Wednesday • August 30 • 2023



present:



Under every helmet and hat is a child who needs us.

Woodstone Country Club Danielsville, PA

RAIN OR SHINE

Registration: 7:30 - 8:45 am Shot Gun Start: 9:15 am

Benefits OCD (Obsessive-Compulsive Disorder) and mental health awareness.

Tournament Schedule

7:30-8:45 am
7:30-8:45 am
9:00 am Report to Carts
9:15 am Shot Gun Start
2:30 pm Cocktails
3:30 pm Dinner, Presentations and Awards

- Introductions
- Live Auction (sports memorabilia prizes)

Other Highlights:

Mulligans will be available for purchase at registration

Prizes will be awarded for:
Closest to Pin,
Longest Drive, the "Pot O'Gold Hole",
and Putting Contest

Please make all check donations payable to the **Bo Tkach Foundation** and mail them to:

PenTeleData Attn: Bo Tkach Foundation 540 Delaware Ave., Palmerton, PA 18071



www.botkach.com

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Introducing the 16th Annual BO TKACH MEMORIAL GOLF TOURNAMENT

Travis "Bo" Tkach was the pride of his community. A 2001 Northern Lehigh High School Graduate, he was a two-time first team All State football player, a two-time District 11 javelin champion, and a member of the 1998 Colonial League championship team. In 1999, he quarterbacked the first ever District 11 championship team at Northern Lehigh and played in the first Pennsylvania East-West All Star Game. Bo was named to ESPNs Academic High School Football All-American team in 2000-2001. In 2001, he was named Most Valuable Male Athlete of Northern Lehigh. He was also the school's representative for the Best of the Best.

Upon graduation, Bo accepted a football scholarship to the University of Delaware. He transferred to Lehigh University and later to Wilkes University. He graduated Magna Cum Laude in 2007, as a member of Delta Mu



Delta, with a degree in business and marketing. In December of 2011 Bo was inducted into the Northern Lehigh Ring of Honor for his Athletic and Academic achievements.

For many years, Bo worked with youth throughout the Lehigh Valley, helping them develop speed and agility. He volunteered as a guest speaker at youth clinics and ran speed and explosion seminars for Southern Columbia, Marian Catholic, Northern Lehigh, Tamaqua, Palmerton and Lehighton High Schools.

In his short life, Bo had more accomplishments than some of us will have in a lifetime. Unfortunately, he also struggled with Depression and Obsessive Compulsive Disorder. Like many mental illnesses, they disrupted his life in ways that others did not see. Despite the never-ending hope and love from his family, and extensive medical treatment, Bo ended his own life.

According to the National Institute of Mental Health, a depressive disorder is an illness that involves the body, mood, and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely "pull themselves together" and get better. Without treatment, symptoms can last for weeks, months, or years.

Although most of us recognize Obsessive Compulsive Disorder (OCD) as frequent hand washing, it is much more than that. Typically, a little anxiety is a good thing – it is the knowledge that keeps us from harm. For someone with OCD, the brain warns of danger, but very badly. Persistent, upsetting thoughts (obsessions) and use of rituals (compulsions) control the anxiety these thoughts produce. In turn, the rituals usually end up controlling the obsessions. Perfoming the rituals is not pleasurable, and at best, they produce temporary relief from the anxiety created by the thoughts.

For example, if someone with OCD is concerned about intruders in their home, they may lock and relock their doors many times before going to bed. While the typical person might do the same, they would be able to go to bed, content that the door was locked. An OCD sufferer might have to check the door multiple times for the next few hours to convince themselves that it was really locked. Even though the person with OCD is aware that their thoughts are irrational, they are unable to control them.

Other common rituals include the need to repeatedly check or count things, often in a certain sequence. Common obsessions include frequent thoughts of violence or being preoccupied with order and symmetry.

To understand the seriousness of mental health issues, consider the following statistics. According to the Center for Disease Control, suicide was the eleventh leading cause of death for all ages and in 2005, more than 32,000 suicides occurred in the United States. This is the equivalent of 89 suicides per day or 1 suicide every 16 minutes. It is estimated that there is one suicide completed for every 100-200 attempts. Clearly, this demonstrates a desperate need to educate the public and to research treatment and prevention options.

Bo's father, Jim Tkach, is a well-known and respected leader in the community. In addition to Bo, he and his wife Sandi, who is a Registered Nurse and and Clinical

Supervisor at Delaware Hospice, have two other children, Tyler and Tristin. His dedication as a teacher, principal and football coach has made him a role model to many. As a former coach for the Palmerton, and Northern Lehigh School Districts, Liberty High School in Bethlehem, Lehigh University, and a Assistant coach at Penncrest High School, he coached both of his sons, and led the Bulldogs into the 2003 PIAA Championship game. Today he is a Strength Coach at The Factory in Lewes, Delaware.

The Bo Tkach Memorial Foundation was created in Bo's honor to raise awareness of Obsessive Compulsive Disorder and other mental health issues. The foundation funds various youth programs and provides payment for underinsured youth to receive counseling that may otherwise be inaccessible.



Our Mission

To create awareness for Obsessive Compulsive Disorder and other mental health issues while providing essential funding for youth athletic programs, scholarships and otherwise inaccessible individual mental health screening and treatment.

Our Vision

Through youth athletics, public awareness and financial assistance, we can promote positive mental health for students in our area, and annually benefit 1,000 or more students.

Our Goals

On an annual basis, provide scholarship awards to deserving students in Carbon, Lehigh and Northampton Counties.

