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SOKOL *TIMES*

APRIL 9, 2020

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From the President's View

My dear Sokol USA Brothers and Sisters, we are presently in extraordinary and trying times. I begin this article by sharing with you a meditation which I recently saw posted online:

"Anne Frank and 7 other people hid in a 450-square-foot attic room for 761 days, quietly trying to remain undiscovered. We can all do our part to keep everyone safe and spend a few weeks at home."

These words carry great truth. I urge you to follow the instructions set forth on the Center for Disease Control website. I request you to follow the public safety directives as issued by federal, state and local authorities. Normally, I would urge you to go out to your local Sokol hall or gym or to do some public form of physical fitness. This month, I urge you to stay at home and to follow the various directives issued by governmental and public health authorities as much as possible and to practice social distancing. The public health and safety are very important in these difficult days.

I also urge you in these stay at home quarantine days to remember the words of Dr. Miroslav Tyrs, the founder of the Sokol

movement. He stressed the ancient Roman slogan of "Mensa Sane, Corpa Sane" (A Sound Mind in a Sound Body). Please use these days at home to read, to learn, to watch films, to listen to music and to develop this aspect of life at home.

Fraternally, I urge you to keep in mind the elderly, the shut-ins, and the needy. You can do much good even from inside your own homes! You can call people from home and raise their spirits and make many happy by the human contact of a phone call. You can write letters to friends and family. You can donate to charities that help those in need. You can easily share our strong Sokol fraternal spirit in this manner. If you have an elderly neighbor or relative who cannot go out, you can go to the grocery store for them. The COVID-19 virus cannot stop this type of fraternalism! This is what Sokol USA is all about!

At home, you can do solitary aerobic exercise or lift weights or use kettle bells, or do simple exercises like pushups or sit ups. You can do rhythmic aerobics solo at home.

In these unusual and extraordinary times, we can continue our

(Continued on Page 6)



Joseph Bielecki

Calisthenics and Marching Competition



American Sokol and Sokol USA Lodge 306 worked together to put together their annual Calisthenics and Marching Competition held at Sokol USA Lodge 306 in Chicago, Ill. At left is Piper Campus presenting after receiving her awards for the all-around portion of the competition. At right, Sokolettes and Sokolads compete in the same age division. Here they are presenting after having received their awards. More photos on Page 5.

SOKOL TIMES

official organ of the
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OF THE USA

Sokol USA - District 4000 a Division of GBU Financial Life

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SOKOL USA

A Division of GBU FINANCIAL LIFE



VIRUS PERMITTING

Sokol USA Farrell Annual Meeting and Election of Officers

Sunday, June 7, 2020

1:30 pm: Meeting (members only)
3:00 pm: Gymnastic Exhibition
4:00 pm: Buffet

All activities at Slovak Home
800 Spearman Avenue
Farrell, PA 16121

Please follow our Facebook page for last minute updates

<https://www.facebook.com/sokolfarrell.org/>

Lodge 26 Guttenberg Sokol USA GBU District 400

The March meeting has been cancelled due to Coronavirus advisory. The next meeting should be held at the end of June. For the date, time and place, please contact Brother Buddy Burkhardt at aburkh2130@gmail.com.

Thank you. And our thoughts and prayers for all.

James Malik, President
Keith Burkhardt, Financial Secretary

CELEBRATING OUR 11th CONSECUTIVE YEAR

SOKOL USA FARRELL OPEN FOUR PERSON GOLF SCRAMBLE

*Benefits Sokol Gymnastics Family
& Youth Programs*



SHENANGO LAKE GOLF CLUB
99 Birchwood Dr., Transfer, PA 16154
Saturday, June 13, 2020
SHOTGUN START: 9:00 AM

ENTRY FORMS: All Sokol members and non-members are invited to participate in the 11th SOKOL USA FARRELL OPEN FOUR PERSON GOLF SCRAMBLE.

- Registration Fee Includes: Greens fees, cart, T-shirt, door prizes, line prizes, beverages, steak dinner and food at the turn!
- All Sokol members in good standing may deduct an additional \$5.00/individual from the registration fee.

FEATURING:

Team Prizes (based on minimum of 25 teams)

1st Prize: \$800 per team

2nd Prize: \$400 per team

3rd Prize: \$200 per team

4th Prize: \$100 per team (random draw)

- \$5,000 Cash Prize for ANY Hole-in-One on #9 hole
- 50/50 raffle
- \$5.00 Skins Game
- Bet Hole
- Prize Boards (\$25.00 minimum value)

Entries Accepted on "First Come" basis. Limit of 30 teams.



Information and entry forms are available at <http://sokolfarrell.org> and clicking on *Golf Scramble* or by contacting:

Bro. Tim Brandt, chairman;
1448 Hall Ave.; Sharon, PA 16146;
Phone: (724) 866-8553.

