



WARM WISHES



HOLIDAY STRESS TIPS



PROGRESSIVE "42" TOURNAMENT



100 PENNIES SCHOLARSHIP DRIVE

# FRATERNAL UPDATE



## Warm Wishes From the SPJST Home Office Fraternal Department

Veselé Vánoce! Christmas is upon us again! It seems to come faster and faster each year. I found a quote by Calvin Coolidge and wanted to share it with you. *“Christmas is not a time or a season but a state of mind. To cherish peace and good will, to be plenteous in mercy, is to have the real spirit of Christmas.”*

I truly believe these words. Christmas is what you make of it. In my

SPJST Home Office  
Fraternal  
Department wishes  
you and yours a  
Merry Christmas!

mind it's time to place a log on the fire and curl up on the couch in a blanket with a good book, hot chocolate and also a time to think back and count our many blessings. It is also time to give thanks to our King Jesus Christ.

Please let us remember those who are less fortunate and are in need of a helping hand this Christmas. We can all make a positive difference in another's life. I wish you and your family many blessings. Wishing you a Merry Christmas and a prosperous New Year.

## Holiday Stress? Try These 5 Tips for a Heart-Healthy Holiday Season

He's a mean one, alright. If the Grinch has stolen your healthy holiday, check out these tips from Richard Stein, professor of medicine and cardiology at the New York University School of Medicine in New York City and a spokesman for the American Heart Association.

### 1. Go in with a plan.

For example, make a pact with yourself during the holidays: "For these three weeks I will get at least 30 minutes of activity per day, I'll have a reasonably healthy breakfast and lunch and limit the sweets. I'll leave my meds out on the dresser so I won't leave the house without having taken them."

### 2. Beware of party perils.

Special holiday events often serve up extra helpings of high-fat foods. If you're a guest, plan on eating a healthy snack before you go and consciously choose to eat less at the event. If you're the host, challenge yourself to whip up a delicious and heart-healthy menu. Your guests will probably thank you!

### 3. Stay active—even in the hustle and bustle of the season.

Sprinkle in some healthy behaviors with your daily activities. If dinner is going to be a feast, opt for a light lunch, then take a vigorous walk. When the kids are home from school, squeeze in some active chores and trips to the park.

### 4. But not too active.

Give yourself the gift of peace. Control your own schedule and don't overbook yourself.

*Don't find yourself  
Stressing out!*



As you can see Santa has found a way to exercise during the holiday! It is important to be active due to the holiday parties and family gatherings.

## 5. Lay out a plan for January, February and beyond.

Your poinsettia’s are drooping and the eggnog’s gone. Now what? It’s great that you want to start doing healthy things—like exercising 30 minutes a day or making an appointment to get your blood pressure checked—but don’t go dashing through your to-do list too fast or you might not stick to your plan. Lay out realistic steps for the months ahead. For example, instead of joining a gym, you might want to start a vigorous walking program first. It’s free, and it’s a great way to take in more physical activity.

## SPJST Lifetime Achiever Award

The definition of lifetime is the duration of a person’s life. This award is to recognize individuals or couples who have made a significant impact in their lodge’s success and growth over a lengthy period of time. Those individuals or couples should be of a mature age.

In the past couple of years the Home Office has received nomination applications for many young members that still have many years of service to the lodge and its members. Think about it . . . if a young or middle age member receives this award, is this telling them that they have achieved their significant impact to their lodge and here on out they are finished contributing to their lodge and its members? I have attached the Lifetime Achiever Award form. Please complete and return the form to SPJST Fraternal Department.

## Outgoing Officers

With the election of new officers, do not forget to honor your officers who have given their time and dedication to your lodge. Honor your outgoing leaders by giving them an outgoing officer plaque. Any officer who is not elected to serve in 2018 and does not seek re-election in future years is eligible. The recipient must be a current SPJST member and must be active at the time of selection. The plaques should be awarded at your local lodge meeting.

## Fraternalist of the Year Nominations

It’s time to start thinking about selecting your lodge’s Fraternalist of the Year for 2017. This is your chance to recognize a stand-out individual who through example and accomplishment,

. . . but not too active!



“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another.” Erma Bombeck

Go out into your community and volunteer!

provided outstanding service to your lodge or community this past year. This year we will again be recognizing your lodge's Fraternalist at your District Spring meeting.

Please know the Fraternalist of the Year information sheet and application can be found in this packet. Thanks for attending to this item at your October, November or December meeting. If you have any questions, please give me a call.

## 100 Pennies Scholarship Drive

Everyone spread the word! October 1 started the SPJST 100 Pennies Drive to benefit the scholarship fund. Through your generous donations, SPJST has been able to continue to provide scholarships to members who wish to further their education.

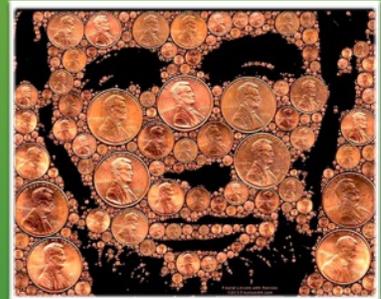
Donations of any amount will be accepted and added to the general scholarship fund that is maintained by the Home Office. No amount is too small or too large. The 100 Pennies Scholarship Drive will run through March 31, 2018.

