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SOKOL TIMES

FEBRUARY 13, 2020

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SKILLS AND PROGRESSIONS CLINIC – The American Sokol Skills and Progressions Clinic held in Berwyn, Ill., at Sokol Tabor had a Roaring '20s theme. Above, Coaches were in character and ready for the endurance training activities of the evening. Below, Sokol USA had five participants and three staff members who participated in the weekend, including (from left) Kristin Greenberg, Piper Campus, Phillip Tudisco, Emma O'Grady, Kate Cohler, Violet Thornton, Olivia Mohill, and Scott Pracko. More photographs on Page 4.



From the President's View

The holidays have come and gone and the New Year and a new decade have begun. The New Year is a time for making resolutions for self improvement. Among the possible New Year's resolutions to make are resolutions about physical fitness. The New Year is a perfect time to start to work off the pounds that have accumulated over the holidays. One can resolve to go to a gym or to do walking or bicycling as a way to get fit and to lose weight. All of these are good cardiovascular exercise and, when done regularly, provide great physical fitness benefits. When performed regularly and over a long period of time, one can see a great weight loss and improvements to health. I can attest to the weight loss benefits of regular daily walking.

For those who live near a Sokol gym, the traditional Sokol gymnastic programs are an option. For those where there is no Sokol gym nearby, one can go to a private gym and participate in a wide variety of work out programs. Additionally, for our older members, many states offer the "Silver Sneakers Program" whereby a state agency pays the gym to provide a special reduced rate for individuals over 65. Many private gyms in the State of Pennsylvania participate in the Silver Sneakers Program and it is worth checking out. Additionally, I encourage everyone to read the periodic physical fitness articles published in the Sokol Times by Sister Ellen Kovac. Ellen's articles provide many useful tips and a great deal of professional physical fitness information.

Additionally, the New Year is a time where our members can attend lodge meetings. Many lodges offer fraternal programs and social events and provide a very good way for people to get together, socialize and do fraternal projects which benefit their communities. This is the perfect time of year for lodges to meet and plan their activities for 2020. Many lodges do volunteer



Joseph Bielecki

projects raising funds for food banks, veterans' charities and any number of other very worthwhile causes. In November, many of our members from Western Pennsylvania lodges went to the Operation Reach-out event sponsored by GBU. Members from our New Kensington lodge and the Pittsburgh lodge helped pack boxes which were sent to U.S. soldiers stationed overseas. Additionally, two of our New Jersey lodge members came to Pittsburgh and helped the day before to prepare the hall where the boxes were packed and to help set up things for the packing event. Many of our other members both near Pittsburgh and far away sent financial donations and sponsored individual boxes for the soldiers. This is one of many examples of fraternalism and how people can benefit their communities. I encourage all of our lodges to do whatever interests them and whatever is possible for them in the fraternal area.

In the fall, GBU introduced a Youth 3 Pay Membership Policy. This policy offers a choice of coverage amounts from either \$3,000, \$5,000 or \$10,000 in coverage with the premium to be paid in three equal annual installments. This policy offers lifetime GBU/Sokol USA membership for youth between (Continued on Page 4)

SOKOL TIMES

official organ of the
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OF THE USA

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SOKOL USA

A Division of GBU FINANCIAL LIFE



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For more information, please visit our webpage at:
<http://www.sokolfarrell.org/home.html>

Brother Tim Brandt, chairman

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

TRAINING FOR INSTRUCTORS

Sokol USA members interested in attending the American Sokol Instructors School in Ennis, Texas, this summer should get approval from their lodge directors and then submit their names to the national directors for approval. Attendees are urged to complete their applications and submit them to American Sokol postmarked no later than May 9 to receive the Early Bird Discount. Sokol USA will reimburse the local lodge for the full tuition of approved members who complete the course.

American Sokol Instructors School

June 28 - July 12, 2020

Hosted by: Sokol KHB
Ennis, TX

Levels: Beginner, Intermediate
Advanced, Advanced II

Minimum
Age - 13

School Fee:

*Beginner: \$375.00 for American Sokol Youth Members Early Bird Discount - Postmarked by May 9
\$425.00 for Adults or other Sokol Organizations Early Bird Discount - Postmarked by May 9
\$475.00 Postmarked May 10 - June 5
\$500.00 Late fee - Postmarked after June 6*

*Intermediate: \$405.00 for American Sokol Youth Members Early Bird Discount - Postmarked by May 9
\$455.00 for Adults or other Sokol Organizations Early Bird Discount - Postmarked by May 9
\$505.00 Postmarked May 10 - June 5
\$530.00 Late fee - Postmarked after June 6*

*Advanced: \$420.00 for American Sokol Youth Members Early Bird Discount - Postmarked by May 9
Advanced II \$470.00 for Adults or Other Sokol Organizations Early Bird Discount - Postmarked by May 9
\$520.00 Postmarked May 10 - June 5
\$545.00 Late fee - Postmarked after June 6*

For additional or immediate information contact:

Jane Wise 216-642-1429 or hjwise@sbcglobal.net

*Applications available from Unit and District Directors
and the American Sokol website.*

New Sokol USA Youth Membership Options

At the October Sokol USA Board Meeting, the directors were introduced to a new youth life insurance policy offered by GBU. The Board also approved an additional Sokol USA Annual Youth Membership option.

