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# SOKOL



# TIMES

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



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



John Kennedy (center), Vice President of Sokol Lodge 30 was honored for his military and community service. Presenting a proclamation at the awards ceremony are (from left) Senator Julie Kushner and Rep. Bob Godfrey. More photos on Page 5.

## Kennedy Honored for Service

Sokol USA Lodge 30 Vice President John Kennedy was one of four Veterans honored at the Danbury Exchange Club's Veterans Day Recognition Dinner at Anthony's Lake Club.

Kennedy, a U.S. Navy Seabee Veteran (Can do!), was recognized for his dedicated and patriotic service in the U.S. Navy, including service in Guantanamo Bay and Haiti during "Operation Uphold Democracy." He also was recognized for his continued service as an advocate for his brother and sister veterans and service to the community at large including his service to the citizens as a Danbury firefighter.

Certificates were given by the Connecticut General Assembly, the Connecticut Department of Veteran Affairs, the City of Danbury and the Danbury Exchange Club.

Master of Ceremony Tom Saadi, Commissioner of the Connecticut Department of Veteran Affairs, presented the awards along with many state and city dignitaries.

Congratulations John!



Joseph Bielecki

## From the President's View

As I write this article, fall season is beginning its transition to winter. The temperatures are getting chilly, Pittsburgh has had its first snow flurries and the last of the leaves are falling from the trees.

Thanksgiving, Christmas, and New Year's holidays are fast approaching. There has

been a COVID resurgence and there are large numbers  
(Continued on Page 7)

# SOKOL TIMES

official organ of the  
**SLOVAK GYMNASTIC UNION SOKOL  
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



## 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](mailto:kennedy1073@gmail.com).

## CANDIDATES FOR OFFICE REQUIREMENTS AND TIMELINE

Sokol USA's By-Laws were changed at the 2017 convention in Pittsburgh, Pa. Some of those changes affected the process of nominating candidates for office. There will not be nominations from the floor of the convention under the new By-Laws.

Any adult member in good standing may be nominated for a position on the national board. This must be done at least four (4) months prior to the convention by submitting to the National Board:

1. The letter of nomination written by an adult member of Sokol USA in good standing regarding the proposed candidate and the office for which the candidate will run. Candidates may nominate themselves.

2. A letter authenticated by an officer of the proposed candidate's lodge verifying that the candidate is a

member in good standing.

3. The proposed candidate must provide a brief biography including the candidate's qualifications and a statement explaining why the candidate would like to be a candidate for office.

The Sokol USA National Board will validate the proposed candidate's biographical submissions and will notify the proposed candidates of their findings. If validated, the biographies and statements for election will be distributed to the convention delegates and lodges and the candidates' statements will be published in the Sokol Times.

Candidates verified to run for office must attend the convention. If the candidate is not a convention delegate, the candidate will be responsible for paying his or her own expenses of attending the convention.

**HELP SUPPORT OUR  
SOKOL FARRELL GYMNASTIC PROGRAM  
BY BRINGING YOUR FAMILY AND FRIENDS**

## St. NICHOLAS PARTY

**(Mikulášska zábava)**

**REX TENARI ORCHESTRA**

**FOR LISTENING & DANCING**

**Farrell Slovak Home**

**SATURDAY, DEC. 4, 2021**



**THREE COURSE TRADITIONAL SLOVAK HOME MADE FOOD:**

- 1) **Appetizer:** Choice of Kapusnica (sauerkraut and kolbasy soup) or Salad
- 2) **Main Course:** Holubky (stuffed cabbage), Mashed Potatoes, Vegetable
- 3) **Dessert:** Cake and Coffee included.

*Free Hot Dogs for the children.*

**Food service begins at 5:00 pm. Music is from 6:00 to 9:00**

**Donation:**

- Sit down service with live music, dancing and singing..... \$15.00**
- Carry out service..... \$12.00**

**Tickets available at the door! Come early, stay late.**

**Limited Seating**

**All proceeds benefit Sokol USA Youth/Adult Gymnastic Program**

# Sokol Farrell Celebrates 115<sup>th</sup> Anniversary

If you weren't there, you should have been! It was a great atmosphere and a great time for all. Exactly 100 members and friends of our organization gathered at Avalon at Sharon Country Club to celebrate our founders, to celebrate our 115 years of continuous activity and to celebrate the achievements of our members. It was a new venue for us and it was absolutely beautiful!

