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# SOKOL



# TIMES

June 9, 2022

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## From the President's View

As I write this article, the Memorial Day Holiday weekend is fast approaching and there are many, many things on the schedule for the summer.

While Memorial Day marks the beginning of the summer season, it is an important holiday as it commemorates the many soldiers who died in the service of our country. We owe our freedom to them, and the holiday is a day to pause and be thankful for their service and our freedom.



Joseph Bielecki

In May and June, we celebrate Mother's Day and Father's Day. These days are important because they recognize the formative and major influences parents have in our lives. It is a good way for those whose parents are still living to give them the recognition they deserve. For those whose parents are deceased, it is a good way to remember all of the good and formative influences they have had on our lives.

There is much news to report regarding Sokol. First, our Sokol USA headquarters will be relocating in the very near future within the town of Boonton, N.J. The Sokol USA Boonton Lodge which has been so kind as to host our national office for the past several years is being sold by its membership. Therefore, Sokol USA's headquarters will be relocating. A new office location within Boonton has been located at a comparable cost to the present arrangement with the Boonton Lodge. The relocation will begin within the next couple of weeks and will be completed in the month of June. Many thanks

go out to our fraternal secretary, Brother John Kennedy, and to the relocation committee for all of the effort they have put in to finding new space for our headquarters. After the move is completed, Brother Kennedy will be in contact with all of the lodges providing them with the new address. The post box address for the headquarters will remain the same.

The Sokol USA convention, which is the highest governing body of our organization, will be held August 5<sup>th</sup> and 6<sup>th</sup> at the Indigo Hotel in Pittsburgh, Pa. It was originally scheduled for a different location in Western Pennsylvania, however, due to construction and other issues with the original hotel, the National Board voted to relocate the convention to a hotel in Pittsburgh. The Indigo Hotel will be able to accommodate our convention. It is centrally located and easily accessible from the highway going through the City of Pittsburgh.

The National Headquar-  
(Continued on Page 6)

## MCT Meeting



The MCT Meeting was held April 24, 2022, at the Quality Inn in New Kensington, Pa. Attending were (from left) Caroline Coleman, Joe Bielicki, Nancy Shurina, Helen R. Slaninka, Eileen Krachala, Cathy Ozdany, Mary Ann Slaninka, Gerald Blistan and Natalie Gardner.

## Busy Summer 2022

As we approach the coming warmth and exuberance of the Summer season, it certainly looks to be jam-packed with plenty of activities for our members. First and foremost is the upcoming XXXVI Convention for August 5<sup>th</sup> & 6<sup>th</sup>, the location of which has been changed to the Indigo Hotel in the Oakland neighborhood of Pittsburgh. By now, all Districts and Lodges have chosen their delegates and should have received the convention package. This is the highest governing body of our fraternal organization and will set our directive path

going forward in the next four years. Hopefully, all will review the package closely and be ready to serve our membership to the fullest at the convention this August. I am looking forward to seeing all our wonderful delegates and their guests there.

In other news, our gymnastic lodges are ending their Spring terms and hoping for increased participation in the Fall in addition to the deeply wished end of the Covid variants and the pandemic as a whole. District MCT held their annual meeting in April and lodges New

Kensington and Pittsburgh are planning to support Operation Reach Out in June. Both New Kensington and Leechburg have obtained new members while MCT Districts and Lodges will be represented at the convention as well.

The 99th Annual Slovak Day will be held at the Kennywood amusement park on July 21<sup>st</sup> and many of the local lodges will be attending the event. It should prove to be a fun-filled day lavished with Slovak food, music and entertainment, as well as a special mass at 4 p.m.

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# 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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## ANNOUNCING

# THE XXXVI CONVENTION OF THE SLOVAK GYMNASTIC UNION SOKOL OF THE U.S.A.

TO BE HELD AT THE  
**HOTEL INDIGO  
 PITTSBURGH, PA.  
 AUGUST 5 & 6, 2022**

**An information packet is being sent to each lodge and district  
 concerning delegates and other forms. Please give this immediate  
 attention as to time is of the essence in choosing your delegate.**

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## CANDIDATES FOR OFFICE REQUIREMENTS & 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; this does not preclude nominations from the floor.

Any adult member in good standing may be nominated for a position on the national board. This must be done at least four 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.