The new GBU policy is called **Youth 3 Pay Membership Policy**. Sokol USA suggested to GBU that this type of policy could be helpful to the lodges with gym programs, since the former Sokol USA 3-payment \$1,000 permanent life insurance policy had been the most popular policy sold by the gyms prior to the merger.

The new GBU policy offers a choice of coverage amounts – \$3,000, \$5,000 or \$10,000 – with the premium paid in three equal annual payments. This policy offers a lifetime GBU/Sokol USA membership for youth ages 0-17. There is a guaranteed cash value and policy dividends, but dividends are not guaranteed.

To purchase a **Youth 3 Pay Membership Policy**, use life insurance application ICC19-MemY3PayAPP. For more information, call **800-765-4428**, e-mail GBU at sales@gbu.org or visit their website at www.gbu.org

The second option for youth participants is the Sokol USA Annual Youth Membership for youth ages 0-16. This option was requested by several of the lodges with gym programs, especially for first-time participants or those athletes who participate sporadically, perhaps only attending one 8-week program per year. This option requires a \$35 membership fee paid to Sokol USA each year. The charge is over and above any gym fees set by the lodge and it is required whether the athlete

participates in one short-term session, several short-term sessions or a full-year program.

Since this option is not a life insurance policy or an annuity, it does not give the youth a lifetime membership in GBU/Sokol USA. However, it does allow the youth to participate in all Sokol USA national activities; the youth is also eligible for approved Sokol USA subsidies.

GBU life insurance policies as well as annuities will still be offered to all participants. It is our hope that the yearly membership option would be a stepping stone to a lifelong membership once the family becomes more familiar with Sokol, our sports programs and family-friendly social activities. The \$35 annual youth membership will help eliminate administrative responsibilities of monitoring policies of athletes who only participate on a limited basis, and the fee will help subsidize the Sokol USA general fund.

While GBU includes youth in their membership count, Sokol USA does not. Sokol USA lodge membership is based only on adults who hold a life insurance policy or an annuity, so the annual youth membership will not affect lodge member totals at Sokol USA conventions. For those lodges interested in building future membership, the Youth 3 Pay Membership Policy, a Single Premium Life Insurance Policy or an annuity are the best options to promote to the parents of prospective youth members.

Fit for Life

By Ellen Kovac

Welcome to 2020!

How did you do with staying fit last year? Mixed results? No matter. This year is your opportunity to build on last year's successes and learn from last year's setbacks.

To review, adults should get at least 150 minutes per week of vigorous exercise in order to maintain a healthy level of fitness, which will enable them to live longer. The 150 minutes could be split up over several days in the week and should include a variety of endurance, strength and flexibility exercises.

A balanced, fitness-oriented lifestyle also includes:

... getting at least seven hours of sleep every night,

... eating a diet which includes several servings of fresh fruits and vegetables every day and

... maintaining good mental health.

This month's column focuses on keeping your body physically fit.

Don't have time to exercise? **Yes, you do – It's hiding in your daily routines!**

Here are some suggestions for how you can squeeze exercise into a busy schedule:

1. While washing hands and brushing teeth:

-- To better protect yourself from cold germs, hands should be washed *several times a day*, with soap and water, *lathering for 20 seconds* before thoroughly rinsing each time, for a total of about 5 minutes/day. And your teeth should be brushed *at least twice a day, another 7 minutes/day* that you can use to your benefit in two ways at the same time.

During these times at the sink, here are several ways to keep moving. Try these, or create your own routine.

-- March in place while you wash or brush. (Keep steps low to avoid hitting your knees into a cabinet under the sink!)

-- Stand on both feet. Turn your toes inward and flex or bounce your legs several times. Then turn your toes outward and dip your legs several more times.

-- Rise up onto your toes and return down. Repeat 16 times or as many times as you can.

Hint: Hum a march or other peppy tune in time with your movements. It'll be even more fun!

2. While drying hands:

-- Stand with your legs slightly apart. Do tiny hops. Do as many as you can.

-- Stand on one foot. Lift or swing the other leg out to the side – raise and lower the leg several times before replacing it. Close the leg and repeat with the other leg. For variety, hold each leg out while flexing and pointing the foot. Next, stretch or bend each of your legs rearward several times, keeping your trunk upright.

-- Move one leg way back to stand in a large lunge. Keep your back leg straight, foot turned



Ellen Kovac

out, while pushing the front knee forward into a deeper lunge and stretching your shoulders backward. Repeat with the other leg in front.

-- Take a very large step back onto the ball of the foot, with weight equally on the standing leg and moving leg. Bend both knees, then straighten. Try to get the knee of your rear leg close to (if not touching) the floor. Repeat as many times as you can, then switch legs and repeat. (This one gets hard fast, doesn't it?)

3. While waiting for a bus or train, for your child to be let out of school, riding an elevator, in the check-out line, etc.:

Note: With exercises like these, you will be exercising and no one will notice.