**30 TEAMS WERE ENTERED LAST YEAR;
ENTER NOW... BEAT THE CUT OFF!**

FLU SHOT DRAWING INFORMATION

Sokol USA is continuing to strongly encourage 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.

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

Get Well Soon



Bea Walko

The National Board of Sokol USA sends best wishes for a speedy recovery. We are thinking of you during this time.



AMERICAN SOKOL NATIONAL SCHOOL BOARD

AMERICAN SOKOL NATIONAL INSTRUCTORS SCHOOL IS CANCELLED

Dear Sokol Members,

In light of COVID-19 and the restrictions being placed on gatherings during this pandemic, the American Sokol National School Board, in conjunction with the National Board of Instructors, has decided to cancel the 2020 National Instructors School. Our first and foremost concern is for the health and well-being of our students and members. We feel this is the prudent thing to do.

We already have active bids in place for next year, so students will be able to continue their Sokol instructional endeavors.

We would like to thank Sokol KHB in Ennis, TX, for stepping up as host for the 2020 School. We're sorry for any inconvenience. Stay healthy and be safe!

Nazdar!

American Sokol National School Board

Sokol USA Sports Fitness & Wellness Department Annual Conference Call Meeting

SUN SEP 15, 2019 – 7:30 PM EST

(Continued from February 2020)

metrics for measuring program performance on a regular basis.

- 20. That Bro. Matthew Reynolds continue as Social Media Coordinator for Sokol USA and receive a \$500 annual stipend. *Note: This expense would fall under the administrative budget, not the SFW budget.*

Recommendations 1-19 were approved by the Trustees. Recommendation 20 was forwarded to the entire District Board and was approved; Matthew's board liaison will be John Kennedy.

2019-2020 SFW Budget

Administration

Includes expenditures for:

		\$11,664.00
SFW Dept. Assistants' Salaries	1320	4 at \$330
SFW Dept. AAU Membership	144	6 at \$24
Safe Sport Course Participation	120	6 at \$20
Directors' Travel	4000	
AAU Level 2 Club Membership	80	
Nat'l Meeting/Training Session	6000	

Lodge Benefits

Includes expenditures for:

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

National Activities

Includes expenditures for:

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

Program Development

\$10,000.00

Total

\$48,534.00

The 20 recommendations and the budget were voted on as a block. Sister Yatchyshyn had to leave the call for a few minutes to take another call. Brother Todd Yatchyshyn asked for a second to the recommendations and budget presented by the directors.

The recommendations and budget were seconded and approved unanimously. Sister Yatchyshyn returned to the call.

Sokol USA Membership Discussion

Discussed earlier in the meeting.

Other

Chris noted that there is no American Sokol Development Conference this year. It is held every other year and 2020 will be important since it will be prior to their Chicago Slet in 2021 and the new calisthenic will be taught.

This year the American Sokol Directors Conference will be held OCT 12-13. Unfortunately, both Chris and Todd have previous commitments. Kristin Greenberg was asked to attend on their behalf, and she agreed. Chris will provide reports in advance of the meeting.

Chris explained that she realizes how difficult conference calls are versus in-person meetings but to save money this will be the format unless a meeting can be held in conjunction with a Development Conference. She pointed out that if an issue arises, we certainly can hold more than one call per year and lodges should not hesitate to request an additional call if they feel it is necessary.

She thanked everyone for joining the call and for their hard work. She also stated, *You are the ones who keep Sokol USA going. Nazdar!*

REMINDERS

AAU Membership

All lodge instructors must obtain an AAU membership; this will ensure a background check.

Once you have obtained your AAU membership, instructors need to take the Level one PCA Course. There are three levels of courses; they suggest taking one per year, but you can take all three for free the first year if interested. Also, there are three additional courses on other topics that are also offered for free to members.

<https://www.positivecoach.org/aau-online-course>

Lodges that are using the AAU insurance as their sole provider must also join as an AAU Club Member and every person on the gym floor – administrators, instructors and athletes must be an AAU member.

State Requirements

Each lodge should also review their state laws to see what background checks are required of adults working with youth – like criminal background and child abuse.

SafeSport

All lodge instructors must also take the SafeSport Course. Lodge officers and parents are encouraged to take the FREE parents SafeSport Course. There is also information for athletes on the SafeSport website; please inform them to check out this information.

(Continued on Page 4)

Fit for Life

So. Here we are, self-isolating, working and schooling from home, washing our hands for 20 seconds, and wondering when and how it all will end. It's a stressful time as best, and it's important that we all make a point of safeguarding our health.

This is the kind of unforeseen contingency of life for which we should have been maintaining the highest level of fitness that we could all along. If you have, good for you! If you haven't, make a promise to yourself that you will from now on.

