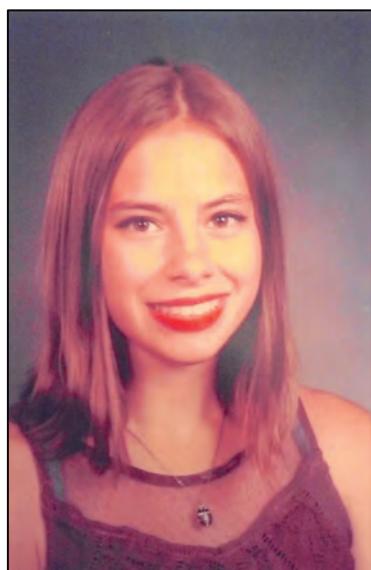


Milan Getting Scholarship Recipients

Caroline Young

I have been in Sokol for almost as long as I can remember. I started as a Sokolette at age 7 after being offered the chance to do gymnastics by my Aunt Amy. She has been involved in Sokol since sixth grade, and I suppose my mom and her got to talking about me one night.

My first day of gymnastics, I made a lasting impression with one of the instructors and now a lifelong friend, Kristin Merker, when I took "squeezing my butt" for literally picking my hands up in a head stand and squeezing my butt with them. It was a silly moment that she has refused to let me live down ever since, but gymnastics was full of plenty of silly moments. I couldn't possibly mention all of them, between the slets, clinic weekends, kurz and even just daily class life. I



Caroline Young

remember when I was a junior, there was a point in time when everyone in the class was obsessed with What a Fox said,

and class was just filled with everyone quoting the weird song and doing the dances. Then there was another time when I and a handful of other people had to re-learn the same cal about five times. One of those people is my best friend, Emily, who I wouldn't have met if not for Sokol.

As a coach, I got to remain a part of the community, even if I was a bit too busy to be a part of gymnastics as an athlete. There, I met so many funny little girls who were always ready to try a new skill. As a coach, it always inspired me to see them get excited and run up to the uneven bars.

We always managed to make each other laugh and be there for one another when it was a more serious moment. If I had nowhere else to turn, Sokol was there to get my back. I'm so

grateful to have been a part of Sokol and plan to continue to help where I can, even though I'm in college. Even while I'm 213 miles away from it, I know I can always come back to Sokol and feel at home.

Abby Moffit

I want to thank you for renewing my Milan Getting scholarship for the 2018-2019 school year. Our family participates in Lodge 47 Monessen, having been a member since its reopening in 2003. I am currently a junior at California University of Pennsylvania enrolled in the Early Childhood and Special Education Program.

I joined Alpha Sigma Alpha sorority and instantly became involved in a family that helps others in the community. I have

volunteered in activities for Relay for Life, Special Olympics and the Big Event. We are an active sorority and I have taken on the role of Vice President of Membership and Education, as well as Chairman of Greek Week and Homecoming-sponsored events. I recently received a Presidential Scholar Award for outstanding academics and have been inducted into the Honor Society of Gamma Sigma Alpha Academic Honor Fraternity for Greeks. This summer, I worked at a summer camp with preschoolers at the YMCA and taught gymnastics at Falcon Gymnastics.

I appreciated this opportunity and am truly grateful to receive this scholarship and award from the Milan Getting Scholarship Committee and Sokol USA District 4000. Thank you again.

(Continued on Page 8)

Sokol Farrell Gymnasts Parade Through the Historic Streets of Prague To Open Weeklong Slet Activities

It happens once every six years. The Czech Sokol Organization produces a show with a cast of thousands – and seven Sokol Farrell members were there. Our delegation consisted of our Vice President Sasha Banjak, our Treasurer Sandy Glover, our Director Stephen Banjak, three of our Junior instructors Alexej Banjak, Juliann Hurst-Tamura and Lili Glover, and Debra (Felesky) Wilson.

Our Junior instructors have submitted information about their travels and experiences which follows.

Alexej Banjak

I have been to Prague before. This is actually my third trip to Prague, but being only 3 and 9 years old at those times, I didn't remember much of it. So I really didn't know what to expect.