-- Straighten your posture: suck in your abdominal and gluteal muscles, lift your chin up and shoulders down. Hold for the count of 10 (keep breathing!), and then relax for 10 seconds. Repeat until the bus comes or whatever you are waiting for occurs.

-- Shift your weight onto one leg and raise the other foot ½ inch off the floor. Shift and repeat on the other side. Continue for as long as you like!

4. While putting on/taking off socks and shoes:

-- Pick a way that causes you to tighten your abdominal muscles, bend as much as possible, and otherwise *work more than necessary to accomplish the task*. For example, sit on the floor or on a stool and, as you put on each sock and shoe, lift each leg up as high as you can. If that's too easy for you, try while lying on your back, legs bent.

(Continued on Page 6)

Winter Safety Tips

After a mild start in December into mid-January, winter 2020 has finally arrived. As I watched the snowing falling outside my window, I thought this was a good time to remind all our members of some common winter safety items and to go over tips for getting thru the season without problems.

Top cold weather injuries and fatalities include hypothermia, frostbite, falls, medical problems from shoveling snow, CO2 poisoning and fires. External weather is especially dangerous for the very young and seniors. To prevent harm from the first two dangers, dressing appropriately and limiting your time outside is important. Layers are essential when the temperature drops to the 20s or lower. Wear winter coats, hats, gloves, boots and a scarf to cover your nose and mouth to help protect your lungs.

Shoveling snow, especially the wet and heavy kind, doubles the work of your heart. If you have balance, back or joint problems, check with your doctor before attempting this activity. It certainly is cheaper to pay someone to look you over than to pay medical bills due to an injury. As always, please make sure to keep an eye out for our senior family, friends and neighbors and check with them regularly to see if help is needed. Likewise, falls are a big concern when steps and sidewalks are covered with snow and ice. Having good winter boots with non-slip soles is also a must. When walking down steps, hold on to the handrail. When walking in snow and ice, walk like a penguin. The waddling with feet spread apart, small steps, and keeping your weight center over your front foot will help maintain balance. If you feel yourself falling, do the tuck and roll, as this helps prevent broken wrists and arms.

Every year we read about people injured or killed by CO2 and fires. Sadly, most of these could be prevented by a few precautions. Make sure your heating sources are properly cleaned, vented and, in the case

of furnaces, inspected by a heating professional yearly. Space heaters should be at least three feet away from any flammable items. Don't use stoves to heat your home. But the best defense as all firefighters will tell you are working smoke and CO2 detectors. Make sure they are placed throughout your home. If you have any questions concerning these life-saving items and where to place them, your local fire department would be happy to advise you.

Finally, for all of our licensed drivers, winter is very challenging. It's so hard to tell at times if the road is wet or if it's black ice. Before heading out on any trip, make sure your vehicle is winterized. It should have antifreeze, good tires and wiper blades. Keep an emergency kit in your car as well. It should contain a first aid kit, blankets, extra warm clothes, a shovel, flashlight, a bag of sand or kitty litter, water and non-perishable food. I personally don't let my gas tank go below the half way mark at this time a year. Take your fully charged cell phone with you. And if it's a longer trip than to the local store, it's probably best to let someone know where you're going and when you expect to arrive or be back.

So, stay warm, stay safe, and hope for an early spring!

NAZDAR

Sister Nancy Shurina

Making a Difference

The following was recently posted in the *Falcon Monthly News*, an online publication provided by Falcon Gymnastics/Monessen Sokol Lodge 47.

Thank you to everyone that donated food to our Thanksgiving Food Drive! We were able to provide Westmoreland County Food Bank with 13 boxes, 425 pounds of food to distribute to families in need this holiday season.

Congratulations to the gymnasts and families for making a difference.



AMERICAN SOKOL SKILLS AND PROGRESSIONS WEEKEND – Above, there was a total of 57 participants and 17 staff members who participated in the American Sokol Skills and Progressions Weekend. Three photographs at right, the American Sokol Skills and Progressions Clinic held in Berwyn, Ill., at Sokol Tabor had a Roaring '20s theme. Each endurance station really got the gymnasts working all their muscle groups!

PRESIDENT'S VIEW

(Continued from Page 1)

the ages of 0 and 17. There is a guaranteed cash value and policy dividends, but dividends are not guaranteed.

To purchase a Youth 3 Pay Membership Policy, use life insurance application ICC19-MemY3PayAPP. For more information, call 800-765-4428, e-mail GBU at sales@gbu.org or visit their website at www.gbu.org.

In conclusion, I encourage our members to make New Year's resolutions to get fit and to engage in fraternal activities in their community. These are all very good ways to start the New Year 2020!

NAZDAR!
Joseph Bielecki
President
SOKOL USA



LODGE 130 CHRISTMAS PARTY – Sokol Lodge #130, New Kensington, Pa., celebrated its Christmas Party at Villa Ballanca in Lower Burrell on Dec. 22, 2019. It was a lovely time being all together and enjoying a delicious meal. Attending were (first row from left) Ashly McFoose, JoAnn Paulenda, Dee Choltko and John McFoose; (second row from left) Tom McFoose, Cathy A. Ozdany, Lynn Culleiton, Kirsten Depanicis and Rick Choltko; and (third row from left) Mary Ann Slaninka, Helen R. Slaninka, Mary Frances Kowalok, Maria McFoose, Brian Culleiton and Jean Choltko.



