



The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.

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“Then followed that beautiful season... Summer... Filled was the air with a dreamy and magical light; and the landscape lay as if new, created in all the freshness of childhood.”

~ Henry Wadsworth Longfellow

SUMMER SPLASHTACULAR

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*except in July and August

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From the Editor...

Hello! I am Julie Kaupert your new publications editor, and I could not be happier to serve you. I have been publishing *Tabor Talk* for Sokol Tabor in Berwyn, IL for the past six years. I love what I do for them and will continue that enthusiasm with the National Publication over the next four years.

As we begin a new chapter in Sokol, many of us have continued to and taken on new responsibilities in the hopes to bring advancement to our beloved organization.

Please share your memories now more than ever. Soon we will be celebrating Sokol's 150th anniversary in America. No easy feat, but with your help, may another 150 years grace our presence. Join me in making this celebration special! Please continue to send a memory, article, newsletter or calendar of event to: editor@american-sokol.org all year long.

NAZDAR!



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President's Address – The Birthplace of Sokol

Greetings from the Czech Republic!



Recently, as many of you know, I was elected President of American Sokol and a new and enthusiastic group of leaders were elected to the Executive Board. It is an exciting time and we are looking forward to the next four years. I am writing this first President's message from Ceska Obec Sokolska in Prague, the home of our beloved Sokol organization. It is wonderfully fitting that I am in this special place as I compose my first thoughts for you for it is here that our founders, Tyrs and Fuegner, composed their first messages so many years ago. In this special place I am both inspired and heartened. I feel the spirit of our ancestors guiding me and encouraging me as I join you and we, together, write the next chapter in American Sokol history.

Being in the Czech Republic and at the birthplace of Sokol renews my commitment to rebuild and strengthen our ties with our Czech Brothers and Sisters. We are one family but we have drifted apart. Going forward, I hope to forge a new and better alliance. While we each have our own identities, our own strengths, our own weaknesses, in the end we are all Sokol, we are one family, and together we are stronger and can achieve so much more than we can individually. To this end, while I am in the Czech Republic before the World Sokol Federation meeting, I am meeting with Czech Sokol members and leaders, I have spoken at a High School, and am meeting with Ministry Officials from the Czech Republic. I have received a warm welcome and am encouraged about our future working together.

While we need to nurture and develop those relationships rooted in our history, we must also look boldly to the future and find new and creative ways to open up Sokol to the world, expand and diversify our membership, and constantly seek out new programs, both Sokol wide and community specific. While we are one as American Sokol, we are comprised of many parts and each individual Sokol is unique. National programs are important in that they bring us together help us establish our national identity. However, we will only grow stronger nationally if we strengthen our individual units. We need a renewed effort to encourage each unit to express its own identity and explore its own unique programs that will encourage membership and provide activities and services relevant to that specific community. The stronger each unit, the stronger we are as one.

For American Sokol, this is a special and historic time. We have not only elected our first woman president, but we will be celebrating our 150th anniversary in 2015! We have come a long way! We, the Executive Board, look forward to celebrating many great accomplishments with you over the next four years. And, as I sit here in the historical home of Sokol, I can feel that we have many accomplishments to come and much history yet to write.

As President, I not only welcome your input, I encourage it. As I have said before, and will say again, I can not do this alone. We are in this together and only together can we move Sokol forward to ever greater accomplishments. Please feel free to email me anytime with your thoughts and comments and I will respond. Most importantly, let us always remember that Sokol should be about fun and family. So, let's have some fun!

I hope to see you at the Sokol Canada Mini Slet at the end of June!

Sis. Jean Hruby
American Sokol President
jean.hruby@gmail.com





The Sokol Educator

from The National Education Committee

Valentine's Day in May? You bet!

May 1st begins the time of love in Czech Republic. Lovers find their way to the statue of Hynek Mácha and lay flowers for the romantic poet. The custom of kissing your love under a blooming cherry tree is also a popular custom, as well as the guarding of the May Pole. There are a nice number of celebratory traditions around this holiday, all quite charming and seemingly not tied to the date May 1st, but instead the month. Here is a translation of the popular poem *Máj* (May). While it will not be May when you read this article, why don't we celebrate love when you do happen upon it? We can dedicate June to our time of love of Sokol!



Karel Hynek Mácha: Máj (May)

Beginning verses, translation by Edith Pargeter

Byl pozdní večer - první máj -

večerní máj - byl lásky čas.

Hrdliččin zval ku lásce hlas,

kde borový zaváněl háj.

O lásce šeptal tichý mech;

květoucí strom lhal lásky žel,

svou lásku slavík růži pěl,

růžinu jevil vonný vzdech.

