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SOKOL



TIMES

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From the President's View

Spring is upon us – a season of renewal, growth, and longer days filled with sunshine. As the days warm up, we see flowers blooming, grass greening, and trees budding. It's nature's way of reminding us that every end brings a new beginning. This fresh energy in the air inspires us to revitalize our routines, reconnect with others, and reinvest in our well-being.



Joseph Bielecki

The season also offers an opportunity to embrace the outdoors and prioritize physical activity. Whether it's a brisk walk through your neighborhood, a bike ride on a scenic trail, or a workout at your local gym, these activities do more than strengthen your body; they rejuvenate the spirit. The spring season's mild weather encourages us to step outside and rediscover the joys of movement. Physical activity, even in small doses, contributes to long-term health and wellness.

For those looking to stay active and foster connections, Sokol USA offers an array of fitness programs. From rhythmic aerobics to organized sports, our activities cater to members of all skill levels and interests. In addition, our walking and bicycling initiatives provide a fantastic way to log your activity, set personal goals, and enjoy healthy habits alongside fellow members. These programs are not just about exercise; they're about creating camaraderie and encouraging one another toward healthier lifestyles. After all, small steps today lead to big strides in health tomorrow.

spring is also an ideal time to renew our bonds of community and fraternal spirit. Local Sokol lodges are beacons of energy, offering spaces to gather, brainstorm summer events, and embark on projects that make a difference. If your lodge lacks a traditional meeting space, there are still opportunities to stay connected and engaged. Sister Nancy Shurina, our fraternal activities director, has been instrumental in helping lodges launch meaningful community service projects. While many of our Sokol USA lodges do not have halls, they have great energy and continue to meet and be involved in their communities. This great energy and long tradition of volunteerism is what makes Sokol so important to so many members. By working together, we not only strengthen our neighborhoods but also deepen the ties that unite us as Sokols.

As we immerse ourselves in spring's vitality, let's look ahead to the exciting events that await

Beyond physical fitness, (Continued on Page 8)

The Shamrock Shuffle



Sokol USA Chicago Lodge 306 hosted the American Sokol Central District Shamrock Shuffle Mini Meet in March. They had two male competitors and 21 female competitors. We are so proud of how hard everyone performed!



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



Sokol Website Update

Sokol USA is working with Lab Media, redesigning 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 National Fraternal Secretary John Kennedy at kennedy1073@gmail.com.

SLET BULLETIN

VOLUME 1 | MARCH 2025

CHICAGO



XXV AMERICAN SOKOL SLET

BECOME A SPONSOR! 2025 Slet Hotels

Sponsorship Levels

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- \$5,000 - Platinum Level
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- \$500 - Bronze Level
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- \$250 - Beverage Station Sponsors
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- \$150 - Full Page
 - \$100 - Half Page
 - \$60 - Quarter Page
 - \$40 - Business Card
 - \$15 - Well Wisher
- (Add \$15 to all for full color printing)

Pay [online](#) or with a check!

[Click here for details on Sponsorship and Slet Program Ad Book levels!](#)

Main Hotel

Crowne Plaza: Chicago SW - Burr Ridge - Near Capacity!
300 S Frontage Rd, Burr Ridge, IL 60527
Reservations: 877-2-CROWNE (877-227-6963) or [visit their site](#)
Room Rate: \$134/night +tax with code SOK

Nearby Hotels

SpringHill Suites: Chicago SW at Burr Ridge/Hinsdale
90 North Frontage Road Burr Ridge, Illinois, USA, 60527
Room Rate: \$164/night +tax
Hampton Inn: Chicago-Burr Ridge
100 Harvester Drive, Burr Ridge, IL 60527
Room Rate: \$169/night +tax

Important Addresses

- Hinsdale South High School**
7401 Clarendon Hills Rd, Darien, IL 60516
- TPS Sports + Fitness**
78300 Wolf Rd, Willow Springs, IL 60480
- Compass Arena**
625 Joliet Rd, Willowbrook, IL 60527
- Wintrust Sports Complex**
5499 W 65th St, Bedford Park, IL 60638
- Sokol Spirit**
3909 Prairie Ave, Brookfield, IL 60513