POWERLIFTING ATHLETES IN FIRST COMPETITION

On Sunday, January 19, three members of Pen Argyl Lodge 410 Sokol 5 Tool Fitness participated in the USA Powerlifting Pennsylvania High School Powerlifting Championships at The War House Gym in Reading, Pa. This was their first powerlifting competition and all three gave impressive performances. The athletes were coached by Erl Persson, Lodge 410 Director, and his son Justyn Persson.

Above at left are Pen Argyl Sokol 5 Tool Fitness Athletes, in front from left, Justin Malitzki, Zoe Edmonds and Mika Kanofsky and, in back from left, coaches Justyn Persson and Erl Persson. Above at right, Mika Kanofsky performs a mid-deadlift. Below at left, Zoe Edmonds prepares to squat lift and, at right, Jake Malitzki performing a squat lift.

The competitors included Zoe Edmonds, a 14-year-old freshman from Pen Argyl High School. She has been a member of Sokol 5 Tool Fitness for 18 months and is a volunteer Special Olympics Powerlifting Assistant. Zoe competed in the 63KG (138 pound) weight class, weighing in at 135 pounds. She earned a Silver Medal in her age/weight class with a 3-lift total of 225 KG (496 pounds).

Jacob Malitzki is 14 and a freshman at Parkland High School. He has also been a member of Sokol 5 Tool Fitness for the past 18 months. Jacob competed in the 66KG (145 pound) weight class, weighing in at 131 pounds. He earned a Bronze Medal in his age/weight (Continued on Page 7)



Youth 3 Pay Life Membership Life Insurance

Start their dreams here



Start building a lifetime of dreams in 3 easy payments

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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Features

- 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

BANJAK SCHOLARSHIP IS ONLINE

Sister Dorothy Slezak, Scholarship Chairman, has announced that the Steve Banjak Memorial Scholarship will be up to \$2,000 allocated in annual installments of \$500 over a four-year period, providing a grade point average of 2.5 (4.0 system) or above is maintained. Requirements for the scholarship and the application are available to be downloaded from the Sokol Farrell web site at <http://www.sokolfarrell.org/>.

First year applicants must apply no later than May 1st of each year. Renewal applicants must reapply no later than June 1st of each year.

All applicants must be members of Sokol Farrell for a minimum of three years prior to applying. The 2020 scholarship will be announced at the Annual Meeting of Sokol USA Farrell, which is held on the first Sunday in June of each year. First year applicants are asked to attend. Renewal applicants are encouraged to attend.

Contributions to the scholarship are still being accepted and may be sent to Sister Slezak, Committee Chairman, Sokol USA Farrell, 800 Spearman Avenue, Farrell, PA 16121.

Sokol Farrell gratefully thanks Sokol USA Kenosha, Wis., for their generous contribution to the scholarship fund.



SOKOL VILLAGE FOLK CRAFTS – Sokol USA President Joe Bielecki gave a talk and made a display regarding Slovak Village Folk crafts made from straw, wood and painted glass to members of the Western PA Slovak Cultural Association. The talk was held January 6, 2020, at the Mt. Lebanon Public Library in its special meeting room for community group events. Sokol USA is one of the sponsors of the Western PA Slovak Cultural Association. The meeting room was full to capacity and a good time was had by all.



FIT FOR LIFE

(Continued from Page 3)

5. While sitting at a computer, in a meeting, in a class, at a performance, or on a bus or plane:

We all sit too long, and it's bad for our health. The human body is designed for lots of movement. Try these.

-- Lift a leg off the seat and hold it for 10-15 seconds, or as long as you can. Repeat with the other leg. Circle the foot of the raised leg clockwise and then counter-clockwise.

-- Shrug your shoulders up and down several times. Slowly turn your head to the right and left, and then lift your chin up, stretching your neck.

-- Sit on your hands and push down to straighten your arms, attempting to lift yourself slightly off the seat. It doesn't matter if your body doesn't lift up as long as you are attempting. In fact, this would be a good example of an isometric exercise, where you expend energy trying to move something that won't move (such as a wall in your house).

-- Get in the habit of standing up and walking around after an hour of sitting.

6. While on the phone:

-- Walk around on your toes, or heels. Walk with knees half-bent.

-- Stand on one leg, then the other, for several seconds each to improve your balance.

-- Lie on your back and bend your knees, feet on floor. Lift one leg up, knee bent or straightened according to your ability. Repeat several times until you feel muscle fatigue, then repeat with the other leg. Keep the small of your back (the part at the back of your waist) flat on the floor. If that's easy, lift both legs upward together, first bent, then straighten. Lower legs bent, and repeat several times.

7. While watching TV:

-- There are innumerable exercises that you can and should be doing whenever you watch TV. Make a list and get into the habit of doing them. You can start with exercising during commercials, and you can do those suggested in #5 above any time during the program.

-- During commercials, do squat-thrusts, aka burpees: Squat with hands outside of and slightly in front of your legs. Jump your legs backward to a push-up position. Jump back to squatting. Stand up. Repeat.

