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SOKOL



TIMES

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ASO MINI MEET – Sokol USA Chicago, Lodge 306, participated in the American Sokol Central District Mini Meet held in Naperville, Ill. They had 14 female competitors who competed on Floor Exercise and Vault. Sokol USA Chicago, Lodge 306, participants brought home eight all-around medals and many event ribbons! More photos on Pages 4 and 7.



VESELÉ VIANOCE A ŠTĚSTNÝ NOVÝ ROK



TO ALL OUR MEMBERS FROM THE SUPREME LODGE COMMITTEE

From the President's View

As I write this article, Thanksgiving is tomorrow and the festivities of Christmas, New Year and the winter holidays will soon be here! The holidays are a time when we come together with family and friends to be thankful for your blessings and to celebrate the customs and traditions that have been passed down through the generations. Many of our lodges will meet for holiday parties. Many of our members will gather together with family and friends to celebrate. I

(Continued on Page 2)



Joseph Bielecki

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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SAVE THE DATE

Wednesday, June 23, 2027 to Sunday, June 27, 2027

Sokol Holidays 2025

It feels like the holiday season has become more and more of a marathon race over the years. Our local stores have started to display Christmas items while we're still in the middle of passing out Halloween candy to the children. The red kettles are manned even before we get the chance to sit down and enjoy our turkey and stuffing with the family for Thanksgiving. Ads for the yuletide season with accompanying holiday music in the background started running as early as November 1st. Whether we like it or not, holiday creep is real and it's a problem.

I think it's time that we all take a breath and refocus on what this time of year should

be about. It is a time for sharing our busy lives with friends and family. It's about reconnecting loved ones and long-lost traditions. A time to reflect on our blessings while giving back to the less fortunate where we can. A time to grieve and remember those we lost or are struggling in the present.

As I always say, the Sokol community is a generous, caring and active group. We are known for our charity work to the less fortunate and this year has proven to be no different. In May at the GBU Conference in Ohio, I was honored to accept the award for the most charitable district in the entire organization. Currently, lodges in Danbury

and Leechburg are collecting toys for children. They are having food drives and are making donations to local food banks. Members of the Blairsville community generously supported the November 15th Scouting for Food program for people and pets.

As we prepare to celebrate and engage in Christmas parties with our members, please be generous to your local organizations aiding those in need. With that, I wish you a Merry Christmas (Veselé Vánoce) and a safe and Happy New Year (Šťastný nový rok) to all!

NAZDAR
Sister Nancy Shurina
Chair of Fraternal Activities

SOKOL USA

A Division of GBU FINANCIAL LIFE



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From the President's View

(Continued from Page 1)
encourage our members to come together and enjoy each other's company and to celebrate fraternalism!

As we celebrate the holiday season, it's important to remember those who may be facing difficult times. The holidays can be challenging for many people. Many are facing difficult economic times. Others are suffering bereavement or other problems. I encourage our members and our lodges to make donations to food banks, holiday toy drives,

homeless shelters and other organizations that offer assistance to those in need. Also, a simple gesture of kindness can go a long way in brightening someone's day and reminding them they are valued, and they are not alone. A phone call, a note or letter, or a visit can bring great joy or comfort to someone.

As we approach the New Year 2026, let's also resolve to work off the holiday excesses by walking, bike riding, or traditional Sokol aerobic exercises. These can be done at home or in

groups and are good ways to work off the post-holiday pounds! A good starting point is by going to the Sokol USA website and following the chair aerobic exercise videos posted there by Sister Ellen Kovac.

In early November, I attended a meeting of the World Sokol Federation by Zoom. There had been much discussion at the last several World Sokol Federation meetings of creating a common activity which all members of the Sokol groups comprising the World Sokol Federation

could do to celebrate Sokol on the same day worldwide. I proposed a 5K walk that could be done either individually or by lodge groups. There was great interest at the World Sokol Federation in this proposal, and I was tasked with bringing the idea to fruition.