CALISTHENICS

Find Info on Slet Calisthenics on our [Cal Google Drive](#) OR at americansokol.org/cal-hub OR on our [YouTube channel!](#)

Things To Do Nearby

- Route 66 Playground at Harvester Park
- Waterfall Glen Forest Preserve
- Burr Ridge Village Center
- Brookfield Zoo
- Little Red Schoolhouse Nature Center

Things To Do In The City

- Chicago Architecture Boat Tour
- Millennium Park
- Chicago Museum Campus
- Skydeck Chicago or 360 Chicago
- Chicago Riverwalk

SOKOLS AT THE WORLD'S FAIR

Do any fellow Sokols have pictures or memories from "Sokol Day" at the 1964-65 World's Fair in Queens, N.Y.? If so, the New York Hall of Science in Corona, N.Y., would love to have them! Sokol USA's own Sister Ellen Kovac was there and performed. The Hall of Science has a picture of her, would love to have more and, in general, learn more about our organization's participation.

If you like, you can send Brandi Kovac your written memories, anecdotes, or pictures at BKKovac@aol.com and she will forward them to the museum. Or, if you'd like to communicate with them directly, here's their request:

Did you attend the 1964-65 World's Fair - or know someone who did? If so, we'd love to hear from you! We are eager to share photos, videos, and other memories from the fair so that we can look back and dream forward together! If you have something to share, send a note to info@nysci.org with the subject line "World's Fair Memories." Thank you in advance!

QUESTIONS?

Do you have any official Sokol business and/or questions? Please reach out to Brother John Kennedy at info@sokolusa.org.

Welcome Spring & Happy Easter

April brings much welcomed warmth and a busy month for us all. April 11th and 12th are the meeting dates for the National Board. The agenda will set the course for our organization until the next Fall meeting and beyond. The meetings will be held at the Boonton headquarters office. All officers are planning on attending. Additionally, District MCT will gather for their annual meeting on Sunday, April 27th at 1:30 p.m. and the Leechburg lodge will play host to the event.

April 13th is Palm Sunday, the start of Holy Week for many of our members' faith, concluding on the following Sunday with Easter. Typical preparations for the Easter holiday include egg hunts, Spring cleaning the house, and exchanging old palms for new ones. Several of our lodges still continue with this Easter egg hunt tradition for the children and many members still take baskets of food to be blessed at church. Kielbasa, Paska (Easter bread) and Easter cheese are among the most notable foods usually included in the baskets. The day is generally seen as a restful family holiday based around faith and love, and a great way to start active Spring and Summer season plans.

To all our members, I wish a Happy Easter-Veselú Velkú Noc.