There are many varieties for more able people, such as holding the extended position for as long as you can, adding a push-up while legs are extended or jumping from the extended position to a squat with one leg stretched out to the side.

-- Another more difficult exercise is "mountain climbers." From support squatting, stretch one leg backward. With a small jump, switch leg positions to mimic climbing uphill. Repeat as many times as you can. Young people should definitely be able to do this one; older adults, it depends on your current fitness level. Do what you can and over time aim to improve.

-- Do jumping jacks. Jump or skip rope. No rope necessary; use an imaginary one.

-- Stretch in every possible way, for example, sitting in a wide straddle.

-- Do not snack on junk food. (Popcorn, by the way, is considered a nutritious whole grain and not junk food as long as it is plain air-popped.) Keep celery and carrot sticks or fresh fruit available to munch on if you need to chew on something while watching TV.

Important: As always, use your judgment and
(Continued on Page 7)



HOLIDAY GREETINGS & DONATIONS

To the Milan Getting Scholarship

From Lodge 244, Westfield, Mass. \$100.00
Merry Christmas and Happy New Year

From Lodge 114, Sleepy Hollow, N.Y. \$300.00
Merry Christmas & Best Wishes for a Happy New Year

From District Jan Francis \$160.00
Best Wishes to All this Holiday Season

From Lodge 15, Yonkers, N.Y. \$225.00
*May This Holiday Season Be Joyful for All!
In Memory of Deceased Members*

From Lodge 79, Mahanoy City, Pa. \$100.00
*May Health, Peace and Happiness be Yours for the
New Year and May Santa Grant All Your Wishes*

From Lodge 127, Star Junction, Pa. \$325.00
*Best Wishes for a Joyous Christmas and A
Healthy & Happy New Year*

Sports, Fitness & Wellness Fund

From Lodge 114, Sleepy Hollow, N.Y. \$300.00
May Everyone Have a Wonderful New Year

From Lodge 74, Plymouth, Pa. \$100.00
*May This Holiday Season Be Joyful for All!
In Memory of Deceased Members*

From Lodge 127, Star Junction, Pa. \$325.00
We Wish Everyone a Very Healthy New Year!



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.*

NORMAN KAISER – (1942-2020) A member of Lodge 306, Chicago, Ill.

MARY K. GRAY – (1941-2019) A member of Lodge 255, Leechburg, Pa.

PAUL HANCZ – (1957-2019) A member of Lodge 93, Bethlehem, Pa.

KATHLEEN A. JONES – (1957-2019) A member of Lodge 30W, Allentown, Pa.

THERESA KARABIN – (1927-2019) A member of Lodge 66W, Bethlehem, Pa.

HELEN KOUDELIK – (1919-2018) A member of Lodge 59, Trenton, N.J.

MICHAEL KURDELL – (1940-2018) A member of Lodge 277, Sudbury, On, Ca.

WILLIAM J. MERRALL SR. – (1935-2019) A member of Lodge 401, Tampa, Fla.

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

JAMES W. MULVIHILL – (1936-2019) A member of Lodge 16, Braddock, Pa.

THERESA PETRUSKA – (1922-2019) A member of Lodge 30W, Allentown, Pa.

JOSEPH RAYKOS – (1933-2019) A member of Lodge 93, Bethlehem, Pa.

MARY SEFCIK – (1927-2018) A member of Lodge 66W, Bethlehem, Pa.

PAUL E. SLEZIAK – (1951-2018) A member of Lodge 164, Detroit, Mch.

Sokol USA Sports Fitness & Wellness Department Annual Conference Call Meeting

SUN SEP 15, 2019 – 7:30 PM EST

(Continued from December 2019)

