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SOKOL



TIMES

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Charity Ruhl, director and coach of Falcon Gymnastics-Monessen Sokol Lodge 47, was named one of the 25 national winners of the Positive Coaching Alliance's Double-Goal Coach Awards

Charity Ruhl named national winner!

Charity Ruhl, director and coach of Falcon Gymnastics-Monessen Sokol Lodge 47, was named one of the 25 national winners of the Positive Coaching Alliance's Double-Goal Coach Awards. She was the only gymnastics coach named this year! The national winners were selected by nine sports and business professionals who served as the judges by reviewing the nominees and determining the finalists.

All 25 national winners received \$500 and will be recognized on PCA's website, newsletters and media campaigns. They were also honored at the National Youth Sports Awards & Benefit, held virtually on Sunday, April 18th. Earlier in the year, Charity was named a regional winner.

According to The Positive Coaching Alliance (PCA) website, PCA has partnered with the Amateur Athletic Alliance (AAU) since 2010 and offers education courses for coaches and team administrators. "A Double-Goal Coach has two goals: winning and the even more important goal of teaching life lessons through sports."

Any youth or high school sports coach in the U.S. with at least three years' experience is eligible for PCA's Double-Goal Coach® Award. Once a coach is nominated and passes a background check, they are notified and asked to respond to four short essay questions and to

(Continued on Page 2)

Lodge 30 takes to the water



Members of Sokol lodge 30 kayaking and paddle boarding. Move photos on Page 5.

From the President's View

The summer has brought the beginnings of a return to pre-COVID normalcy. After 15 trying and difficult months of COVID quarantines and restrictions, successful results have been brought by the mass vaccination campaigns. This has led to the gradual return to pre-COVID normalcy. Businesses, restaurants, and entertainment venues are beginning to reopen as more and more of the population receives two vaccination shots. Get together, reunions, weddings, celebrations, and a whole host of social events that had largely



Joseph Bielecki

disappeared 15 months ago are beginning to reappear.

Life begins to return to normal and, by and large, we have much reason to celebrate.

The return to normalcy has seen the reopening of our Sokol gyms and lodge halls. After many months of hosting Zoom meetings, we are now able to return to in person meetings and to enjoy fraternalism and fellowship throughout the Sokol organization and to engage in Sokol sports.

The long period of COVID confinement caused many people to become rather sedentary. The beginning of summer and (Continued on Page 2)

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 OF THE USA**
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SOKOL USA

A Division of **GBU** FINANCIAL LIFE



ATTENTION: Convention Postponed to 2022

Due to the uncertainty caused by the pandemic, the SOKOL USA National Board has voted to postpone this year's Convention scheduled for August 6 thru August 8, 2021, until early August 2022.

More details will be forthcoming at a future date.

SOKOL WEBSITE BEING UPDATED

Sokol USA is working with Lab Media to redesign our website! The new website design will be a user-friendly comprehensive site to better fit the needs of our lodges and Sokol USA together.

We are looking for high resolution images of your lodge members and functions. Please include the lodge name and names of individuals in the photos. New images can be emailed to SOKOL USA trustee John Kennedy at kennedy1073@gmail.com.

Ruhl earns PCA national award

(Continued from Page 1)
 submit email addresses for between three and 20 references.

The following is an excerpt from one of the references submitted for Charity that was posted on the PCA announcement of the 2021 winners:

"Charity always puts the gymnasts and her coaching staff above all else. This isn't a business to her. This is a place where kids can come, have fun, learn gymnastics, and know that their coach really cares about them. Charity gets to

know the girls and families well. She has made the girls feel like they are part of another family. She represents hard work and commitment to the sport. She inspires so many kids and dedicates a ton of her time to coaching and supporting."

Congratulations Charity! Your Sokol family always knew you were an excellent coach and mentor. Your national PCA award confirms this to the entire gymnastics' world. Keep up the great work. Nazdar!