I have been working with Sister Shurina and, shortly after the New Year, the details will be disseminated to our lodges, our membership and to the organizations of the World Sokol Federation. The event will be held on the last

Sunday in May of 2026. This is the closest day to May 31, which was the date of the signing of the Pittsburgh Agreement in 1918, which is viewed by many historians as the day when the Czechs and Slovaks in exile declared independence from the Habsburg Empire and demanded the creation of an independent Czechoslovak state following the end of World War I. It will be something really unique to have Sokols celebrate this event worldwide on the same day. More information (Continued on Page 7)



SLOVAK GYMNASTIC UNION SOKOL USA DISTRICT 4000

National Board Meeting

Held at Embassy Suites, Parsippany, New Jersey
& Via Zoom

Saturday April 12, 2025, at 9:30 a.m. EDT

AGENDA

1. Call the meeting to order - Meeting was called to order at 9:17 AM by the Chair.
2. Pledge of Allegiance to the Flag of the United States of America
3. Moment of Silence for deceased members and families
4. Moment of silence held for deceased members, including a special mention of Brother Paul Lebloch
4. Roll call of Officers & Introduction of guests
 - Brother Joseph Bielecki – President (Present)
 - Sister Deborah Golden – Interim Vice-President (Present)
 - Brother Arthur Burkhardt – Treasurer (Present)
 - Sister Kristin Greenberg – Recording Secretary (Present)
 - Brother Jeff Richter – Trustee (Present)
 - Brother Michael Cunningham – Trustee (Present)
 - Brother John Kennedy – Fraternal Secretary (Present)
 - Sister Kerri Sommer – Trustee (Present)
 - Brother Greg Bender – Trustee (Present)
 - Brother Jerry Pereira – Trustee (Present)
 - Sister Nancy Shurina – Fraternal Activities Chair (Present)
 - Sister Heidi Yatchyshyn – Co Director Sport, Fitness, & Wellness Dept. (Present)
 - Brother Todd Yatchyshyn – Co Director Sport, Fitness & Wellness Dept. (Present)
 - Also Invited:
 - Brother Emil Trgala – Guest (Present)
 - Brother John Kamenitsky – Guest (Present)
 - Sister Ellen Kovac – Guest (Present)
5. Presentation of Agenda
 - The proposed agenda was reviewed and approved by consensus.
 - The minutes from the October 2024 meeting had been previously distributed, and corrections were submitted and incorporated.
 - Per the latest Robert's Rules guidance, no motion was required, but confirmation of acceptance was recorded.
- a. Report from the President
 - President Bielecki reported active participation in international and domestic events, including the Prague Slet and World Sokol Federation meetings.
 - He highlighted key fraternal contributions to the Pittsburgh region, particularly Sokol USA's involvement in the Czechoslovak Nationality Room events at the University of Pittsburgh.
 - He emphasized the importance of ongoing partnerships with cultural organizations and the value of visibility through these engagements.
- c. Report of the Trustees & Finance Committee
 - Trustee Audit was held on April 10, 2025
 - The audit covered all fiscal activity through CY2024. Highlights include:
 - Operating loss: \$22,083.28 for CY2024.
 - Fund Balances:
 - Sokol USA Foundation: \$1,393,761.79
 - Camp Growth Fund: \$930,642.85
 - Scholarship Fund: \$15,808.43
 - Operating Account: \$5,295.14
 - Growth Fund Operating: \$11,388.61
 - Direct Billing Account: Approx. \$1,000
 - Lodge 500 Account: \$3,128.61
 - Loans Outstanding:
 - One mortgage (repayment of \$400/month), balance of \$23,400
 - Lodge 410 Penn Argyle collateral loan: \$16,412.21
 - Advance of \$7,000 (substantially repaid)
 - Recommendations from the audit included:
 - Strengthening procedures for receipt and reimbursement documentation.
 - Continued transparency in fund allocations and inter-account transfers.
- d. Directors Insurance & GBU Insurance Inquiry
 - Brother Kennedy confirmed that GBU completed a review of Sokol USA's insurance policies and found all coverage adequate.
 - Directors and officers are covered under a separate Sokol USA specific policy.
 - Local lodges were reminded to verify and maintain active insurance coverage.
 - Further monitoring of lodge-level compliance will be conducted semiannually.
- e. Report of Fraternal Activities
 - Sister Shurina reported on her participation in multiple GBU-sponsored events and contributions to national fraternal publications.
 - Co-sponsorship with Czech and Slovak cultural organizations continued, with successful youth programs hosted in collaboration with local schools.
 - Planning is in progress for a large-scale Independence Day celebration in October 2025, in partnership with the Braddock Lodge and local entities.
- f. Report of Milan Getting Scholarship Committee
 - Sister Golden reported that one new applicant, Lily Glover, and one second-year renewal were received for the 2025 cycle.
 - No third or fourth-year renewals were submitted this year.
 - Final documentation, including grades and verification forms, is due by June 5, 2025.
 - Committee is exploring digitizing the application process via GBU's platform to streamline submissions.