2. That Sokol USA subsidize up to \$3,600 total to be allocated for the 2019-2020 season for hosting or participating in a Weekend Instructor School, mini-Kurz, training sessions, or invitational competitions, for Sokol USA members or lodges. A proposal must be made in advance and approved by the National Directors and National Board. Proper documentation must be submitted within thirty (30) days of the event for reimbursement of the expenses.
3. That the Reactivation Project be continued to help any lodge that is not presently active, or to assist an active lodge that is adding a new program, up to one thousand dollars (\$1,000) per lodge with the prior approval of the National Directors and the National Board.
4. That Sokol USA support the Professional Development of individuals who attend clinics and/or conferences related to the teaching activities of the Sport Fitness and Wellness Department with a total subsidy of up to \$1,000. Prior approval of the National Directors is required.
5. That Sokol USA support "Project Safety" by reimbursing the sum of 50% of expenditure up to \$1500 per lodge on new mats or equipment for up to a total of \$3,000 during the 2019-2020 season.
6. That Sokol USA utilize the services of SafeSport by covering the \$20 fee for instructors to take the SafeSport online course; all parents and athletes should be encouraged to take the free parent course and athletes should be encouraged to take advantage of the free athlete training resources available.
7. That Sokol USA continue an affiliation with AAU with a Level 2 Club Membership for both Youth and Adult Gymnastics at a cost of \$80 per year.
8. That Sokol USA cover the cost of AAU membership for coaches, which includes a background check, (adult coach only - \$16; coach/competitor - \$24,) for up to six instructors per lodge. Coaches will at minimum take the Level 1 AAU Positive Coaching Alliance Course, which is offered for free with an AAU Adult or Coach membership.
9. That Sokol USA reimburse the AAU membership fee for the National Directors and Assistants.
10. That Sokol USA reimburse the adult coach or coach/competitor fee for up to six instructors per lodge to register with AAU, or equivalent professional membership, for a non-gymnastics, lodge-approved sport that occurs on a weekly basis.
11. That Sokol USA pay for travel, room, per diem & registration fee for the National Directors to attend the American Sokol Directors' Conference, District Directors Meeting and School Board Meeting in 2020.
12. That Sokol USA provide \$1,000 toward a National Bowling Tournament with the subsidy to be used to benefit Sokol USA members.
13. That Sokol USA pay a travel expense of ten dollars (\$10.00) per Sokol USA bowler attending the National Bowling Tournament; payment is to be made to the participant's lodge. The host lodge is not eligible.
14. That Sokol USA pay ten dollars (\$10.00) to the host lodge for every eligible Sokol USA golfer in the National Golfing Tournament plus the cost of awards. If Sokol USA does not host a national tournament, lodges may apply for subsidy to help support participation in a tournament sponsored by one of the fraternal organizations with whom Sokol USA collaborates, or to help fund costs associated with a lodge team that participates in an ongoing seasonal league.
15. That Sokol USA subsidize a National Sporting Activity, up to one thousand dollars (\$1,000) plus the cost of the awards.
16. That lodges conducting weekly SFW programs can apply for financial aid from Sokol USA to supplement the expense of their programs up to \$2,000 (two thousand dollars) each, for the 2019-2020 program year, for a sum of \$10,000 based on a total of five presently active lodges.
17. That Sokol USA pay for the full travel expense for all authorized Sokol USA delegates to attend the 2020 SFW Department Meeting/Training Session, with room and per diem for the directors, room and food allowance for the assistants and registration fees for participants. This event may be scheduled in conjunction with an American Sokol BOI Development Conference.
18. That Sokol USA pay for the full travel expense for all authorized Sokol USA delegates to attend the 2020 SFW Department Meeting/Training Session, with room and per diem for the directors, room and food allowance for the assistants and registration fees for participants. This event may be scheduled in conjunction with an American Sokol BOI Development Conference.
19. That Sokol USA fund up to \$10,000 for a major Program Development Initiative that is designed to attract membership and help sustain Sokol USA into the future. Program must be presented in detail with a clear vision, goals and objectives, a strategic plan of implementation, a budget, action steps for reaching goals, and

(To be continued in April 2020)

DONATIONS GRATEFULLY ACKNOWLEDGED

To the Milan Getting Scholarship Fund

Lodge 130, New Kensington, Pa. \$50.00
In Memory of Deceased Members

Anthony Puglisi, Layout Editor of the Sokol Times \$100.00

To the Sport, Fitness & Wellness Fund

Lodge 32, Boonton, N.J. \$100.00
In Memory of Sister Helen Bindas

Sokol USA Lodge 130, New Kensington, Pa. \$50.00
In Memory of Deceased Members

COED YOUTH COED ADULT VOLLEYBALL TOURNAMENT

Sponsored by: Polish Falcons of America

You and your organization are cordially invited to join us for a fun weekend of volleyball play. You do not have to be a Polish Falcons member or have a complete team to attend. Youth Teams are set up ahead of time with the groups being mixed up so that everyone can meet new people. Adult teams are yours to set up. If you don't have a team, we will add you to one. All abilities are welcome.

The Polish Falcons of America sponsored COED Youth and COED Adult volleyball tournament will take place weekend of March 27-29, 2020, in La Porte, Ind. **Entry Deadline is March 12.**

Friday Activities

5:00-6:30 p.m. - Youth Clinic
5:00 p.m. - Adult Round Robin tournament for seeding
6:30 p.m. - Youth Round Robin Tournament for seeding
9:30 pm. - Travel to Polish Falcons hall in La Porte where we will serve salad, wings and pizza

Saturday Activities

8:30 a.m. to 12 Noon - Finish Round Robin and begin Double Elimination Bracketed Tournament
12:00-1:00 p.m. - Lunch at the gym
1:00-6:00 p.m. - Complete Tournament
7:30-11:30 p.m. - Dinner and Awards Banquet and DJ at the Polish Falcons hall

Youth Tournament Information

Age groups: Juniors 10-12; Intermediate 13-15; Seniors 16-18

Member Entry fee: \$50.00 per player, coach, chaperone
Hotel accommodations for members and 1 chaperone for 5 players provided by Polish Falcons of America

Non-member entry fee: \$60.00 per player, coach, chaperone
Hotel accommodations will be booked by Christine Puskar and paid for by the non-member participants. The total cost of the room for the weekend is \$225.

Non-refundable guest fee: \$50.00

Hotel accommodations will be booked by Christine Puskar and paid for by the guests. The total cost of the room for the weekend is \$225.

All fees include tournament T-shirts, Friday dinner, Saturday lunch, and Saturday Awards banquet.

Adult Entry Information

Member entry fee: \$60.

