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SOKOL



TIMES

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February 12, 2026

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Annual Cookie Walk



The Sokol Lodge 306 Annual Cookie Walk was a great success, raising funds for the gymnastics program. A great time was had by all as twinkling lights, festive Christmas music, and an impressive variety of homemade cookies filled the lodge. Thank you to everyone who donated cookies, volunteered to work the event and to all who came out to support the Cookie Walk. Your generosity and support made the event possible! (More photos on Page 5)

From the President's View

The New Year brings new beginnings, new year's resolutions and an eager anticipation of spring. It's a perfect time to reflect on our shared Sokol values and the community spirit which defines us as Sokols. The Sokol spirit embodies strength, unity, and a commitment to physical and mental fitness. It also encourages fraternalism and community involvement.

The winter months are a good time for our members to meet at their lodges, to foster a sense of camaraderie, belonging and to participate in activities benefiting their lodges and communities. All of these things foster a stronger, more connected Sokol community. Winter provides a good time to plan lodge activities. It also is a good time for our members to attempt to work off the holiday season calories and the winter pounds via exercise whether they are done at home or in a gym. Walking is a good means of whittling off the holiday calories. Chair aerobics are also another way to work on fitness.

The winter months are a good time for our lodges to make plans for activities and events. These can foster a sense of community and belonging. They can benefit not just the lodges but also the local communities. It is a great way to give back to the community and to help those in need via a food drive or helping out at a local shelter or by offering a helping hand to a neighbor. Every act of kindness makes a difference! Our Sokol spirit of generosity and compassion makes a difference in our communities!

In the coming months, there will be news of a new project which Sokol USA is creating for the World Sokol Federation. It will be a 5K walking event to be done either as lodges or as a self-paced event in late May 2026. All of the Sokol groups



Joseph Bielecki

comprising the World Sokol Federation will participate in this event. It will be a way to show our Sokol spirit by having all of the Sokol groups across the globe doing an activity at the same time to show Sokol solidarity. It will be a great Spring activity for all Sokols. More news and updates will be provided in the next issue of the Sokol Times.

Additionally, I encourage our eligible members to apply for Sokol USA's Milan Getting Scholarship as well as for GBU scholarships. If an applicant is selected, these scholarships are useful for defraying the cost of post-secondary
(Continued on Page 5)

QUESTIONS ABOUT SOKOL USA?

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

SOKOL TIMES

official organ of the
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OF THE USA
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SOKOL FARRELL ACCEPTING DONATIONS FOR SCHOLARSHIPS

Sokol Farrell is accepting donations to the Scholarship Fund. Well over \$40,000 has been awarded to our Sokol Farrell members. Donations may be sent to: Sister Dorothy Slezak, Chairwoman; 6850 Seneca Road; Sharpville, PA 16150. Checks may be made to Sokol USA Farrell.

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



SAVE THE DATE

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

Why Your Smartphone is Rewiring Your Spine (And How to Fight Back)

Have you ever noticed neck stiffness after a long texting session or felt like your shoulders are permanently hunched forward? You're experiencing what's become known as "text neck" or "tech neck" – and it's literally changing the structure of your spine.

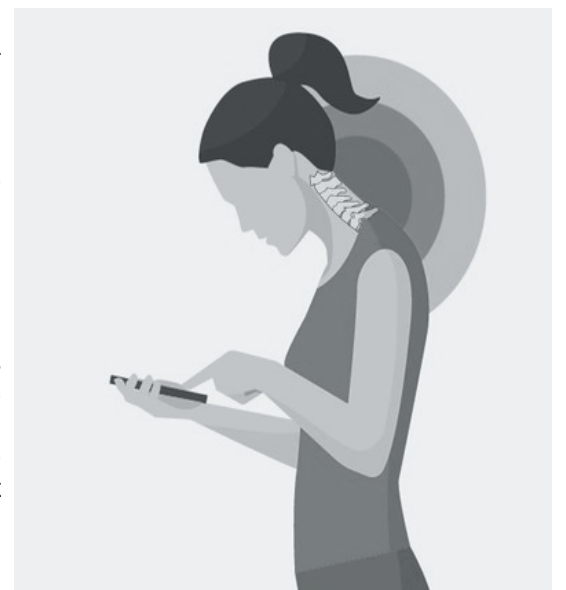
Your head weighs about as much as a heavy bowling ball in a neutral position. But here's where it gets alarming: when texting on a phone, it is common to bend the head forward and look down at a 45- or 60-degree angle, which creates five times the amount of force on the neck.