Recessed Meeting @ 9:46 EST
Meeting Resumed @ 10:00 EST

- g. Report of Sport, Fitness & Wellness Committee
 - A motion was presented to host the National Convention concurrently with Sokolfest 2027 in Detroit, MI from June 22–27, 2027.
 - The rationale included cost efficiencies, simplified logistics, and member convenience.
 - Discussion included feedback from prior event surveys, indicating support for combined events.
 - Contractual amendments will be presented to delegates at the next board session.
 - Facility Preview:
 - Hotel: Detroit Sheraton, recently renovated, with complimentary shuttle service.
 - Sports Venues:
 - Spark Arena for Pickleball and Volleyball
 - Bounce Recreation for Gymnastics
 - Cultural Activities:
 - "Taste of Michigan" social event with regional foods
 - Historical walking tours for non-competing participants
 - The committee acknowledged volunteer recruitment and early planning milestones.

Brother Todd Yatchyshyn moves that the National Sokol USA Convention be held in conjunction with the 2027 Sokolfest taking place at the Novi Sheraton Hotel from Tuesday, June 22nd through June 24th. The actual Sokolfest will last until Sunday, June 27th. As a condition of this motion, the delegates of the previous national convention must approve the following:

1. The period between national conventions be extended by one year.
2. That all current board members remain in their positions for the duration of that extended period

The justification for this motion is holding the national convention in conjunction with Sokolfest will result in significant cost savings. The national organization would only need to cover lodging and travel expenses once rather than two major events in consecutive years.

Additionally, using the same venue will enable further cost reductions under the terms of an already favorable contract.

Prompt approval is necessary to allow for timely modifications to the venue agreement. So that is my motion.

Motion was seconded by Sis. Greenberg.

Bro. Yatchyshyn amended his motion to defer any further decisions to be made on the topic of holding the National Sokol USA Convention and National Sokolfest until additional information has been collected from the membership and additional research has been conducted into the benefits of this adjustment.

Motion was seconded by Sis. Shurina. The motion passed unanimously.

Bro. Richter motioned to accept the SFW Report. Sister Debbie Golden seconded the motion. Motion passed unanimously.

6 New Business

a. American Sokol Slet

Sis. Shurina made a motion that participants get half of travel paid and board members get room, travel and per diem. Bro. Cunningham seconded the motion. Motion passed unanimously.

Bro. Kennedy made a motion Sokol USA pay for the travel, meals, room and board for Bro. Joe Bielecki to attend the World Federation Slet being held in Poland. Sis. Shurina seconded the motion. Motion passed unanimously.

b. Danbury Lodge 30

Bro. Kennedy and Sis. Sommers recused themselves from this discussion.

Additional financial models, subsidy evaluations, and inter-lodge cooperative projects were introduced and further details will be reviewed by the committee.

Lodge 30 shared,

1. Legal and Zoning Background:

- The lodge owns a valuable property, appraised at \$1.18 million, and is paying \$23,000 annually in taxes. They are now applying for a tax exemption.

- Legal history includes zoning disputes with a neighbor, ongoing litigation, and previous legal victories concerning ADA compliance and zoning interpretations.

- Courts and town attorneys have largely ruled in favor of the lodge, validating their use of the property.

2. Property Use and Income Generation:

- The lodge now hosts private events at \$200-\$300 per event, generating modest income.

- Only members can currently rent the space directly; non-members must do so via a member proxy.

- The VFW and auxiliary contribute financially (e.g., utilities), and a \$10/year lease exists with the VFW, including first right of refusal to purchase.

