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SOKOL USA TIMES

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**Vesele Vianoce
A Stastny Novy Rok!
Merry Christmas
and Happy New Year!**



**To all our members
From the Supreme Lodge of Sokol USA**

Holiday Cheer & Wellness

Our holiday preparations are in full swing! We're shopping, wrapping, cleaning, cooking, and decorating in anticipation for the Christmas season. We look forward to sharing this joy with family and friends. We celebrate at special events, Christmas parties and in our homes. It is truly a wonderful time, but let's make sure this year that we don't share illness that can ruin all of these eagerly expected activities.

Once again, Sokol USA is strongly encouraging all our members to get their flu shots. The healthcare experts at the CDC expect another long and dangerous season of sickness this year. To dangle a carrot to our members to encourage vaccination, we are sponsoring a monthly drawing. From December 2019 through April 2020, we'll be drawing for a \$25 gift card to our folks who receive their vaccinations. Just use the form in this newspaper, or email your name, lodge number, home address and the date and place you got your shot to headquarters. I am sure that after all the holiday expenses, everyone could use an extra jingle in their pockets.

A shout out to all members, lodges, and regions who supported our military in their home communities or through GBU's Project Reach Out. This year, 5,000 boxes of goodies were packed and sent to these heroes. Whether it was a financial donation or helping in person, all efforts to support the

(Continued on Page 2)

From the President's View

The summer and fall have passed quickly. As I write this article, Thanksgiving is almost upon us. The year has been a great year for Sokol USA. Summer 2019 saw a very successful Sokol Fest in the Buffalo, New York area. Several hundred people came from all over the U.S. and Canada to participate in the Sokol Fest events. The Sports Fitness and Wellness Department did an excellent job in planning and creating fun and exciting events and activities for the Sokol Fest.

November was a month devoted to recognizing the large contributions made by America's Veterans. Veterans Day was marked on November 11th and the sacrifices of our veterans both past and present were celebrated. Many of our members participated in helping make the GBU Operation Reach Out a great success. Many sent donations to sponsor boxes for soldiers while many of our members volunteered their time to come to Pittsburgh and help pack the boxes for servicemen. This year saw a record number of boxes prepared. Last year Operation Reach Out prepared and shipped 2,500 boxes for American troops overseas. This year saw 5,000 boxes packed and sent. Several Sokol USA members traveled from New Jersey to participate in the packing of the Operation Reach Out boxes. The event was a great success. A veterans' organization volunteered its facility for the event. It brought together many GBU members, veterans, and community volunteers to accomplish a great result. Many Sokol USA members traveled from places near the Pittsburgh area as well as New Jersey to join the volunteers who were packing boxes for Operation Reach Out. This was a wonderful display of Sokol fraternalism!

As the holidays approach, I encourage all of our members to attend lodge meetings and participate in Sokol activities. Many lodges are doing community and charitable



Joseph Bielecki

activities. Many members are doing sports activities such as gymnastics, walking and bicycling. These are great ways to achieve physical fitness and to improve health. Looking forward 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 bicycling clubs, as well as by doing traditional Sokol exercises. I have often written about the long-term benefits of regular exercise. As I can attest, participating in a regular long-term physical activity, whether it be walking, biking, or aerobic exercise, can shave off the pounds and keep them from returning.

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 our Sokol USA 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, toy drives for children, and other community charities. I also encourage our members to remember Sokol USA's Milan Getting Scholarship Fund when making end of the year donations. These scholarships are a big help to the students who receive them. It is a good

(Continued on Page 2)

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official organ of the
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OF THE USA**
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DONATIONS GRATEFULLY ACKNOWLEDGED

To the Milan Getting Scholarship Fund

From Lodge 1 Slovensky Sokol v New Yorku, Inc.	\$100.00
<i>In Memory of Deceased Members</i>	
From Sokol USA Lodge 79, Mahanoy City, Pa.	\$100.00
<i>In Memory of Deceased Members</i>	
From Sokol USA Lodge 74, Plymouth, Pa.	\$100.00
<i>In Memory of Deceased Members</i>	
To the Sport, Fitness & Wellness Fund	
From Lodge 1 Slovensky Sokol v New Yorku, Inc.	\$100.00
<i>In Honor of All Our Members, Past & Present</i>	
From Sokol USA Lodge 79 Mahanoy City, Pa.	\$100.00
<i>In Memory of Deceased Members</i>	
From Sokol USA Lodge 74, Plymouth, Pa.	\$100.00
<i>In Memory of Deceased Members</i>	

From the President's View

(Continued from Page 1)

way to remember a deceased love one or to share the holiday spirit by making donations to the scholarship fund. It is important to share the spirit of the holidays with friends and family as well as the needy. I encourage all of our members to share the spirit and joy of the holidays with others. This is the very essence of fraternalism.

As the year draws to a close, I share the traditional holiday wishes and wish you all a new year full of health, wealth and happiness!