## OPERATING PROCEDURE FOR SOKOL USA CONVENTION 2022

August 4-7, 2022

### A. GENERAL ARRANGEMENT OF CONVENTION

1. **Thursday, August 4, 2022**  
 7:00 PM to 9:00 PM      Registration  
 Board Meeting
  
2. **Friday, August 5, 2022**  
 7:00 AM to 8:30      Breakfast  
 9:00 AM to 12:00 PM      Registration  
                                  Committee Meetings  
 12:00 PM to 1:00 PM      Lunch  
 1:30 PM to 5:30 PM      Convene Session #1  
                                  Opening Formalities:  
                                  President Presiding  
                                  Introduction of Guests  
                                  Motivational Presentation  
                                  Order of Business  
                                  Committee Reports  
                                  a. Verification  
                                  b. Convention Order & Program  
                                  c. New Motion/Bylaws -Adoption of Bylaws  
                                  d. Convention Expense & Salary  
                                  e. GBU Presentation  
                                  f. Ballot & Election – Nominating Process  
                                  g. Good, Welfare, Petitions & Grievances  
                                  h. Report of Sport Fitness & Wellness Dept.  
 6:00PM to 7:00PM      Cocktail Hour
  
3. **Saturday, August 6, 2022**  
 7:00 AM to 8:45 AM      Breakfast  
 8:00 AM to 9:00 AM      Registration  
 9:00 AM to 12:00 PM      Convene Session #2  
                                  i. Verification  
                                  j. Nominations  
                                  k. Officers' Reports/Cultural Activities  
 12:00 PM to 1:30 PM      Lunch  
 1:35 PM to 5:00 PM      Convene Session #3  
                                  l. Verification  
                                  m. Ballot – Election  
                                  n. Use of Alternate Media Programming Presentation  
                                  o. Unfinished Committee Reports  
                                  p. Oath of Office  
                                  q. Conclusion  
 7:00 PM      Banquet
  
4. **Sunday, August 7, 2022**  
 7:00 AM to 9:00 AM      Breakfast  
 9:00 AM to 12:45 PM      Convene Session #4 (If needed)  
                                  r. Verification

DEPARTURE

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# About Sokol

*This is the second part of a fascinating history written for a speech to American Sokols by a great Sokol leader who was born in Czechoslovakia in 1891 and died in the United States in 1991. Maria Provaznikova thus lived through and was a part of the history of the Sokol movement in both countries. In the first installment of her essay, printed in the Sokol Times of April 2022, Provaznikova described how a group of men in Prague founded (in 1862) a movement which they called SOKOL to strengthen their Czechoslovak countrymen physically, morally and spiritually with the goal of attaining freedom from the Austro-Hungarian Empire. By the time of World War I, it was widely predicted by observers of the Sokol movement's phenomenal growth that an army made up primarily of Sokol-trained soldiers would attain liberty and reshape the map of Europe. The reader will find within this history of the Sokol movement lessons that are relevant to our lives today.*

*Provaznikova's essay continues:*

## By Marie Provaznikova

That prediction came true in World War I. By then, through Sokol, the whole Czech nation was transformed physically as well as mentally and morally. From the first day, everybody realized that this was the opportunity for which Tyrs had prepared his Sokol brothers – the opportunity to fight for liberty. Every Czech and Slovak knew his place was not in the Austrian army, but on the other side, in the ranks of the Allies. Sokols abroad immediately volunteered for service in the Allied armed forces. In Paris, Sokol members marched in columns to the recruiting station under the banner of their Sokol unit.

On the home front, when taken prisoners of war, all Sokols registered for the Czechoslovak Legions to fight against Austria. After the communist revolution in Russia, the Soviets signed a peace treaty with Germany and Austria. This treaty trapped the Czechoslovak Legions far into the vast Russian country and they had to fight their way across Siberia, yard by yard, against both the Germans and the communists. They did it.

You might ask, why do I mention this along with Sokol history. It is part of Sokol history. The national spirit, the legions – these were the results of Sokol influence. After the war, President Masaryk proclaimed that the success of the Legions was due mostly to the Sokol spirit that prevailed in them. In fact, before a regular army

could be organized, Sokol became a real national army in the first months of the republic.

The following year, when Hungary attacked Slovakia, the Czechoslovak government called on the Sokols to volunteer to protect the nation. The only possible way to publicize that proclamation was in a daily newspaper. Several hours after the one and only publication appeared, two and a half thousand Sokols were riding a train to Slovakia. Sokol called its own draft for volunteer service, to which 66,000 reported and 10,000 were sent into action.

Tyrs's dream came true, his country was free, his Sokols were guarding her. The Slets, international competitions (in which Sokols took most of the highest prizes and were considered the most dangerous challengers), Sokol participation in the Legions, all together made the name of Sokol almost legendary. The name of Sokol was better known abroad than that of Czechoslovakia. I learned this through several personal experiences.

One day, while studying in Denmark, I came in first in a sprint and heard from the audience: "Nazdar, Sokol, Nazdar." Surprised, I went to investigate and found a Danish teacher who had visited the Sokol Slet the previous year and recognized my Sokol uniform. She introduced herself and asked about my plans in Denmark. When she heard that I was planning to stay for some



time in Copenhagen, she handed me a bunch of keys and said: "These are the keys to my apartment. Stay there as long as you wish and drop the keys in my mailbox when you leave." That was 5 minutes after our first meeting.