Jezero hladké v křovích stinných

zvučelo temně tajný bol,

břeh objímal je kol a kol;

a slunce jasná světů jiných

bloudila blankytnými pásky,

planoucí tam co slzy lásky.

Late evening, on the first of May -

The twilit May - the time of love.

Meltingly called the turtle-dove,

Where rich and sweet pinewoods lay.

Whispered of love the mosses trail,

The flowering tree as sweetly lied,

The rose's fragrant sigh replied

To love-songs of the nightingale.

In shadowy woods the burnished lake

Darkly complained a secret pain,

By circling shores embraced again;

And heaven's clear sun leaned down to take

A road astray in azure deeps,

Like burning tears the lover weeps.

submitted by Sis. Ethna Flaherty, National Education Director



If you have a Sokol Memory or photo send it to editor@american-sokol.org. We look forward to hearing and sharing your special memory.



REMEMBRANCES & REFLECTIONS OF JOHN SATEK

by Frank Michalek



Throughout our Sokol lives and careers we cross paths with many outstanding and great Sokol leaders, such as John Satek. We learn from them and they become mentors to many that follow. I for one, had known John for over 75 years, and we grew up in Sokol in our formative years as competitors in gymnastics, basketball, track and field, fitness and volleyball. Many Sokol members come and go and those who stay are survivors. Eventually they become emergent leaders, and in some cases are natural leaders.

John with his devilish and impish smile and large commanding voice and presence was one who never held back or shirked from accepting countless of jobs in his unit, district and national scenes.

One of the greatest assets and attributes of the American Sokol Organization is to work side-by-side with these great leaders, and then one day become one of them. John never asked anyone to do what he would not do himself. He set a high bar as an example for those who followed. He demanded excellence and responsibility in performance of duty, not only of himself, but also of others. He was instrumental in establishing many standardized operating procedures and policies and streamlined arduous tasks to make jobs easier and efficient. He also was gifted as a leader by getting down to the nitty gritty of grass roots work, and worked side-by-side with those under his command. He was a good listener and his legacy will long be remembered and passed on for generations through his wife Maryann, and his children Pam, John, Pat, Dave and their families. He and his family have contributed immensely to the future of the American Sokol Organization.

In 1955, Jerry Milan of Sokol Fort Worth and Henrietta Banfi of Sokol Tabor met for the first time as students at Sokol Camp St. Louis.

On April 27, 2014, immediately following the American Sokol convention, Jerry Milan and first born son Rome Milan visited the Sokol Camp in St. Louis for the first time since 1955.

Picture was captured by Southern District Sokol President Bob Podhradsky.



A Piece of Music History

Submitted by:

Br. Ed Chlanda, Sokol New York, Building Chair for Rentals and Repairs

Portions of the article, originally published in Sokol New York's March 2014 newsletter, is reprinted here with permission.

April 30, 1967

Over 47 years ago, Sokol New York rented their gym to an avant-garde music group, called The Velvet Underground, for a concert. The group included Lou Reed, who later reportedly became Vaclav Havel's favorite musician in New York City. Lou Reed died on October 27, 2013. He is noted for his experimental rock guitar music. He appeared on stage at Bowling Green years ago for a Czech flag raising on Independence Day. I wondered then why the fellow who wrote "Walk On The Wild Side" was there with Sokols and others. It was the Havel connection!

The manager of The Velvet Underground was one of the most well-known Slovak/Rusyn-Americans: Andy Warhol. Previously unreleased, the live recording of the concert at the Sokol New York Hall is part of an anniversary edition of the re-release of the band's second album, *White Light/White Heat*. The third of this three-disc release, known as *Live At The Gymnasium*, was released last year. The band is part of the long list of legendary persons who appeared at the Sokol New York Hall.

There must be a rental agreement, and minutes of the meeting that approved it back in 1967. Maybe it is filed away somewhere in the depths of the Rada Room. In a quest for funds to pay taxes, Sokol rented to not only the The Velvet Underground, but other groups, including the disco rental that enraged a competing discotheque enough to serve Sokol with a Molotov Cocktail (fire bomb) in 1971.

You can still see the scorch marks on the gym floor. When we replaced some ceiling tiles last summer, you could see some of the scorched beams 30 feet above the gym floor. The 1971 arson left gouges on the gym floor where the worst burns were sanded out. We need to replace that floor someday, but until then, every basketball and volleyball player has an excuse for missing an easy layup or pass.