The day that our plane landed, we had to get our participant badges so that we could use public transportation for free. This made everything very convenient because we didn't have to worry about getting from place to place. We later went to a restaurant and had Viedenska Kava (Viennese Coffee). Even though I was still a little tired from the flight and the six-hour change in time, it was still a nice way to start off the trip.

The next day was the parade. We got up early despite all of us still being a little sleepy. We then made our way to Prague center to get ready for the parade. The parade seemed to go a lot quicker than I remembered, but it was still fun walking and shouting "Nazdar! Nazdar!"

After the parade, we went and got some more Viedenska Kava. Later that evening, we attended the Opening Ceremonies at the National Theater, which included a play. The play was in Czech which made it difficult to understand, so the play was a little bit boring but we were treated by being invited to the Social at intermission which made up for it. We also had box seats so we had excellent seats from which to watch the play. Overall the first full day was really nice.

The second day we had some free time so we did some sightseeing. We found these old convertible cars that were used to give tours of Prague so we decided to go sightseeing in those. It was really nice and comfortable, just seeing the sights of Prague in a nice open old car. We then went up into the astronomical clock and saw a really nice view of Prague. Then in the evening, we went to the historical Charles Bridge. It was really nice to see all the historic sights. Overall it was a nice day.

The third day we went to Prague castle which is one of Prague's main historical attractions. I enjoyed seeing the old church that sits in the middle of the castle. We even were able to witness the changing of the guards. We then later went to a gala exhibition event which showed different activities that Sokol does and even showed some acts that were going to be in the slet. All of the acts were amazing. And we had some great seats to see it all. Overall it was as really good day.

On the fourth day, we went to a lookout TV tower on the hill.



At left, Sokol Farrell's Juliann Hurst leading the way through Prague. At right, Sokol Farrell's Lili Glover leading the Sokol USA delegation! Below, Sokol Farrell's Alexej Banjak leading the Sokol USA delegation with our Sokol Farrell Historical Flag.

The view from the tower was incredible. It was amazing to see Prague from there. Then later on to celebrate the Fourth of July, we went on a boat with hundreds of other Sokols from America on the Vltava River which was fun. Overall it was a fun day.

The fifth day was the first day of the actual slet. The slet was incredible. It took place in the evening so there were lights that had different shapes and colors making it an amazing show. All the calisthenics were amazing. It was awesome.

The final day of Prague and of the slet was cool also. I was surprised at the amount of people that were there. Overall the slet was great. This will be a trip I will probably never forget. It was an amazing trip. Thanks, Sokol Farrell, for this opportunity. Can't wait for Sokolsky Slet 2024.



Lili Glover

The week in Prague was a one-of-a-kind experience. I'm so thankful to be able to say I had been there. The 2018 Slet was the remembrance and celebration of 100 years of Slovakia and the Czech Republic gaining their independence.

The week kicked off with the parade through Old Town, where Sokols from all over the world

joined in to kick off the start of the Slet. Later that evening, we went to the National Theater for the Opening Ceremony.

Wednesday was the 4th of July and we were able to celebrate it with our fellow Sokols from the U.S. on a boat on the Valtava River that runs through Prague.

On Thursday and Friday of that week, we went to the Eden Stadium where the calisthenics (Continued on Page 7)

Fit for Life

(Continued from Page 3)

toward your chest.

WAITING. We spend several minutes standing – usually **waiting for something** – throughout each day. While brushing your teeth, combing your hair, waiting for the microwave to ding, waiting for a bus, on hold on the telephone, or riding in an elevator, you can stretch your feet. Hold on to a surface such as a counter for balance. Lift one heel (your knee will bend to accommodate the heel rise), lower, and repeat 5-10 times. Then repeat with the other heel. Next, repeat but with raising the balls of your feet instead of your heels. You will feel a good stretch in your Achilles tendons as you do this.

More advanced: Raise both heels simultaneously or alternately. Raise the balls of both feet simultaneously or alternately. Raise both heels as high as you can and bend your knees slightly. Hold. Straighten your knees while remaining on your toes. You can see the possibilities and varieties are endless.

Other variations: Raise one leg upward, bending it and lifting your knee up to waist height. Repeat with both legs 10-15 times. Raise each leg sideward 10 times, straight and then with a bent leg. Raise each leg backward five times, straight and then bent.