During the same course, I was introduced to a Swedish director of physical education. His very first words were "Oh, I am so glad to meet someone from Prague. You must tell me something about last year's festival. Our newspapers wrote incredible stories about it . . . all nonsense." I asked what kind of nonsense they wrote and he said, "They reported several hundreds of gymnasts performed at the same time on the same field." I said, "Well, there were not several hundred of them, but 10,000." We were speaking German. He exclaimed "Zehn tausend?" – "Jawohl, zehn tausend." – "Madame, dix mille?" – "Mais oui, dix mille." – "Ten thousand?" – "Yes, ten thousand." Exasperated, he turned to his native Swedish: "Ti tusen?"

Fortunately I had some photographs with me and he, being a philatelist, had a magnifying glass. He counted the gymnasts carefully across and in depth, and came to the number of 10,000. Since that moment I had him on my neck, wherever I moved, and there was no end to his questions: "How did you get

them into the arena?" "How did you line them up?" "How did they learn the drill?" "How did you command them?" "Where did they come from?" And finally, "Who paid for their trips?"

"They did. And not only that, they paid for their lodging and food. They paid admission to the stadium. And long before it started, every member, regardless of whether he was going to gym or watch or stay home, had to pay a certain amount for the building of the stadium." That knocked him down. This happened in 1921. Later we had 32,000 gymnasts on the field at the same time. I hope he saw it.

A German teacher told me with awe what she heard about a brotherhood of gymnasts in Czechoslovakia who wore a badge to recognize each other. They trusted each other so that they would lend money to a complete stranger if he only was wearing that badge. I showed her my badge and confirmed her story. Incidentally, it did happen to me. I came to a railroad station far from my home and realized that I had lost my money. I offered the cashier my wedding ring and golden watch as bail if he would lend me money for my ticket, but he said, "No bail is necessary, you have a Sokol badge." At that time I was nobody, young and unknown, and he could not have known me. Nevertheless, he did not even write my name.

That was Sokol in our old country. How was this achieved? What made Sokol such a noble organization, so different from all others?

It was the Sokol idea, the spiritual foundation of the organization. Sokol is not just a gymnastic organization. In its program, gymnastics is not a goal but only a means to develop men and women as human beings in all their aspects – physical, mental, and emotional.

In each individual, Tyrs wanted to develop all his attributes and harmonize them into a well-balanced personality. The personal gain of everybody from such a program is self-evident. He becomes healthier and stronger, his movements become more efficient, posture more graceful. He gains self-confidence, courage, strong willpower, self-control – all attributes useful for success in his personal life.

But that was not all for Tyrs. He was concerned with the well-being of his nation. To improve a nation's stamina, the greatest possible number of citizens have to be improved; to achieve the noble Sokol goal, all the citizens have to join their efforts. Therefore, Tyrs wanted the whole nation to take part in the Sokol education – the wealthy and poor, the educated and uneducated, regardless of their religious or political

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## Candidate Statements for SOKOL USA Leadership Positions

### Arthur Burkhardt, Treasurer

During the past five years as treasurer of Sokol USA, I have participated in Supreme Lodge meetings, zoom meetings, Executive Board meetings and one-on-one meetings with our financial secretaries.

My responsibilities include reviewing bills and co-signing checks with the Financial Secretary or President. I review and, when necessary, sign official documents pertaining to our society.

Since moving our headquarters to Boonton, N.J., I visit headquarters almost on a weekly basis to review bills and paperwork including bank statements, State of New Jersey forms and documents, sign checks for Sokol and also for the Sokol camp growth fund monthly checks with the assistance of Brother Milan, maintain files and other paperwork.

The past several months, I have also been maintaining the operating account check book register and reviewing monthly bank statements, copying statements and GBU escrow account statements and forwarding to the National Secretary and Chairman of the Finance Committee.

I am in contact with our accountants with respect to our banking activity, 1099s and other items as necessary. In addition to our GBU contact regarding our accounts, setting up automated clearing house information for our various investment funds and checking accounts.

I have been working closely with our Interim National Secretary on a weekly basis both in person and via emails and text and phone calls. We are both learning a lot of new things that were previously performed by the previous secretary and Brother Kovac.

I am a member of Lodge 26, Guttenberg, NJ, and also the Treasurer/Recording Secretary. I am in contact with the officers and members in addition to scheduling our yearly election of officers meeting.

### Debbie Golden, Financial Trustee

I'm running for Financial Trustee. I'm a third generation Sokol and have been a member of Lodge 39 for over 21 years. I am currently one of the Financial Trustees on the National Board, Secretary of District L. Stur, and President of Lodge 39.

I have attended every Sokol USA, American Sokol, Sokol Canada and Prague Set since 2001, competing in gymnastics and participating in calisthenics at most of them. It certainly was thrilling to be part of the 2006 Prague Slet performance. I have been to every Convention since 2005 and have served on the Milan Getting Scholarship Committee since 2006. I participated on the committee that revised the first part of the by-laws, which were adopted at the last convention in 2017, and also the committee which revised the remaining portions of the by-laws for consideration by the delegates at this upcoming convention.