3. Parking Lot and Renovations:

- The loan will primarily fund a \$35,000 parking lot and \$12,000 in required lighting.

- Cost-saving measures include using donated topsoil dumping locations and volunteer labor.

- Legal expenses are expected to decrease due to pro bono nonprofit attorneys and town support.

4. Loan and Title Considerations:

- Title search and mortgage drafting (possibly not recorded) are necessary to ensure no prior liens or risks.

- A formal debt agreement should be drawn up by a Connecticut attorney, costing roughly \$600.

- There is some discussion on using the property as partial collateral, though preference is for an agreement backed by the investment account.

5. Organizational Structure and Control:

- Despite shared use, the VFW does not hold a legal interest in the property.

- All arrangements aim to legally insulate the organization and protect against potential future disputes, especially with the persistent neighbor.

The board is supportive of the loan under strict conditions, requiring strong financial transparency, legal protections, and assurances that investment account depletion is monitored and contractually controlled. To this, the board would have access to the following:

- Monthly investment account statements should be provided directly to the board or a shared email for ongoing oversight.

(Continued on Page 6)

Lodge 306 participates in ASO Mini Meet



At left, Natalie Smith from Sokol USA Chicago, Lodge 306, coached our male competitors and volunteered during the afternoon session. Above, Sokol USA Chicago, Lodge 306, had a total of 16 competitors in the competition, four coaches to support the gymnasts and five volunteers to help support the meet running smoothly.



At left, Sokol USA Chicago, Lodge 306, participated in the American Sokol Central District Mini Meet held in Naperville, Ill. They had one male competitor who competed on Pommel Horse, Floor Exercise and Vault. At right, we are so proud of all the competitors, coaches and volunteers who made this meet such a success. Everyone worked so hard and you all looked amazing.





LODGE 12 WORKOUT – The Lodge 12 Senior Workout Session group (above) takes a break from their routines on the floor exercise area of Henderson's gym. Members work on stretching and weights to stay in shape. Below, Ellen Kovac works on her split on the beam in preparation for the 2027 SLET.



DANBURY LODGE EVENTS – Above, Sokol Lodge 30, Danbury, Conn., sponsored the Brookfield High School team pasta party. Below, children enjoying the Sokol Lodge 30 movie night.



PLANK CHALLENGE – At left, Sokol USA Chicago Adult Women's class joined in the fun of the October Sokol Times Workout Corner Challenge. From left are Kim Schiro, Yanira Otero, Janelle Otero and Kristin Greenberg. At right, Sokol USA Chicago Junior Girls class joined in the fun of the October Sokol Times Workout Corner Challenge. From left are Rebecca, Maya, Olivia and Harper.



SLOVAK GYMNASTIC UNION SOKOL USA DISTRICT 4000
National Board Meeting
Held at Embassy Suites, Parsippany, New Jersey
& Via Zoom
Saturday April 12, 2025, at 9:30 a.m. EDT
(Continued from Page 3)

- Alerts and automated reporting may be set up to track significant financial movements

Bro. Richter made a motion to extend a collateral loan to Danbury – Lodge 30 under the following terms:

- Loan Amount: \$50,000
- Interest Rate: 5%
- Loan Duration: 15 years
- Additional Conditions:
 - The lodge will cover the costs of title work and document preparation.
 - The lodge must submit monthly bank and brokerage account statements to the chair of the finance committee

and Sis. Shurina seconded the motion. Motion passed unanimously

Recessed meeting @ 11:38 EST

Meeting resumed @ 11:45 EST

Bro. Michael Cunningham shared they would be hosting a Voiceover Conference at Bethlehem Sokol – June 27–29

- Scope: The event will host professional voice actors from across the country, including talent in commercial, animation, coaching, and marketing sectors.

- Purpose: Designed to be an accessible alternative to expensive mainstream conferences (typically \$700–\$750 just for registration), this event aims to support new and aspiring voice actors.
- Structure:
 - Not-for-profit
 - \$200 per ticket
 - No speaker honorariums; some travel/hotel costs offset through the club
 - Funded through participant fees and in-kind contributions
 - Already 30 tickets sold, aiming for ~100 attendees
 - Prizes worth ~\$11,000 have been secured
 - Funds will also support scholarships and future workshops
- Support & Venue:
 - The event is being hosted at the Bethlehem Sokol lodge.
 - A block of rooms has been reserved at Wind Creek for attendees.
 - Meals and refreshments will be provided during the event.
- Marketing & Outreach: Local advertising is ramping up. Podcasts and social media (website: getonofyourbooth.com) are being used to promote the event.