Think about that for a moment – you're essentially asking your neck to support the weight of a small child every time you check your phone. Over the course of a year, this amounts to an additional 1,000 to 1,400 hours of pressure on the average smartphone user's spine.

Text neck isn't just temporary discomfort – it's creating lasting changes in your spinal structure. Research in the journal Ergonomics found that study participants had more forward head posture while texting compared to other smartphone tasks, such as web browsing or watching a video.

This happens because texting typically requires both hands and more screen interaction, naturally pulling your shoulders forward and head down. Over time, mechanical stress in the cervical spine due to erroneous cell phone use induces poor posture and incorrect body alignment, which is associated with dysfunctional movement patterns, weak balance-ability and distorted function of the respiratory, circulatory, digestive, and nervous systems.

The good news is that you don't have to give up your smartphone to protect your spine. Here are evidence-based strategies to reduce your risk:



- Bring Your phone to eye level: Instead of looking down at your device, raise it to eye level. This simple change dramatically reduces the forward head posture that creates so much stress on your neck.
 - Take regular movement breaks: Set reminders to look up and move every 20-30 minutes. Simple neck stretches and shoulder rolls can help counteract the forward posture.
 - Strengthen your postural muscles: Focus on exercises that strengthen your upper back and neck muscles. These will help maintain proper alignment even when you do need to look down.
 - Be mindful of your texting position: When possible, use voice-to-text features or make phone calls instead of lengthy text conversations. When you do text, try to keep sessions shorter.
- Don't let your smartphone control your posture.

DONATIONS GRATEFULLY APPRECIATED

To the Milan Getting Scholarship Fund	
From Sokol USA Lodge 15, Yonkers, N.Y. <i>In Memory of Deceased Members</i>	\$212.50
From Sokol USA Lodge 79, Mahanoy City, Pa. <i>In Memory of Deceased Members</i>	\$1,211.25
From Sokol USA Lodge 2, Bridgeport, Conn. <i>In Memory of Deceased Members</i>	\$300.00
From Anthony Puglisi, Sokol Times Editor <i>Happy Holidays</i>	\$50.00
From Sokol USA Lodge 63, Homestead, Pa. <i>In Memory of Deceased Members</i>	\$297.50
From Sokol USA Lodge 248, Rossford, Ohio <i>In Memory of Deceased Members</i>	\$425.00
From Sokol USA Lodge 74, Plymouth, Pa. <i>In Memory of Deceased Members</i>	\$85.00
From Sokol USA Lodge 127, Star Junction, Pa. <i>In Memory of Deceased Members</i>	\$318.75
From Ms. Becki Young In Honor of Joseph & Pauline Murdzak	\$250.00
To the Sport, Fitness and Wellness Fund	
From Sokol USA Lodge 63, Homestead, Pa. <i>In Memory of Deceased Members</i>	\$297.50
From Sokol USA Lodge 79, Mahanoy City, Pa. <i>In Memory of Deceased Members</i>	\$1,211.25
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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!

SOKOL LODGE 103 UPDATE

On September 18, 2025, Sokol Lodge 103 suffered the tremendous loss of our beloved leader, Stephen Banjak. Stephen dedicated many years of service to our organization, and his passing has left a lasting void. He was deeply committed to Sokol and worked tirelessly behind the scenes – so much so that we continue to discover the many ways he supported our lodge even after his passing. He is truly missed, and his impact will never be forgotten.

In honor of Stephen's legacy and all that he contributed, we are planning to name our gym after him. While there are certainly big shoes to fill, our Board of Directors has done an outstanding job stepping up and carrying on the important work he began.

Our gymnastics program is now led by Director Christina Pegg and Co-Director Bobbie Haines, along with coaches Kelly Knight and Denise Snyder. The program has been extremely busy and thriving. Recently, we hosted our first-ever *Breakfast with the Grinch* at Applebee's, and it was a huge success. Our amazing parents and gymnasts volunteered as waitstaff, serving pancakes, sausage, coffee, and juice, while other parents generously helped prepare food in the kitchen. It was a wonderful community event enjoyed by all.

Looking ahead, we are preparing to compete at the Greater Cleveland competition on February 1, 2026. We will be bringing 12 gymnasts to this meet – three competing in Excel Silver and the remaining athletes competing in Excel Bronze. The girls have been working incredibly hard learning their routines and mastering new skills. We could not be prouder of their dedication and progress, and we are excited to watch them continue to grow and succeed in future competitions.