The evening began with the presentation of "Colors." Brother Stephen Banjak, host for the evening, then made the observation that, "If a person does not stand for something, then that person will fall for anything." He explained that Sokol had many core values for which it stands. Among them included a quotation from Dr. Miroslav Tyrš who described it this way in his essay "Sokol Task, Aim and Goal," in which he wrote in 1871.

*"That the first and overall task rests in the premise that before any other demands... we must preserve our nation in that general vigor, that does not allow a nation to die... in that*

*steady and fresh strength... in that physical, spiritual and moral health that will not allow any decay to set in... and with that, no stagnation, which is the worst, even criminal action which is perpetrated upon nations..."*

This was followed by the "fanfare" at which time the United States, Slovak, Czech and Sokol flags were presented, followed by Lee Greenwood's "Pledge of Allegiance." The audience participated in the Pledge and during Greenwood's monologue on the flag, Lauren Schupp performed a ribbon routine and our "Tots" waved small American flags. This was followed by the Czech, Slovak and United States anthems, to which the audience was encouraged to sing along.

Honored guests were then introduced and included The Honorable Mark Longiotti, Pennsylvania State Representative, 7th District, and Sokol USA National Board members Financial Secretary Brother Edward Bohan, President Brother Joseph Bielecki, Vice President Brother Scott Pracko as well as members



of the Finance Committee. Final introductions included the officers of Sokol Farrell: President Timothy Brandt, Vice President Oleksandra Banjak, Treasurer Sandy Glover, Financial Secretary Samantha Hayes, Recording Secretary Debra Goda, and Gymnastic Directors Chris Pegg and Stephen Banjak.

One of the highlights of the evening included honoring seven Sokol

members. In this, our 115th year, we proudly dedicated these honors to:

The team of sisters Kimberly Hamilla (posthumously and represented by her sister Laura Zipay); Kelly (Dougherty) Knight, Beth (Borko) Schupp for winning three consecutive first place titles at the Sokol USA Slet in 1987 in Washington, D.C., at the Sokol Canada International Slet in Montreal in 1988 and the American Sokol Slet in Omaha in 1989. Citations obtained by Representative Mark Longiotti from the Pennsylvania House of Representatives were presented by Brother Tim Brandt and Brother Stephen Banjak.

Posthumously to Brothers Albert, represented by his son, Mark and his wife, Lisa., Cyril represented by his two nephews Mark and Edwin, and Edmund Wasko, represented by his son, Edwin and his wife, Joyce, all of whom served Sokol Farrell with distinction in various positions, Financial Secretary, Treasurer and Auditing Committee.

And to Sister Christine Yatchyshyn, National Directress of Sokol USA, who served with distinction for two separate multiple terms as National Director and four terms as National Chairperson of Fraternal Activities; as well as for her lifetime achievements. From this time on Sokol Farrell



Lauren Schupp performed a ribbon routine at Sokol Farrell's 115<sup>th</sup> Anniversary celebration.

bestowed upon her **HONORARY SOKOL FARRELL MEMBERSHIP!**

The invocation and benediction were given by one of our members who made the long trip all the way from his home in Georgia, Brother Ken Parkany, just to attend our event. Brother Ken's Sokol history goes way back to participating in children's classes in the 1950s.

One of the anticipated (Continued on Page 6)

## Lodge 12 Sokolettes



This photo, circa 1958, includes seven Lodge 12 Sokolettes who participated in Sokol gymnastics classes, as well as various parties and dances, in the Newark Sokol Hall where Lodge 12 was domiciled until 1967. They are, from left, Joyce Yablonicky, Suzanne Zeman, Jean Kovac, Barbara Bednar, Jean Kokinda, Judy Kotzun, and Patty Yablonicky.



