

SOKOL TIMES



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From the President's View

As I write this newest installment of The President's View, the warm summer weather is arriving after a long, gray, rainy winter and spring. It is great to see everything turn green and come back to life after the dreary winter. People are planting flowers and vegetables and a long Memorial Day weekend fast approaches and the start of summer picnic and barbecue season is upon us.

At the end of April, I attended the District MCT meeting. The meeting was held at the Sokol USA Hall in Leechburg, Pa. The meeting was well attended and a great spirit of fraternalism was manifest.

The MCT district is one of the first to apply under the recent small funding grant program instituted by our Sokol USA Fraternal Activity Director, Sister Nancy Shurina. District MCT has firmed up plans for a fraternal event to be held shortly after Labor Day. The event is intended to raise funds to benefit the Milan Getting Scholarship Fund. The event will be at a Slovak-style ethnic lunch, and it will be held at a venue on the North Side of Pittsburgh. It is good to see the abundant energy and excitement about this project at the MCT district meeting.

Sister Shurina has told me that the Danbury, Connecticut lodge was our first Sokol USA lodge to conduct a program under this new grant project. It is exciting to see the energy and enthusiasm that the lodges have for this new initiative.

It is my hope that with the



Joseph Bielecki

passage of time, more and more of our lodges will take advantage of this new program. It is a very good way of developing projects and getting people engaged in fraternal activities and doing great things in our community.

Memorial Day weekend is right around the corner. While people commonly make picnics and barbecues and have a long fun weekend, Memorial Day was established as a holiday to celebrate the memory of those who died serving their country. While we will all enjoy the long holiday weekend, we should take note of the reason for the holiday and be thankful for all of those who served our country and helped preserve the freedoms which we cherish and value.

There are many opportunities for our lodges to do volunteer projects with veterans' groups and regional veterans' hospitals. Many veterans' organizations are looking for groups to partner with them on specific projects. I note that our Danbury, Conn.,

(Continued on Page 2)

MCT Meeting



Everyone had a wonderful time and enjoyed seeing new faces at the meeting. The hall in Leechburg is really nice and there was wonderful food made by Jeff Clever. Jeff has a catering business along with being President of Sokol Lodge 255, Leechburg, Pa. The next MCT meeting will be held April 28, 2024, so mark your calendars to attend. In front from left are Carolyn Coleman, Ken Clever, Mary Ann Slaninka, Helen R. Slaninka, Linda Ringle, John Kennedy, Eileen Krachale, Joe Bielicki and Jerry Blistan; and, in back from left, are Shane Steele, Patrick Sharp, Jeff Clever and Nancy Shurina.

Fraternal Projects Launch 2023

Congratulations to Lodge 30 upon their successful fraternal project held on April 15th. A group of 35 people including Sokol, VFW and community members worked together to improve the outside landscape of the Lodge. Afterwards, a cookout with burgers, hot dogs and cold drinks were enjoyed together. Many thanks to Sister Kerri Sommer for initiating our first fraternal project and please check out the photos she submitted.

At the March 30th MCT District meeting, another project was launched as a scholarship dinner to be held September 17th at the Huszar restaurant in Pittsburgh, Pa. A form for reservations is included in this edition of the Sokol Times. Seating is limited so don't wait to sign up. There will be music, a few raffles and we respectfully ask that all attending bring a nonperishable food item to donate to the Greater Pittsburgh Food Bank.

By the time most receive this issue, Farrell Lodge will have hosted another terrific golf outing. Kudos to Brother Tim Brandt on his launching of this very successful event which greatly helps in funding the Lodge's programs. He and his dedicated group of members continue this wonderful event yearly.

Sokol members in the Pittsburgh and Detroit areas are encouraged to join with our other GBU members to (Continued on Page 3)

SOKOL TIMES

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SOKOL USA

A Division of **GBU** FINANCIAL LIFE



FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

lodge has a very good relationship with the VFW and engages in many charitable activities with their local VFW chapter.

Now that summer is about to go into full swing, I encourage our members to go outdoors and enjoy the good weather and engage in walking or bike riding or any number of outdoor exercises. I also encourage our membership to engage in chair aerobics, solitary exercises or go to a gym, whether it is a Sokol gym or a public gym, for a more professional approach to exercise. Sister Ellen Kovac had uploaded to our Sokol USA website chair aerobic videos that are available for all to watch for free. She also frequently includes healthy living tips in the Sokol Times to encourage our members in their exercising and workouts.