NAZDAR!
Joseph Bielecki
President, SOKOL USA

Holiday Cheer & Wellness

(Continued from Page 1)
troops were greatly appreciated. It is not too late to support this wonderful program by sending a donation payable to the GBU Foundation at GBU Financial Life Fraternal Department, 4254 Saw Mill Run Boulevard, Pittsburgh, PA 15227-3394.

Continuing in this season's giving spirit, we are always grateful for the support of our brothers and sisters via donations to the Milan Getting Scholarship and the SFW Department Funds. If you, like myself, enjoy paying it forward during this joyous time, please consider your own Sokol USA as a beneficiary.

Now for my annual soapbox alert of scholarships available through both Sokol USA and

GBU.

Dear students, parents, and grandparents, now is the time to gather up all the forms from both organizations and read through the instructions carefully. Start putting a file together with all the required documents. Make sure you know the submission due dates! Every year, incomplete or late applications leave money on the table. Don't let this be your story!

Please review the information on both websites and, if you need further help, email Fraternal Secretary Ed Bohon at SOKOLUSAHQ@aol.com for Sokol questions. For the GBU information, contact their fraternal department at 800-763-4428 or email info@gbu.org.

Also, since we are reaching

the end of 2019, we are looking to obtain information from our lodges and regions who have held events promoting increased memberships or services to your communities. There is a \$100 reimbursement available for the cost incurred by the first 10 groups that apply to it. Again, please submit your receipts and a brief description of the event to headquarters by year's end. As always, we are interested in all your lodge and region activities.

Finally, we are wishing all our members a joyous holiday season and a happy new year.

Šťastné prázdniny
NAZDAR!
Sister Nancy Shurina
Chair of Fraternal Activities

Sokol Flu Shot Drawing Form

Name: _____

Lodge #: _____

Address: _____

Date & Place of Shot: _____

Mail to: Sokol USA Headquarters
301 Pine Street, P.O. Box 677, Boonton, NJ, 07005-0677

Brother Komarec walks coast-to-coast

Well... not exactly... let me explain...

In 2009, Sokol USA started its Healthy Heart Walking Club. After merging with GBU, many of our walkers (and runners) have continued logging miles with the GBU Walking Club, (as you can see by their accomplishments in the GBU Reporter). Before the merger, however, it was my pleasure to facilitate the Walking Club. I heard from Sokols far and wide, touching base wherever their walking took them. Some joined because they were active in a Sokol Lodge. Some joined because they had moved away from their Lodge. Some walked in addition to their exercise routines; some relied on walking to count as their exercise routine.

Early in 2012, Brother Jim Komarec of Lodge 122, joined the Walking Club. He retired and lived in Wisconsin. As I entered his name in the "Senior" Walking age group, I casually thought "how much walking will this guy do?" It turns out, Brother Komarec had to do a lot of walking on his own, and only when the weather was

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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.*

FRANK HUDEK – (1921-2005) A member of Lodge 500, Boonton, N.J.

ANNA JURKOVIC – (1926-2019) A member of Lodge 191, Chicago, Ill.

MICHAEL J. KRAJCI – (1937-2019) A member of Lodge 93, Bethlehem, Pa.

MIKE MRENKO – (1926-2019) A member of Lodge 68, Blairsville, Pa.

DANIEL NORTON – (1944-2019) A member of Lodge 122, Kenosha, Wis.

DOROTHY PAPP – (1935-2017) A member of Lodge 89W, Gary, Ind.

FRANCES PATTON – (1927-2019) A member of Lodge 114, Tarrytown, N.Y.

MADELINE POLCSAK – (1935-2019) A member of Lodge 130, New Kensington, Pa.

SHERRY L. ROBERTS – (1947-2019) A member of Lodge 269, Whiting, Ind.

EMIL Y. STANGL – (1990-2019) A member of Lodge 66W, Bethlehem, Pa.

JERRY STULIR – (1939-2019) A member of Lodge 158, Endicott, N.Y.

ANN VANSTRANDER – (1919-2018) A member of Lodge 32, Boonton, N.J.