From the President's View

(Continued from Page 1)
 the reopening of our gyms and halls as well as the reopening of the rest of society is a perfect time to begin to work out and attempt to shed some of the quarantine inactivity related pounds that many people have put on. The sunny days of summer are perfect for walking, biking, working out, aerobics, and a host of other very worthwhile sporting activities. These will contribute to our members' general good health, assist in weight loss, and provide all the benefits of fresh air activities. I encourage our membership to gradually become active again after these long months of COVID quarantines and restrictions.

Along with celebrating the reopening of our society in general, I extend congratulations our Sokol USA Lodge in Farrell, Pa. Our Farrell lodge is celebrating its 115th anniversary. This special milestone anniversary celebration is a good way to celebrate the end of quarantine and is a milestone event. The Farrell Lodge is hosting a banquet to commemorate its 115th anniversary on July 31st, 2021. As part of the banquet celebration, long-time lodge members will be recognized. Sisters Kelly (Dougherty) Knight, Beth (Borko) Schupp, and Kimberly Hamilla (being recognized posthumously) for their many successes as gymnasts representing Sokol USA Farrell and specifically for their role as the championship women's team winning three state National titles in 1987 and the XX Sokol USA Slet in

Washington, D.C.; in 1988 the Canadian National Slet in Montreal, Canada; and in 1989 the American Sokol National Slet in Omaha, Nebraska.

Brought additionally, Brothers Albert, Cyril and Edmund Wasko will be posthumously honored for their many years of past service to Sokol USA. Sister Christine Yatchyshyn, Sokol USA National Sport Fitness and Wellness Co-Director will be honored for her many years of devoted service to Sokol USA. The Farrell celebration will also feature a musical performance by the Pajtasi Slovak Folk Ensemble of Connecticut. Their music will celebrate Sokol USA's Slovak heritage. Many congratulations are sent to all the members of the Sokol USA Farrell, Pennsylvania lodge for this major milestone anniversary.

I have sad news to share which I recently received from Sokol Canada. Sister Anna Janous, the former President of Sokol Canada, passed on July 10, 2021. Sister Janous was the first woman president of a Sokol organization in the world. She was highly active in the Sokol movement. She was on the Board of the World Sokol Federation for many years, and she was very active in organizing Sokol sports throughout Canada. She attended many Sokol USA Slets as well as American Sokol Organization Slets in the United States over a period of many, many years. Her presence will be sorely missed.

I encourage our members to submit photos, articles, and any other

materials relevant to Sokol USA to Brother John Kennedy. Brother Kennedy has taken the lead in revising the Sokol USA website. The website is a work in progress and will be periodically updated with news, photos, and many current topics. There will be sports, fitness and cultural articles, photos and video links posted for our Sokol USA to view and to enjoy.

As Labor Day approaches, I encourage our members to take cognizance of the holiday and its meaning. It is a holiday meant to honor all workers and to commemorate the values of human labor. I also encourage our membership to continue to hold their respective lodge meetings, to engage in fraternal activities and to remember the less fortunate. The COVID pandemic was a devastating event for millions of people around the world. Many died or were gravely ill with COVID. Many thousands were out of work for protracted periods due to the quarantines and closings required by public health authorities and many are only now returning to work. Food banks are in great need of donations and volunteers. I also encourage our membership to remember first responder and medical charities as these were essential to caring for the COVID related sick and dying and to helping bring the pandemic under control.

NAZDAR!
 Joseph Bielecki
 President
 SOKOL USA

FIT FOR LIFE

By Ellen Kovac

"It's déjà vu all over again."

– Yogi Berra

First, just when we thought that the pandemic was winding down, it's winding back up with the Delta variant of the Coronavirus, which spreads even more quickly than the original Covid-19.

The World Health Organization advises that everyone should get fully vaccinated and continue to wear masks indoors. Please continue to be cautious and stay safe. Take care of yourself and your family, friends, and neighbors. Stay socially engaged from a safe distance or by remote means. By looking out for each other, we will all get through what may still lie ahead.

Next, how are you doing on each of these health check points?

1. Get a *minimum* of 150 minutes (2½ hours) of strenuous exercise per week or about ½ hour minimum per day. In addition, maintain an active lifestyle that keeps you moving throughout the day.

(Remember, physically demanding chores such as hand-washing a car, gardening, or briskly walking a few miles a day count as exercise, as long as your heart rate and breathing rate have increased.)