Remember, good health includes four aspects: physical exercise, nutrition, sufficient sleep and mental health.

Speaking of mental health, it's irrational to stock up on excessive amounts of, for example, toilet paper! Why are people doing it? Social psychologists call that an example of "herd behavior." When people see someone else doing something, they think that other person must know something they don't know, and they decide they'd better copy that behavior – without thinking. Soon, a whole herd of people is rushing to buy all the toilet paper they can. Don't copy herd behavior. Be rational. Think for yourself and have confidence in your own judgment. Get information from the experts you that need to stay safe and avoid herd behavior.

How else can you maintain optimal mental health during these trying times? Make sure you eat healthily, get adequate sleep and get enough exercise. These aspects all build on each other to maximize our overall health. In addition, avoid unnecessary irritations in your life and make a point of taking time to clear your mind with silence, relaxing music, meditation, yoga, looking out at water or up at the sky, or whatever helps you.

For the duration of any government-imposed home confinement, it's important to create an exercise routine and include it in your daily schedule. Find and play whatever music motivates you while you exercise. Incorporate extra exercise into daily chores.

-If you have children at home, include exercises geared for them. Every family member should exercise according to their ability.

-Get up after every hour or so from sitting and do something physical for a few minutes.

-Wear clothing that you might wear if going to a gym, to put you in the mood for exercise.

-Stretch and bend every part of your body, including squeezing your shoulder blades together.

-While washing and drying your hands, move your feet. Dip your knees. Shift your weight.

-Step up and down your stairs until you are breathing a little harder. You will need only one step for this.

-Do push-ups. Can't do a push-up? Do them with your knees down on the floor.

-Play "volleyball" with a balloon or small beach ball.

-Use a couple of soup or bean cans as hand weights for arm exercises. Develop a routine for yourself.

-Go outside every day. Sunlight and fresh air are beneficial for our health.

-Walk a mile or more (but not in a group other than with your family for the next few months).



Ellen Kovac, author of the Fit for Life columns, wears her Fitness Challenge Medal at a recent Sokolfest.

-Hang from something that will support your weight. Try to do a chin up.

-Dance. Jog. Jump rope. Do jumping jacks.

-The best suggestion of all: Compose your own calisthenics to music of your choice. When you have mastered it, send a video of your composition to our National Directors, Chris and Todd. They will choose the best submissions as part of our next Sokolfest!

These are a few ideas to get you going. Whatever you do, make exercise enjoyable for adults as well as for children. Create simple exercise games or contests. Be Fit for your Life!

To success!

Ellen Kovac

Sokol USA Sports Fitness & Wellness Department Annual Conference Call Meeting

(Continued from Page 3)

Lodge Reports

Program Year 2018-2019

Lodge #12, Central Jersey

Directors: Norah Valentin, Ellen Kovac, Neechee Rehwinkel

Indicate the number of Sokol members in each group: Sokolettes 2, Junior Girls 4, Sr. Women 5, Sokolads 0, Junior Boys 0, Sr. Men 3, Tots 1, Instructors 4, Bowlers 1

List the days and times on which you hold **Sokol classes** & indicate which group(s) participate on those days.

We rent a fully-equipped gym on Friday nights, 7:30 – 9:15 for all participants.

Indicate numbers of any additional **non-Sokol** participants & programs in which they participate.

One man is a Social member. He participates in fitness mostly with hand weights, no apparatus.

Describe other events or fundraisers in your lodge, region (district) or community in which your members participated. *None during this past year.*

How many members attended Sokolfest 2019? 8

List any awards. *Firsts All Around Legacy, in gymnastics and Fitness Challenge; 1st All Around and two events, and 3rd on two events. Jr. Girls Bronze; 1sts and 2nds in Masters Bronze.*

How many attended the 2019 American Sokol Instructor's School? *None*

Please share any other information that you would like to have included in the SFW
(Continued on Page 6)



ČESKÁ OBEC
SOKOLSKÁ

VEDEME ČECHY K POHYBU A SPOLEČNÉ AKTIVITĚ

TO ALL SOKOL MEMBERS ABROAD

Prague, March 19, 2020

Dear Sisters, dear Brothers,

The Czech Republic, like the whole world, is going through a difficult time. Sport and sport activities in general are nowadays not, of course, important activities. Life in our towns and cities has stopped, our Sokol gyms are closed, but our hearts and minds remain open. Most of Sokol's values - such as citizenship, community, personality, kindness - are now more valid than ever.

I am happy about so many activities in which our members and the Sokol units are involved and which help our citizens manage the current situation. I am glad that we care for our Sokol seniors who are most at risk of the epidemic. I am also pleased by the Sokol activities in the only public space left today, i.e. social networks; whether it is instructions for sewing face masks and other protective equipment, or promotion of home sport activities focus not only on Sokol members, but also on general public.