A New Happening Discotheque Joins The Ranks of
Harlows • The Dom • Cheetah • Maxwells Plum • Fridays • The Jet Set

Opening TONIGHT
New York's Newest Discotheque

THE
GYMNASIUM

Music
Dancing
Lights
Drinks

Andy Warhol presents THE VELVET UNDERGROUND

WORK OUT AT
THE
GYMNASIUM

426 E. 71st Sokol Hall
Bet. 1st & York
Res. 777-2210

Sokol New York – "The Gymnasium" poster promoting The Velvet Underground concert at Sokol New York's Hall on April 30, 1967



AMERICAN SOKOL GYMNAST

*Pages 7-10 are specifically designed to benefit the gymnastic programs of the American Sokol.
Please pull, copy and distribute to your participants as you see fit.*

Kandi Pajer • 117 Oakland Grove • Elmhurst, IL • 60126 • Kandi@pajer.us

Safety Tips For Summer Workouts

source: health.com

Summer is FINALLY HERE! I enjoy being active during the summer and below are some tips to help you stay healthy! KP ;)

1. **Pick A Cool Time To Exercise** - Schedule outdoor exercise for the coolest part of the day. Check the weather for the upcoming week. Some days might be cooler in the early morning or around dusk, so try to plan your workouts, like running, around the low-temp points. Earlier in the morning or later in the evening are great options too when the sun isn't high in the sky, or better yet, before the sun rises or after it sets are good options as well.
2. **Dress Smart** - Wear light-colored, moisture-wick clothing that is lightweight and breathable, so it will pull moisture away from your skin, leaving you cooler and drier. Dark-colored clothing absorbs heat, so opt for light-colored gear. A thin hat or visor also helps keep you cool.
3. **Pick A Cool Place To Exercise** - Instead of running my usual three-mile loop, I seek out cooler, shady paths at a nearby park or along the breezy beach. Often times, it's quite a bit cooler than the streets of my neighborhood.
4. **Split Up Your Workouts** - On super hot days, it's sometimes tough to fit in a longer workout, so try dividing it into two shorter workouts. This way, I can still get my full workout in without overexerting myself.
5. **Cool Off Your Route** - Know of a few neighbors who water their lawns in the morning before they leave for work? Plan your route to pass by a few times so you can chill out a bit!
6. **Switch Up Your Routine** - When a heat waves strikes, it's tough to stick to my regular workouts, which often involve running. Instead of nixing exercise altogether, I choose cooler activities like walking, biking or swimming.
7. **Drink Lots Of Water** - Staying hydrated is especially important during hot-weather workouts, so I drink water all day and extra before, during and after I exercise. I also take a bottle with me on my long runs, so I can hydrate or even pour it on my head to cool off as needed.
8. **Move Your Workout Indoors** - When it's just too hot to exercise outside, I workout in my air-conditioned gym—might as well make use of that membership! If you don't belong to a gym, work out at home with a fitness DVD.
9. **Take A Cool Shower** - After an especially hot workout, I like to come home and rinse off with a cold shower. It feels great, and it's like an instant reward for my hard work!



Summertime Fitness

source: Health and Wellness/Women's Health



Whether you're a seasoned athlete who's been training all your life, or just getting started on a new exercise program, finding time to workout when the warm weather hits can become a rather daunting challenge.

Turn your summer fun into opportunities for fitness!

From ballgames to backyard barbecues, the warm weather brings many activities that can lead to more eating and less exercise. Life is not a dress rehearsal, and for most of us, giving up a day of picnicking on the beach or a sunny morning on the golf course for the dank artificial cool of the local health club, presents no real choice.

So go ahead, bring the kids or the dog to the park, spend the weekend at the shore, do whatever it is your heart desires while the sun sits high in the sky. Exercise and summer fun can go hand and hand—achieving a sort-of two bird with one stone effect. And by following a few simple suggestions, you can turn your day at the shore into fun and fitness.

Walk It Off - Instead of just lying on the beach all day, take a walk along the shoreline. The extra effort that it takes to walk briskly on the soft, sandy surface will contribute to the overall fat burning effect.

While vacationing at your favorite summer getaway, steer clear of cars and cabs, and walk wherever and whenever possible. Wear a pedometer and make a goal of 10,000 steps or four miles per day as you walk from various hotels, restaurants and other activities. This will help balance out the extra calories you may take in.

Play, Don't Lay - Get off that beach blanket and join in the fun—play some volleyball, toss around a frisbee, go for a swim, or bodysurf. Just don't lie there for four hours roasting in the sun. If picnicking with friends or family members, organize or join in a softball game, play horseshoes, folf (frisbee golf) or take a hike in the woods. Get in the middle of whatever happens to be going on.

When vacationing at your favorite all-inclusive Caribbean Island, you'll be offered to participate in an endless stream of events from an afternoon match of water polo to singing and dancing in a combination employee/guest Broadway like stage production. Don't pass the chance to make calorie burning this much fun.