Non-member entry fee: \$70.

Non-refundable guest fee: \$50.

Location: Dunes Volleyball Center, 110 Clear Lake Road, La Porte, IN 46350; Phone: 219-861-7155

Hotel Accommodations: Ramada Inn, 5820 Franklin Street, Michigan City, IN 46360. Phone: 219-814-4088. Ask for the nightly Polish Falcons rate of \$99. There is a complimentary sandwich bar on Friday upon arrival and free breakfast Saturday and Sunday.

Tournament T-shirts are available to Adults for a cost of \$10 per shirt. If you are interested in purchasing a T-shirt, please complete the T-shirt column on the entry form and include a check for \$10 per shirt.

The registration packet is on the Polish Falcons website at www.polishfalcons.org.

For more information, please contact Druha Chris Puskar at cpuskar@polishfalcons.org.

GUTTENBERG LODGE 26

The next meeting is March 28, 2020.

Please contact
Brother Buddy Burkhardt
at aburkh2130@gmail.com
or 201-766-0002.

James Malik, President

POWERLIFTING ATHLETES COMPETE

(Continued from Page 5)
class with a 3-lift total of 300 KG (660 pounds).

Mika Kanofsky is a Special Olympics Powerlifting Athlete. He is 17 and a sophomore at Bangor High School. He has been a member of Sokol 5 Tool Fitness for three years. Mika competed in the 52KG (114 pounds) weight class, weighing in at 94 pounds. He was the only competitor in his weight class and was awarded a Gold Medal. While Mika struggled with commands from the judges, he worked hard and competed diligently; strength was never an issue.

Congratulations to the athletes and their coaches on an excellent first competition. The athletes' strong work ethics made their coaches and families proud and they clearly demonstrated the Sokol motto of a "Sound Mind in a Sound Body." We wish them well in future competitions. Nazdar!

FIT FOR LIFE

(Continued from Page 6)
don't exceed your physical ability. Stick to what you can comfortably repeat several times.

You can see that, in your daily routine and without paying to join a health club, you can get in perhaps a half hour of exercise every day. To that you can add in household chores like vacuuming, cleaning the bathroom, and gardening, which are also good exercise. Don't get enough sleep?

-- Limit your time on electronic devices (call phones, video games, YouTube, TV, etc.) and never take them to bed with you. Children's cell phones should be collected before bedtime.

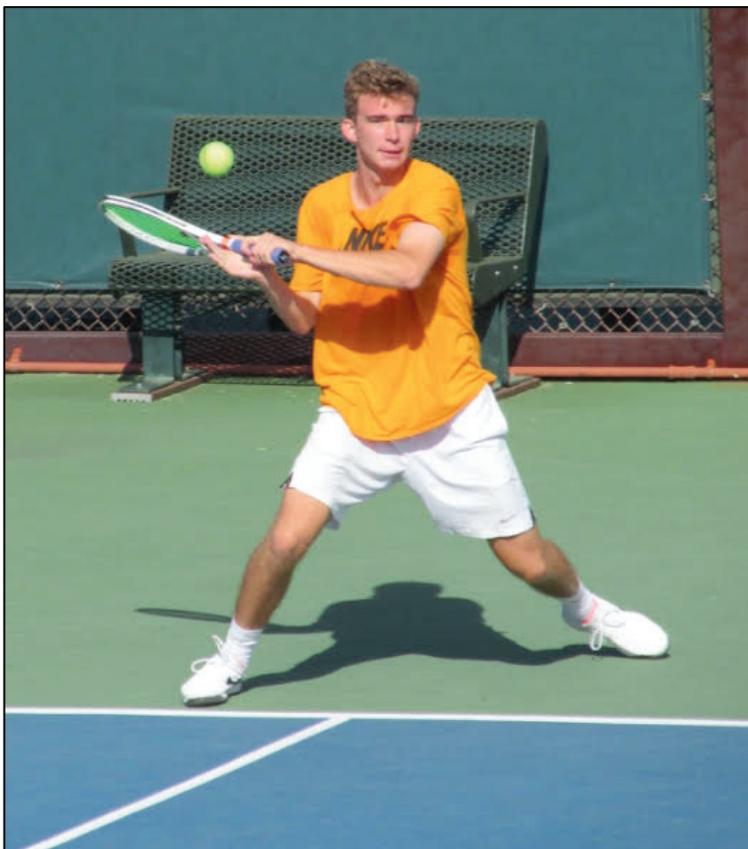
-- Set a timer as a signal if you have trouble noticing (like I do) that it's time to quit for the day.

Make time for mental health

-- Stress has a negative impact on health. Find a few quiet minutes every day to relax, de-stress and clear your mind.

-- Stay socially connected.

-- Have a purpose in life.



Interview with Lodge 12's Philip Rehwinkel

Philip Rehwinkel is a Sokol USA Lodge 12 member. He is currently a senior at George Washington University Online High School. He was a member of the Lodge 12 gymnastics program for several years and competed in the District Hodza competitions. He also attended the Sokolfest in Pittsburgh and participated in calisthenics and the fitness competition. Philip found that he preferred tennis to gymnastics. He was interviewed recently about his extensive experience as a competitive tennis player.