My background is in the medical field. I developed a departmental Continuous Quality Improvement program to meet National Accreditation standards for three hospitals, trained and mentored associates, as well as presented lectures of continuing education in medical sonography. My tenure as Technical Director of the Echocardiography Lab has given me experience with budgets, auditing assets, overseeing compliance with governing bodies and writing procedural policies.

I have enjoyed working with other board members from the different regions of Sokol USA. Though we all have unique challenges in our local lodges for growing our membership and program, we share our dedication to and love of Sokol. As we move forward, we must evolve to meet our members' needs while maintaining the Sokol ideal that are the hear of this great organization.

Nazdar!

### Kristin Greenberg, Recording Secretary

I am a Special Education Teacher in Glenview, Ill., for 3rd-5th grades. I have been teaching Special Education for five years and have been an educator for 11 years. I have been a member of Sokol USA Lodge 306 in Chicago, Ill., since 1996. Over the years, I have taught Tots, Boys, Girls, and Junior Girls classes at Sokol USA Chicago Lodge 306. During the physical fitness seasons of 2006-2021, I held the Co-Director position of the Lodge 306 Physical Fitness Staff Department. Most recently I have been coaching Boys and Girls (5-12) classes at Sokol United (an American Sokol unit in the south suburbs of Illinois) and continue to stay involved on the American Sokol Central District Board of Instructors as their Recording Secretary. As a student, I attended two Sokol USA instructor schools in 2000 and 2001, as well as three American Sokol instructor schools from 2002-2004. I have taught at the American Sokol Instructors School three times since 2018.

During the last three conventions, I have participated in various



Check out the Hotel Indigo, the location for the convention in August!!!



capacities, including as a YES Council member and Lodge Delegate, and I was voted in as the National Recording Secretary at the most recent National Convention. During my term as Recording Secretary, I have regularly attended National Board meetings, studiously recording the minutes, and submitted materials for various publications, including the Sokol Times and the GBU Reporter. I am excited to run for another term as the Recording Secretary at the August 2022 convention. I look forward to meeting and reconnecting with many of you at that time.

### John Kennedy, Fraternal Secretary

I am running for Fraternal Secretary. Since February 1, 2022, I have held the interim position after the Past Fraternal Secretary stepped down and a unanimous vote of the National Board. Prior to that, I was a Trustee since the last convention.

In the past few years, I helped develop and maintain the new website [sokolusa.org](http://sokolusa.org), GBU Community page and social media @sokolusahqs for Sokol USA. After taking the position of Fraternal Secretary, I had to find new arrangements for the convention, move our headquarters to a new location in Boonton, N.J., and met with several lodges and their officers and members.

I am a career Firefighter for the City of Danbury for the past 23 years, Vice President of Sokol USA Lodge 30, the Post Adjutant for the Jason D. Lewis Brookfield Memorial VFW Post 10201, the District 1 Commander of all 15 Fairfield County VFW Posts in Connecticut, secretary for the Sick & Surgical Fund of the Fire Department and the Secretary of the VFW Riders of Connecticut.

I look forward to working with lodges to increase membership and new ideas to keep them thriving. My own lodge has a great partnership with our VFW in Brookfield, Conn., and have increased both organizations' membership, programs, and community service activities.

### Sister Nancy Shurina, Chairwoman of Fraternal Activities

I am seeking reelection for my third and final term as Chair of Fraternal Activities. I'm a longtime member and officer of Sokol Lodge 68. In addition to serving as Chairwoman, I am the Financial Secretary and Treasurer of the Lodge. My husband Frank is also a lifelong member and officer of our lodge. Together, we share a family of five children and seven grandchildren, all of whom are Sokol members as well.

In addition to my lodge activities, I am active in MCT and now serve as its Recording Secretary. I am also participatory in the GBU Fraternal Advisory Committee, representing Sokol USA District 4000. In my community of Blairsville, Pa., I work for Blairsville Westinghouse and serve as the District 18 representative for salary union members. Previously, I served as a past president and trustee of the Blairsville BPOE Auxiliary and am a member of SS Simon & Jude Parish.

In my past terms as Chair of Fraternal Activities, I started the biking program which was adopted and shared by the GBU across the entire organization. I also initiated the 5K Walk benefiting the local community organizations in our last two Slets and plan on continuing to do so through all our future Sokol fests. During my current term, I sponsored the vaccine/flu gift card program to encourage and reward our members for taking care of their personal health and, by extension, the health of their friends, family and neighbors.

Going forward, I plan on developing at least one new initiative in the Fraternal area to increase the involvement of and highlight the virtuous character of our Sokol members. I humbly ask for the support and votes of our brothers and sisters through their delegates at the upcoming convention this August. Hope to see you all there.