Although our borders are closed, our thoughts are going to you, our Sisters and Brothers abroad. We believe that you will get over the current crisis in health and that we will all be able to come back to usual Sokol activities as soon as possible.

Be considerate, protect ourselves and our loved ones, friends, and citizens.

Be healthy, because in a healthy body, there's a healthy spirit!

With Sokol greetings Nazdar!

Yours

HANA MOUČKOVÁ

President of the Czech Sokol Organization
1st Vice President of the World Sokol Federation

Update from Sokol USA National Directors

Hello everyone! We hope you are well and following all the recommendations to remain safe and healthy during the Coronavirus crisis. Thank you to the gym programs for being proactive, providing informational letters to your members, Facebook updates and, most of all, canceling classes. It is a difficult time for everyone.

Included in this issue is a letter sent on behalf of the American Sokol Board of Instructors and National School Board informing everyone that the 2020 Instructor School has been canceled. This was a very sound decision and, luckily, there is no National Slet in the United States this year.

On the positive side, I have seen some wonderful Facebook postings and I urge you to do something similar. When Sokol Tabor announced the cancelation of their exhibition, they posted photos of previous ones. Sokol Baltimore is featuring Amanda demonstrating the "Move of the Day." Today was day four – relevés. On the first three days, she demonstrated and urged others to try Hollow Body Rocks, Kicks, and Push Ups. This is a great way to encourage at-home participation.

Chicago 306 often posts information and great videos, but I was especially impressed with the video showing members cleaning the gym a few weeks ago. Intensive cleaning and disinfecting will be very important before anyone resumes programs.

I also enjoy Chicago 306 and Falcon Gymnastics/Lodge 47 newsletters online which really keep the parents updated, even if they themselves are not Sokol members. Farrell Lodge 103 also mails very informative newsletters on a regular basis and regularly posts their events on Facebook. Central Jersey and Pen Argyl have been keeping us informed through the *Sokol Times*. It's important to highlight all the terrific work you are doing – even if it is temporarily interrupted. Keep up the strong communication!

Recently, Falcon Gymnastics has been highlighting their graduating seniors on Facebook. Let's remember how difficult this year is, especially for them. They may miss out on many senior high school events and, for some, their last gymnastics championships.

And, one more shout out to Falcon Gymnastics. Their recent

postings offered to help two groups. They posted an offer to go to the store and pick up things for the elderly or those who can't get out. Secondly, in conjunction with their landlord, they offered free overnight parking to up to 10 truckers per night in their well-lit parking lot just off Route 70. What a great service during this time when people are ordering more than

ever online and there are more and more trucks on the road trying to make the deliveries happen.

If your lodge or individual members are doing something to help others during this unprecedented time, please share the good news. It lifts our spirits as well as those you are helping. If you don't ordinarily post on Facebook, send your

information to our Social Media Coordinator Matt Reynolds at matthew.reynolds@valpo.edu and he will post it, or to Kristin Greenberg at sokoltimessubmissions@gmail.com so it can be highlighted in the *Sokol Times*.

Finally, if you need some information to send to your gym members, read the articles that AAU/PCA provide on a regular

basis. Below is the link to an article with some great advice for coaches.

https://positivecoach.org/ask-pca/dealing-with-disappointment-during-coronavirus-cancellations-postponements/?utm_source=pcemail&utm_campaign=devzone&utm_content=button

Stay well and stay connected. Nazdar!



CAL AND MARCHING COMPETITION: During the month of February, American Sokol and Sokol USA Lodge 306 worked together to put together their annual Calisthenics and Marching Competition held at Sokol USA Lodge 306 in Chicago, Ill. Above at left, gymnast Mia Barros presenting after receiving their awards for the all-around portion of the competition. Above at right, Lodge 306's newest member of the Seniors class, Neeharika, presenting after receiving her award for the all-around portion of the competition. At left, Gymnasts and coaches are excitedly awaiting the awards to be announced and distributed. Following the event, gymnasts and families were encouraged to stay, socialize, and check out the bake sale and spaghetti dinner. A very yummy and fun time was had by all and many can't wait until the next one. Congratulations on another successful collaboration and event! Nazdar!





ATTENTION SOKOL FARRELL MEMBERS:

Members of Sokol Farrell in good standing who meet the requirements are eligible to apply for the:

“STEVE BANJAK MEMORIAL SCHOLARSHIP”

Currently the scholarship is up to \$2,000 awarded in annual installments of \$500 over a four-year period.

The deadline for new applicants is May 1.

The deadline for renewal applicants is June 1.

Requirements and the application form are available at <http://www.sokolfarrell.org/home.html>>News and Events>Memorial Scholarship.

Please note that you are also eligible for scholarships from Sokol USA and GBU. Deadlines may be different than ours. Please check their websites for additional information.