Bro. John Kennedy made a motion that Sokol USA provide support for the event through a \$250 fraternal grant to support the event (advertising, refreshments, etc.). Sis. Shurina seconded the motion. The motion passed unanimously.

- Mike was instructed to submit receipts for accurate bookkeeping.

8. Correspondence

9. Other

a. Date, Time, and location of next meeting

- June 1st 8pm EST

- Oct 24 Trustees

- Oct 25/26 NB Meeting Leechburg, PA dependent on dates of event going on that weekend.

10. Adjournment

Meeting Adjourned @ 12:30 pm EST



SLOVAK GYMNASTIC UNION SOKOL USA DISTRICT 4000
National Board Meeting
Held Via Zoom
Saturday June 1, 2025, at 6:30 p.m. EDT

AGENDA

1. Call the meeting to order - Meeting was called to order at 6:31 PM by the Bro. John Kennedy.
2. Pledge of Allegiance to the Flag of the United States of America
3. Moment of Silence for deceased members and families
4. Roll call of Officers & Introduction of guests

Brother Joseph Bielecki – President (Present)
Sister Deborah Golden – Interim Vice-President (Present)
Brother Arthur Burkhardt – Treasurer (Present)
Sister Kristin Greenberg – Recording Secretary (Present)
Brother Jeff Richter – Trustee (Excused)
Brother Michael Cunningham – Trustee (Present)
Brother John Kennedy – Fraternal Secretary (Present)
Sister Kerri Sommer – Trustee (Present)
Brother Greg Bender – Trustee (Present)
Brother Jerry Pereira – Trustee (Present)
Sister Nancy Shurina – Fraternal Activities Chair (Present)
Sister Heidi Yatchyshyn – Co Director Sport, Fitness, & Wellness Dept. (Present)
Brother Todd Yatchyshyn – Co Director Sport, Fitness & Wellness Dept. (Present)

Guest: Brother John Kamenitsky (Present)

5. Presentation of Agenda

a. Proposal to Combine 2027 Convention with Sokol Fest in Detroit

- Background: Proposal originated from Bro. Todd Yatchyshyn during the April 2024 National Board meeting; discussion was tabled at that time. The concept involves combining the 2027 National Convention with Sokol Fest in Detroit, offsetting the convention by one year.
- Rationale: Estimated \$20,000 savings in travel, lodging, and operational costs by holding one combined event instead of two separate ones. The National Board, as the governing body, is permitted under Robert's Rules to adjust the timing of conventions if approved by delegates.

Key Points of Discussion:

- Polling: No formal polling of delegates had been done prior to this meeting. Bro. John Kennedy favored moving forward with board discussion before polling delegates.
- Bylaws Concern: Multiple members (Sis. Nancy Shurina, Bro. Buddy Burkhardt, and Bro. Joe Bielecki) emphasized that bylaws specify conventions must occur every four years. COVID-related delays were considered exceptional and not precedent for this change. Sis. Nancy Shurina cited the need to notify and poll delegates before any change.
- Financial Viewpoints:
 - Bro. Todd Yatchyshyn: Stressed financial responsibility, citing weakened revenue streams and the need to reduce costs such as board travel, lodging, and per diems.
 - Bro. Greg Bender: Questioned whether the \$20,000 savings was realistic and noted potential attendance impacts if members must take an entire week off work.
 - Bro. Joe Bielecki: Raised concerns about travel expenses increasing for members flying to Detroit compared to local conventions (e.g., Pittsburgh), though Bro. John Kennedy countered that cost differences were minimal.
- Tradition and Member Engagement: Some members (Bro. Greg Bender, Sis. Kristin Greenberg - like viewpoint voiced by others) expressed that combining the events could help reconnect members to the organization's roots and increase participation in Sokol Fest.
- Opposition from MCT District: MCT delegates reportedly opposed the proposal at their annual meeting, preferring to maintain the regular four-year convention cycle.
- Bylaws Interpretation: Extended debate occurred over whether the board has authority to alter the schedule without a formal convention vote. Bro. Todd Yatchyshyn noted previous bylaw changes (such as membership categories) occurred outside conventions, others argued this was improper.