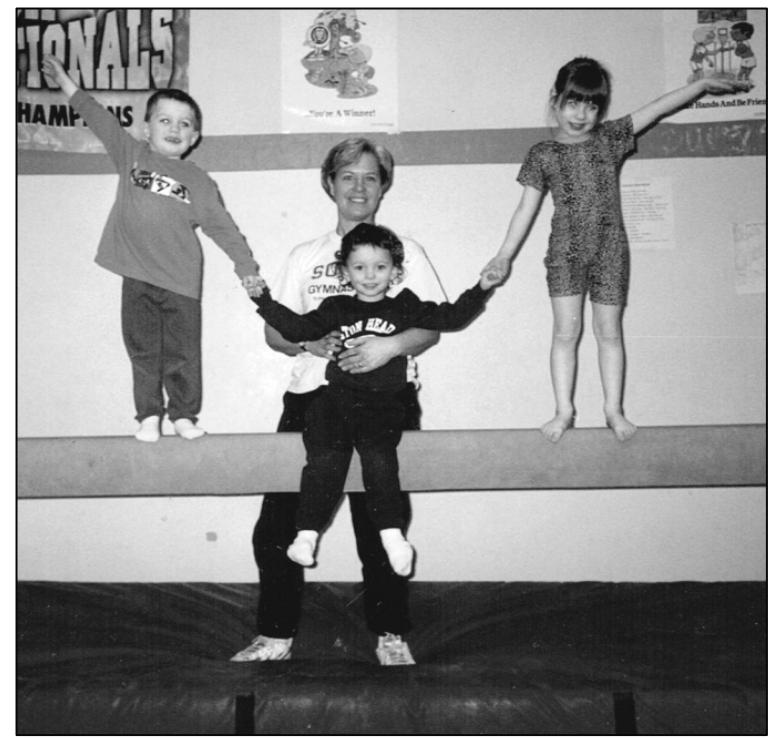
ANNABELL WRBICAN – (1929-2019) A member of Lodge 130, New Kensington, Pa.

PAULA YANKOVICH – (1950-2019) A member of Lodge 7, Byram, Conn.

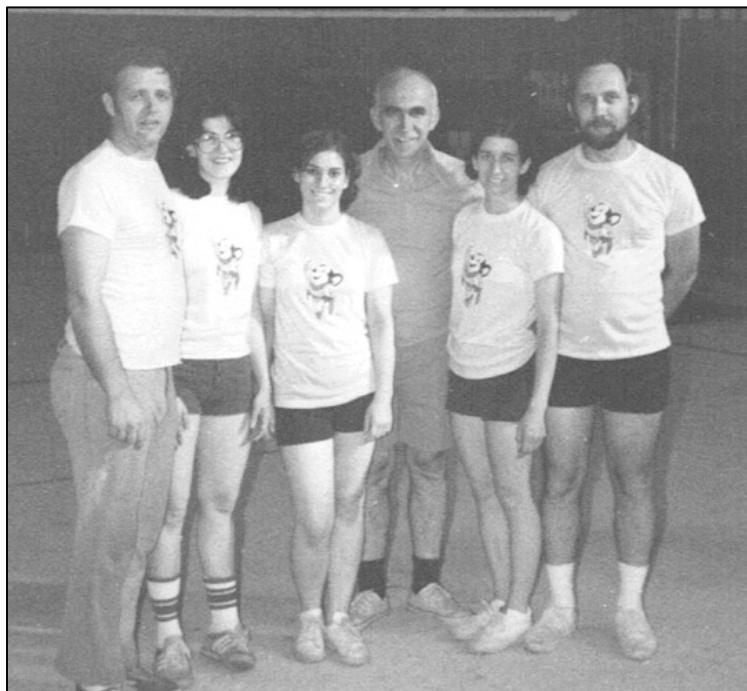
Lodge 12 through the years



Performing the "Beseda," a traditional Czechoslovak folk dance, at the National Sokolfest in Binghamton, N.Y., in 1975 are (from left) Keith Balla, Olga Havlicek, Jim Stanislawski, Kathy Babuska, Kevin Dye, Norah Kaplan, Paul Stanislawski, Patty La Posta, Paul Brinley and Ann Marie Sopoci.



Karen Viparina Stroczyński, a Boonton Lodge 32 member who for many years aided Lodge 12 as an expert instructor for pre-school classes, is shown here with three tots in the early 2000s.



A Lodge 12 not-ready-for-prime-time co-ed volleyball team consisting of Emil Trgala, Ann Marie Brinley, Kathy Naccarato, Jan Sopoci, Ellen Kovac and Milan Kovac are ready to give it their all at a Volleyball Tournament at Sokol Woodlands in 1980.



Lodge 12 Sokols have participated in many varied activities through the past 120 years, including baseball, track & field, Fitness Challenges, and relay races and tugs-of-war at National Slets.

Fit for Life

By Ellen Kovac

How are you doing with improving your personal fitness?
-Are you getting 2-3 hours of vigorous exercise every week?
-Are you including a variety of movements that will maintain or improve your strength, flexibility, and endurance?
-Are you getting enough sleep?
-Are you eating a diet with a minimum of processed foods and with plenty of fresh fruits and vegetables and whole grains?
-Are you taking time to de-stress as needed?
For the new year, set yourself goals in each component of a healthy lifestyle.
This column will focus on getting enough exercise and on things you can do right at home. Make this your motto:

"Just Keep Moving"

There is no limit to the ways you can fit exercise into your daily schedule. Every day, we spend time standing while we brush our teeth, wash our hands, talk on the phone, ride the elevator, wait for the traffic light to change, etc. Don't just stand there – move your feet and legs. Here are some examples of how:

Bend your knees. Knee bends can be full, halfway (demi-plie in ballet terminology), or slight. There are a thousand ways to bend your knees and most of them are best

done with either slight or half-bending.