At left is Brother Tim Brandt, President of Sokol Farrell and Chairman of the Sokol Farrell Golf Scramble. Above at right are members of the Sokol Farrell Golf Scramble Committee, including Kristi Barwell, Roberta Pegg, Lili Glover, Sasha Banjak, Beth Schupp, Denise Snyder, Chris Pegg, Lauren Schupp and Stephanie Banjak. Below at right Financial Secretary Sandy Glover, her husband Dick and her granddaughter Kaylee prepare the hot dogs at the turn.

## SOKOL USA FARRELL'S 12<sup>TH</sup> ANNUAL GOLF SCRAMBLE

Speaking of golf scrambles, how can they get any better? If you golf and do not enter our Sokol USA Farrell Annual Golf Scramble, you are missing out on a great day! We had a sunny day, perfect weather and as usual, we met our limit of golf participants.

Shenango Lake Golf Club in nearby Transfer was awhirl with activity. Tim Brandt, our President and Chairman of the outing, began giving instructions. Our Sokol workers began all the registration and food preparations and everything went according to plan.

As usual, there were refreshments placed strategically at certain holes on the course, hot dogs (with Tim's homemade chili sauce) and refreshments at the turn, and a huge roast chicken dinner complete with all the trimmings at the end.

The top prize was \$800, the second-place team took home \$400, the third-place team received \$200 and fourth prize was done by random draw for \$100. As they have done since the very beginning of our scrambles, Brother Mel Slezak and Sister Dorothy Slezak sponsored the \$5,000 Hole-in-One prize for the 3rd Hole.

It goes without question that we could not have done this without the leadership of Brother Tim Brandt and our great committee including Kristi Barwell, Roberta Pegg, Lili Glover, Sasha Banjak, Beth Schupp, Denise Snyder, Chris Pegg, Lauren Schupp and Stephanie Banjak.

Also on the committee were our Financial Secretary Sandy Glover, her husband Dick and her granddaughter Kaylee, who prepared the hot dogs at the turn. There were also Samantha Hays, Debie Goda and Stephen Banjak.



LODGE 30 FOOD DRIVE – Members of Sokol USA Lodge 30 in Brookfield, Conn., and the Jason D. Lewis Brookfield Memorial VFW Post 10201 and its Auxiliary held a food drive on Sunday, November 15<sup>th</sup>. Two large trucks and an SUV were filled with food and supplies and over \$400 in donations for the Brookfield Food Pantry in Brookfield, Conn.



# Lodge 30 members are elected to public office

Two members of Sokol USA Lodge 30 were elected to public office in Brookfield, Conn. Tara Carr was elected First Selectman and Gary Goetz was elected to the Zoning Commission.

Upon her retirement from her 25-year military career and her return to Brookfield, Conn., Carr was ed as the local Director of Operations for the Danbury Amazon Logistics Center in Danbury, Conn., in October 2020. During her time at Amazon, she was able to seek out local causes that could use Amazon support and helped obtain a sizeable Amazon monetary contribution for the Woman's Center of Greater Danbury. Tara maintains fluency in Colonel (retired – USMA class '86) Tony Carr and resides in Brookfield with their four children, Francesco, Annabella, Antonio and Angelina. She is an active member of the Brookfield VFW, the American Legion, the Rotary Club of Danbury, Sokol

Danbury Lodge 30, Saint Joseph's Church and Saint Gregory's Church. Tara enjoys golf and spending time with her family. Tara remains keenly dedicated to ensuring the future of Brookfield, one in which will thrive and be a pillar of success for all other Connecticut towns to aspire.

As a lifelong Connecticut resident, Gary Goetz, along with his growing family, settled in Brookfield from his original hometown of Danbury in 1997. He and his wife of 35 years, Laurie (Neville), raised all three of their daughters here and all were educated within the excellent Brookfield Public School system.

Gary is a member of the Brookfield Republican Town Committee and actively volunteers in several local service organizations, including the Rotary Club and Sokol Lodge 30 in Brookfield. He holds a master's degree in Healthcare Administration



and a bachelor's degree in English Writing from Western Connecticut State University.

Gary strongly believes that now is the time for the people of Brookfield to step up and participate in their self-governance in order to ensure that Brookfielders manage their own destiny and the future growth and zoning in the Town of Brookfield to provide future generations a community that is even better than Brookfield is today.