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 e-mail at 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.

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.

EMILY BROWER – (1921-2017) A member of Lodge 39/40W, Berwyn, Ill.

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

TAMMIE FRANKEN – (1961-2019) A member of Lodge 103, Farrell, Pa.

HELEN KLIMA – (1933-2019) A member of Lodge 15W, Binghamton, N.Y.

ANTHONY LICAMARA – (1950-2019) A member of Lodge 29, Guttenberg, N.J.

BARBARA MASTROBATTISTA – (1930-2019) A member of Lodge 32, Boonton, N.J.

JANET MUELLER-RIBKA – (1954-2019) A member of Lodge 403, Miami, Fla.

JOSEPHINE PAPULA – (1930-2019) A member of Lodge 114, Tarrytown, N.Y.

EMILIA POLLACK – (1926-2019) A member of Lodge 114, Tarrytown, N.Y.

Sokol USA Sports Fitness & Wellness Department Annual Conference Call Meeting

(Continued from Page 4)

Report at the upcoming District Board (Supreme Lodge) meeting:

We miss the closing of the Boonton lodge gymnastics classes which de facto has resulted in no annual District Hodza competition.

Program Year 2018-2019

Lodge/ District: Lodge 306 Chicago/Lodge 39 Chicago/District L. Stur

Directors:

Bryan Pracko (Director – District L. Stur)
Kristin Greenberg (Director – Lodge 306 and District L. Stur)
Phillip Tudisco (Director – Lodge 306)

Indicate the number of Sokol members in each group: Sokolettes 67, Junior Girls 12, Sr. Women 8, Sokolads 0, Junior Boys 4, Sr. Men 5, Tots 15, Instructors 16, Bowlers 0

List the days and times on which you hold **Sokol classes** & indicate which group(s) participate on those days.

- **Mondays**
 - Sokolads 6:30-8:00 p.m.
 - Jr. Boys and Girls 8:00-9:30 p.m.
- **Tuesdays**
 - Sokolettes 6:30-8:00 p.m.
- **Wednesdays**
 - Sokolettes 6:30-8:00 p.m.
 - Senior Cal 8:00-9:00 p.m.
- **Thursdays**
 - Sokolettes 6:30-8:00 p.m.
- **Fridays**
 - Tots 6:15-7:00 p.m.
 - Jr. Boys and Girls 7:00-8:30 p.m.
- **Saturdays**
 - Tots 6:15-7:00 a.m.
 - Sokolettes 10:00-11:30 a.m.

Indicate numbers of any additional **non-Sokol** participants & programs in which they participate. **None at this time.**

Describe other events or fundraisers in your lodge, region (district) or community in which your members participated.
Lodge 306 Fundraisers: Soap Fundraiser; Cartwheel-a-thon; Candy sale; Palm Sunday Brunch; Event Volunteers; 2 Spaghetti Dinners; Fall Festival Hody; Chicken Paprikas Dinner; Cookie Walk; Soup Smackdown; Lodge 306 Exhibition; Social Nights (2x a month); Movie Nights; Parents Date Night Out; Sokol Golf Outing; Trivia Night;

District Fundraisers: Lodge 306 exhibition/dinner raffle; Sponsoring Buffalo Slet; Buffalo Slet

Lodge 306 Events participation within ASO Central District: Central District Skills Day/Competition for boys (6 competitors); Central District Skillz and Progressions Clinic (16 gymnasts & 4 Instructors); Central District Cal/Marching Competition (18 competitors); Central District Competitions and Sokol Day (22 Female Competitors. & 6 Male Competitors); Summer Gymnastics (17 Participants)

How many members attended Sokolfest 2019?

List any awards.

Total Members attended: 47 (31 members & 16 non-members/Chaperones)
5 Gymnastics Team Awards
Bednar Klimov Award

How many attended the 2019 American Sokol Instructor's School?

- **1 Student (Violet Thornton)**
- **1 Instructor (Kristin Greenberg)**
- **1 Kitchen Volunteer (Phillip Tudisco)**

Please share any other information that you would like to have included in the SFW Report at the upcoming District Board (Supreme Lodge) meeting:

We also have an active Junior Board that runs various fundraisers. Examples of these include Parent Date Nights Out, Movie Nights, Bake Sales, Concessions Stands, and Gingerbread House Competition. They also went on several group outings as a means for team building (escape rooms experience. & Lock in Game Night)

Program Year: 2019 -2020 Lodge 103 Sokol Farrell

Directors: Chris Pegg and Stephen Banjak

Indicate the number of Sokol members in each group: Sokolettes 3, Junior Girls 2, Sr. Women 9, Sokolads 1, Junior Boys 1, Sr. Men 2, Tots 3, Instructors 4, Bowlers 0

List the days and times on which you hold **Sokol classes** & indicate which group(s) participate on those days.