Start simply with feet together, then feet apart, toes turned in, toes turned out. Take very small bounces in each position. Shift your weight from one foot to the other.

March in place.

Step up and down one or two steps several times, alternating the leading foot.

Lunge with one knee bent and the other leg kept straight. Lunge in all directions, alternating with both legs. Do small bounces in each lunge.

Balance. Shift all your weight onto one foot and hold that position. Keep the toes of the other foot touching the ground for balance, if necessary, or lift your leg completely if your balance is good.

Kick the free leg, in all directions, with the moving leg straight or bent. Stand on your toes and slightly bend your knees while swinging the free leg. To avoid falling, keep your hands near a counter or sturdy chair!

Full squat, supporting yourself with your hands. Stretch one leg straight out to the side. Repeat with the other leg.

There is no limit to the ways you can bend or dip your knees, all good exercise whether or not you are drying your hands. Try out other exercises that you can do for your arms, back, abdominal muscles, and flexibility. Add music with a peppy beat and

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Successful Special Olympics Program

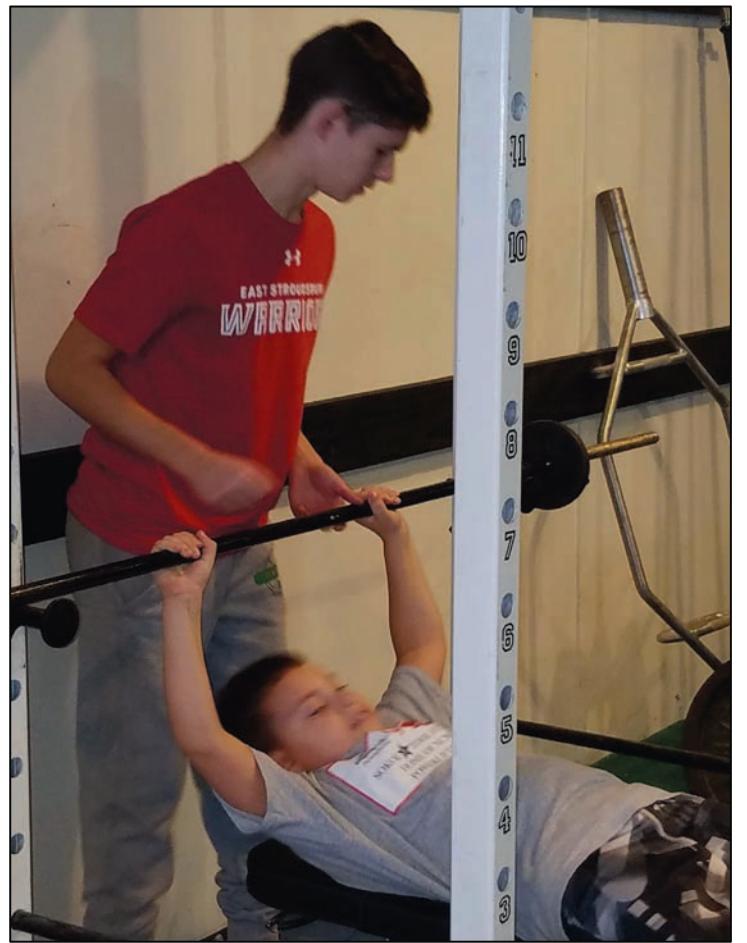
Lodge 410 Pen Argyl recently completed a very successful Special Olympics Powerlifting Program. Last spring, Director Erl Persson approached the local chapter of the Special Olympics with the idea to offer a powerlifting program to their athletes. During the summer, the lodge coaches were trained to work with the athletes and Sokol 5 Tool Fitness was named home of the Northampton County Special Olympics Powerlifting Program. After the program was publicized, it attracted six special needs athletes, five males and one female.

Part of the program's effectiveness was the dedication of the coaches to the new program. During each of the sessions, there was a one-to-one ratio of coaches to athletes, enabling each athlete to receive all the attention and training each one needed to be successful. Sessions began with group warm-ups, followed by individual training in three areas – bench press, back squat and dead lift. After individually working on each skill, the group rejoined and performed stretching exercises. To end each work out, the group of athletes and coaches ended by putting their hands together and raising them as they yelled "strong!"

At the climax of the eight-week session, the athletes performed their power lifting skills on Sunday, November 3 before parents, friends and Special Olympics representatives. The athletes' photos and banners highlighting the program were on display when the athletes arrived. Each athlete wore a new T-shirt that featured the name of the program and at the end of the event they each received their framed 8" X 10" photo of them performing a dead lift. Following the skill demonstrations, group photos were taken and the athletes enjoyed a pizza party with their coaches and guests.