Caution: An associate professor of sports medicine at Pepperdine University in California advises against more than four hours of vigorous exercise per week. "Rest and recovery absolutely are necessary," he says, to prevent fatigue from accumulating. Taking a day off can maximize the benefits of physical activity and minimize the risks.

2. Limit your and your children's time watching screens. Activities that engage your mind and body are much healthier (and better for your eyes).

3. When working seated, do this every few minutes: Hunch your shoulders up, chin down, and turn your head to the right, pause, and then to the left, pause. Repeat but with your shoulders pressed down and chin lifted up. And get up, stretch your whole body, and move around several times per hour.

4. Get at least seven hours of sleep every night. This deep sleep gives your brain enough time to wash out the accumulation of toxic brain proteins, reducing the risk of Alzheimer's.

5. Remember being told to eat more fiber (AKA "roughage")? Americans still don't eat anywhere near enough. To avoid excess weight gain, improve digestion, and get enough fiber, every day eat several servings of fresh vegetables, fruits, nuts, and whole grain foods. According to a recent study, two servings of fresh fruits a day may also lower your risk of developing diabetes.

6. Minimize red meat consumption. We can get enough protein from beans, dairy, nuts, etc., and we should minimize our consumption of both processed meats and animal fats.

In fact, as much as possible avoid all processed foods containing preservatives and other additives. Poor nutrition can contribute to cognitive decline, according to nutritionists Dean and Ayesha Sherzai, who specialize in healthy diet and lifestyles to prevent diseases like Alzheimer's.

7. To keep life's stresses from becoming overwhelming, have daily and long-range goals and work toward accomplishing them. In addition, use techniques such as slow, deep breathing to stay relaxed and mindfulness to stay focused on whatever it is that you're doing at the moment.

8. Find happiness by thinking good thoughts and doing good deeds.

A selection of summarized health news and study results

On cardiovascular health:

The journal *Circulation* reported on a study done at Yonsei University College of Medicine during which the researchers gave young adult participants a heart-healthy score based on these six measures: low cholesterol, healthy weight, participation in physical activity, under-control blood sugar and blood pressure, and nonsmoker status. Participants were given an initial score and then followed for several years.

Not surprisingly, the higher (better) the heart-healthy score, the less likely a participant was to be hospitalized for a cardiovascular event (a heart attack, heart failure, or stroke) during the years of the study. However, the researchers were surprised by the very large difference in the number of cardio events that occurred between participants with low



Ellen Kovac

scores compared to participants with high scores on the six established criteria. Each of the above criteria (low cholesterol, healthy weight, and so on) was found to have a measurable effect on cardiovascular health.

The good news is that participants with lower scores who improved their scores over time also managed to reduce their risk of heart attack, heart failure, and stroke.

On keeping your balance:

Did you try the Tai Chi "Advanced Balance Warm-ups" from the June Sokol Times?

The exercises consist of standing on one foot for a few seconds with the free leg raised forward, sideward, or rearward. Repeat with the other leg, as always. You can balance on one foot while waiting in the checkout line at a store, etc., time that would otherwise be wasted. Be ready to put your free leg down if you start to lose balance.

Another good exercise: Find a straight line and walk along it without "falling off" the line.

Besides doing special balance exercises, walk with confidence. Take long purposeful strides using good posture. Get to your refrigerator, for example, with a few longer steps rather than several shorter steps. Try it!

A note about Perturbation Balance Training:

Perturbation balance training (PBT), or reactive or dynamic balance training, is used by physical therapists to improve balance in people with neurological impairments as well as with elite and professional athletes. One technique used in PBT, for example, could be to stand on one leg with eyes closed for several seconds.

The goal of PBT is to either react quickly enough to avoid a fall when balance has been lost – such as when being pushed or bumped into – or to fall in a controlled way to minimize or avoid injury.

Note: One of the values of the sport of gymnastics is that participants inherently learn how to fall without injury!

On good sleep:

Sufficient sleep, a minimum of seven hours per night, is crucial to brain health and contributes to preventing dementia or Alzheimer's.