Two members of Sokol USA Lodge 30 were elected to public office in Brookfield, Conn. Tara Carr (above with her family) was elected First Selectman and Gary Goetz (left) was elected to the Zoning Commission.

## Milan Getting Scholarship Recipient

### Emily Pranskevicius

I am Emily Pranskevicius and I am a senior molecular and cellular biology major with a chemistry minor at Illinois State University with the hopes to attend pharmacy school in the fall of 2023.

I was enrolled in Sokol Lodge 306's gymnastics program as a gymnast from the fall of 2012 to the winter of 2016. Within that time, I won multiple first place awards, received the honorable Frankie Kajari Achievement Award, and attended both the 2016 and 2019 Sokol USA Slets. In the summer of 2015, I attended the Kurz instructor school and began assistant coaching both girls and tots class. During my sophomore year of high school, I began participating in cheerleading as well as gymnastics. Unfortunately, the following school year, I decided to give gymnastics a break to focus on cheerleading, but I remained assistant coaching

the tots class every week. I trained for and competed in gymnastics for the first time since 2016 at the 2019 Buffalo slet and brought back a first-place win for Lodge 306.

Currently, I am utilizing some of my gymnastics skills as a member of Illinois State University's Gamma Phi Circus program, the oldest collegiate circus in the United States. I will be performing in the bike built for 10 act in the spring. In addition to being in the circus program, I am a participant in undergraduate research, a member of Phi Sigma, Illinois State's Biological Honors Society, and a certified pharmacy technician at the CVS on campus.

### CONGRATULATIONS!

The following are recipients of GBU Scholarships

- Madison Ancosky, Lodge 255
- Alexa Banjak, Lodge 103



Emily Pranskevicius

- Megan Bliss, Lodge 276
- Thomas Cooper, Lodge 12
- Katherine Koch, Lodge 12
- John Koch, Lodge 12
- Jacob Konopsky, Lodge 103
- Montana Olexa, Lodge 47
- Samantha Pracko, Lodge 306
- Emily Pranskevicius, Lodge 306
- Adrienne Schupp, Lodge 7
- Sophie Shannon, Lodge 255
- Drew Slezak, Lodge 103
- Emily Walko, Lodge 7
- Katherine Walko, Lodge 7
- Nicole Walko, Lodge 7
- Molly Yatchyshyn, Lodge 47
- Carolyn Young, Lodge 306



THANK YOU FOR SERVING – Above, Sokol USA lodge members, all Danbury firefighters, attended the Danbury Exchange Club's Veterans Day Recognition Dinner at Anthony's Lake Club. Also attending were (below from left) Sokol USA Members Skip Omasta, Rick Fusek, Jim Russell, and Ava Omasta



# Fit for Life

By Ellen Kovac

*"Take care of yourself and, if you can, someone else."* — Steven Dubner, on WNYC public radio

## MORE ON IMPROVING BALANCE

I failed to mention in the previous column that you must always have one hand, or other body parts as needed, ready to grip onto--or lean against--something strong and unmovable when practicing balancing on one foot.

Here is one more exercise to improve your balance. Put the heel of one foot directly in front of the other, with both feet flat on the surface. How long can you balance yourself with your feet like that? ... for 5 seconds? ... 30 seconds? Don't forget to be ready to grasp or lean onto something in case you begin to lose your balance.

## CONCUSSION UPDATE

An article by Nancy Montgomery in Stars And Stripes explains that recovery time for a concussion (a traumatic brain injury) has been found to be significantly longer than previously thought, as a result of a recent study conducted by the NCAA and DOD at the University of Michigan. Full recovery was found to take 28 days or even longer, twice the length of time coaches, employers, and others have up to now believed to be sufficient. In their study, only about half of the study participants had fully recovered by the two-week period of time considered sufficient until now. Those who have suffered a traumatic brain injury, or TBI, and the parents of children who have had one, should be aware that full recovery will most likely take a month or more.