III. AEROBICS/CARDIOVASCULAR CONDITIONING

Any simple movements that will gradually increase your heart and lung (circulatory system) rate can be done. Examples include these:

Walking: outdoors, indoors (such as in a mall), on a treadmill.

Vacuuming, a wonderful exercise routine including lunging, arm bending and extending, and kneeling to look under furniture; also

Scrubbing the bathtub, **dusting, cleaning** out a closet, etc.

Stair-stepping. You need only one step (Count "up-up-down-down," alternating the lead leg) if you don't have a whole staircase. Try for 2 minutes or more.

Learn the Senior Calisthenics and perform it in Buffalo next June. This, of course, is the very best aerobic exercise you can do.

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Quick review quiz:

1. The point of today's column is _____?

That's right: Find a minute here and there to stay strong and flexible!

2. The reason *not* to begin this exercise program is _____?

That's right: There is NO reason!

Remember: Know your own limitations, and work out only to your limitations. It takes time to see an improvement when you condition, but you will be rewarded months from now and for the rest of your life.

Write and let me know your own favorite conditioning exercises at ellenkovac@aol.com.

Farrell Youth Experience Prague Slet

(Continued from Page 6)

were performed. Seeing as many people on the field, doing the calisthenics in sync, completely amazed me. It's crazy to think that the people participating did so well, through all of the language barriers.

Later Friday night, we went down to the headquarters of Sokol, Tyršov Dom, for a small social. After that, we continued our journey for the next week and then came home. Throughout the week, I realized how thankful I was to be part of such a large organization and how thankful I was to be expanding my knowledge on the history of Sokol. Sokol has opened many doors for me and given me many opportunities that I am so thankful for. This trip was just one of the few.

Juliann Hurst

Prague, capital city of the Czech Republic, and the charming host of this year's Sokol Slet. Filled with beautiful skylines and intricate architecture, this city was one of the most captivating places I've ever been. Though tourist heavy, it was easy to see why, the city had plenty of appeal with its old-fashioned appearing dwellings and businesses. Among the historic structures in the city my Sokol Farrell team and I were luckily able to see the Charles Bridge.

The impressive stone bridge served the practical purpose of linking Prague's Old & New Town while also being aesthetically pleasing to the eye. Lined with divine statues of Catholic Saints, the bridge is quite the sight, especially when lit up at night. The locals put on a wonderful show with drum circles and even a beautiful sounding string quartet.

Though I might not get the chance to see the breathtaking sights again, I am forever grateful to have been able to join my Sokol team on this adventure. My Prague experience will be with me infinitely and I would personally thank those who are responsible for granting me this amazing summer experience.

Thanks to our three Sokol Farrell junior instructors for giving us a feel of what they experienced in Prague.

Nazdar to the XVI All Sokol Slet and to the Czech Sokol Organization!



SAVE THIS DATE! Saturday, October 20, 2019 5:00 PM Boonton Sokol Hall Sokolfest 2019 Information Session & Senior II Calisthenics Training

Find out all about Sokolfest 2019, learn the Senior II Calisthenics, and enjoy dinner with the National Board members on Saturday evening, October 20 at the Boonton Sokol Hall. Everyone is invited; we just need a head count, so please respond to Chris Yatchyshyn by Saturday, October 13 at cyatch1258@gmail.com or 267-566-2994. We hope that all Sokol USA Lodges and Sister Sokol Organizations in the East will take advantage of this opportunity to learn the calisthenics and socialize. We are looking for Sokol members from NJ, NY, PA, CT and anyone else who is willing to travel and join us for an evening of fitness, information, and most of all FUN!

DONATIONS GRATEFULLY ACKNOWLEDGED

To the Milan Getting Scholarship Fund

From Lodge #6, Binghamton, N.Y. <i>In Memory of Deceased Members</i>	\$112.50
From Lodge 74, Mahanoy City, Pa. <i>In Memory of Deceased Members</i>	\$455.00
From Lodge 6W, Perth Amboy, N.J. <i>In Memory of Deceased Members</i>	\$205.00

To the Sokol USA Sport, Fitness and Wellness Fund

From Lodge 248, Rossford, Ohio <i>In Memory of Deceased Members</i>	\$45.00
From Lodge 36, Binghamton, N.Y. <i>In Memory of Deceased Members</i>	\$112.50
From Lodge 74, Mahanoy City, Pa. <i>In Memory of Deceased Members</i>	\$455.00
From Lodge 6W, Perth Amboy, N.J. <i>In Memory of Deceased Members</i>	\$205.00

Editor's Note: Lodges and Members that wish to publish Holiday Greetings and Donations in the **Sokol Times** December issue must submit their information and check to Headquarters prior to November 23, 2018. The address is: SOKOL USA, P.O. BOX 677, BOONTON, NJ 07005-0677. Donations and salutations received after the deadline will be published in the first issue of the new year.