A study published in *Sleep Medicine* found that adults ages 55 and older with sleep problems who did aerobic exercise three days a week for 16 weeks ended up sleeping an average of 45 minutes longer than before the study, thereby improving their functioning during waking hours.

Another study reported that exercise helped reduce the number of sleep apnea episodes and resulted in a 19 percent improvement in overall sleep quality. Yet another study reported on in *On Health* found that a group of women experienced better sleep quality if they ate a Mediterranean-style diet – lots of plant foods, whole grains, healthy fats, and little red meat.

On bad sleep:

The *Week* magazine reports on a major study which found that people aged 50 and over who routinely got six or fewer hours of sleep a night

(Continued on Page 6)

Sokol 5-Tool Fitness Winning Athletes



Jake Malizki, who trains at Sokol 5-Tool Fitness, earned a Gold Medal at the Philadelphia Freedom Powerlifting Championships and a Bronze Medal at the Pennsylvania State Powerlifting Championships.



Zoe Edmonds, who trains at Sokol 5-Tool Fitness, earned a Gold Medal at the Philadelphia Freedom Powerlifting Championships and a Bronze Medal at the Pennsylvania State Powerlifting Championships. She also set several state records in both competitions.

On Saturday, November 14, 2020, Jake Malizki and Zoe Edmonds competed in the Philadelphia Freedom Powerlifting Championships at the Dan Campos Gym in Philadelphia, PA. Both brought home Gold Medals for their age and weight class. Jake's three-lift total was 340 kilograms (748 lbs). Zoe's three-lift total was 257.5 kilograms (566.5lbs). In addition to the Gold medal, Zoe set seven state records in the Teen 1 (14-15) classification at this competition.

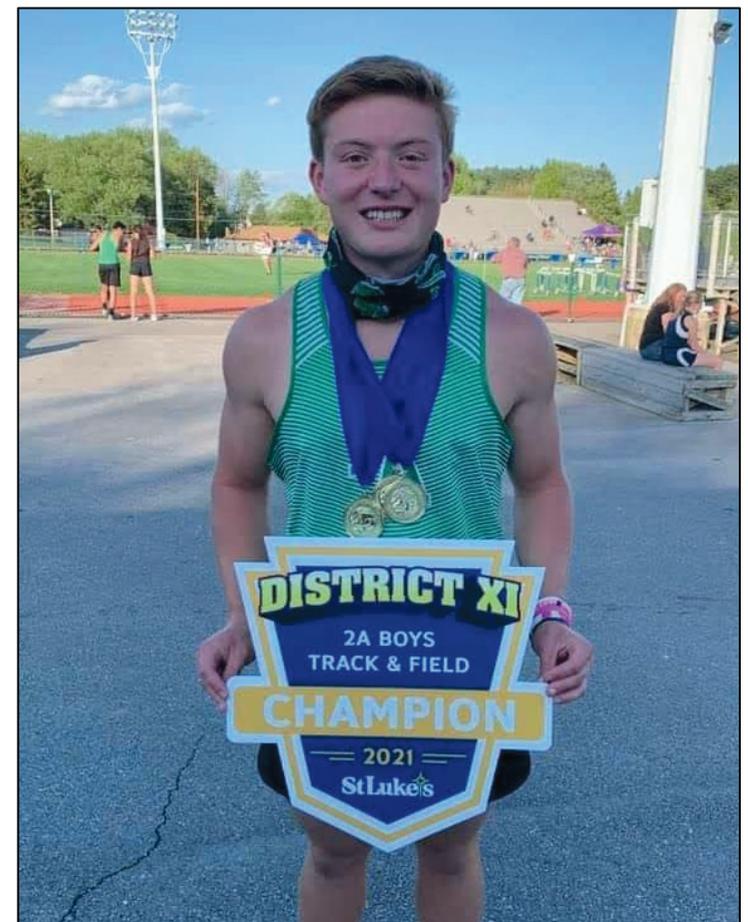
On Saturday, April 24th, Jake and Zoe Competed in the Pennsylvania State Powerlifting Championships at NEPA Crossfit in Wilkes-Barre, PA. Both earned Bronze Medals, which is impressive considering the new scoring format and that they were competing against teens of all ages (14-19) and all weight classes. Jake's three-lift total was 387.5 kilograms (852.5 lbs), and Zoe's three-lift total was 257.5 kilograms (566.5lbs). Zoe's deadlift of 125 kilograms (275 lbs.) was good enough to set another state record, this time for the next higher age classification of Teen 2 (16-17).