NAZDAR

# FIT FOR LIFE

By Ellen Kovac

An article by Katie Camero, "How The Pandemic Is Changing Our Bodies" posted on February 9, 2022, on BuzzFeed, reports that the pandemic has had negative effects on almost all parts of our bodies. It's depressing reading, but in a way it's helpful to acknowledge that the unprecedented times we are living in has caused problems. More important, knowledge gives us the power to improve our situations.

Here's the report, summarized:

- Sitting at a laptop for hours a day has caused backaches and spinal degeneration.
  - Spending more time indoors can caused an increase in myopia, or nearsightedness, in children. Dry eyes from too much staring at a screen is another pandemic-caused eye problem.
  - A person's Vitamin D levels can drop due to not absorbing enough sunlight, resulting in greater likelihood of depression as well as bone and muscle issues.
  - Doctors report an increase in rashes, acne, and rosacea, a condition which causes facial redness and pimple-like bumps on the skin. These may be caused by poor eating habits, stress, and by the constant wearing of face masks.
  - Being sedentary (too much sitting and not enough moving) can lead to loss of muscle, slower metabolism, and weight gain. In contrast, some people have experienced the opposite – losing weight as a reaction to long-term social isolation.
  - Interacting with people online or the phone instead of face to face requires greater concentration, causing exhaustion as well as misunderstandings. This happens because there are fewer social cues such as body language which normally would facilitate clear communication.
  - The gastrointestinal tract, or digestive system, is particularly sensitive to the stresses of the pandemic. Avoiding alcohol, eating lots of fresh fruits and vegetables, and exercising regularly will help keep the digestive system working smoothly.
  - Having to use an unaccustomed workspace, especially a makeshift one that isn't ergonomically comfortable for the user, can decrease the ability to
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Lodge 12, Central Jersey, was happy to have two guests join us, both home from college at the end of spring semester. We're proud that they are both balancing their demanding courses of study with continuing sports training and exercise. In the photo in the front row are Norah Valentin; Ellen Kovac; Elizabeth Rehwinkel, a member of her college synchronized swim team; and Neechee Rewinkel, and in back row, Emil Trgala; Greg Bender; and Philip Rehwinkel, who competes on his college tennis team.

## KAMENITSKY JOINS USBC 55-YEAR CLUB

Brother John Kamenitsky of Stratford, Conn., participated in the USBC Open Championship. While there, he was welcomed into the event's 55-Year Club!

The 90-year-old started his OC career at the 1966 event in Rochester, N.Y., and has been to nearly every event since. He received a plaque, chevron and engraved watch in April at the South Point Bowling Plaza in Las Vegas to commemorate the achievement.

In 54 previous appearances on the tournament lanes, he has knocked down 81,954 pins for a career average of 169.7.



John Kamenitsky

## 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).

## QUESTIONS?

Have any official Sokol business and/or questions? Reach out to Brother John Kennedy at [info@sokolusa.org](mailto:info@sokolusa.org).

Coming soon...there will be a new phone number to contact headquarters!

## Going home



Jackie Pracko from Lodge 306, Chicago, who has been a lifetime member since she was born, turned 90 years old on June 2. Jackie was first a member of the Sokol Kenosha Lodge in Wisconsin and moved to Chicago in 1960 when she married John Pracko. Jackie is standing by her childhood home in Kenosha, Wis., that she visited a few years back.

## ABOUT SOKOL

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creeds or social status. Everybody has to contribute his powers, his knowledge, his abilities, his resources. And above all, in Sokol we have to forget all that divides us and emphasize that which unites.

Although he wished every individual to benefit, Tyrs placed the benefit of the nation above all personal interests. Nobody can prosper in a disintegrated society. So, if there is a conflict of interest between the individual and community (be it political community or his Sokol unit), community goes first and higher social groups go before smaller ones.

At the beginning of my speech, I explained that Sokol was created primarily with the intention to enable Czech people to fight for liberty. You might ask whether there is a place for such a movement in this country. We have freedom; we have a constitution granting our human as well as civil rights. Then, what is there to fight for?

Let's see what Tyrs said: "The whole history of living things and especially of humanity is a 'battle for existence and survival,' in which everything succumbs and dies which is not fit for further life. The most powerful civilizations and the most famous nations did likewise. They succumbed when a general internal decay of their life made them useless for humanity." President Masaryk often quoted "States are preserved by the ideas which were their cornerstones."

What are the ideas that gave impetus for the creation of this nation and state? It was "LIBERTY AND JUSTICE FOR ALL," the same idea on which Sokol is based. But freedom and justice do not come to peoples by themselves. They have to be earned by fight, by struggle, and by labor. That is also the way to preserve them. They have to be protected, and to protect our liberties we need the same attributes and the same virtues which enabled our forefathers to gain them: health and stamina, strong willpower, and determination to serve our country.