## CONFIDENTIAL TO GOLFERS: ARE YOU STRETCHING?

Among the unlimited bits of health and fitness information you can find on the internet are exercises tailored for golfers. Don't ruin your game by joint sprains and other injuries that can be avoided by simply getting into the habit of stretching regularly. Here are two to do, especially on days when you aren't golfing:

1. Hip stretch. Sit up straight, both feet flat on the floor. Lift one leg and turn that knee outward, resting the ankle on your other knee. With one or both hands, push down on the knee with moderate weight. Never force any joint of your body to go beyond a gentle stretch. Hold that for the length of one TV commercial or 15-30 seconds. Repeat with other leg. I really don't recommend watching TV; better to simply count the seconds.
2. Wrist twist. Hold a golf club with one hand, straight out in front of you, arm straight at shoulder height club vertically upward. Twist your wrist until the club is horizontal. Slowly, reverse direction and move the club through vertical until it's horizontal on the other side. If the club were the minute hand on a clock, you would be moving it from 12:00 to 3:00, and then back through 12:00 until the club head reaches 9:00. Repeat until your arm is tired, then repeat with the other arm and wrist. If this is too easy, hold two clubs!

## MENTAL HEALTH BENEFITS OF YOGA

According to physician and medical researcher Loren Fishman, one of the benefits of medical yoga is that a practitioner can achieve relaxation profound enough to release very strong emotions that are normally inaccessible even to oneself. Yoga practitioner Fishman says it's even perfectly okay to even let oneself cry if that's the emotion that needs to come out. Crying expresses suppressed emotions and indicates that you have attained a state relaxed enough to release them.

Most of the time, of course, we do not cry when performing yoga or any other exercises. Just sayin', the past 21 months have been upsetting for many of us. If your emotions want to come out, let them.

## HAIR LOSS

Did you lose hair during the pandemic? I did. There has been a pandemic of hair loss since Covid-19, according to the article "The Year America's Hair Fell Out", by Amanda Molcul, in the November Atlantic magazine. She reports that the stresses involved with adjusting to life with Covid-19 have affected many of us even if we weren't directly traumatized, and one result of this can be a temporary loss of hair, called "telogen effluvium" by dermatologists. They say we should be patient; our hair will eventually grow back although it may take several months. Apparently hair growth occurs in cycles of growth and rest.

## PFA's IN PLASTIC

Per- and polyfluoroalkyl substances, or PFAs, have come to be ubiquitous in products we use every day in our lives, including in food wrappers and nonstick pans. But according to an article "Toxic 'forever chemicals' are contaminating plastic food containers", in the Guardian, July 9, 2021, PFAs, which are toxic to humans, can leach into the foods they touch. They have been linked to cancer, kidney disease, and other health problems. Furthermore, they end up getting into our waterways and sources of drinking water. Having learned about the dangers of PFAs, I am switching back to old-fashioned but safer ways of storing food—glass for liquids and waxed paper to wrap meat. And I'm switching from teflon-coated pots and pans back to stainless steel and iron. You can keep iron pans seasoned by soaking any burned-on food, not scrubbing but gently scraping food particles off if necessary, and re-seasoning with a very small amount of vegetable oil wiped onto the pan and warmed on a stove burner for a few minutes.

## HAVE YOU TRIED PICKLEBALL YET?

If not, why not? Find a place to play, even if you have to improvise. It can be played outdoors or indoors, by 2 or 4 people. Ideally, it's played on a badminton court with large paddles, a slightly

(Continued on Page 7)



Alexej S. Banjak (left) and Lili Glover received 2021 Steve Banjak Memorial Scholarships.

## FARRELL CELEBRATES 115<sup>TH</sup> ANNIVERSARY

(Continued from Page 3)

announcements of the evening was the awarding of the 2021 Steve Banjak Memorial Scholarships. The award amounts to \$2,000 given over a period of four years. In the past 15 years, Sokol Farrell has awarded approximately \$40,000 to 24 Sokol Farrell members who attended or are attending an institution of higher learning.

In the first year and for the next five years, only one award was given each year on a competitive basis. But, as our contributions grew and our fund increased, we were able to award more grants. At this point, we are able to award these grants to all of our eligible members who apply.