Special Olympics' representative Amanda Seachrist spoke briefly to the crowd. She thanked the coaches for an excellent program and admitted that she knew nothing about powerlifting when Erl Persson suggested the idea to her. She said she was very happy she agreed to the program and was pleased with the attention given to the athletes. Due to the program's success, she and the coaches hope to expand the program next year. While the initial program that funded the athletes' session fees has ended, three of the participants have registered to continue their workout routines.

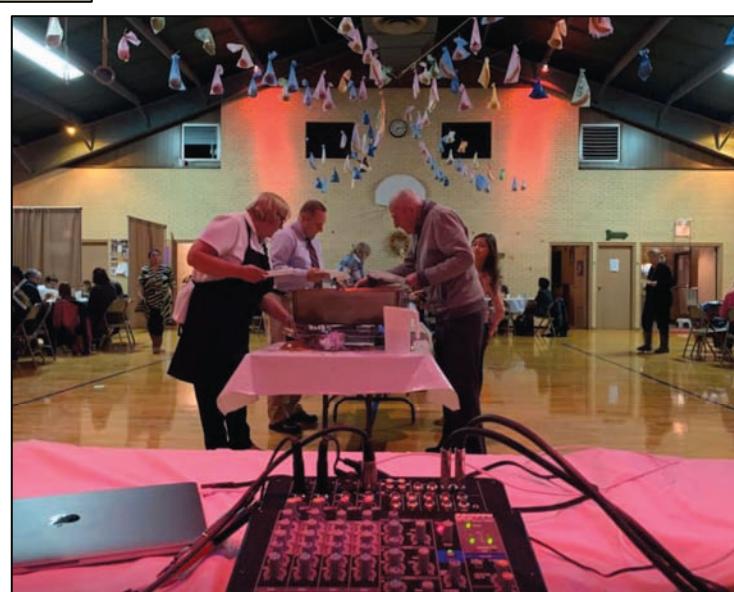
In order to offer the new program, the lodge equipment – which was mostly donated or purchased used – had to be updated. Fortunately, Todd Yatchyshyn was able to obtain two grants and the lodge has applied for "new program" and "project safety" funding through Sokol USA Sport's Fitness and Wellness budget to cover the necessary improvements. While the new equipment enabled the lodge to offer the Special Olympics Program, it has greatly enhanced the functionality of the after-school youth athlete training facility. There are currently over 60 youth athletes and family members training at Sokol 5 Tool Fitness. The new equipment benefits not only the Special Olympics athletes, but all current and future members.



Lodge 306 hosts Hody Fall Festival Dinner and Dance



Here are scenes from the Lodge 306 Hody Fall Festival Dinner and Dance. Clockwise from top left, The Von Schwedlers enjoy the event, Lodge members hit the dance floor, DJ MP (Matthew Pracko) kept the evening lively, Everyone enjoyed a good homecooked Slovak meal before hitting the dance floor and here are some of the participants who caught still fruit during the fruit dance.



A Sound Mind in a Sound Body and 26.2 Miles

By Amy Pracko

I became a member of Sokol in 1995 and, during that time, I have done things that I never would have done before. I have competed in gymnastics, learned and performed calisthenics routines and coached tots gymnastics. I have learned through these activities that gymnastics is not my thing and that I cannot march to the beat of the music (I am always on the wrong foot). However, in 2012, after participating in many Liver Life Walks with the American Liver Foundation after our son was diagnosed with a genetic liver condition, I decided to do the Liver Life Challenge and complete the Chicago Marathon.

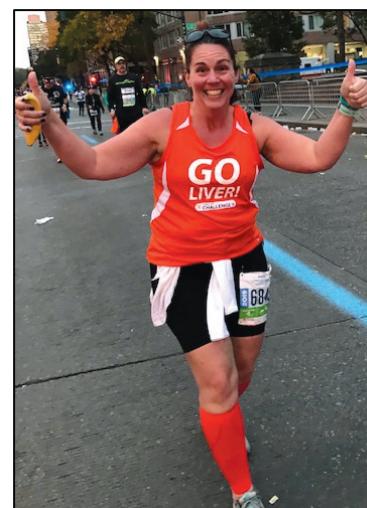
Now, I have never been a runner, I didn't even like running the mile in gym class. So why 26.2 miles you ask? Well, at first it was just about raising money for a cure for liver disease, but then it became so much more. I would get up on Saturday mornings, sometimes before the sun, to head to the Chicago lake front to run with my coach and

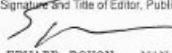
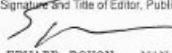
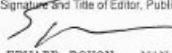
running group. I have to say that is where I found the sound mind part, running along the lake, talking with my running partner or just listening to our feet hitting the pavement was the most relaxing part of my week.