We are proud of our competitive powerlifters' accomplishments and wish them success at their next competition on Sunday, May 23 in Wilkes-Barre.

In addition, we have athletes who train at Sokol 5-Tool Fitness to give them a competitive edge in other sports. Zack Morro had great success in track and field for the Pen Argyl High School team at the Pennsylvania Interscholastic Athletic Association (PIAA) District 11 2A Championships. Zack finished first in javelin, discus throw and shot put!

We are very proud of all our hardworking athletes and wish them the best in both their sports and academic endeavors.

Nazdar,
Erl Persson
Director of Programming
Sokol 5-Tool Fitness
Pen Argyl Lodge 410



Zack Morro, who trains at Sokol 5-Tool Fitness, finished first in javelin, discus throw and shot put at the Pennsylvania Interscholastic Athletic Association District 11 2A Championships.

LODGE UPDATE

Due to the virus, we have been unable to conduct a lodge meeting. We believe by September there will not be any problems holding a meeting. Therefore, a date and location will be forthcoming. Enjoy the relaxed regulations and get out and enjoy the sights and sounds.

Contact Brother Buddy Burkhardt at aburkh2130@gmail.com should you have any questions.
James Malik, President
Keith Burkhardt, Financial Secretary



Members of Sokol lodge 30 kayaking and paddle boarding



LODGE 30 ACTIVITIES ARE INCREASING!

Sokol Lodge 30 has been thriving since the end of Covid! Below are our current programs.:

- On Saturday mornings at 9am every week, we hold a fitness walk at Cadigan Park which is less than a mile up the road from our lodge.
- The lodge has held fishing events for members and their families weekly.
- Kayaking and swimming have been going on daily at the lodge, weather permitting.
- Maggie Sommer has been representing Sokol Lodge 30 in Track and Field with the Danbury Flyers. She came in third place which qualified her for the Nationals in Texas.
- The Sokol Lodge 30 Golf Team is currently in second place in the Golf League.

Our lodge plans to expand these programs in the near future.

Sincerely,
John Kennedy
Vice President, Sokol Lodge 30



Sokols of all ages participated in Lodge 30's fishing event!

Mildred 'Amelia' Seidl, 101

Mrs. Mildred "Amelia" (Stasney) Seidl, age 101, of Danbury, Conn., passed away peacefully on Sunday, June 13th at Hancock Hall in Danbury. She was the widow of Fred W. Seidl. Mrs. Seidl was born November 4, 1919, in Danbury, the daughter of the late Paul and Anna (Manacek) Stasney.

She worked at the former McLaughlin Hat Shop and was an active member of St. Paul's Lutheran Church in Danbury where she taught Sunday school, sang in the choir, was a member of the

Ladies Guild and served on numerous events. She enjoyed cooking and gardening and volunteering at the St. James Food Pantry, having received an award for her many years of service. She was a member and a Past President of the Sokol Lodge 51W and was a member of Sokol Lodge 30.

Mrs. Seidl is survived by her sons, Fred W. Seidl and his wife Sylvia of New Milford and Edward P. Seidl and his wife Janice of Danbury; her seven grandchildren, 14 great-grandchildren and several

nieces and nephews. She was predeceased her daughter, Mildred Dodge, her son in law Donald Dodge and her sisters, Anna Movacek, Betty Rakowsky and Pauline Novak.

Mrs. Seidl's family would like to thank the entire staff of Hancock Hall for the compassionate care that they provided. In lieu of flowers, memorial contributions may be made to St. Paul's Lutheran Church, 46 Spring St., Danbury, CT 06810 or to Hancock Hall, 31 Staples St., Danbury, CT 06810.



Congratulations to Lodge 30's Maggie Sommer on placing third in Track and Field. Good luck at Nationals in Texas!