Provide significant funding for many youth athletic programs specifically in the Palmerton, Lehighton and Northern Lehigh School Districts plus surrounding areas.

Provide financial assistance to students who would not otherwise have access to mental health screening and treatment.

Support mental health awareness and educate parents to recognize the potential warning signs and symptoms.

Scholarship

Bo Tkach Under the Helmet and Hat Scholarship

Travis Bo Tkach was the pride of his community. A 2001 Northern Lehigh High School Graduate, he was a two-time first team All-State football player and a two-time District 11 javelin champion. In 1999, he quarterbacked the first ever District 11 championship team at Northern Lehigh and played in the first Pennsylvania East-West All Star Game. Bo was named to ESPNs Academic High School Football All-American team in 2000-2001. In 2001, he was named Most Valuable Male Athlete of Northern Lehigh. He was also the schools representative of the Best of the Best.

Bo's All Star talent brought him admiration from the community and he possessed the compassion of a Good Samaritan, willing to give up the last few dollars in his pocket so a homeless person could catch a ride on the city bus in order to stay warm during a cold blustery winter evening.

Along the path of life Bo learned how to inspire others on the field and off. He routinely offered tips to budding high school athletes who saw him as the picture of success. In gym class Bo would select the most challenged for his team and he would befriend those who were off the beaten path.

Those random acts of kindness coupled with intense competitive spirit, strength, and determination defined Bo to those sharing the world around him.

The recipient of the Bo Tkach Under the Helmet and Hat Scholarship should be attending a college, university, technical, or vocational institution. The candidate does not need to be athletically or academically talented but they do need to be extraordinary in other ways. The recipient should be well rounded, community minded, and have a sincere concern for others; someone who would defend those who could not defend themselves. This scholarship should reward the recipient for helping others when expecting nothing in return.

A total of nine schools will be awarded the Bo Tkach Under the Helmet and Hat Scholarship and the recipient will be chosen by the faculty. Each recipient will be awarded \$1.500.

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Sunday	Closed

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Reliability

Why use a fiber optic connection? Why choose PenTeleData? Reliability. Our fully redundant fiber optic network has multiple paths to major hubs in Ashburn, VA; New York, NY; and Chicago, IL. We have private peering agreements with major national content providers and cache servers to reduce network congestion. Interconnect agreements allow them to expand their footprint to serve multiple locations. All of this is supported by our 24/7 Network Control Center.

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We have a state-of-the-art datacenter with capabilities for a variety of server solutions, including managed mail, web, e-commerce, and virtual and dedicated hosting. Our datacenter has secure access, video surveillance, climate control, and uninterrupted power. We offer virtual server solutions, dedicated server solutions, email and application hosting, and Microsoft Windows and Linux based solutions. PenTeleData provides businesses with custom-tailored solutions and has the ability to adapt services to meet the specific needs of any company. In fact, we'll build fiber right to your business' front door.

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Affordability

Blue Ridge proudly participates in the Affordable Connectivity Program (ACP), a government program designed to help lower-income households get connected to internet service. ACP provides a monthly credit of up to \$30 towards internet service for eligible families, and both new and existing Blue Ridge customers may qualify. To learn more and confirm eligibility, visit brctv.com/acp.

Investing in the Future

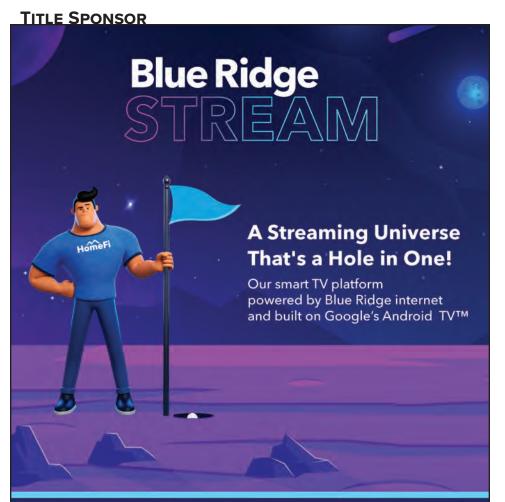
Blue Ridge prides itself in being an industry leader - providing innovative and best-in-class service through strategic infrastructure investments and partnering with forward-thinking technology companies to improve and expand their product offerings. Blue Ridge hires and operates locally within the communities they serve to provide the best customer experience in all aspects of service - from ordering service installation, to free service calls when needed. Their friendly, courteous team is there to serve you.

Active Local Community Member For Over 45 Years

Blue Ridge is more than just a local service provider, they are deeply connected to the neighborhoods they serve. Supporting a variety of local charities, civic groups, and local organizations - including the American Cancer Society, Friendship Community, Keystone Military Families Stockings For Soldiers, local Chambers of Commerce, and more. The Blue Ridge commitment to the community runs deep.

To learn more about Blue Ridge, visit www.brctv.com.





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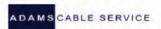
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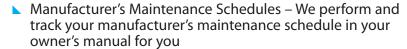
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We're proud to support the 16th annual Bo Tkach Memorial Golf Tournament and their efforts to create a stronger community by raising awareness of mental health, funding athletic programs and scholarships, and supporting mental health screenings and treatments.



THANK YOU FOR BEING A PART OF THE 16TH ANNUAL BO TKACH MEMORIAL GOLF TOURNAMENT!



Thank you to all our special guests and sponsors!

Without you we couldn't have made this day possible!

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