Record Amount Awarded to Banjak Scholarship" Recipients

A record amount of money was awarded to Sokol Farrell members this year in the form of scholarships to those planning to pursue a post high school education. The recipients of the 2018 awards were announced at the Annual Meeting on Sunday, June 3rd.

A total of \$4,500 was awarded to seven renewals: Ava Glover, daughter of Rachael Bender, our lodge Financial Secretary; Roberta Pegg, daughter of Chris Pegg, our lodge's Director of Women's Programs; Gena Schupp, daughter of Beth (Borko) Schupp, our former Sokol Champion gymnast; and Erin Slezak, Kaitlyn Slezak, Jena Slezak and Derek Konopski, nieces and nephew of Dorothy and Melvin Slezak, our Scholarship Chairperson and our former Lodge President, in that order. Additionally, two new recipients were awarded: Kaitlyn Shupp and Drew Slezak. The awards are \$2,000 over a four-year period, providing Sokol Farrell membership and academic conditions are met.

Sister Dorothy Slezak, Scholarship Chairperson, emphasized that no lodge funds are used in this endeavor; that all monies are from contributions to the fund. She also encourages all of our members to contribute to the scholarship fund. Brother Steve Banjak, whose name is memorialized on the scholarship, spent many years in our gymnasium teaching many, many gymnasts, members of our lodge. This is a great way to honor his memory and show appreciation for his dedication to Sokol ideals. Memorials to loved ones are also encouraged and appreciated.

Sokol USA District MCT Annual Meeting

Sunday, October 28, 2018
1 PM

Quality Inn
(formerly Clarion Hotel)
300 Tarentum Bridge Road
New Kensington, PA
Route 28 North, Exit 14

*Please RSVP by calling
Patricia A. Blistan at 412-322-8865.*

We trust all lodges will be represented!

Nazdar!
Patricia A. Blistan
Recording Secretary

AN EXCITING SUMMER FOR DISTRICT 4000 SOKOL USA

Summer was full of many exciting activities for members of District 4000 Sokol USA. Our delegation of 20-plus members had a wonderful full week at the XVI All Sokol Slet in Prague, Czech Republic. The Pan Slet opened on Saturday, June 30th and continued thru closing ceremonies on July 6th. In July, local Pittsburgh area members celebrated the 95th Annual Slovak Day at the famous Kennywood Park as usual with great food, music and fraternity. Many local lodges held summer picnics for the members, including Byram, which held a catered barbecue for its own lodge members. Golf outings were sponsored by our Farrell and Chicago lodges. And finally, in September, five delegates and two guests travelled to Indianapolis, Ind., to participate in the GBU convention. With our fall classes underway in our gyms, we'll have more to share in the future. Until then, NAZDAR!

Sr. Nancy Hughes-Shurina
District 4000-Chair of Cultural & Fraternal Activities

Milan Getting Scholarship Recipients

(Continued from Page 5)

Emily Pranskevicius

I am a freshman at Illinois State University. I was enrolled in Sokol Lodge 306's gymnastics program as a gymnast from the fall of 2012 to the winter of 2016. Within that time, I have won multiple first place awards, received the honorable Frankie Kajari Achievement Award and attended the 2016 Pittsburgh Slet. During the summer of 2015, I attended the Kurz instructor school and began assistant coaching for the girls and tots classes.



Emily Pranskevicius

During my sophomore year of high school, I began participating in cheerleading as well as gymnastics. Unfortunately, the following school year, I decided to give gymnastics a break to focus on cheerleading, but I remained assistant coaching the tots class every week.