Finally, I encourage our lodges and districts to meet and gather. It is important to meet and gather and engage in fraternal or physical activities and to share the spirit of fraternalism.

NAZDAR!
Joseph Bielecki
President
SOKOL USA

By Laws state process to fill vacant Vice President's post

Dear Brothers and Sisters,

With the resignation of our Past Vice President and per the National By-Laws:

ARTICLE V

National Board

Section 2. Nomination by Petition. Any adult member in good standing can be nominated for a position on the National Board at least four (4) months prior to the Convention by submitting the following to the National Board:

a) A letter of nomination by an adult member in good standing for the proposed candidate stating the position for which the member would like to run. The candidate may self-nominate.

b) A letter authenticated by an officer of the proposed candidate's lodge verifying that they are a member in good standing.

c) The proposed candidate will include a brief biography including qualifications and a statement explaining why they would like to be a candidate.

Section 3. Vetting by the National Board.

a) The National Board will validate the proposed candidate's biographical submission and will notify the candidate of their findings. If validated, the member's biography and statement for election will be distributed to the delegates and lodges and the candidate's statement will be published in the Sokol Times.

b) Members verified to run for office must attend the Convention. If a member is not a convention delegate, the member will be responsible for his/her expenses.

c) The above procedure does not preclude nomination from the Convention floor. Any delegate to the Convention may be nominated from the floor for a National Board position. If a delegate is nominated for a position from the Convention floor, they must furnish a candidate statement and summary of qualifications to the President of the National Board by the beginning of the next Convention session so that it may be distributed to the Convention delegates.

Section 4. Between conventions, the National Board shall exercise all administrative and executive powers of the Convention necessary to conduct the business of Sokol U.S.A.

ARTICLE VI

Duties and Rights of National Board Officers

Section 5. In the case of resignation, suspension or death of the President, the Vice President shall succeed to the office of President. Vacancies in any other National Board office shall be filled by an election among the local lodges in meetings assembled from two or more candidates nominated by the National Board with the defeated candidate or candidates who received the next highest votes for these offices at the preceding convention having priority in the nomination to fill such vacancies. In the case of emergency, such vacancies may be filled temporarily by Executive Committee appointment and said temporary appointee shall act until a successor is elected as provided herein.

All nominations are due in to Headquarters by July 15, 2023, and the voting will be by the delegates from the XXXVI Convention only.

Nazdar!

John Kennedy

National Fraternal Secretary, Sokol USA

**SOKOL USA
HEADQUARTERS
HAS A NEW
MAILING ADDRESS:**

**SOKOL USA
408 Main Street
P.O. Box 677
Boonton, New Jersey 07005**

Sokol USA District MCT Milan Getting Scholarship Fundraising Dinner

at Huszar Restaurant, 627 E North Avenue, Pittsburgh, PA 15212

Names of each person attending:

Address:

Telephone:

E-mail:

Menu choice (choose one): chicken paprikash

mushroom paprikash

\$50 per person

Cash bar only

Parking available on street only

Only the first 60 paid registrants can be accommodated due to restaurant seating capacity.

Please make your check payable to "Sokol USA"

Mail payment in care of Sis. Nancy Shurina

240 North Morrow Street

Blairsville, PA 15717

Candidate for Sokol USA Vice President

Debbie Golden

Currently, I am the acting Vice President of Sokol USA. I am running to fill the position until the next Convention. Many of you have already met me at past Slets or conventions. I was a National Board Financial Trustee and a member of the Milan Getting Scholarship Committee for 16 years. While serving as a trustee, I was on the committee to update the first half of the by-Laws that were passed by the convention in 2017 and the committee for the other half of the by-laws that were recently passed in 2022. I have also been the Recording Secretary for District L. Stur and President of Lodge 39 for many years.

My background is in healthcare. I was the Technical Director over the Echocardiography Labs of three hospitals where I developed and implemented the departmental technical policies, procedures and quality measures to attain accreditation with the Intersocietal Commission on Accreditation. I held quarterly departmental quality

improvement meetings and maintained IAC standards for several subsequent accreditation renewals. I have presented sessions at continuing education and seminars and mentored employees.

I am a third generation Sokol and proud of our organization's history. The Sokol ideals of a sound mind in a sound body are still important today. I have attended every Slet since 2001, including those held by American Sokol, Sokol Canada and the Czech Sokol in Prague. I participated in calisthenics and gymnastics competitions at most of the Slets. I have enjoyed making new friends and renewing old acquaintances at the Slets and conventions.