In September of 2012, I ran my first half marathon. It took me almost three hours to complete, but I completed it. Scott, Samantha and Matthew were there to watch me finish, but what I remember most is what Samantha said to me that night while tucking her in. I turned the light off and was walking out of her room and she stopped me with "mama?" I stopped, turned around and said "yes?" She said "I am really proud of you!" It was then that I realized not only was I doing something for me but for my children as well. I was showing them that it is never too late to try something new or to set a new goal.

While Sokol's main focus is on calisthenics and gymnastics, these activities may not be for everyone. I encourage all of you to find your fitness fit. I have to

say that I was completely surprised at how completely exhausting myself could be so relaxing. My family will tell you that I continue to run 26.2 miles for the bling, I say it's because when I am done, I feel like I can accomplish anything. Okay, the bling might also have something to do with it.



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HOLIDAY GREETINGS & DONATIONS

To the Milan Getting Scholarship

From Lodge 1, Slovensky Sokol v New Yorku. Inc \$100.00
"Merry Christmas and Happy New Year"

From Lodge 2, Bridgeport, Conn. \$300.00
"Merry Christmas & Best Wishes for a Happy New Year"

From Lodge 12, Central Jersey \$100.00
"Best Wishes to All this Holiday Season"

From Lodge 39, Berwyn, Ill. \$200.00
"Happy Holidays –Good Health to All!"

From Lodge 6W, Perth Amboy, N.J. \$125.00
"May This Holiday Season Be Joyful for All!"
In Memory of Deceased Members

From Lodge 79, Mahanoy City, Pa. \$500.00
"May Health, Peace and Happiness be Yours for the New Year and May Santa Grant All Your Wishes"

From Lodge 500, Boonton, N.J. \$250.00
"Best Wishes for a Joyous Christmas and A Healthy & Happy New Year"

From Brandi Kovac \$50.00
"Happy Holidays and Peace to All our Sokol Friends"

From Debbie Golden \$50.00
"Best Wishes for a Joyous Christmas and a Healthy & Happy New Year"

From John and Stephanie Kennedy & Family \$50.00
"Merry Christmas and Best Wishes for a Happy 2020"

From John & Mary Kamenitsky \$150.00
"We wish everyone a Very Merry Christmas and a Healthy and Happy New Year"

From Milan Kovac and Brigid Ruvolo \$100.00
"Merry Christmas and Happy New Year to Everyone"

To the Sports, Fitness & Wellness Fund

From Lodge 1, Slovensky Sokol v New Yorku. Inc \$100.00
"May Everyone Have a Wonderful Holiday"

From Lodge 6W, Perth Amboy, N.J. \$100.00
"May This Holiday Season Be Joyful for All!"
In Memory of Deceased Members

From Lodge 63, Homestead, Pa. \$300.00
"We Wish Everyone a Very Merry Christmas"

From Lodge 79, Mahanoy City, Pa. \$500.00
"May Health, Peace and Happiness be Yours for the New Year and May Santa Grant All Your Wishes"

From Lodge 500, Boonton, N.J. \$250.00
"Best Wishes for a Joyous Christmas and A Healthy & Happy New Year"

From Debbie Golden \$50.00
"To All, A Very Merry Christmas and a Very Healthy, Happy, and Prosperous New Year"



Sokol USA Sports Fitness & Wellness Department Annual Conference Call Meeting

SUN SEP 15, 2019 – 7:30 PM EST

Attendance: Chris Yatchyshyn, Todd Yatchyshyn, Kathy Naccarato, Heidi Yatchyshyn, Kristin Merker, Phil Tudisco, Scott Pracko, Tammy Bendel, Christina Pegg, Ellen Kovac, Norah Valentin, Matt Reynolds, Rich Yatchyshyn

National Director Chris Yatchyshyn welcomed all on the call.

Lodge/District Reports: Most reports were shared in advance of the meeting; all reports will follow in the minutes. Todd shared that the Pen Argyl Lodge Special Olympics Power Lifting class has begun. The first 8-session program attracted 5 males and one female. The lodge obtained a grant to update their equipment based on the new program, which also benefits all existing programs. Working with the Special Olympics is a great way to gain additional exposure for our Sokol Clubs since they regularly advertise their programs, which gets the Sokol name out to the general public.

Sokolfest 2019: Chris reported that responses to the Slet have been overwhelmingly positive.

A full Slet financial report will be presented at the District Board meeting on OCT 19 by Sokolfest Treasurer Emil Trgala. However, Emil shared with Chris that all bills presented have been paid and there is a balance in the checkbook of just over \$15,000. He indicated that income was close to \$89,000 and expenses just over \$73,000. These expenses do not include SFW Dept. travel, which was allocated through the SFW Dept. budget. It also does not include District Board Members' expenses, which were approved by the board.