- Weighted Voting Discussion: Members debated whether delegate voting on this issue should be weighted by lodge size or one-to-one. Ultimately, consensus held that votes would be weighted consistent with standard convention procedure (based on lodge membership representation). Bro. Buddy Burkhardt and Bro. John Kennedy clarified that only delegates from the last convention would be eligible to vote.

Motion: Sis. Nancy Shurina moved to send the proposal to delegates for a vote on combining the 2027 Convention with Sokol Fest and offsetting the convention by one year. Bro. Buddy Burkhardt seconded the motion.

Discussion:

- Members emphasized that communication to delegates must include clear justification, potential benefits, and bylaw references.
- Bro. John Kennedy and Bro. Joe Bielecki will draft and review the letter to delegates outlining rationale, procedural authority under Robert's Rules, and cost implications.

Vote: Motion carried unanimously. Voting procedure will follow weighted lodge votes as per bylaws.

b. Sokol Fest and Convention Planning Logistics

- Bro. John Kennedy confirmed that signing the hotel contract for Detroit Sokol Fest will proceed with Natalie the following day.
- Discussion confirmed there is sufficient time to plan the 2027 convention if held separately, should the delegate vote oppose the merger.

c. Farrell Lodge Update

Leadership transition noted—Bro. Steve Banjak's illness and resignation of their treasurer created gaps in AAU registration. Bro. John Kennedy will contact Sis. Lili Glover to confirm compliance and assist with registrations.

Action Items

Task	Owner	Due Date
Draft letter to delegates explaining proposal, bylaw context, and rationale	Bro. John Kennedy & Bro. Joe Bielecki	Within the Week
Finalize hotel contract for Detroit Sokol Fest	Bro. John Kennedy	Immediate
Confirm insurance coverage and AAU compliance	Bro. John Kennedy & Bro. Todd Yatchyshyn	By Tuesday
Contact Lily Glover (Farrell Lodge) to ensure member registration and background checks	Bro. John Kennedy	This Week

6. Adjournment

- Motion to adjourn made after the unanimous vote.

Meeting Adjourned @ 7:45 pm EST

Prepared by: Sis. Kristin Greenberg

THE 30-SECOND DESK BREAK

Sitting for hours creates a perfect storm of spinal compression, tight hip flexors and rounded shoulders. But you don't need a gym membership or even much space to counteract the damage. All you need is just 30 seconds every hour.

Here's the sequence: First, stand up and place your hands on your lower back and gently arch backward for 5 seconds, reversing the forward slouch. Then, roll your shoulders backward 5 times to open your chest and reset your posture.

Finish by doing 5 gentle neck rotations in each direction to release cervical tension. The entire routine takes 30 seconds and can be done in any office setting without drawing attention.

DONATIONS GRATEFULLY APPRECIATED

To the Milan Getting Scholarship Fund

From Emil Trgala, Lodge 12 <i>In Memory of Milan Kovac</i>	\$100.00
From Brandi Kovac, Sokol USA Lodge 12 <i>Peace to all our Sokol Friends</i>	\$50.00
From Sokol USA Lodge 74, Plymouth, Pa. <i>May Everyone Have a Happy and Healthy New Year</i>	\$21.25
From Debbie Golden Sokol USA Vice President <i>Ho, Ho, Ho, Merry Christmas</i>	\$100.00
From Sokol USA Lodge 39-40W <i>Happy Holidays</i>	\$100.00
From Sokol USA Lodge 12, Newark, N.J. <i>May Everyone Have a Happy New Year</i>	\$100.00
From Sokol USA Lodge 26, Guttenberg, N.J. <i>Merry Christmas and Happy New Year</i>	\$50.00
From Sokol USA Lodge 63, Homestead, Pa. <i>Have a Healthy and Happy Holiday</i>	\$297.50
From Sokol USA Lodge 79 . Mahanoy City, Pa <i>Happy Holidays to All</i>	\$1,105.00