FIT FOR LIFE

(Continued from Page 3)

were 30 percent more likely to develop dementia. Sufficient sleep is necessary to clear toxic amyloid beta plaque and tau proteins from brain tissues.

On forgetfulness:

According to Dr. Nate Bergman, host of the podcast "Evolving Past Alzheimer's," there are four pillars of brain health – exercise, diet, sleep, and stress reduction. Assuming that we are getting enough sleep and exercise, are not overstressed, and are eating a healthful diet, we are probably not developing Alzheimer's or other dementia simply because we don't remember some things as we go through our busy days.

Neuroscientist Lisa Genova, author of the novel "Still Alice," has written a non-fiction book, "Remember," in which she discusses how the brain works and why much of our forgetting is normal.

"You cannot remember something if you don't pay attention," she says. "This is a symptom of distraction – you did not pay attention" to what you did or where you put something, so no memory of it was made in your brain. "You can't create a memory of what you don't pay attention to."

Genova does say, however, that chronic lack of sleep can be a cause not only of poor memory but also of Alzheimer's, because the hippocampus area of your brain doesn't have enough time to do its job of clearing away the debris that accumulates while you are awake.

Another impediment to good memory is chronic stress. You can reduce your stress through exercise, a brisk walk, yoga, meditation, and slow breathing exercises to calm yourself down. Do something to reduce stress "several times throughout the day" as necessary. And get enough sleep at night.

On pickleball:

If you are not yet familiar with pickleball, you must find someone to play it with you. It's fun for all ages and "the fastest-growing sport in

America, especially among baby boomers." Here are the basics of the game:

Pickleball is played on a badminton-sized court, with a net similar to tennis. It uses large solid wood or composite paddles and a perforated polymer ball which players volley back and forth. The rules are somewhat similar to singles and doubles tennis. You don't need to get hung up on the fine points of the rules, though, to have a great workout session chasing and volleying the ball!

"Life is 10% what happens to you and 90% what you do with what happens to you."

– Anonymous

LODGE 2 SOKOL USA AWARDS SCHOLARSHIPS

Lodge 2, Bridgeport, Conn., Sokol USA District of GBU Financial Life Society, awarded two scholarships through its scholarship program, it was announced by Lodge President Miguel Alicea. "This year we awarded two high school seniors each a \$1,000 scholarship award," said Alicea. "The applicants study at Trumbull High School and Jonathan Law High School of Milford."

Lodge Secretary John Kamenitsky continued, "This is the 13th year our Lodge has awarded scholarships to local high school seniors who have exhibited an array of achievements from high scholastic achievements, to athletic prowess, to school activities and to community services." He concluded, "Their essays about their Slovak roots were both interesting and entertaining and as you might expect traditional food treats topped the list."

IS YOUR FAMILY COVERED?

Insurance coverage for all family members is an essential part of personal financial planning. Don't put off taking care of this responsibility.

See your lodge Financial Secretary or call Sokol Headquarters toll free at 1-888-253-0362 for additional information or membership applications.

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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.

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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.

A BRIEF INTRODUCTION TO SOKOL HISTORY AND SOKOL'S FOUNDER

Dr. Miroslav Tyrš was born in 1832, a time when the Austro-Hungarian Hapsburg Dynasty ruled over much of Europe. He studied philosophy at Charles University in Prague, and at the same time pursued his strong interest in physical fitness, particularly as practiced by the ancient Greeks. He became a doctor of philosophy and aesthetics and a professor at Charles University. While there, he developed his concept and plan for a Sokol movement by which the whole nation, through physical training, moral development, and the nurturing of nationalism, would ultimately gain independence from the Austrian Empire.

His plan included a methodical and detailed Sokol system of gymnastics with four parts:

1. Calisthenics and marching,
2. Exercises with hand-held apparatus (including jump rope, javelin throwing,



This bust of Miroslav Tyrš, founder of the Sokol movement, graced a quiet lawn area at the Sokol Camp near Boonton, N.J.

etc.) and exercises on contributed towards the apparatus (This latter division of exercises is what most people picture nowadays when they think of "gymnastics").