Heidi and Todd created a survey that was available to take shortly after the Slet; nearly 60 attendees responded. Heidi gave a brief overview of the responses saying there were no surprises and the overall impression of the location, venues, and events was positive. The few areas that were indicated as less than positive were the same as recognized by the staff – the food at the Marriott continental breakfast and BBQ, as well as the PA system at the awards ceremony. In addition, a few people expressed their disappointment that some of the rides and water activities at Fantasy Island were closed.

Unfortunately, the park was under new management and changes were being made. In addition, higher than normal winds that day caused some rides to be shut down.

Heidi also reported that she is looking into an electronic ticket program that would utilize your smart phone and eliminate the need for paper tickets in the future.

American Sokol Instructors: Three Sokol USA students attended the Kurz held at Sokol Spirit in July. From Farrell: Lily Glover attended as an Intermediate and Alex Banjak as a Beginner student. From Lodge 306: Violet Thornton attended as an Intermediate student. Kristen Greenberg served as a staff member and Phil Tudisco volunteered on the kitchen staff. Kristin provided an overview of how the two-week course went. All three students were very enthusiastic and looking forward to returning in the future. Kristin noted that it was a smaller than usual school. The staff was younger, but they brought in guest speakers for some topics and there was a lot of support from the Central District.

AAU and SafeSport: Sokol USA will continue as an AAU Level 2 Club Member for Youth and Adult Gymnastics. Lodges that need insurance can also become club members and utilize AAU's insurance – both Sport Accident and General Liability. Sokol USA Instructors are required to be AAU members, since membership is granted only after a yearly background check. Instructors must also take the SafeSport course.

Lodges will be reimbursed for up to 6 AAU memberships and all SafeSport courses. American Sokol is also requiring that all instructors take the SafeSport course. They have given their gyms the option of affiliating with USAG or AAU, both of which require background checks for instructors. The USAG instructor membership fee is much more expensive, but includes the \$20 SafeSport course at no charge.

Additional Note: American Sokol was invited to be part of the Advisory Council of USAG. Requirements are that the representative be a USAG Member and only one representative

SOKOL TIMES

per organization may attend a meeting. Sis. Mary Cushing will represent the ASO BOI and Bro. Dan. Bajek will be available as back-up if Sis. Cushing is unable to participate.

Lodge/District Recommendations

Lodge 12 submitted the following recommendation: That the Sokol USA National Board be requested to develop a set of rules whereby social members can vote at lodge/region meetings and hold office in a lodge/region. Further, to consider how a social member may become eligible to be a Convention delegate and run for office on the National Board.

Explanation: Now that we are part of GBU, current and future realities regarding the membership of Sokol USA require us to rethink the best way for us to maintain active memberships for the good of our organization.

Since the topic of membership was further down on the agenda, Ellen Kovac agreed to discuss the topic first before action would be taken on the recommendation.

Chris asked Scott Pracko to give an overview of the District Board Expense and Revenue Committee that he chairs, since its focus has been somewhat redirected to membership. The committee views a national membership fee, without the requirement of a GBU policy or annuity, as one way to provide Sokol USA membership and provide needed revenue on the national level since the \$15,000 yearly stipend from GBU ended in 2018. Insurance and annuities would still be available for those interested. The committee is preparing a report and making a recommendation to the District Board at the upcoming meeting.

Chris shared that just last week, GBU (perhaps a result of new leadership) has finally heard our plea and will be offering a 3 Pay Membership Life Insurance Policy (\$3,000 minimum) available by filling out a 1-page application. We have been waiting for a long time for something like the former Sokol USA 3-Payment Life Policy, yet after trying to sell the term policy for six years, selling this policy may be more difficult.

While there is certainly value in the \$3,000 life policy, the increase cost from approximately \$35 a year for a term policy, to approximately \$100 per year for three years may be a difficult sell. The policy is a sound option and may work in some of the lodges; in others the cost may be too high to add on top of the already established gym program fees – especially this program year which has already begun, and prices have already been set.

The majority on the conference call agreed that a Sokol USA membership, without the requirement of purchasing a GBU life insurance policy or annuity, is something they are very interested in establishing. The only lodge that consistently sells a single premium life insurance policy is Farrell and for their lodge that is preferred over a Sokol USA membership, since it ensures a lifetime member.

Following the discussion, it was recommended and Ellen agreed to withdraw the Lodge 12 recommendation. Instead, Ellen will send a letter on behalf of Lodge 12 to each member of the District Board in advance of the October meeting, explaining why a Sokol USA membership would be the Lodge 12 preference. This was suggested since the topic of membership is supposed to be an agenda item for the upcoming meeting. The group felt it would have a greater impact if every board member read the reasons in advance of the membership discussion, rather than just hearing a recommendation from the SFW Dept. Other lodges were also encouraged to express their views on this matter.

SFW Dept. Recommendations & Budget

Annual SFW Department Recommendations for 2019-2020
Chris reviewed the following recommendations and noted any changes from previous years:

- That Sokol USA pay full tuition of any Sokol USA member to attend a National Sokol Instructors School in 2020, with the recommendation of their Lodge Director and approval of the National Directors.
- 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 2020 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.