Do we have them? Do all of us have them? Do all of us have a sufficient amount of these virtues? Virtues also have to be cultivated. But our affluent society's way of life corrodes the nation's physical strength and endurance. Competition develops egotism, indifference opens the doors to ideologies opposite to the American spirit.

If we do not preserve and cultivate the virtues on which our nation and state were founded, there is danger of losing our most precious achievement – liberty and our American way of life. That is why we strive to maintain and spread Sokol in this country. If we succeed in selling the Sokol idea and Sokol physical education to the American educators and public, making it a part of the American way of life, that would be a worthy contribution of Czechoslovak immigrants to the American way of life.

## FROM THE PRESIDENTS VIEW

(Continued from Page 1)

ters will be forwarding convention packets to all delegates and convention committees will be formed in the very near future. Participation in the convention is an important way to share input in the governance of Sokol USA, to assure everyone's voice will be heard, and to have input into the selection of officers and the governance of this society. It ensures the health and vitality of Sokol USA.

The summer is here, and I encourage all our members to enjoy the outdoors by walking, bike riding and engaging in outdoor activities. Please remember that Sokol USA and GBU offer walking and bicycle programs. Additionally, our sports lodges offer a wide variety of physical fitness activities. There are many good ways to embark on a physical fitness program to improve one's health, to lose weight if needed, and to stay fit.

I also encourage our lodges to be active fraternally, to hold meetings and to do volunteer fraternal activities.

Additionally, the Sokol USA website is constantly being updated and improved and many interesting things are being frequently added by Brother John Kennedy and others. The website is full of information and will be very helpful to those who view it.

I hope to see you all at the convention in Pittsburgh and wish you a very pleasant and enjoyable summer season.

NAZDAR!  
Joseph Bielecki  
President  
SOKOL USA

## BUSY SUMMER

(Continued from Page 1)

I also attended GBU's recent Fraternal Advisory Council meeting on Thursday, May 19<sup>th</sup>, via Zoom. For our members participating in the Get Fit Program, a newly improved version of the program on fitness encompassing those programs will be available to the membership soon, with several new health and wellness opportunities featured within as well as enhanced rewards. A lot of great brainstorming of ideas on community activities, which lead to recognition and potential new memberships, were also discussed at the meeting. One district partnered with the local police department to raise funds for their canine officers, which helped encourage me to bring up the partnering of our Lodge 30 with the VFW.

On a more somber note, the Boonton Lodge has unfortunately sold their house due to an inability to get enough support in the day-to-day operation of the lodge. As always, the Board seeks to keep all lodges active and wishes to help them with these endeavors in any way they can. Brother John Kennedy, our interim Fraternal Secretary, has been visiting as many lodges as possible and meeting with their officers to help spread this message.

If you haven't looked online at the Sokol USA website recently, please do as it has been successfully updated and has many upgraded sections including our various programs, lodge addresses and applications. As always, I'm hoping to hear from our lodges and members at my email: [fna240@verizon.net](mailto:fna240@verizon.net). Until next time, see you all in at the convention in Pittsburgh and have a wonderful summer.

NAZDAR  
Sister Nancy Shurina

## FIT FOR LIFE

(Continued from Page 5)

stay focused and get work done.

- Isolation cause social skills to get out of practice. The human brain can lose some ability to communicate in socially acceptable ways.

### NOW, EVALUATE HOW YOU ARE HOLDING UP:

Reread the hazards of the pandemic which are described above. Do any of them apply to you?

Write down specific steps you could take to minimize or counteract those problematic areas and begin taking those steps. Don't give up when you don't see quick progress. It has taken two years of the Covid pandemic for our bodies to get to where they are now, and it may take a longer time to recover.

Small changes like improving your workspace, better organizing, and prioritizing necessary tasks can make a noticeable difference in the long run.

Every day, take just a minute or two to clear your mind.

Keep moving. For example, when washing and drying your hands, march in place while lifting your knees up high. Climb steps and walk (or jog) whenever possible. Just keep moving!

Finally, here is a review of behaviors that can improve your health, help you cope, and even reduce the likelihood of developing dementia:

1. Eat a healthy diet, with lots of fruits, vegetables, and whole grains, and less processed meat. Surprising: In one study, berries and leafy green vegetables were found to be particularly conducive to robust brain health, as was drinking 2 to 3 cups of coffee plus 2 to 3 cups of tea daily.
2. Do at least 150 minutes of moderate to vigorous physical activity per week. Include flexibility, endurance, and strength exercises.
3. Sleep 6 to 9 hours a night. Some studies suggest that 7 hours/night is sufficient.
4. Consume only moderate amounts of alcohol.
5. Don't smoke.
6. Maintain a healthy weight.
7. Seek the advice of medical professionals for help in dealing with actual physical conditions.
8. And continue to be cautious – the pandemic is still with us. Wear a mask as needed, and follow recommendations to stay vaccinated and boosted.