In their fourth year of school, renewals are being awarded to Drew Slezak and Kaitlyn Schupp. In his third year of school, a renewal is awarded to Jacob Konopski. In their second year of school, renewals are being awarded to Adrienne Schupp, Carley Slezak and Avery Slezak.

This year's newest recipients are:

Alexej S. Banjak who is attending Liberty University in Lynchburg, Va., and majoring in computer science and Lili Glover who is attending Gannon University in Erie, Pa., and majoring in physical therapy.

Previous recipients of the scholarship who were attending the banquet were also introduced: 2006 and 2007 Oleksandra Banjak, 2009 Lucia Murcko, 2011 Bibiana Murcko, 2014 Sarah Goda, 2017 Ava Glover, 2018 Kaitlyn Schupp and Genevieve Schupp and 2020 Adrienne Schupp

During the cocktail hour which included complimentary warm hors d'oeuvres and a cash bar, the Pajtaši Folk Ensemble entertained, as they also did during dinner.

The program concluded with a beautiful rendition of Slovak folk singing again by the Pajtaši Folk Ensemble. Songs and dances from various parts of Slovakia were presented and enjoyed by the audience. In addition, a

(Continued on Page 7)



The Pajtaši Folk Ensemble provided musical entertainment during Sokol Farrell's 115 Anniversary celebration.

## Fit for Life

(Continued from Page 6)

lowered tennis net, and a plastic ball with holes. You don't need any expertise at paddleball to get excellent exercise while having a lot of fun. Children and adults of all ages enjoy it. Go to the US Pickleball Association to learn all you need to know about equipment, rules (in case you want to follow actual rules), and even locations of courts.

### EXERCISE EVEN WHEN YOU HAVE TO SIT TOO LONG

There are many situations in which people find that they cannot stand up and stretch as we know we should. Still, there are a few things we can do to minimize the discomfort and especially the health risks of too much sitting.

For example:

Lift one leg an inch or two. You will immediately notice your thigh muscles engaging. Hold that leg position until those muscles become fatigued, and then switch legs. Then, repeat as many times as you can. While each foot is off the floor, flex and point your foot, then rotate your foot clockwise and counter-clockwise.

You can also stretch and exercise your shoulders and upper back while sitting. First, drop your head forward while lifting your shoulders up, until your chin is lower than your shoulders. Then, raise your head and chin while pressing your shoulders down and making your neck as long as possible. Repeat as often as you like!

Think of other exercises you can do while sitting, such as bending and stretching your arms upward, forward, sideward, or straight down. I particularly like to squeeze my shoulderblades towards each other in the center of my back.

Try this one: Clench your fists, as when making a muscle, while bending your arms. Then, stretch your arms and stretch your hands and fingers out. Look at your hands throughout. Repeat as many times as you can, and then one more time. :o)

To stay motivated to do these exercises regularly, make them entertaining. Hum or sing to yourself and keep time with the beat of the music while you exercise. Here's an example to the tune of a popular seasonal song:

Measure 1: *Jingle Bells, jingle bells*  
*Jingle all the way* (8 counts)

Measure 1, counts 1-2: lift one leg, knee bent  
3-4: straighten knee, leg lifted up high  
5-6: bend knee, keep leg up  
7-8: lower leg, replace foot on floor

Measure 2: *Oh what fun it is to ride*  
*In a one-horse open sleigh.* (8 counts)

Measure 2: Repeat Measure 1 with opposite leg.

Next, make up and do a sequence of arm movements to the words of the verse that begins "Dashing through the snow..."

NEXT, make up your own exercise routine to another song that you like, and sing along while you exercise. I recommend creating as your exercise-to-music routine one that is done standing, not sitting. Include some hopping, jumping, other stepping, or squatting. Choose a tune that is lively and upbeat. Include a plank if you like—be creative and challenge yourself.

### SOME GOOD NEW YEAR HEALTH RESOLUTIONS

1. If you haven't already, create an exercise program including aerobic, flexibility, and strengthening exercises suitable for you. Include a variety of exercises.
2. Set realistic goals for exercising.
3. Have plans that include outdoors exercising (and jogging!) for fair weather and indoor alternatives for inclement weather.
4. Find ways to stay motivated:
  - exercise with a friend when possible.
  - exercise to the kind of music you like.
  - wear comfortable, appropriate clothing.
  - build time into your daily schedule specifically for exercising.
5. Review your diet to be sure it includes healthy food.
6. Get sufficient sleep on a regular basis.