During the time I was on the National Board, several positive changes were made, such as the addition of a Youth Sports Membership and updating the By-Laws.

We need to build on these positive changes and keep our organization and programs running.

DONATIONS GRATEFULLY ACKNOWLEDGED

To the Milan Getting Scholarship Fund

From Sokol USA Lodge 39/40, Chicago, Ill. \$200.00
In memory of deceased members

From Sokol USA Lodge 164, Detroit, Mich. \$212.50
In memory of deceased members

From Sokol USA Lodge 258, Campbell, Ohio \$63.75
In memory of deceased members

From Sokol USA Lodge 500, Boonton, N.J. \$500.00

To the Sports, Fitness and Wellness Department

From Sokol USA District Pavel Mudron \$85.00
In memory of deceased members

From Sokol USA District Nitra \$8.50
In memory of deceased members

From Sokol USA Lodge 164, Detroit, Mich. \$212.50
In memory of deceased members

From Sokol USA Lodge 258, Campbell, Ohio \$63.75
In memory of deceased members

From Sokol USA Lodge 500, Boonton, N.J. \$500.00

Fraternal Projects Launch

(Continued from Page 1)

enjoy a day at their respective zoos. The Pittsburgh date is July 16th and Detroit's is July 22nd. Feedback from everyone who has attended in the past said this is a wonderful time for all. Contact GBU for reservations through the net at communications@gbu.org or by phone at 412-884-5100 or 800-765-4428.

Also, July is the month to celebrate the 100th anniversary of Slovak Day at Kennywood Park at West Mifflin, Pa. A packed day is planned with Slovak dance, music and food. This year's traditional mass will be celebrated by two local bishops of Slovak heritage, Bishop David Zubak of Pittsburgh and Bishop Larry Kulick of Greensburg. This year's event is on July 20th and will be very special in honor of this momentous anniversary. I hope to see many of our local members there. Have a great summer and, as always, please let me know of any upcoming events in your districts and lodges.

NAZDAR
Sister Nancy Shurina





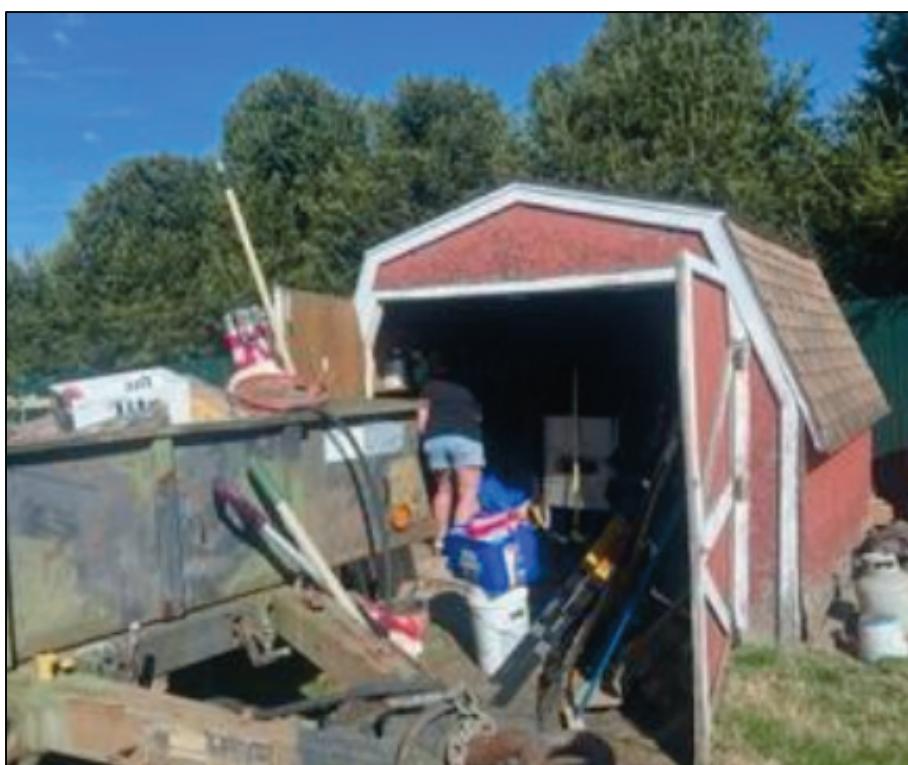
Above at left, Sokol Lodge 30 member Sherry Sawyer cleans out the flower beds. Above at right, Sokol Lodge 30 President Mark Omasta trims trees. Below at left, Sokol Lodge 30 member Brian Reale prepares to mulch. Below at right is debris cleaned up from the lake.