Montana Olexa

I would like to sincerely thank you for awarding me the 2018-19 Milan Getting Scholarship. I have been involved at a Sokol Gym for the past 10 years and will continue to do athletics at the college level, participating on Gannon University's Acrobatics and Tumbling team. I will use the scholarship towards my pre-med studies at Gannon University while pursuing my dreams to become an orthopedic surgeon.

Currently, I am majoring in chemistry with pre-pharmacy in mind to hopefully attend pharmacy school. If time allows, I would like to continue volunteering at Sokol Lodge 306 and possible attend future slets.



Many delegates and guests were interested in learning about Sokol USA, especially our sports programs. All districts in GBU were invited to bring a display to share with the convention participants. The Sokol USA display explained the meaning of the name "Sokol," the "Sound Mind in a Sound Body" ideal, and the greeting "Nazdar." It also highlighted our sports programs and community service efforts and invited everyone to join us in Buffalo for Sokolfest 2019. Current issues of the *Sokol Times* and promotional Sokolfest 2019 magnets were also available.

Sokol USA at the GBU Convention

(Continued from Page 1) additional vote to the district for each 1,000 members over 2,000 members. Following adjournment of the afternoon session, several other committees met to prepare their reports.

Friday evening of the GBU Convention is referred to as Fraternal Night. Delegates and guests were treated to a unique experience at the Dallara IndyCar Factory. In addition to a great buffet and beverages, participants enjoyed interactive and hands-on exhibits centered around the world's fastest sport! A movie explained the history of Gian Paolo Dallara and his company, and the joint venture between the IndyCar Experience and Dallara Automobili. Attendees checked out sleek Indycars, had their photos taken with the "GBU" IndyCar, experienced the thrill of driving in racecar simulators and, for those brave, there was the opportunity to be a passenger in an Indy or stock car that took them for a short but fast-paced ride.

On Friday morning, more committee reports were presented. Sokol USA's other proposal was to create a three-payment whole life insurance policy for ages 0-15, similar to the policy developed for Sokol USA by Jan Sopoci that was most often sold in our lodges with gymnastics programs. This recommendation was put into the miscellaneous category because it did not affect the By-Laws. The committee recommended that the feasibility of the policy be further explored by the insurance arm of the organization.

Equally important as financial security is GBU's commitment to fraternalism. Vice President Matt Blistan shared a video presentation highlighting the

importance of life insurance and the many programs the national organization promotes and supports financially. He emphasized that all programs are featured in the *GBU Reporter* and urged delegates to make members in their home districts aware of the many member benefits and service opportunities available.

Since the convention was moving along faster than expected, there was an additional hour during which districts were able to explain their display posters and share their fraternal activities. It was interesting to hear the outreach and community activities that the different districts organize or take part in, both on the local as well as the national level.

Election of the National Board officers was the priority during

the Saturday afternoon session. Eleven candidates applied for GBU's National Board of Directors for the 2018-2022 term, including Sokol USA's President Joseph Bielecki. It is my pleasure to announce that Joe was among the top seven vote getters and is now an official member of the GBU Board. During the past five years, Joe has attended GBU National Board meetings as a guest, which was part of the merger agreement.

Saturday evening the convention participants enjoyed an elegant reception and banquet that included fantastic listening and dancing music performed by the City Heat Band.

Congratulations to GBU on a successful and enjoyable convention.

HOP ON THE BREW BUS!
THE ONLY VIP ALL-INCLUSIVE TOUR OF BUFFALO BREWERIES

Join us for a VIP beer tasting experience! Sit back, relax and enjoy your entertaining, educational tour of brewing in Buffalo.

TOUR INCLUDES

- All tastings, bartender gratuities and a snack
- Roundtrip transportation
- No lines
- An experience not available to the general public
- BBB swag, including a stainless-steel pint glass!

Adult Sokolfest Social

Looking for something to do between Friday morning Slet rehearsals and the evening Polka Party? All adults are invited to join us for an afternoon of craft beer tasting from Buffalo's best local breweries. The tour will leave from the Marriott at 1 PM and return to the hotel at 7 PM, just in time for dinner at the Polka Party, featuring a live band. Don't miss out on the fun! Tickets will be available for purchase when registering for Sokolfest 2019.



Sokol USA delegate firefighter John Kennedy found the perfect car for his Dallara IndyCar Factory photo.