Tots – Mondays 6:00 to 6:45

Children – Mondays 6:00 to 7:00

Juniors – Mondays 7:00 to 8:30

If classes become larger, we are flexible and can add another day.

Indicate numbers of any additional **non-Sokol** participants & programs in which they participate. *All participants are Sokol members at this point.*

Describe other events or fundraisers in your lodge, region (district) or community in which your members participated.

- 1) *St. Nicholas Party – First Saturday in December*
- 2) *Daffin's Chocolate Bar Sale – Begins January 6, 2020*
- 3) *Sokol Farrell Four Person Open Golf Scramble – Second Saturday in June*
- 4) *Annual "Steve Banjak Memorial Scholarship" given to Sokol Farrell members who are attending higher education... \$2000 given over a 4 year period provided a 2.5 GPA is maintained. This year Sokol Farrell awarded 10 scholarships: 2 new and 8 renewals... all Sokol Farrell life members.*

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FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

Sokol lives! I urge you to stay healthy and to stay well! Share Sokol USA fraternalism even during this period of national shut down and pandemic. These difficult days will pass and our lives will return to normal!

NAZDAR!
Joseph Bielecki
President
SOKOL USA

HOME SCHOOLING ADVICE

In a few states, schools are closed, and children are expected to learn online or by "distance learning." Parents or others supervising children are suddenly finding themselves in the role of a teacher's aide. Here is advice from mothers who have been home schooling their children for years.

"Stick to a routine, not a schedule." For example, children can benefit from sleeping in! There is no need to make sure they get up at a certain time. Older children can get their schoolwork done in far fewer hours at home than at school, according to the experiences of these women. After they get up and have breakfast, they can efficiently get to work on their assignments.

"Make an arts and crafts table." Younger kids especially will benefit from this. Keep an

assortment of supplies out all day for whenever a child wants to create, and don't worry if it gets messy.

"Let them have screen time." There are plenty of educational videos from historical documentaries to scientific explanations.

"Don't make it like school." As soon as a child understands a concept, they can move along to another topic. The child doesn't need to be bored by unnecessary repetition. Hands-on activities that are not possible in school can be very educational and more enjoyable ways to learn.

"Take a deep breath." You and your children need time to adjust and to de-stress. The house will get messier, babies will be fussy, and things won't go as planned. "Take it one day at a time."

Source: *The NJ Star Ledger, March 17, 2020*

Sokol USA Sports Fitness & Wellness Department Annual Conference Call Meeting

(Continued from Page 6)

How many members attended Sokolfest 2019? List any awards.

22 members attended... In the Boy's competition, Ages 9 to 11, Level 2, **Kane Glover** 1st place total all-around score of 50.000.

How many attended the 2019 American Sokol Instructor's School?

Alexej Banjak – Beginners; Lili Glover – Intermediate

Program Year 2018-2019

Lodge #47 - Monessen

Directors: Charity Ruhl

Indicate the number of Sokol members in each group: Sokolettes 32, Junior Girls 24, Sr. Women 14, Sokolads 5, Junior Boys 0, Sr. Men 5, Tots 0, Instructors 12, Bowlers 0

List the days and times on which you hold **Sokol classes** & indicate which group(s) participate on those days.

Tues, Wed, Thurs, Fri 5:00-8:00 Sun 3:00-8:00

Indicate numbers of any additional **non-Sokol** participants & programs in which they participate.

Recreational gymnastics and tumbling classes: 325 in 35 classes

Describe other events or fundraisers in your lodge, region (district) or community in which your members participated.

Annual Polar Bear Meet, Western PA Judges' Critique, Hoagie Sales, Popcorn Sales, Pierogi Sales, Tastefully Simple, Pies, Buns, Nut Rolls, Gymnastics Competitions Boys & Girls, Annual Christmas Party Blanket Drive for Jeremiahs Place, Annual Gobbler Food Drive, Pool Party, Bag Brigade

How many members attended Sokolfest 2019? List any awards. 21 participated

How many attended the 2019 American Sokol Instructor's School? 0

Program Year 2018-2019

Lodge 410 Pen Argyl

Directors: Erl Persson

Indicate the number of Sokol members in each group: Sokolettes 2, Junior Girls 2, Sr. Women 4, Sokolads 1, Junior Boys 15, Sr. Men 8, Tots 2, Instructors 4, Bowlers 0

List the days and times on which you hold **Sokol classes** & indicate which group(s) participate on those days. M-F 2:30-9:00 PM All groups

Indicate numbers of any additional **non-Sokol** participants & programs in which they participate. Special Olympics Power Lifting 6 participants; Off-season hockey – 10, Softball – 7. In addition, we have 19 regularly attending athletes who pay monthly to participate in our programs.