Happy exercising, and remember, **JUST KEEP MOVING!!**

## Attention High School Seniors!

(and their parents and grandparents)

It's not too early to start scholarship requests.

Looking for some help to achieve your goal of attending college?

Each year Sokol USA is proud to award the Milan Getting Scholarship to a limited number of qualified Sokol USA members who are furthering their education at an accredited college or university.

If you or a family member will be entering college or a university

this coming fall, please contact Sokol USA headquarters at

SOKOLUSAHQ@aol.com and ask for a Milan Getting Scholarship application.

Applications for the 2022-2023 academic year are due by March 31, 2022.

## FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

I encourage our members to take all necessary precautions to avoid contracting COVID, including getting vaccinated, wearing masks, and frequent hand washing.

It is important at this time of year to give thanks for all of the blessings we have received and to remember those in need. There are many who have fallen ill or who have fallen upon hard economic times. It is important to consider supporting food banks, medical charities and veterans' service agencies so as to help those in need at the holidays. I also encourage our members to consider supporting our own Sokol activities such as the Milan Getting Scholarship Fund and Sokol USA's Sports, Fitness and Wellness Programs. These are all very worthy causes to support and they all touch peoples' lives.

I encourage our lodges to continue holding meetings and, where safely possible, to engage in fraternal activities.

Our Sokol USA National Convention will occur in August 2022. It is my hope that as many lodges as possible will select delegates, have representation at the convention and share their input into the governance of Sokol USA. It is important to participate in the convention. This ensures that everyone's voice will be heard and that the lodges will participate and have input in the selection of officers and in the governance of this society. In the new year, there will be a variety of notices, forms

and much convention information disseminated.

For those considering running for Sokol USA office, it is important to pay attention to the various communications and deadlines as our last convention changed the process of declaring one's candidacy in seeking office.

I also encourage our membership to continue physical fitness activities. Walking, bicycling, aerobics and Sokol gymnastics are all good ways to work off some of the Thanksgiving turkey dinner pounds and the stay physically fit and healthy. There are many health and wellness articles provided in The Sokol Times. Sister Ellen Kovac has also begun filming some short exercise videos which are being uploaded to the Sokol USA website. There are also other short videos addressing history and Slovak cultural matters that will appear on links posted to the website. Please note that if you have material you wish to have posted to the website, contact Brother John Kennedy. He has been very active and involved with the creation and updating of the Sokol USA website.

Once again, as the holidays approach and our membership begins their traditional celebrations at the sighting of the first star on December 22<sup>nd</sup>, I again encourage the remembrance of those in need. It is my hope that all will have very healthy and happy holidays and an excellent year to come in 2022. And, with that, I wish you all the ancient Slavic holiday wish of health, wealth and happiness!

NAZDAR!  
Joseph Bielecki, President

## FARRELL ANNIVERSARY

(Continued from Page 6)

Slovak/English sing-a-long enthusiastically engaged the audience. Words were projected on a large screen for four Slovak songs. Each song started with the Slovak first verse and then the remaining verses translated into English.

An informal "after the party, party" was enjoyed at the Slovak Home by a large group of members and friends. Pajtaši also attended and played the entire evening ... as long as we sang to their great music! We wish to thank them and all of our members and friends who attended this celebration. We certainly can take pride in the fact that Sokol Farrell is still active after 115 years!

## DONATIONS GRATEFULLY ACKNOWLEDGED

### For the Sport, Fitness and Wellness Fund

From Sokol USA Lodge 276, Pittsburgh <i>In Memory of Patricia Blistan</i>	\$200.00
From Natalie Gardner of Lodge 276 <i>In Memory of Patricia Blistan</i>	\$50.00
From Milan S. Kovac <i>In Memory of Patricia Blistan</i>	\$50.00

## EASY EXERCISE VIDEO NOW AVAILABLE FOR SOKOLS

To help you with getting into an exercise routine, I have created a "Fit For Life" beginner video that is slower and easier to keep up with than most professionally made videos. It's been put up on YouTube and the link below will take you directly to it.

