



ŠŤASTNÝ NOVÝ ROK



KEEPING THAT NEW YEARS RESOLUTION



PROGRESSIVE "42" TOURNAMENT



100 PENNIES SCHOLARSHIP DRIVE

FRATERNAL UPDATE



Think you Can't Keep a New Year's Resolution? Think Again!

Happy New Year — 2018 is here! It's a great time to plan, prioritize and get a fresh start on your goals and dreams. Author and psychologist Richard Wiseman notes that in a recent study, 52% of resolution-makers were confident they'd achieve their goals, but only 12% succeeded. What was the secret of that 12%?

Those who took meaningful steps to achieve their resolutions setting step-by-step goals or telling their friends and family, for example — were far more likely to achieve their objectives than those who made no specific commitments. Read on for six practical tools for making realistic, attainable resolutions — and then work your plan!

SPJST Home Office
Fraternal
Department wishes
you and yours a
Happy New Year!

1. Get Specific

A common mistake people make is setting undefined goals like, “I’ll be healthier.” Instead, make your resolution specific, with a real, achievable outcome. For example, “I’m going to lose 10 lbs. by May.”

2. Write it Down

Write down your goals and outline the small, manageable steps you’ll need to take in order to achieve them. If you set a big goal without a step-by-step plan, it can be overwhelming and trigger frustration that gets in the way of your success. But by planning and accomplishing one small thing at a time, you’ll stay on track, focused and positive.

3. Make the Time

Be sure to make time for yourself to achieve your goals. If you really want to write that book, set aside time each week to write and track your progress monthly. If you want to exercise more, add it to your weekly schedule, too.

4. Move Past Doubt

Keep tabs on how often you “unset” your goals with your thoughts. Pay attention to self-sabotaging mind chatter like “I’m not good enough” or “I can’t do it.” Every thought you have is an intention. It’s normal to feel fear, doubt or worry — but to make progress, it’s important to move past those negative feelings.

5. Get a Partner — Get Support

Having a group, partner, friend or professional to encourage you can be a great way to keep you going. Try finding a friend who has a similar resolution, and check in with each other every week to talk about your progress and challenges. Or ask a family member or significant other to keep you accountable — just make sure they’re supportive and positive.

You can also seek professional help, whether that’s a personal trainer to help you meet your fitness goals or a counselor who can help you tackle larger, looming issues such as low self-confidence or a lack of direction.

6. Get Some “You”-Time

You’re more likely to slip on your goals when you’re stressed or overwhelmed, so try to spend some time reconnecting with

Setting those Resolutions!



Remember not to self-sabotage mind chatter to talk yourself out of reaching your goals...

yourself. You can try breathing exercises, prayer, meditation, yoga or just going for a walk. Taking mental breathers will clear your head and set you up for success.

Setting and reaching goals isn't about willpower; it's about the power of your intentions. Success breeds success. Reaching even a small goal, like losing three pounds, will fuel your motivation. You'll find yourself tackling larger challenges. With practice and perseverance, you can achieve more than you ever dreamed.

District Spring Meetings

District Spring meetings are right around the corner and will begin in March. These meetings are informative and your participation and input is very important for the success of SPJST and your district. What better time to meet fellow SPJST members in your district. Please plan to attend the meeting in your district. They are as follows:

- District 1 Sunday, April 8, 2018 hosted by
Lodge 9, Snook
- District 2 Sunday, March 18, 2018 hosted by
Lodge 29, Taylor
- District 3 Sunday, April 22, 2018 hosted by
Lodge 154, Fort Worth
- District 4 To be Announced
- District 5 Date to be announced — hosted by
Lodge 232, Houston-Midtown
- District 6 Sunday, April 15, 2018 hosted by
Lodge 4, Hallettsville at
St. Mary's Catholic Church
- District 7 Date to be announced — hosted by
Lodge 202, Jourdanton

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.

... "You — Time!



"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!

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.

100 Pennies Scholarship Drive

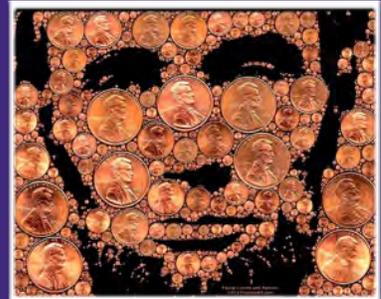
Everyone spread the word! October 1 started the SPJST 100 Pennies Drive to benefit the scholarship fund. Through your generous donations, SPJST has been able to continue to provide scholarships to members who wish to further their education.

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 remind your lodge Secretary of the 2018 New Officer Listing form that was mailed out the first week of November from Receptionist Tamara Gettys. **This form needs**



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

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 Scholarship Program

The deadline for submitting all scholarship paperwork for the SPJST Scholarship is Thursday, February 1, 2018. ***The paperwork has to be in the Home Office by the above date — not post marked by 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.

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 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. **Also remember if you do not pre-register for the tournament we can not guaranty a spot to play.**

Straight Domino Tournament

The SPJST State Straight Domino Tournament will take place on Saturday, March 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 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. **Also remember if you do not pre-register for the tournament we can not guaranty a spot to play.**

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



ŠŤASTNÝ NOVÝ ROK
Happy New Year!

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 Director
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

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



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

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



SPJST STATE STRAIGHT DOMINO TOURNAMENT

Saturday, March 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

2-person team format.
If you do not have a partner,
one will be assigned to you (if available).

Prizes will be awarded!

**Please register by
Monday, February 26.**

**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

**See registration
form on back.**

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

SPJST State Straight Domino Registration Form

Hosted by SPJST Home Office
Saturday, March 3, 2018

Lodge No: _____ Name: _____

Address: _____ City: _____ State: _____

Zip: _____ Phone: (_____) _____ Email: _____



Partner

Lodge No: _____ Name: _____

Address: _____ City: _____ State: _____

Zip: _____ Phone: (_____) _____ Email: _____

**Please register by
Monday, February 26.**

**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