Sokol Lodge 30 Community Cleanup Event

On April 15, 2023, Sokol Lodge 30 of Danbury, Conn., held a community cleanup event at their lodge from 8:30 a.m. to 12:30 p.m. Sokol Lodge 30 members, VFW Post 10201 members and community members came together and helped cleanup the Lodge property. There were 30-35 people throughout the morning who participated and raked the lawn,

cleaned out flower beds, built a kayak stand, cleaned out the shed, seeded the lawn, mulched around the building, chopped wood and got rid of debris in the lake and on the property. It was a beautiful day for a barbecue! We grilled hamburgers and hot dogs and enjoyed some cold beer while enjoying the outdoor patio.



At left, the shed is cleaned out. At right, Sokol Lodge 30 Financial Secretary Skip Omasta rakes the flower beds. More photos on Page 7.



TRIVIA NIGHT – Above, Trivia Night hosts (from left) were Thalassa Millwood, Kristin Greenberg, Natalie Smith and Hannah Kreink. Everyone had a blast paying tribute to the '80s during Sokol USA Lodge 306 Chicago's '80s Trivia Night Fundraiser. Below, Sokol USA Lodge 306 wants to give a big thank you to everyone who came out and participated and joined in the festivities of their '80s themed trivia night. In this photo, you can find Lodge 39 doing their magic and on their way to victory!



Sokol gymnasts attend NCAA Regional Championship

Sokol Farrell gymnasts attended the NCAA Regional Gymnastic Championship at the University of Pittsburgh. And what a meet it was! Some of the best college women gymnasts in the country were competing. As a reward for the hard work that all of our gymnasts put in week after week, it was voted to take all of our gymnasts to the NCAA Women's Regional meet at the Petersen Events Center at the University of Pittsburgh. This was the equivalent of bringing the Olympic Games to Western Pennsylvania!

The venue was impressive and the gymnastics was almost unbelievable! Four events were held simultaneously which made watching a little difficult at times. You just didn't know where to look first!

This was a great motivator for our young gymnasts! For them to see the difficult skills being performed that day was eye opening and certainly gave them some idea of the goals they could set for themselves.

The team results for the competition were:

First place: California, 198.075

Second place: Florida, 197.800

Third place: Michigan State, 197.650

Fourth place: Arizona State, 197.475



Attending the NCAA Regional Gymnastic Championship at the Petersen Events Center were (from left) Hannah Rowe, Roberta Pegg, Jalynn Rowe, Stephen Banjak, Amanda Rowe, Chris Pegg, Sarah Schupp, Kelly Knight, Beth Schupp, Lauren Schupp, Denise Snyder and Abby Snyder. Below is the Petersen Events Center.



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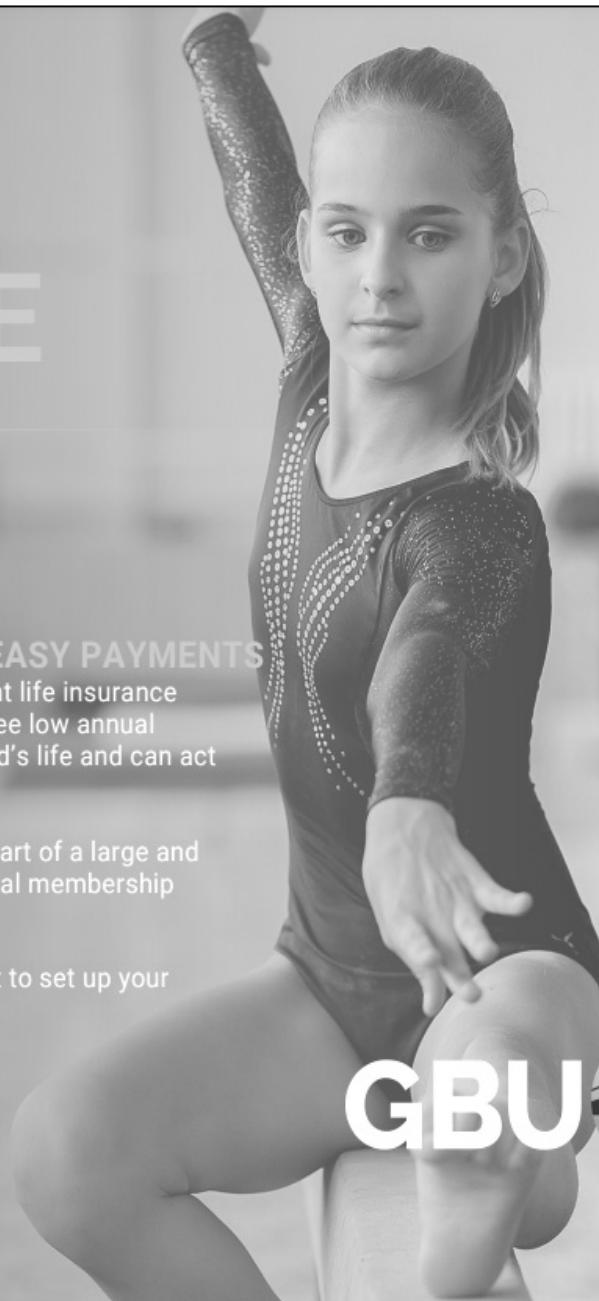
GBU's Youth 3 Pay Membership Life Insurance policy is permanent life insurance that offers a lifetime of coverage and financial growth for just three low annual payments. The policy will grow in cash value throughout your child's life and can act as a building block for future financial success.