Describe other events or fundraisers in your lodge, region (district) or community in which your members participated. Ran concession stand for 5 summer concerts in Weowna Park, profiting \$2,000.

DONATIONS GRATEFULLY ACKNOWLEDGED

Milan Getting Scholarship Fund

Sokol USA Lodge 15, Yonkers, New York \$100.00
In Memory of Deceased Members

Sokol USA Lodge 248, Rossford, Ohio \$450.00
In Memory of Deceased Members

Sport, Fitness & Wellness Fund

Sokol USA Lodge 15, Yonkers, New York \$100.00
In Memory of Deceased Members

Sokol USA Lodge 248, Rossford, Ohio \$450.00
In Memory of Deceased Members

How many members attended Sokolfest 2019? List any awards. – 5 attendees

How many attended the 2019 American Sokol Instructor's School? - 0

Please share any other information that you would like to have included in the SFW Report at the upcoming District Board (Supreme Lodge) meeting:

Received two grants in the amount of \$6,000 and \$2,000 for the purpose of preparing gym and equipment for the Special Olympics program.

Please note we have 42 "non-Sokol participants" who are potential Sokol USA members.

MINUTES OF M.M. HODZA DISTRICT MEETING

OCTOBER 19, 2019

ALL OVER THE TRI-STATE AREA

President Judy Bindas called the meeting to order at 1:10PM. The following people were in attendance via a conference call:

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

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

Minutes from the 2018 meeting were read. A motion was made to accept the minutes. Motion seconded and carried.

Sis. Bindas thanked all present for joining the meeting, and proceeded with the agenda.

Treasurer's Report

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

Sis. Valentin highlighted some differences from this past fiscal year. The District reimbursed 9 members for participating in the 2019 Sokol USA Buffalo Slet. To offset those reimbursements, we cashed in a Promissory Note. The District has not received donations for a number of years, but we also have fewer activities to reimburse for. The District didn't pay its portion of the US of E membership fee. (see Gymnastics Report for more info)

Sis. Valentin is pleased with how the new account with PNC is working. The bank is conveniently located, she doesn't receive paper statements and can check the online. However, there is currently only one signature on the account, and at some point, we should get a second signature.

(Continued on Page 8)

Youth 3 Pay Life Membership Life Insurance

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Youth permanent life insurance ensures that your child will have coverage throughout their lifetime. Their policy will grow in cash value throughout their lives and can act as a building block for future financial success. GBU's Youth 3 Pay Life Membership life insurance policy is permanent life insurance that offers a lifetime of coverage and financial growth for just 3 low, annual payments.

Children become members of GBU District 4000-Sokol USA upon approval and will become part of a large and supportive community of fellow members with access to additional membership benefits.

For our youth members we offer

- Outstanding scholarship and grant opportunities.
- Access to the Sokol USA sports program.
- Support to make a difference in local communities through our volunteer programs.

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- A lifetime of coverage in just 3 annual payments. Find your annual payment using the chart to the right.
- **Guaranteed cash values**, plus policy dividends that are built over time.
- **Ages 0-17 can purchase \$3,000* of coverage** using a simple GBU life insurance application (ICC19-MemY3PayAPP or FL-Mem3PayAPP 19 in Florida).
- **Dividends** can be taken as cash, paid-up additions, or accumulate at interest. Dividends are not guaranteed.
- **Lifetime membership** in GBU District 4000-Sokol USA.

Current Age:	Male & Female Rates for \$3,000 In Coverage (3 annual payments of the rate stated below)
0	87.78
1	89.85
2	91.95
3	94.11
4	96.33
5	98.58
6	101.10
7	103.71
8	106.35
9	109.08
10	111.87
11	114.87
12	117.96
13	121.11
14	124.38
15	127.71
16	130.89
17	134.04

A parent or legal guardian must sign the application. If the policy is to be owned by someone other than the parent or legal guardian, the parent or legal guardian must also sign the application. *Higher face values are available. Not available in all states

Sokol USA

GBU District 4000

A Division of

GBU FINANCIAL LIFE

4254 Saw Mill Run Blvd. Pittsburgh, PA 15227
sales@gbu.org www.gbu.org

MINUTES OF M.M. HODZA DISTRICT MEETING

(Continued from Page 7)

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

Motion made and seconded to accept the financial report as read. The District is so lucky to have Sis. Valentin always be prepared, reflective and pro-active with our finances!