NAZDAR
Sister Nancy Shurina
Chair of Fraternal Activities

EVENT SCHEDULE

CHICAGOLAND, ILLINOIS, USA JUNE 25 - 29, 2025

25 WED	26 THU	27 FRI	28 SAT	29 SUN
KICK-OFF PARTY HSHS STADIUM Join us for opening remarks, a fun run, inflatables, games, DJ, food trucks, and more! \$15 5:00 PM - 8:00 PM	VOLLEYBALL TPS SPORTS & FITNESS Bar and restaurant on site Team: \$265 Spectators: \$5/16: Individual/Family of 4+ 8:00 AM - 3:00 PM ACCIDENTAL HERO HSHS AUDITORIUM A multi-media one-man show about a WWII American officer who miraculously liberates the Czech villages of his grandparents. \$20 1:00 PM - 2:30 PM YOUTH ACTIVITY WINTRUST SPORTS COMPLEX Join us for an afternoon of arcade games, laser tag, open gym activities pizza, soda, and more! Additional food/drinks can be purchased. Youth: \$35 food & activities Chaperone (if eating): \$10 12:00 PM - 3:00 PM BANQUET CROWNE PLAZA HOTEL Join us for a night of dinner, entertainment, auction, and more! Dinner: \$100 Post Dinner Ticket: \$20 (9PM) 6:00 PM - 11:00 PM	GYMNASTICS HSHS MAIN GYM Individuals: \$95 Teams (Tag Team Allowed): \$55 Includes competition, Slet participation fee, T-shirt for one Cal, Ticket to Celebration Party Spectators: \$5/16: Individual/Family of 4+ 8:00 AM - 4:00 PM PICKLEBALL TOURNAMENT HSHS FIELD HOUSE Team: \$30 8:00 AM - 12:00 PM FITNESS CHALLENGE HSHS FIELD HOUSE Drop-in and complete at any point during the session \$20 8:00 AM - 4:00 PM BREWERY TOUR Bus transportation to three breweries. Ticket includes one drink at each stop. \$50 1:00 PM - 5:00 PM CHICAGO STYLE SOCIAL SOKOL SPIRIT DJ, silent disco, photo booth! Food/drinks available for purchase \$15 6:00 PM - 11:00 PM	SLET HSHS STADIUM REHEARSAL 9:00 AM - 12:00 PM YOUTH ACTIVITIES 10:00 AM - 1:00 PM PERFORMANCE Performer: \$15 (includes T-shirt for 1 cal) Adult Spectator: \$20 Kid Spectator (Ages 5 - 12): \$10 2:00 PM - 4:00 PM CELEBRATION COMPASS ARENA Celebrate the end of Slet with a DJ, food, and cash bar! \$45 6:00 PM - 11:00 PM SLET MUSEUM ASO HEADQUARTERS Join AS Education Team and check out our museum. FRIDAY! (But that column is full!) 1/2 mile from Sokol Spirit, at American Sokol Office! 5:00 PM - 8:00 PM	GOLF 9 holes and lunch Location, times, & price TBD

SOKOL FARRELL SCHOLARSHIP FUND

Sokol Farrell is accepting donations to the Scholarship Fund. Well over \$40,000 has been awarded to Sokol Farrell members.

Donations may be sent to: Sister Dorothy Slezak, Chairman, 6850 Seneca Road, Sharpville, PA 16150. Checks may be made to "Sokol USA Farrell."

Please refer to the Sokol Farrell website for scholarship applications and instructions. We are located at <http://www.sokolfarrell.org/>.

FINANCIAL ASSISTANCE IS AVAILABLE TO LODGES

At the latest National Board Meeting in October, it was decided to establish a fund dedicated to providing collateral loans for lodges in need. If your lodge requires financial assistance for special projects, renovations, or similar needs, please submit a formal request via email to info@sokolusa.org. This request will be presented to the National Board for review.

American Sokol Central District Shamrock Shuffle



Above and at left, during the Shamrock Shuffle, girls competed on bars and balance beam. Boys competed on high bar, rings, and parallel bars. All competitors did an amazing job, and many awards were received post competition.



Congratulations to all of the Sokol USA Chicago Lodge competitors who won medals and ribbons at the Shamrock Shuffle Mini Meet!





**June 25-29
2025**

CHICAGO

2 0 2 5

XXV AMERICAN SOKOL SLET

We can't wait to see you at our first ASO Slet in 8 years!

Stay tuned for more details.

Happy St. Patrick's Day



Members of Sokol Lodge 30 are preparing corn beef and cabbage for our St. Patrick's Day fundraiser for three great non-profit organizations.

FINANCIAL ASSISTANCE IS AVAILABLE TO LODGES

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HEALTHY EATING ON THE GO

Even with a hectic lifestyle, you can establish healthy eating habits with some planning, creativity and a commitment to nutrition. Try these five ideas.

Keep healthy snacks on hand. Purchase reusable food containers for your car, bag or desk and keep them stocked with healthy snacks, such as dried fruits, nuts, sunflower or pumpkin seeds, trail mix, roasted chickpeas and vegetable chips. Keeping these nutritious options on hand will help you avoid less healthy snacks from vending machines, gas stations or fast-food restaurants.

Plan ahead. Effective meal planning and prepping can be a lifesaver for busy families. Set aside time each week to plan meals, create a shopping list and prepare ingredients in advance.

Use time-saving kitchen gadgets. Appliances such as air fryers and pressure cookers can cut cooking time, while slow cookers can reduce effort (set it in the morning and forget about it until you're ready for dinner).