3. Pyramid building – exercises that require the aid of at least one other person

4. Combative exercises, with and without implements

The co-founder of Sokol was Jindrich Fugner, who

contributed towards the financing of a large Sokol headquarters and gymnasium building in Prague, which still functions as the worldwide Sokol headquarters today. The Sokol movement spread quickly throughout Czech lands, to America as brought by immigrants, and to Slovakia and other countries.

As Tyrš would say, "Forward and Onward!"

Sister Anna Janous Obituary

It is with a heavy heart we must say goodbye to our dear Sister Anna Janous, Past President of Sokol Canada. In addition to her time as President of Sokol Canada, she was also the first woman President of Sokol worldwide.

It was through these various channels she was able to make change and help pave the way for all our Sokols. Through the years, many of us in Sokol USA had the opportunity to work alongside her in collaboration with Sokol USA and Sokol Canada slets. We will never forget all the knowledge and memories we shared together. She was a true Sokol. We salute you Sister Janous!

Our prayers and sympathies go to the Janous family and her fellow Sokols in Canada.



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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

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Summer 2021: A Mixed Bag

Summertime of 2021 has been filled with many happy and sad events. It's been an overall improvement from last year thanks to the re-opening of many businesses and the return of events such as family reunions, weddings, vacations, backyard cookouts and more. This year, we were able to once again view the beautiful fireworks display celebrating Independence Day across the country. Although we've had to postpone our convention until next year, it's great to see many of our Lodges and Districts returning to in-person meetings. Our Farrell Lodge's 115th Anniversary Celebration will be held July 31st. Sister Christine Yatchyshyn will be among those being honored for many years of service to the Sokol community. Congratulations to Chris for this well-deserved recognition.

Unfortunately, there's also the return of health concerns with the emergence of the Delta variation of the COVID virus, which seems to be spreading at an alarming rate among unvaccinated individuals. As I mentioned in my last article, I'd like to encourage all our members to be vaccinated and enter a drawing with the form available in this edition of the Times. A monthly drawing of vaccinated members' names to win a \$25.00 gift card.

Recently, the Board was informed of the July 10th passing of Sister Anna Janous, the former president

of Sokol Canada. She was the first woman president of a Sokol Organization in the world and was very active in both the American and Canadian Slets. May she rest in peace.

I was able to attend a Zoom meeting in May of the GBU Fraternal Advisory Council. During the meeting, it was learned that the GBU Board had accepted and was going forward with new member benefits proposed by the Council. These include the introduction of the driving education benefit for our teen drivers, as well as continuing the 50 and older driver safety program. We're also currently looking into a pet insurance offering and a great new member monitoring program called Bridge Builders. In addition, GBU is also offering a \$100.00 Amazon gift card to any member who refers a friend or relative that does indeed join. To find out more details on any of these programs, call or email the GBU Fraternal group at 412-884-5100 or 800-765-4428. The email address is memberbenefits@gbu.org.

Finally, I ask any of you who haven't already joined the GBU Life Community to do so. It allows you to keep up with the many events available to members. For example, a zoo trip in Pittsburgh was planned for July 24th and a recent post offered a volunteer opportunity at the Food Bank. As always, stay safe and well and enjoy the rest of the summer.

NAZDAR
Sister Nancy Shurina

MCT Meeting



MCT had a meeting this past May 2, 2021 at the Quality Inn, New Kensington, PA. In the first row from left are John West, Joe Bielecki, Helen R. Slaninka and Lynn Culleiton; and in the second row from left are Justine West, Mary Ann Slaninka, Carolyn Coleman, Donna Skefede, Gerald Blistan, Ethel Moschak and Natalia Gardner.

ANNOUNCEMENT:

THE "PARTY-LINE" IS BACK!

Looking for a way to safely hold an officer meeting during this time?

The GBU Financial Life Fraternal Department can help!

IT'S AS EASY AS DIALING A PHONE NUMBER, ENTERING (2), 4-DIGIT NUMBERS AND YOU'RE IN!

If you are interested in taking advantage of this resource for an upcoming meeting, call District and Special Project Coordinator, Anna Hershberger at 412-884-9814 or email anna.hershberger@gbu.org.

Officer Meetings held on our party line count towards the District Award Program!