Summer is here! Make the most of warm weather and long days to spend time outdoors improving your health.

Nazdar! On to success!

## OPERATING PROCEDURE FOR SOKOL USA CONVENTION 2022

(Continued from Page 2)

### B. AGENDA FOR THE CONVENTION

1. Opening of the Convention:
  - March of National Board Officers
  - National Anthems
  - Pledge of Allegiance
  - Moment of Silence
  - Invocation
  - President's Greeting
  - Formal Introduction:
    - National Board Officers
    - Honorary National Board Officers
    - President of the Supreme Court
    - Former National Board Officers
  - Recording Secretaries
  - Appointment of Sergeant at Arms and Hostess
2. Sokol History Presentation
3. Initial report of the Verification Committee
4. Confirmation Report of the Verification Committee
5. Report on Convention Order and Program
6. Election of the Chairperson and Vice Chairperson the Convention
7. New Motions/By laws – Adoption of revised by laws.
8. Report on Convention Expense & Salaries
9. Ballot & Elections – Nominating Process
10. Report on Officer Reports/Cultural Activities Report
11. Nominations
12. Sport Fitness & Wellness Department
13. Election & Ballot
14. Unfinished Business
15. Oath of Office
16. Designation of the XXXVI Sokol USA Convention site
17. Adjournment

### C. GENERAL OPERATION

1. The Convention of the Sokol USA is the highest legislative body and judicial tribunal for the entire Sokol USA, for all its components, and all its membership.
2. The Convention will be open for registration on Thursday, August 4, 2022 from 7:00 PM to 9:00 PM, Friday, August 5, 2022 from 9:00 AM to 12:00 PM and on Saturday, August 6, 2022 from 8:00AM to 9:00 AM.
3. Committee's will meet Friday, August 5, 2022 from 9:00 AM. Advisors will notify Committee members of time and place.
4. The first session will convene on Friday, August 5, 2022 1:00 PM. It is anticipated that all committee reports will be prepared.
5. Further sessions will be held Saturday through Sunday, August 7, 2022. Morning sessions from 9:00 AM and afternoon sessions from 1:30 PM.
6. All convention sessions shall be called to order on time.
7. Badges will be provided for delegates, alternates, district representatives, National Board Officers, and Guest Delegates. All the foregoing shall be required to wear their identification badges at all Convention sessions.
8. Delegates and Region (formerly called District) representative shall sit in the section reserved for them and shall be in their seats before the opening of each session.
9. Alternates and guests shall sit in the section reserved for them.
10. Guests will be introduced at the end of each session. Messages will be read at the morning sessions.
11. The Convention Sergeant-At-Arms shall see to it that the sessions are not disturbed by anyone. She/he shall sign in all guests. She/he shall announce all guest speakers and permit them to enter upon consent of the convention Chairperson.
12. Two permanent microphones will be set up.
13. The Convention Secretaries selected by the National Board will take minutes. The minutes of the preceding sessions will be read each morning immediately after the roll call. Copies of the minutes will be prepared for each delegate. Minutes will be published in the Sokol Times within 90 days after the Convention.
14. One set of tape recording of the Convention proceedings is made.
15. Robert's Rules of Order are to be used as per article XXVII, Section 7 of the By-Laws.
16. The formal opening of the XXXVI Sokol USA Convention will be 1:00 PM Friday, August 5, 2022 with our customary opening ceremonies, welcoming address, roll call and introductions.
17. The Verification Committee will give its report to the convention as to

who are bona-fide delegates, alternates, district representatives, Supreme Lodge officers, and guest delegates, and the Committee's determination of the number of votes accorded to each delegate.

18. The Committee on the order and Program of the Convention will give its report for acceptance.
19. There will now be the election of the Chairperson and Vice-Chairperson of the Convention.
20. All Convention committees are to meet Friday morning, August 5, 2022 to complete their deliberations and be prepared for their presentation on Friday or Saturday as the case may be. They shall be ready to report to the Convention or until they are formally dissolved by the Convention Committee.
21. All recommendations will be given in writing to the proper Convention Committee.
22. The Committee on Elections and Ballots shall have supervision of the arrangements for the distribution and casting of ballots and their preservation until placed in the hands of the Supreme Secretary, who shall seal and file them.
23. For this Convention, the New Motions and By Law Committee is one committee. They are tasked with presenting the new By-laws to the Convention with an up or down vote on the entire body of By-Laws. This committee will discuss and present its recommendation to the convention.
24. All Motions, resolutions and recommendations shall be written, signed by the mover and presented to the Convention Secretary.
25. When a committee is initially called to report, the Advisor introduces the Committee Chairperson who then introduces the other members of the Committee. The Committee Secretary reads a proposal. A majority Committee member moves for either adoption or rejection, and explains the majority rational. If there is a minority position, a minority Committee Member moves to amend, reject, or adopt, and explain the minority rational. The majority Committee member may accept the amendment or withdraw the original motion. After a reasonable time for discussion, the Convention Chairperson states the question and opens the floor for discussion, the Convention Chairperson asks "Are you ready for the question." Upon a delegate answering "Question." the Convention Vice-Chairperson again states the question and calls for a vote.
26. The Convention Vice Chairperson or designated member will record the names of those ask to be recognized for debate, or to amend or second motion.
27. Delegates shall be entitled to the floor only if they rise, come to the micro-phone, address the Chair, give their name and that of the lodge or district they represent.
28. A delegate may speak not more than twice or longer than three minutes each time on any one question on the same day.
29. No delegate may speak a second time to the same question if one who has not spoken requests the floor.
30. The Convention, by a two third vote may limit equally the time and the number of speakers for each side of a question and the total time for the debate on a particular question.
31. The Convention Vice Chairperson or designated member will signal when the allotted time has expired.
32. The newly elected Trustees shall meet briefly and elect the Executive Trustee.