Question: how long have you been participating in tennis?

Answer: I have been playing tennis for 13 years.

Q: How did you get interested in it?

A: I started playing with my siblings and my parents for fun and to get outside and be active during the day.

Q: How many hours a week do you practice tennis?

A: I practice about 20 hours a week.

Q: What is your favorite part of playing tennis?

A: My favorite part of playing tennis is the feeling I get when I hit a solid shot.

Q: How do you compete in tennis?

A: The USTA runs tennis tournaments throughout the country for different age groups.

Q: How often to you play in a tournament?

A: It varies, but usually once or twice a month.

Q: What was your best tournament?

A: In July, I won a national Level 3 tournament in South Dakota.

Q: What are your future plans for tennis?

A: I am planning to play tennis for Swarthmore College starting in September.

Banjak Scholarship recipient recalls her experiences abroad

By Roberta Pegg

In the Fall of 2019, I lived my dream of studying abroad in Florence, Italy. This was one of the most beautiful, defining and incredibly difficult periods of my college life. Italy was a perfect destination for me to study because it has the greatest architecture of all time. Kent State University has its own campus there, so I was lucky enough to travel with 34 other architecture students. I studied abroad because it offered me an opportunity to experience a new part of the world, a new culture and ease of access to exploring all of Europe.

The first day began with 12 students flying through three different airports before finally arriving in Florence. You would think with this many students traveling together it would make things easier...well not exactly. The day consisted of sleeping through a four-hour flight delay and then running through the Paris airport with all of our luggage, nearly missing our final flight. Finally, we arrived at Florence 24 hours after we departed from Pittsburgh.

At this point, we were starving, so I immediately set my luggage in my apartment and went out with two of my five roommates. I quickly learned the craziness of exchanging money and to never go to the large exchange stands again. My 60 American dollars quickly was transferred to 30 Euros. Now if you know anything about exchange rates, I should have received 54.36 euros, but instead paid insane fees for using the English-speaking lady at the booth. But after learning how to exchange money, I quickly understood the price differences and was able to budget my money pretty easily.

The next big challenge I faced was the language barrier. In high school, I took four years of Spanish but never took a single class in Italian. Needless to say, it was hard – at times extremely difficult. The first weeks were the most frustrating and grocery shopping was by far the hardest part of it. Because Florence is highly toured most people spoke English, but shopping alone in stores meant that I was walking aisle to aisle with the google translate app opened. I took an Italian class in Italy and that helped tremendously. By the end of the four months, I was able to maintain a conversation in Italian and even translate for other Americans.

Florence is a magical city. During warm summer nights, the piazza would fill up with thousands of locals, all casually drinking and socializing late into the night. From the incredibly rich history to the culture, food and stunning location in the Tuscan hills, Florence has it all. Potentially my favorite part about Florence as a city to study abroad is its perfect ratio of being not too big, but also not too small. It's perfectly walkable from wherever

you are within the city core. Florence also is large enough to have a central train station connecting you to Rome, Venice and Milan very easily and quickly, as well as an airport with flights to most hubs within Europe. And, with an immensely large Duomo in the center of the city, it's nearly impossible to get lost.

From the variety of must-try foods, restaurants, coffee shops, gelaterias and markets, you could do a whole food tour of Florence and barely get through it in the four months I was there. There are countless museums, galleries and exhibits throughout the city. Also there are so many fun bars, clubs and places to let loose with your friends. I personally love running, so I would escape on late afternoon runs through the hills surrounding the city which made me feel connected to the landscape, and offered a moment of peace during the wild ride that was studying abroad. At the end of the day, I felt a sense of home in Florence.

Classes were taught in English and were way more relaxed than at home. My one class was twice a week. On Tuesdays we would learn about a museum and then on Thursday we would travel to it. This allowed me to learn so much more about history than any other course I have taken. The homework load was light but the information I learned was way more in-depth and valuable. They really taught us how to learn from our surroundings and not depend on someone else lecturing information to you. Another class I took had five field trips throughout the semester and for our assignments, we were given 15 buildings per city to sketch and write some important facts about the location. This was one of the hardest projects but one of the greatest souvenirs. Outside of Florence, I was lucky enough to travel to Sienna; Cinque Terre; Milan; Naples; Pisa; Pompeii; Rome; Venice; Verona; Ajaccio, France; Budapest, Hungary; and Vienna, Austria. Traveling in Europe was very cheap and, because of that, my friends and I would wake up on a Friday morning and just decide to buy a \$20 round trip train ticket and visit somewhere new.

Too soon, my four months abroad came to an end. I didn't want to leave my Italian home, new friends or the lifestyle and culture I had become so fond of. But at the same time, I missed my school, my friends, my family and things like Netflix and air conditioning. I wanted to stay in Italy, but I also was ready to come back home.

Roberta is currently a senior at Kent State University, majoring in architecture and will graduate in May of this year. She is the daughter of our Director of Women, Sister Chris Pegg and her father Mark. Roberta has been a Sokol member Sokol since she was 3. She trained for and attended slets in Pittsburgh, Fort Worth, Cleveland, Cedar Rapids, and Chicago.



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 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.