POST HOLIDAY WINTER 2026

Mid to late January has brought quite the Arctic Blast this year, bombarding the country with freezing temperatures, ice and wicked winds. Furthermore, snowfall has managed to reach places as far south as Florida and Alabama. Many of us in Pennsylvania are praying that the famous weather forecaster Punxsutawney Phil won't see his shadow this coming February and bring an early end to this winter storm. Traditionally, Spring should be just around the corner and, while many of us may want this season to end, skiers, skaters and ice fishermen are delighted. On a brighter note, we do have coverage of the 2026 Winter Olympics from February 6th to 22nd to enjoy.

Classes continue in our gyms. Chicago held a Cartwheel-O-Thon from January 26th to 31st and next up there will be a Parents Night Performance in February. Finally, they'll host a Shamrock Mini Meet in conjunction with ASO on March 17th. Lodge 12 Senior Workout Group meets weekly in Edison, N.J. Lodges in Danbury, Leechburg and Palmerton are all having Super Bowl parties on February 8th. They will be hosting Saint Patrick's Day parties as well in March.

Palmerton will put on a Night at the Races event on March 27th. The event will benefit the local high school wrestling team and the lodge will continue with their bowling and line dancing events through out the rest of winter. Leechburg shall be hosting a Valentine's Murder Mystery dinner to benefit their lodge's scholarship fund. You can see photos of the lodge's president presenting a check to Leechburg's police chief for toys for children as well as other members with donated toys to a local church's toy drive.

Finally, as President Joe Bielecki mentioned in his own article, it is time to gather information to apply for both Sokol and GBU scholarships. In the last issue of the Times, a QR code was present on the back page for easy access to the Sokol's information on these scholarships. Or you can go to the websites of both organizations.

To all our members, stay safe, keep warm, and check in on others in our communities to ensure their well being as we ride out this cold season. As always, feel free to contact me with any lodge and district updates.