(To be continued in February 2020)

An Invitation to All Sokol Athletes

Throughout 2019, articles have appeared in the Sokol Times featuring athletes who are Sokol members, some quite young and most of whom are members of Lodge 12.

In the coming year, we in Lodge 12 invite Sokol USA members of any lodge and any age to submit similar articles. Write about whatever you think will be interesting to the readers, such as these topics:

--How and when you got involved in your sport or physical activity.

--Why you like it.

--How many hours per week you spend on it.

--What special equipment you need or use.

--Why others might enjoy this activity.

And, if possible, please include a photo or two of the person being interviewed (or you if you are the athlete writing about yourself).

The point of this series is to emphasize that although one of the mottos of Sokol USA is "Physical Fitness through Gymnastics," the word "gymnastics," when the Sokol Gymnastics Manual was written in the 1860s, had a much broader meaning than it does today. It meant any and all kinds of exercises and training, including team sports, track & field-type exercises, and even marching.

Help us demonstrate that you don't have to live near a Sokol gym to live a Sokol lifestyle of health and fitness. Be a role model! Be an inspiration to people who have fallen out of the habit of a healthy and fit lifestyle, with all the benefits that bestows.

I hope that in the year 2020, we will be able to read about members from several lodges who are participating in a diversity of activities for life-long fitness.

Email all articles to Sokoltimessubmissions@gmail.com or to our Editor Kristin at knmerker@gmail.com. Or, mail your article to Sokol Times Editor, 301 Pine Street, P.O. Box 677, Boonton, NJ 07005-0677

Nazdar! On to Success!
Ellen Kovac

Fit for Life

(Continued from Page 3)

you will enjoy your workouts so much that you will continue exercising long enough to get an aerobic workout.

Some of us are older than others and some are in better shape than others. Gear your exercising so that it feels good to you.

Make your own list of exercise goals for the coming year and post it up where you will see it every day. Walk a mile or more outside when the weather permits.

Just keep moving!

Brother Komarec walks

(Continued from Page 2)

kind. But he was enthusiastic and motivated.

Also in 2012, I shared information in the Sokol Times about the American Discovery Trail, a website geared for dedicated hikers. America stretches about 3,000 miles from Atlantic to Pacific. The website suggests routes and, depending on what route you take, from east to west, you could get to visit at least 13 states. The website gives historical and geographic information about each segment of the trip in each state. I had challenged walkers to "walk the length of America," but to log the miles right in their hometown if they like.

To my great surprise and pleasure, I heard from Brother Komarec this summer. He had been logging miles for over six years and has accumulated a grand total of 3,000 miles! He has walked the length of America! I'm so proud of his accomplishment and can't wait to see which country he "walks across" next!

A Happy & Healthy Nazdar,
Brandi Kovac



LODGE 30 HAPPENINGS – Above at left, Sokol Lodge 130 said good-bye to two of our long time Sokol members, Margaret and John Gaydac (above at right). We had a farewell dinner for them at Olive Garden on Aug. 18, 2019. We had a nice time all together and we will miss them! They have lived in the same house for 61 years in Lower Burrell, Pa., and have been married for 65 years. They are moving to be with their daughter Carol and her husband in West Palm Beach, Fla. It will be nice that they are with family. Attending dinner were (from left) Mary Frances Kowalok, Mary Ann Slaninka, Lynn Culleton, John Gaydac, Margaret Gaydac, Dee Choltko, JoAnn Paulenda, Helen R. Slaninka and Cathy A. Ozdany. Below a left, Lodge 130, New Kensington celebrated the 65th wedding anniversary for Margaret and John Gaydac. Pictured on the left are Mary Frances Kowalok, Dee Choltko, Lynn Culleton, Margaret Gaydac and John Gaydac and on the right are Cathy Ozdany, Helen R. Slaninka and Mary Ann Slaninka. Below at right, members visited Marian Resetar (first row third from left), who is staying at Concordia Nursing Home. We had a really nice visit with her ordering in pizza along and drinks. Marian was surprised and happy to see all of us. She no longer can attend Lodge 130 meetings and events. Making the visit wer (from left in first row) Mary Ozdany, Josephine Funkhouser and JoAnn Paulenda; and (in second row) Mary Ann Slaninka, Cathy Ozdany, Dee Choltko, Helen R. Slaninka, Lynn Culleton and Mary Frances Kowalok.



SLOVAK FESTIVAL – Sokol USA President Joe Bielecki (at left) manned a Sokol information table at the University of Pittsburgh's Slovak Festival on Sunday, November 3, 2019.

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 (1-888-253-0362 or 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 2020-21 academic year must be received at Sokol USA by March 31, 2020. New scholarship recipients will be announced by June 1, 2020.

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