## Important Paperwork

Everyone please know that the forms listed below are very important in receiving your enhanced premium refund and other incentives. Please return these forms even if there are no changes from the previous year.

**Fraternal Activities Coordinators, it is very important to enter and complete your hours by Friday, January 19, 2018 to receive those refunds and other incentives.** Please look for the 2018 New Officer Listing form that was mailed out the first week of November from Receptionist Tamara Gettys. **This form needs to be completed and turned into the Home Office after you have your elections.** All other deadline dates remain the same. They are as follows:

- January 2, 2018      New Officers Listing form — address, phone listing and emails
- January 19, 2018    Year-End Fraternal Incentive Reporting Hours
- February 23, 2018    Outgoing Officer Awards
- May 15, 2018        990 and 990-T to IRS and copy to Home Office



SPJST Receptionist / Compliance Specialist Tamara Gettys. She will be receiving your lodges New Officers Listing form and making those corrections for 2018.

## SPJST Scholarship Program

The deadline for submitting all scholarship paperwork for the SPJST Scholarship is no later than Thursday, February 1, 2018. Any student (high school seniors and college undergraduates) who have not previously received a scholarship are eligible to apply. For an SPJST General Scholarship or Leadership Grant Application and complete guidelines, please call Executive Assistant to the President Sandra Dubcak in the SPJST Home Office at 800.727.7578 or 254.773.1575 or visit [www.spjst.org](http://www.spjst.org).

## Progressive “42” Domino Tournament

The first SPJST State Tournament of 2018 will take place on Saturday, January 13. This will be the Progressive “42” Domino Tournament to be held at the SPJST Home Office in Temple Texas. Please see the enclosed flyer for information and entry form or visit [www.spjst.org](http://www.spjst.org) under Fraternal Activities/State Tournaments and Fraternal Activities. All participants are encouraged to pre-register so we can figure out the amount of food to prepare for the noon meal.

## Tarok Tournament

The SPJST State Tarok Tournament will be held on Saturday, February 3, 2018. The tournament will be held at the SPJST Home Office in Temple, Texas. Please see the enclosed flyer for information and entry form or visit [www.spjst.org](http://www.spjst.org) under Fraternal Activities/State Tournaments and Fraternal Activities. All participants are encouraged to pre-register so we can figure out the amount of food to prepare for the noon meal.

## Calendar of Events

Please remember to mark your calendars for the 2018 SPJST State Tournaments. Again this year’s State Tournaments will be held at the SPJST Home Office. Entry for the tournaments will be \$10 for members and non-members. There will be Czech pastries in the morning, a catered meal for the participants during the noon hour and fun and fellowship. The following tournament dates are below:

Progressive “42” Dominoes, January 13, 2018  
SPJST Home Office



Tarok Tournament, February 3, 2018  
SPJST Home Office

Straight Dominoes, March 3, 2018  
SPJST Home Office

Regular "42" Dominoes, April 7, 2018  
SPJST Home Office



"Then the Grinch thought of something he hadn't before! What if Christmas, he thought, doesn't come from a store. What if Christmas...perhaps... means a little bit more!"

Dr. Seuss, How the Grinch Stole Christmas!



*Veselé Vánoce  
a Šťastný Nový Rok*

# SPJST FAC Assistance

We are here to help if you need assistance. Please feel free to call me or Tammy. Your District FAC is also available to assist you.



*State Fraternal Activities Coordinator*  
Frank Horak  
Cel. 254.534.0681 — 800.727.7578  
frankh@spjst.com



*Fraternal Services Specialist*  
Tammy Martinez  
800.727.7578 — 254.773.1575  
tammym@spjst.com



*District One*  
Kyle Skrabanek  
979.820.0531



*District Two*  
Ruth Hanusch  
254.771.0193



*District Three*  
Vicki Sims  
214.763.0341



*District Four*  
Janeece Williams  
806.632.5239



*District Five*  
Don Fruin  
832.651.5388



*District Six*  
Helen Zabransky  
361.798.3347



*District Seven*  
Theresa Haag  
830.625.8262

# SPJST Lifetime Achiever Award

This award is to recognize individuals and couples who have devoted a lifetime of service to their lodge or to SPJST. Generally stated, “lifetime” shall refer to an individual aged 65 or older. Exceptions to this guideline will be considered on a case by case basis.

This is a one-time award and may be given to a maximum of five individuals per lodge, per year. The nominee must be living, a member of the adult lodge, and have been an active member of the SPJST a *minimum* of ten years. The award will be in the form of a plaque and may include a husband and wife on the same plaque.

The winners will be selected at the lodge level. The award will be presented to the individual(s) at their respective district’s spring meeting. In addition to the plaque, the honorees will have their pictures appear in the Vestnik!

This is a great way for each lodge to recognize the special individuals who have given so much of themselves to their lodge and local community. Please have your honoree’s names sent to the SPJST Home Office at least 10 days prior to your district’s spring meeting to allow time for processing. When submitting your honorees, please remember to type or print the names clearly and pay special attention to spelling.