To the Sport, Fitness and Wellness Fund

From Sokol USA Lodge 12, Newark, N.J. <i>In Memory of Steve Banjak</i>	\$250.00
From Sokol USA Lodge 74, Plymouth, Pa. <i>Ho, Ho, Ho, Merry Christmas</i>	\$21.25
From Debbie Golden Sokol USA Vice President <i>Merry Christmas and Happy New Year</i>	\$100.00
From Sokol USA Lodge 39-40W <i>Wishing All a Very Blessed Christmas</i>	\$100.00
From Sokol USA Lodge 12, Newark, N.J. <i>Merry Christmas and Happy New Year</i>	\$100.00
From Sokol USA Lodge 63, Homestead, Pa. <i>Have a Healthy and Happy New Year</i>	\$297.50
From Sokol USA Lodge 79 Mahanoy City, Pa. <i>Happy Holidays</i>	\$1,105.00

FROM THE PRESIDENT'S VIEW

(Continued from Page 2)

will be provided in the Sokol Times in the New Year!

As the year ends and the holiday festivities begin, let's remember to be thankful for all of the blessings which we have received, to appreciate our family and loved ones, and to make the best with what we have in these uncertain times. I will close this article with one of the traditional Slovak holiday wishes that people say to each other: "Health, Wealth and Happiness!"

I wish all of you happy holidays and a happy New Year full of health, wealth and happiness!

NAZDAR!
Joe Bielecki
President, Sokol USA



SOKOL FELLOWSHIP – Brother John Kennedy from Sokol Danbury, Conn., and Brother Jeff Richter from Sokol Bethlehem, Pa., share a meal during the most recent National Board meeting held in Leechburg, Pa.



MINI MEET – Sokol USA Chicago, Lodge 306, participants brought home eight all-around medals and many event ribbons! We are so proud of all the competitors, coaches and volunteers who made this meet such a success. Everyone worked so hard and you all looked amazing.

Celebrating Veterans Day



Maggie Sommer and John Kennedy at Immaculate High School for a Veterans Day Ceremony.

WORKOUT CORNER: 1-Minute Wall Sit Challenge

This Month's Adult Fitness Challenge: The Daily Wall Sit!

Try holding a Wall Sit for *1 minute every day!*

This movement is gentle on the joints, supportive for older adults, and easily adapted for all fitness levels.

How to Do a Wall Sit



1. Stand with your back flat against a wall.
2. Walk your feet forward and slide down until your knees form a comfortable bend (around 90°, or higher if needed).
3. Keep your back pressed firmly to the wall, arms relaxed at your sides.
4. Hold the position for 1 minute—or work your way up gradually!

Why Wall Sits Are Great for Adults of All Ages

- Strengthens legs & glutes
Helps support mobility and reduces fall risk.
- Improves endurance
Builds stamina for daily activities like walking, stairs, or carrying groceries.
- Supports joint health
Low-impact alternative to squats—perfect for sensitive knees.
- Boosts postural stability
Engages your core and helps improve balance.

JOIN THE FUN! Be Featured in the Next Sokol Times

We want to celebrate our active Sokol community!

Take a picture of yourself doing your Wall Sit and submit it using the QR code below.

You might be featured in the next issue of The Sokol Times and could earn special Sokol Swag!

Submit your photo using the QR code below:



SPONSOR A GYMNAST

Are you interested in sponsoring a gymnast and getting updates on how the sponsored gymnast is progressing? Reach out to Kristin Greenberg at kgreenberg.sokolusa@gmail.com to find out how you can become a part of this new sponsorship program.

NEW WEBSITE

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 Executive Director John Kennedy at kennedy1073@gmail.com.



Sokol USA Milan Getting Scholarship

SCHOLARSHIP

Program 2026

Looking for some help to achieve your goal of attending college? Each year Sokol USA is proud to award the Milan Getting Scholarship to a limited number of qualified Sokol USA members who are furthering their education at an accredited college or University.

If you or a family member will be entering college or a university this coming fall, please visit the Sokol USA website using the QR code below to access the application and further detail.


sokolusa.org