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.

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GBU  **Life**

SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

The Sokol Times Social Page is a great way to keep up with your old and new friends! Share your families' events with your Sokol family. We want to hear from you. Only news regarding members of our lodges will be printed.

Complete one of the attached forms and mail the information and a photograph of clear quality to Sokol USA, 408 Main Street, P.O. Box 677, Boonton, NJ 07005-0677 or info@SokolUSA.org.

ENGAGEMENTS, WEDDINGS & ANNIVERSARIES



NAMES: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

YEARS MARRIED (IF APPLICABLE): _____

BIRTHDAYS



NAME: _____

BIRTH DATE: _____

AGE: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

PROMOTIONS, HONOR ROLLS & OTHER EVENTS



NAME: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

EVENT: _____

*Photographs are not required, but they do add to the presentation.
Please include a self addressed, stamped envelope if you would like your photograph returned.*



All dressed up in their Patriotic leotards and waiting to begin competition are (from left) Hannah Rowe, Jalynn Rowe, Kaylee Glover and Lauren Schupp.

SOKOL FARRELL GYMNASTS COMPETE IN SOKOL GREATER CLEVELAND INVITATIONAL MEET

This has been an annual event for our gymnasts for many years. That is, until COVID came about! Thanks to the good work of our Sokol brothers and sisters in Cleveland, February 5, 2023, marked the reinstitution of the Sokol Greater Cleveland Invitation Meet. Four of our girls felt they were ready for competition; Kaylee Glover, Lauren Schupp, Jalynn and Hannah Rowe.

We decided that our best chance of doing well would be to compete as a team doing Level 2 compulsory exercises. The girls were excited about getting an opportunity to compete, but also a little nervous. It was therefore decided to add an extra day of practice to our week, so that the girls were in the gym three times a week.

We would like to thank Chris Cobb, a retired professor in the Dance Department at Youngstown State University, for coming to one of our last practices to prep the girls on the "finer" parts, i.e. posture, head, arm and hand positions, etc. The results of her coaching were obvious!

Hard work, extra practice and the input of all of our instructors provided the results for which we were looking. Each of our gymnasts absolutely "HIT" their routines and brought back the team trophy to Farrell.

Individual All Around Scores (four events) were as follows:

Lauren Schupp	36.60	First Place Individual
Kaylee Glover	34.05	
Hannah Rowe	31.70	
Jalynn Rowe	31.30	
Team Score	133.65	

Congratulations girls! You did a great job! We are all very proud of you! You exemplify the Sokol adage – "Break through, jump over, but never crawl under!"

Sokol Lodge 30 Cleanup



Above, Sokol Lodge 30 member Van Dacosta prepares to mulch. Below, Sokol Lodge 30 members Rick Fusek, Gary Prybylski Sr. and Gary Prybylski Jr. working on the lawn and removing debris from the lake.



DID YOU KNOW YOU HAVE ALL THIS?

GBU Financial Life Member Benefits

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Tot Skills



Tots from Sokol USA Lodge 306 in Chicago competed in their annual Skills Testing. Four tots participated in the assessment on all apparatus practiced during the year. They did an amazing job, and we are all so proud of them!



Questions about Sokol USA?

Have any official Sokol business and/or questions?
Reach out to Brother John Kennedy at info@sokolusa.org.

GBU REPORTER

GBU Reporter submissions for the October 2023 issue are due no later than July 25, 2023, to sokoltimessubmissions@gmail.com.