### D. CONVENTION COMMITTEE MEETINGS

1. A Committee shall meet as necessary during the Convention, or until it sh be dismissed upon completion of its duties by the Convention Chairperson
2. The advisor shall call, chair, and open the first meeting of the Convention Committee. The first item of business will be the election of the Committ Chairperson and Secretary.
3. The Convention Committee will be supplied with a packet containing a synopsis of items to be considered, the synopsis will be based upon recommendations, petitions and grievances, or appeals received in Headquarters.
4. It will be the Chairperson's responsibility to determine which recommendations should be made to the Convention using Minutes of the XXXV Convention as a guide if no items are provided.

Brother or Sister \_\_\_\_\_ moved that the Convention Operations and Procedures be accepted. \_\_\_\_\_ seconded the motion.

MOTION CARRIED

COVID restrictions - We will follow CDC and Local Guidance



ON THE ROAD – Interim Supreme Lodge Secretary John Kennedy visited Lodges in Bethlehem, Palmerton and Leechburg.



### LODGE 32 BOONTON, NJ MEMBERS ANNOUNCEMENT

After years of little activity and low involvement at the Lodge, the officers and active members of Lodge 32, Boonton, NJ, have made the very difficult decision to sell the Lodge’s building and property. Given the declining number of active members and the increasing resources/cost needed to maintain the building, the decision was inevitable. We all have many special memories associated with the club and we’re all very sad and disappointed it has come to this.

It is very important, however, to understand that the Lodge will still exist, and we look forward to having activities in new ways. We need to take a new approach to our fraternalism and seek new ways of involvement.

Please choose to be a part of creating our future and send us an email at [BoontonSokol32@gmail.com](mailto:BoontonSokol32@gmail.com) so we can stay in touch. We are always looking for ideas, leaders and participants. We also know that there are many members out there with whom we’ve lost touch. Please help spread the news so we can all stay in touch.

- Nazdar!
- The Officers of Lodge 32
- Boonton NJ
- Ed Bohon - President
- Eric Skovronek - Vice President
- Nicole Zarembo - Treasurer
- Judy Bindas - Financial Secretary
- Madeline Skovronek - Secretary
- Ana Bohon - Bar Chairperson

### GBU REPORTER SUBMISSIONS

Interested in sharing an update or important information in the GBU Reporter? All submissions for the October issue are due to [sokoltimessubmissions@gmail.com](mailto:sokoltimessubmissions@gmail.com) by July 20, 2022.

## DONATIONS GRATEFULLY APPRECIATED

### To the Milan Getting Scholarship Fund

- From Slovak Sokol Camp Fund \$100.00  
*In memory of deceased members*
- From John and Mary Kamenitsky \$300.00
- From John Kennedy \$50.00  
*In memory of Olivia Perrone*
- From Lodge 258 \$60.00  
*In memory of deceased members*

### To the Sport, Fitness and Wellness Fund

- From Slovak Sokol Camp Fund \$100.00
- From John Kennedy \$50.00  
*In memory of Olivia Perrone*
- From Lodge 258 \$60.00  
*In memory of deceased members*

## Social studies project



Six-year-old Sokol Madelyn Mapes presented her research on Slovakia at the Social Studies Fair at Consolidated School in New Fairfield, Conn., where she is a first grader. Maddie is a fifth generation Sokol. Pictured with her are her mother Lindzey Omasta Mapes, a first-grade teacher (not Maddie’s) and her Dedo, Skip Omasta, Financial Secretary at Sokol Lodge 30.

## LODGE 32 BOONTON, NJ

### Let’s Stay in Touch

Would you like to receive **IMPORTANT** announcements from the lodge (minutes, news, events, etc)? Then please send an email with your name to: [BoontonSokol32@gmail.com](mailto:BoontonSokol32@gmail.com). We will gladly add you to our email list. Please spread the word to the rest of your family and Sokol friends.

- Nazdar!
- The Officers of Lodge 32
- Boonton, N.J.