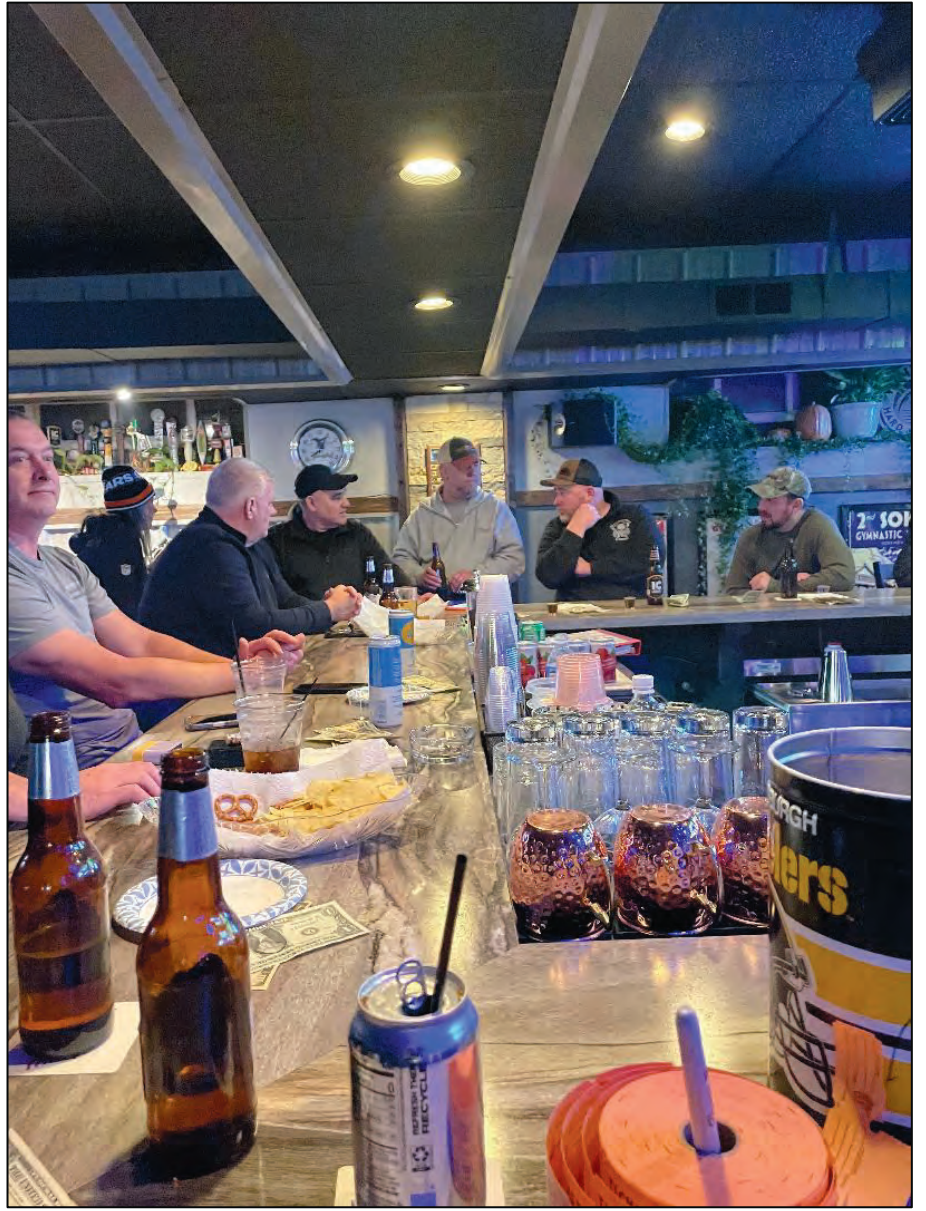
NAZDAR

Sister Nancy Shurina

Email: FNA240@verizon.net

Cellphone: (724) 261-6377

Gobble to you Wobble



Sokol Lodge 255 had a Gobble to you Wobble on Thanksgiving Eve with live entertainment and lots of food. A great turnout and lots of fun.



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





In Memoriam: Stephen Banjak



Stephen Banjak

Stephen Banjak was a lifelong and devoted member of the Sokol organization whose legacy is defined by decades of service, leadership, and unwavering commitment to Sokol ideals. His passing marks a profound loss to the Sokol community at Lodge 103 (Sokol Farrell) located in Farrell, Pa.

Stephen was a proud member of Sokol Farrell, where his involvement began at birth (1938) where his father was a very

involved member. Over the years, he remained deeply engaged and committed, contributing his time and talents. His dedication extended well beyond his home lodge, as he also served the broader organization through leadership and service at the District and national levels.

Throughout his years of service, Stephen held numerous offices, including National Gymnastics Department Men's Director

and Finance Committee Member. In these roles, he was known for his steady leadership, thoughtful decision-making, and deep respect for Sokol traditions. He consistently worked to support programs, events, and initiatives that strengthened the organization and fostered a sense of community among members of all ages.

Stephen believed deeply that Sokol was more than an organization – it was a family and a way of life.



ANNUAL COOKIE WALK – The Sokol Lodge 306 Annual Cookie Walk was a great success, raising funds for the gymnastics program. A great time was had by all as twinkling lights, festive Christmas music, and an impressive variety of homemade cookies filled the lodge. Thank you to everyone who donated cookies, volunteered to work the event and to all who came out to support the Cookie Walk. Your generosity and support made the event possible!

He was a strong advocate for preserving Sokol's history while also encouraging growth and adaptation to ensure a vibrant future. His commitment helped sustain the organization through times of change, always grounded in Sokol values of physical fitness, cultural pride, and service.

Beyond the offices he held, Stephen's greatest contribution was the example he set. He led with integrity, humility, and kindness, inspiring others to volunteer, lead, and remain active within the Sokol movement. His influence will continue to be felt in the lodges, districts, and national gatherings he so faithfully supported.

The Sokol community extends its deepest gratitude for Stephen Banjak's many years of dedicated service. He will be remembered with honor, respect, and appreciation, and his legacy will remain an enduring part of Sokol history.

Na zdar, bratře Sokole.

FROM THE PRESIDENT'S VIEW

(Continued from Page 1)
education expenses.

Once again, I encourage our members to meet, to engage in physical activity, and to embark on fraternal activities through their local Sokol lodges.

Nazdar!
Brother Joseph Bielecki
President
Sokol USA

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.

STRENGTH TRAINING EXERCISES TO IMPROVE POSTURE

Good posture is key to overall health and well-being, and strength training can play a vital role in improving it. Want to work on your posture and your fitness? Here are a few different exercises that could help you stand taller.

Plank: The plank is excellent for strengthening your core, shoulders, and back. Start in a push-up position, keep your body straight, and hold for 30 seconds to a minute. Remember to engage your abs and avoid sagging. This foundational exercise helps support proper spinal alignment throughout the day.

Rows: Rows target your upper back and shoulders, helping to counteract the effects of slouching. You can use dumbbells, resistance bands, or a rowing machine. Keep your back straight and squeeze your shoulder blades together as you pull. This strengthens the muscles that naturally pull your shoulders back into proper alignment.

Deadlifts: Deadlifts are fantastic for strengthening your lower back, glutes, and hamstrings. With a straight back and engaged core, lift the weights by straightening your hips and knees. Start with light weights to ensure proper form and reduce your risk of injury. Deadlifts help build the posterior chain muscles that are critical for maintaining an upright posture.