Rely on recipes that require minimal ingredients and preparation time. One-dish cooking – where you use a single pot or dish for all ingredients – can significantly cut down the prep and clean up time.

Look for short cuts when purchasing whole foods. Pre-washed and pre-cut frozen fruits and vegetables, canned beans and precooked grains are nutritious options that save prep time. Read labels carefully and opt for products with minimal additives, preservatives and added sugars.





2025 ASO Slet Program Booklet

Thank you for supporting the 2025 American Sokol Slet, held in Chicago area. By taking out an souvenir ad, you are getting the opportunity to promote your business or organization to larger network. Everyone placing an ad \$60.00 and above will receive a copy of the finished book. We thank you for your continued support to the American Sokol Organization.

Program Book size - 8.5" x 11"

Full Page ad - 8 x 10	150.00	Business Card 2 x 5	40.00
1/2 Page ad - 8 x 5	100.00	Well Wisher*	15.00
1/4 Page ad - 4 x 5	60.00	*Well Wisher consist of max 2 lines of type at 18Pt Times New Roman - Bold	

All ads are printed in Black and White, Full color ads are additional \$15.00. The program book committee has full editorial rights.

All payment and artwork are due by April 15, 2025.
Send art/ads to sletadbook@americansokol.org

PLEASE PRINT

Name/ Business / Unit _____

Contact: _____ Phone: _____

Address: _____

Email: _____

Ad Size:

Full Page 150.00 1/2 Page 100.00 1/4 Page 60.00

Business Card 40.00 Well Wisher/Booster

Ad Emailed: ____/____/____

Full Color +\$15.00

Please send all Checks to American Sokol C/O 2025 Slet Ad Book 9126 Ogden Ave. Brookfield, IL 60513

Submit Form Digital



Total \$

Check # _____
Checks payable to : American Sokol
Cash \$ _____

Questions regarding the Slet ad book, Please contact Heather 314-497-3447

American Sokol, 9126 Ogden Ave., Brookfield, IL 60513
708.255.5397 www.americansokol.org

DONATIONS GRATEFULLY APPRECIATED

To the Milan Getting Scholarship Fund

- From Sokol Lodge 79, Mahoney City, Pa. \$42.50
In Memory of Deceased Members
- From Sokol Lodge 248, Rossford, Ohio \$425.00
In Memory of Deceased Members
- From Sokol Lodge 15, Yonkers, N.Y. \$100.00
In Memory of Deceased Members
- From Sokol Lodge 12, Newark, N.J. \$50.00
In Memory of Deceased Members
- From Sokol Lodge 130, New Kensington, Pa. \$50.00
In Memory of Deceased Members

To the Sport, Fitness and Wellness Fund

- From Sokol USA District NITRA \$21.25
In Memory of Deceased Members
- From Sokol Lodge 79, Mahoney City, Pa. \$42.50
In Memory of Deceased Members
- From Sokol Lodge 248, Rossford, Ohio \$425.00
In Memory of Deceased Members
- From Sokol Lodge 15, Yonkers, N.Y. \$100.00
In Memory of Deceased Members
- From Sokol Lodge 12, Newark, N.J. \$50.00
In Memory of Deceased Members
- From Sokol Lodge 130, New Kensington, Pa. \$50.00
In Memory of Deceased Members

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.