Gymnastics

The October United Sokols of the East meeting did not take place in person – but rather will be an email exchange between the DA Sokol President, the Sokol NY Directors and Brandi (and Sis. Karen Ondira). When the dates are decided for the 2020 US of E competitions, Brandi will email the District about it. At last year's US of E competition, Sokol USA did not have any participants. The District's membership fee is \$100/year, which has been paid in the past as follows: \$30 by the District, \$35 by Lodge 12 and \$35 by Lodge 32. Last year, Lodge 32 mailed their portion of the bill, and it was never cashed. Meanwhile, a few US of E Officers felt like since Sokol USA didn't have any participants, there was no need to pay a membership fee. So neither the District nor Lodge 12 paid their share. Brandi will try to find out why Lodge 32's check wasn't cashed, and will inform the District if the US of E is worried about the lapse in the District's payments. Discussion ensued considering retaining our US of E membership, and how the wording of annual recommendation #4 might be altered.

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

Sis. Ellen Kovac and Sis. Valentin shared lots of great feedback on the Buffalo Slet. The events were well run; the venues were nice and were in close proximity to the hotel. Sis. Valentin was in charge of the Fitness Challenge. The actual number of participants in the Fitness Challenge was a lot less than were signed up, but it was a very popular event. The gymnastics competition was held at a private club; another great facility. It seemed like a large turnout; including Canadians! The acoustics in the award ceremony weren't great and there was one venue that wasn't air conditioned. Otherwise the entire Sokolfest was a real pleasure!

Discussion of recently-adopted AAU ensued. The AAU coverage (which Lodge 12 also uses for its weekly insurance coverage) requires its coaches to take the (To be continued in June 2020)

DID YOU KNOW YOU HAVE ALL THIS?

GBU Financial Life Member Benefits

Member Magazine. *The Reporter* magazine provides members with bimonthly news about GBU's programs, national and local activities, product information and GBU's financial statistics.

College Scholarships and Grants. Academic achievement scholarship and grant awards are provided to qualifying college/post-secondary students. Four college scholarship programs are offered: freshman, undergraduate, graduate and two-year.

The GBU High School Freshman Grant program is designed to assist eighth-grade GBU members with associated costs in their transition into the high school curriculum.

S.N.A.P. (Safety, Nutrition, Awareness Program):

Prescription Drug Discounts. Members can register to receive, free of charge, the ScriptSave® membership card which provides discounts for their family and pets' prescription drug needs at over 62,000 pharmacies nationwide.

Fingerprint Kit Program. Members can protect their loved ones with an easy-to-use, "inkless" fingerprint ID kit. The ID kits can be purchased for a nominal fee.

Driver's Safety Course. Upon completion of this valuable refresher course, members receive a 50% reimbursement of the classroom or online course fee from GBU.

Sports Safety Program. GBU offers high-quality child and adult bicycle/multi-sport helmets at a very minimal cost to GBU members.

Health/Nutrition Awareness. Through *The Reporter*, GBU provides members with advice and tips on general health, nutrition and well-being.

Personal Safety Wristband. Durable, soft vinyl wristband adjusts to the wrist and provides space to write an emergency contact number in case wearer becomes lost or is unable to communicate.

Magnetic Medic Take Note Pouch. Holds medical note cards for up to four people in one household. Assists in an emergency situation to get appropriate care.

Hertz Car Rental Discounts. GBU members receive, free of charge, a special GBU Hertz membership card which entitles members to receive car rental discounts.

MediAlert® Benefit. GBU members receive a 20% discount on any MediAlert® product, excluding 14k gold.

Newborn Child Benefit. GBU member parent(s) are provided with a "no-cost" \$1,000 death benefit for their newborn child from days 15-60 following birth. Within that period, a \$5,000 guaranteed-issue policy is available.

Annuity Nursing Home Rider. After the first year, GBU will waive the withdrawal charge on a partial withdrawal in an amount equal to 20% of the fund value on the date of withdrawal. Other qualifications apply.

Orphan Benefit. This benefit provides financial support to junior members who have lost both their parents. At least one parent must have been a GBU member for at least two (2) months.

Life Line Screening. Members receive discounted pricing on preventative health screenings that use ultrasound technology.

Make a Difference One Member at a Time. New GBU member applicants are given the opportunity to select a charitable organization to which GBU will donate funds.

Make a Difference One Hour at a Time. In support of a GBU member's individual volunteer work, GBU will provide a donation to the member's qualifying charitable organization.

Fraternal Library of helpful family information. This library of family-oriented books provides members with a selection of "family-oriented" material at a minimal cost.

Get Fit Clubs. GBU keeps track of your walking, running and biking mileage. Awards are provided at specified mileage levels.

Language Learning. GBU reimburses members up to \$250 annually for taking an approved language course.

American Hearing Benefits™. Provides access to free hearing consultations and significant discounts on hearing aids.

Membership Contests. Members of all ages have the opportunity to win CASH awards through contests held throughout the year. Contests include photography, puzzles and coloring.

Social and community activities. Opportunities to participate in district-sponsored activities, such as bus trips, dinners, dances, picnics, fundraising events and local charitable volunteer efforts.