If you are reading this Sokol Times on the SokolUSA.org website, the link is "live." Simply click the link and you will see the Fit For Life video. From the Sokol Times in print, you can get to the Fit For Life exercise video by typing this link into the search window at the top of your computer screen.

<https://m.youtube.com/watch?v=EEIBVSncnWY>

Try it and use it often to keep you motivated and improve your fitness. Feedback and suggestions for improvements are welcome. Send comments to [ellenkovac@aol.com](mailto:ellenkovac@aol.com).

## 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.

## START THEIR DREAMS HERE

### Youth 3 Pay Membership Life Insurance

#### START BUILDING A LIFETIME OF DREAMS IN 3 EASY PAYMENTS

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

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

Email [sales@gbu.org](mailto:sales@gbu.org) or visit [gbu.org](http://gbu.org) to schedule an appointment to set up your simple Youth 3 Pay Membership policy.

PO Box 645949, Pittsburgh, PA 15264-5257  
412-884-5100 800-765-4428  
[sales@gbu.org](mailto:sales@gbu.org) [gbu.org](http://gbu.org)

GBU-SOK-AV-1121



## HOLIDAY GREETINGS & DONATIONS

### To the Milan Getting Scholarship

From Lodge 2, Bridgeport, Conn. <i>Merry Christmas and Happy New Year</i>	\$300.00
From Lodge 255, Leechburg, Pa. <i>Wishing all a Very Merry Christmas</i>	\$200.00
From Lodge 114, Tarrytown, N.Y. <i>Merry Christmas &amp; Best Wishes for a Happy New Year</i>	\$200.00
From Lodge 12, Central Jersey <i>Best Wishes to All this Holiday Season</i>	\$100.00
From Emil Trgala <i>May This Holiday Season Be Joyful for All!</i>	\$100.00
From Lodge 500, Boonton, N.J. <i>Wishing All a Blessed Christmas</i>	\$500.00
From Lodge 74, Plymouth, Pa. <i>May Health, Peace and Happiness be Yours for the New Year</i>	\$90.00
From Lodge 79, Mahanoy City, Pa. <i>Best Wishes for a Healthy &amp; Happy New Year</i>	\$500.00
From Milan Kovac & Brigid Ruvolo <i>Merry Christmas and Happy &amp; Healthy New Year</i>	\$100.00
From District M.C.T. <i>Wishing all a Very Merry Christmas</i>	\$50.00
From District Lodge 59 Trenton, N.J. <i>Merry Christmas and Happy New Year</i>	\$100.00
<b>To the Sports, Fitness &amp; Wellness Fund</b>	
From Lodge 255, Leechburg, Pa. <i>May Everyone Have a Wonderful Holiday</i>	\$200.00
From Lodge 114, Sleepy Hollow, N.Y. <i>May This Holiday Season Be Joyful for All!</i>	\$200.00
From Lodge 39/40W, Berwyn, Ill. <i>May Health, Peace and Happiness be Yours for the New Year</i>	\$100.00
From Deborah Golden Lodge 39/40 W <i>Best Wishes for a Joyous &amp; Healthy New Year</i>	\$50.00
From Lodge 127, Star Junction, Pa. <i>Best Wishes and a Healthy &amp; Happy New Year</i>	\$75.00
From Milan Kovac & Brigid Ruvolo <i>Merry Christmas and Happy &amp; Healthy New Year</i>	\$100.00
From District M.C.T. <i>Merry Christmas and Happy &amp; Healthy New Year</i>	\$50.00

## LODGE 12 INVITES MEMBERS TO JOIN ADULT CLASS

- Where:** Henderson's Gymnastics Academy, 216 Tingley Lane, Edison, NJ
- When:** Friday evenings, 7 to 9 p.m.-ish
- Why:** Get healthy exercise in a relaxed setting
- Who:** Any fully vaccinated adult Sokol member, and especially those who participated in Sokol gymnastics years ago
- How:** Call Ellen at 908-456-8886 to say you are interested and ask any questions you have. Or just show up, masked, and ready to work out.