**Lodge #** \_\_\_\_\_ **District #** \_\_\_\_\_  
**Sent in by (Name):** \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Sample Plaque:



**\*Due two weeks  
before your  
District Spring  
Meeting!**

**Send to:**  
SPJST State FAC  
Re: Lifetime Achiever  
P.O. Box 100  
Temple, TX 76503  
Fax: 254-774-7447  
Or email [tammym@spjst.com](mailto:tammym@spjst.com)

# SPJST Outgoing Officer Plaque

## Eligibility:

- \* An outgoing officer who is not re-elected for the next year and does not seek re-election anymore. This is to honor lodge officials who may be near or at the end of their service tenure to the lodge.
- \* Recipient must be a current SPJST member.
- \* Recipient must be alive at time of selection.

The plaques should be awarded at your local lodge meeting. The plaque may also be mailed to the recipient or delivered by the Home Office.

Lodge # \_\_\_\_\_ District # \_\_\_\_\_

<u>Name</u>	<u>Office(s) Held</u>	<u>No. of Year(s) of Service</u>
<i>Ex: Gordy Hoofnagel</i>	<i>President, Treasurer</i>	<i>2003 – 2011 (9yrs)</i>
<i>Ex: Jane Doe</i>	<i>President</i>	<i>2010 – 2011 (2yrs)</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Note:** You may write additional names on back or a separate sheet if necessary. Please allow at least three weeks for processing.

## Sample Plaque:



**Deadline: Last Friday in February**

**Send to:**  
 SPJST  
 Re: Outgoing Officer  
 P.O. Box 100  
 Temple, Texas 76503  
 Email: [tammym@spjst.com](mailto:tammym@spjst.com)

# SPJST STATE PROGRESSIVE 42 DOMINO TOURNAMENT

Saturday, January 13, 2018

SPJST Home Office  
520 North Main Street, Temple, TX 76501

**Open to the public;  
Ages 16 and above!**

Check-in: 8 to 8:45 a.m.  
Play begins at 9 a.m.

Registration Fee: \$10 per player  
Includes snacks and lunch

Prizes will be awarded!

Individual format, no partners needed!

**Please register by  
Monday, January 8.**

**IF YOU DO NOT REGISTER,  
YOU MAY OR MAY NOT BE ABLE TO PLAY.**

**Mail Entry Forms to:**  
SPJST Tournaments  
P.O. Box 100 • Temple, TX 76503  
call: 800-727-7578 or 254-773-1575  
or email: [tammym@spjst.com](mailto:tammym@spjst.com)

**See registration  
form on back.**

For more information, contact Frank Horak 254-534-0681

# SPJST State Progressive 42 Registration Form

*Hosted by SPJST Home Office*  
**Saturday, January 13, 2018**

Lodge No: \_\_\_\_\_ Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_



Lodge No: \_\_\_\_\_ Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

**Please register by  
Monday, January 8.**

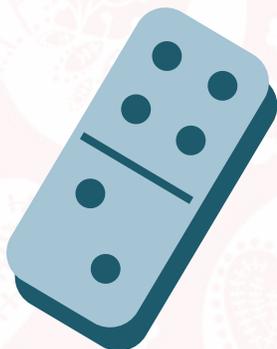
**IF YOU DO NOT REGISTER,  
YOU MAY OR MAY NOT BE ABLE TO PLAY.**

## Mail Entry Forms to:

SPJST Tournaments  
P.O. Box 100  
Temple, TX 76503

Questions?

call: 800-727-7578 or 254-773-1575  
or email: [tammym@spjst.com](mailto:tammym@spjst.com)





# SPJST State Tarok Tournament



**Saturday, February 3, 2018**

SPJST Home Office  
520 North Main Street, Temple, TX 76501

**Open to the public;  
Ages 16 and above!**

Check-in: 8 to 8:45 a.m.  
Play begins at 9 a.m.

Registration Fee: \$10 per player  
Includes snacks and lunch

Prizes will be awarded!

**Please register by  
Monday, January 29.**



**IF YOU DO NOT REGISTER,  
YOU MAY OR MAY NOT BE ABLE TO PLAY.**

**See registration  
form on back.**

**Mail Entry Forms to:**  
SPJST Tournaments  
P.O. Box 100 • Temple, TX 76503  
call: 800-727-7578 or 254-773-1575  
or email: [tammym@spjst.com](mailto:tammym@spjst.com)

For more information, contact Frank Horak 254-534-0681

# SPJST Tarok Tournament Registration Form

Hosted by SPJST Home Office  
Saturday, February 3, 2018

Lodge No: \_\_\_\_\_ Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_



Lodge No: \_\_\_\_\_ Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

**Please register by  
Monday, January 29.**

**IF YOU DO NOT REGISTER,  
YOU MAY OR MAY NOT BE ABLE TO PLAY.**

**Mail Entry Forms to:**

SPJST Tournaments  
P.O. Box 100  
Temple, TX 76503

Questions?

call: 800-727-7578 or 254-773-1575  
or email: [tammym@spjst.com](mailto:tammym@spjst.com)