Shoulder Blade Squeeze: This simple exercise can be done anywhere. Sit or stand with your arms at your sides. Squeeze your shoulder blades together and hold for a few seconds. Repeat 10-15 times. This helps strengthen your upper back and improve posture. It's perfect for combating the forward shoulder position many develop from desk work.

Chest Stretch: Stretching your chest muscles can alleviate tightness that leads to poor posture. Stand in a doorway with your arms at a 90-degree angle on the frame. Step forward gently to stretch your chest, holding for 20-30 seconds. This helps counteract the muscular imbalances created by hunching forward.

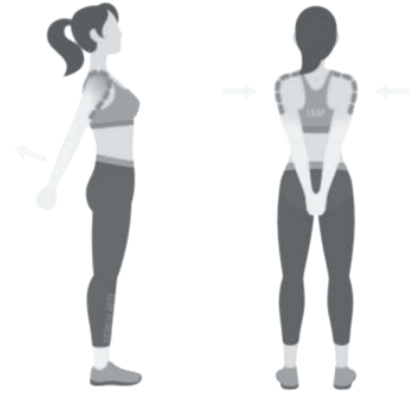
Incorporating these exercises into your routine could make a significant difference in your posture.



Plank



Chest stretch



Shoulder blade squeeze



Deadlifts

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.

FEWER POUNDS, BETTER HEALTH

Your weight affects almost every aspect of your health. Recent data from the Centers for Disease Control and Prevention puts the prevalence of obesity among U.S. adults at about 40 percent. Rates can be even higher among people seeing medical care. The good news is that managing weight is highly feasible despite difficulties and more tools exist to achieve better health than ever before.

Excess body fat causes the body's cells to develop tolerance to insulin, a hormone that helps cells use energy-supplying glucose from food. When this condition – called insulin resistance – occurs, glucose remains in the bloodstream, which can trigger diabetes and a host of other harmful conditions. Obesity is linked to other serious heart and lung conditions as well. What's more, extra pounds increase wear and tear on weight-bearing joints, often creating chronic knee and back pain.

Most people know that weight loss will bring health benefits, but many struggle to lighten the scale. A combination of diet and exercise yields the best results. Yet some people rely on working off weight at the gym without first making meaningful changes to their food intake.

To achieve a healthy lifestyle that can cause meaningful improvements in weight and health, consider the following:

Curb your carb intake. Limit or avoid both obvious carbohydrates (such as white bread, pasta and rice) and less-obvious carbs (such as multi-grain bread, whole-grain rice, oatmeal and quinoa).

Seek out green, leafy vegetables. These include foods such as romaine lettuce, spinach and broccoli. Favor such foods over starchier items such as potatoes, beans, corn, yucca, lentils and yams.

Select the right meats. Avoid barbecued or marinated meats – many contain added sugar.

Avoid grazing all day. Every time you eat, your blood sugar rises. Give your body a rest between meals.

Watch what you drink. Stick with water or plain coffee or tea. Skip sweeteners, sodas and juices and make your own smoothies from fruits and vegetables.

Exercise for the right reasons. With a healthy diet as your foundation, engage in at least moderate amounts of exercise. Physical activity doesn't just help your body use nutrients in healthier ways, it also has positive effects on your mental health.

WHY YOU MIGHT FEEL STIFFER ON COOLER DAYS

Have you ever noticed that your body feels tighter or moves more slowly when the weather cools down? You're not imagining it – weather changes may have more of an impact on how you feel than you realize.

Colder temperatures may cause muscles and joints to feel stiffer, especially in the morning or after sitting for long periods. When it's chilly, your body naturally tries to conserve heat, which can lead to a more contracted, guarded posture. Less movement during cooler months also can contribute to a feeling of tightness or sluggishness (especially if you're bundled up indoors more often).

Simple actions, such as warming up with a short walk, stretching gently or using a heat pack, can help ease that early-morning stiffness. Wearing layers and staying hydrated also may support your body's ability to stay comfortable as temperatures drop. If you're working from home or sitting more than usual, changing positions regularly can make a difference. Gentle movement throughout the day, even for just five minutes at a time, may help keep your joints more mobile and your circulation flowing.

Your body often gives you clues when it needs support. If colder days leave you feeling slower to move, it might be worth paying a bit more attention to your posture, hydration and movement habits. Adjusting with the weather isn't about doing more; it's about listening more closely to what your body needs.

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

GBU  **Life**