SAVE THE DATE

AMERICAN SOKOL

INSTRUCTOR SCHOOL 2025

CHICAGO
AREA

JUNE 29TH-JULY 7TH



IMMEDIATELY FOLLOWING THE 2025 ASO SLET

Levels: Beginner, Intermediate,
Advanced, Advanced II



PRICING

Physical Events	Pricing	Additional Info
Fun Run/Walk	\$15	Includes: Run/Walk, T-shirt & entrance to Kick-Off Party
Volleyball (Team)	\$265	
Gymnastics (Individual)	\$95	Includes: Competition, Slet Participation Fee, T-shirt for one Cal, Ticket to Celebration Party
Gymnastics (Team)	\$55	
Fitness Challenge	\$20	
Pickleball (Doubles)	\$30	
Slet Participation	\$15	Includes: T-shirt for one Cal
Slet Spectators	\$20/\$10	Adult/Teen Price (13+) includes Program Book / Child(Age 5-12)
VB Spectators	\$5/\$16	Individual/Family of 4+
Gymnastics Spectators	\$5/\$16	Individual/Family of 4+, Access to Pickleball & Fitness Challenge
Golf	TBD	9 holes and lunch
Social Events	Pricing	Additional Info
Kick Off Party	\$15	
The Accidental Hero	\$20	
Youth Social	\$35	Optional \$10 chaperone pizza/drink ticket
Banquet	\$100	\$20 option for post dinner entry (9PM)
Brewery Tour	\$50	Includes: transport, 1 drink per stop, souvenir
Chicago Style Social	\$15	Cash bar, food available
Celebration Party	\$45/\$35/\$10	13+ / 5-12 / 2-4
Social Pass	\$100	Includes Kick-Off, The Accidental Hero, Chicago Style Social, Slet Performance, Celebration Party - \$115 value. Does not include Banquet and Brewery Tour.

ONLINE REGISTRATION COMING SOON!

QUESTIONS?
CONTACT US AT
SLET@AMERICANSOKOL.ORG

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 or visit 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 gbu.org

GBU-SOK-AV-1121



Popcorn and a movie



Two of the youngest members of Sokol Lodge 30, Colton and Annika, enjoy popcorn and a movie at the recent St. Patrick's Day celebration.

Farell, Lodge 30 keeping busy

Sokol Lodge 103 has been very busy the last few months working on our gymnastic routines and calisthenics for the upcoming Slet in Chicago. In addition, we are making some changes to our gym. Our stage area is almost completed and we are going to replace the beam leather as soon as they come in.

Our girls attended a meet in February at Greater Cleveland and they did an awesome job. For most of girls this was their first competition in gymnastics. We are going back to Greater Cleveland on May 18th for another meet and then our last meet will be at the Slet in Chicago

Kendal Settle took 4th place all around in Excel Bronze 8-year-olds. Jaelyn Mathieson took 5th place all around in Excel Bronze 8-year-olds Brooklynn Redmond took 2nd place all around in Excel Bronze 9-year-olds. Liliani Young took 1st place all around in Excel Bronze 10 and over. Joanna Totin took 3rd place all around in Excel Bronze 10 and over. Hannah Rowe took 4th place all around in Excel Bronze 10 and over. Jalynn Rowe took 5th place all around in Excel Bronze 10 and over.

The next big thing happening for our lodge is the golf scramble in June. Hope to see you all there.

Warming up



Before the American Sokol Central District Shamrock Shuffle Mini Meet hosted by Sokol USA Chicago Lodge 306, the girls warmed up in the lower hall.



Sokol Farrell gymnasts and coaches are ready for competition season!

A strong core is essential to good health

Think of your core as your body's natural support belt. These essential muscles work together to stabilize your spine, improve your posture, and prevent back pain. While many people associate core strength with visible abs, it's about developing the deep muscles supporting your entire trunk.

Simple daily activities like maintaining good posture while sitting, carrying groceries, or picking up your child all rely on core stability. Start building your core with gentle exercises like pelvic tilts or bridges while lying on your back. As you progress, incorporate movements like planks or bird-dogs. Remember to breathe normally during these exercises and never force movements that cause discomfort.

A strong core doesn't happen overnight, but consistent attention to these supporting muscles can significantly improve your spinal health and overall well-being.

FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

us. One highlight on the horizon is the upcoming ASO Slet – a spectacular gathering where rhythmic performances will shine, and Sokols from around the world will come together. Also in the planning stages is a Sokol USA Slet. As plans become more concrete, more information will certainly appear in the *Sokol Times* and be circulated to our members. Events such as Slets celebrate our shared heritage and the incredible connections that keep Sokol USA vibrant and enduring.

In closing, I extend heartfelt wishes to all for the spring holidays of Easter and Passover. These celebrations carry profound messages of hope, renewal, and redemption. Let this season inspire us to rejuvenate our bodies, rekindle our friendships, and reinvigorate our communities. Together, we can make this spring a time of cherished memories and meaningful growth.

NAZDAR!
Joe Bielecki
President, Sokol USA