Get Wet - Enjoy your fun time in the sun by splashing in the pool. Instead of just sitting poolside in the lounge chair sipping iced tea, jump on in and swim laps or gear up with a water jogger and have a non-impact run. You can even rally your family or friends to join you for a game of water volleyball or swimming races. If you're vacationing, take advantage of the hotel or cruise ship pool—some facilities even offer aqua aerobics classes. If you're beach bound, take a jog down the shoreline in knee deep waves—the extra resistance from the water will give you a tougher workout than a water-free run.

Try Something New - Though vacations and travel to new places provide the opportunity to do novel activities—fitness or otherwise—you can take up a new sport or type of outdoor exercise at home base, too. Take your bike to a local trail system and do a different trail every week. Strap on some rollerblades and stride beachside or through a park in your locale. Join an outdoor recreational group and enjoy the sunny fun activities available in your neighborhood. Instead of yoga class, do your yoga routine on a local hill or mountain top as the sun rises or sets. Simply make a goal of doing a new physical activity every week and you'll stay fit all summer long.

Travel Light - Bodyweight alone can provide all or most of the resistance you'll need to improve both strength and endurance, while at the same time burning fat and toning up the entire body. The addition of some very lightweight, inexpensive items can provide you with a level of variety, safety, and an overall more effective approach to staying fit. When traveling, you can get a workout by simply packing lightweight exercise tools and taking in the sights.

- Resistance bands, or tubing have been popular with physical therapist for years, as they offer a safe and effective way to challenge muscles when recovering from injury, without placing undue strain on surrounding joints. Lengths of tubing that come in various resistance levels, weigh almost nothing, and take up virtually no space in the most over-packed suitcase. When combined with a simple door anchor, bands offer a wide variety of exercise options. They're also are a great substitute for stationary and more expensive forms of resistance equipment.
- An exercise mat is a must-have. Put it between yourself and any hotel room floor. Inexpensive mats tri-fold, and fit nicely folded into a traveling bag. It can be used to do push ups on a sandy surface, or sit ups on an unpadded floor. A good mat provides solid traction and footing for many simple floor type exercises.
- A summer day spent walking around any big city or strolling through a countryside is a plethora of sights, sounds and beautiful experiences. Whether you're on vacation or simply need your daily outdoor fix, set out on foot, have a great time, and burn some extra calories with every step.

So go ahead and enjoy yourself. The amount of stress relief you'll gain from enjoying life will be well worth a few missed workouts. In the process, you can continue to exercise your body in a possibly, much needed, new fashion. You'll be surprised at how a few simple adjustments can keep you fit all summer long.

Travel Light Workout

This workout can be done anywhere (including at home), giving you no excuse to skip your daily exercise.

Push Up: Chest/arms/shoulders-Lie face down on the floor or mat, hands on the floor, palms down, slightly wider than shoulder width apart, and toes curled under on the floor. Your back and legs are straight. Exhale as you slowly straighten your arms and push your body away from the floor. Inhale, lowering yourself back down to the point where your chest comes within a few inches of the floor. Repeat to muscle fatigue (in the range of 10 to 20 repetitions). To reduce overall intensity, perform the modified push up instead of the classic version.



Modified Push Up-Everything remains the same as in the regular push-up, except the knees are bent and remain on the floor throughout the movement instead of the feet. Repeat to muscle fatigue (in the range of 10 to 20 repetitions).

Leg Raise: Abs/core-Lie supine on a mat or padded carpet, legs straight, both hands under your buttocks to help maintain the proper pelvic tilt (engages abs), while you press the lower back into the floor. With your head held off the floor a few inches, (if necessary, place a mat or pillow under the neck for support) exhale as you bring your knees to your chest. Inhale as you straighten your legs to a point where your feet are a few inches off the floor, then bring knees back into the chest. Ankle weights will increase intensity, while the knees can remain partially bent throughout the movement to reduce it. Repeat to muscle fatigue (in the range of 20 to 30 reps).

Cable Row: Arms/back/shoulders-Sit on the floor legs straight out in front of you, upper body upright and the resistance tubing wrapped around your feet (or other safe anchor). Grab onto the ends of the tubing with both hands, exhale and pull your hands into your abdomen, squeezing your shoulder blades together. Inhale as you slowly return to the starting position. Motions should be slow and deliberate. Repeat to muscle fatigue (in the range of 10 to 20 repetitions).

Rearward Lunge: Thighs/hips/buttocks-Stand with feet shoulder width apart, arms at your sides. Inhale and take a large step backward with the left foot to a point where your left knee is a few inches above the floor (or as close as you can comfortably go) and your right knee does not extend past the toes of your right foot. Your hands remain at your sides, gaze forward. Exhale and step forward with the left leg returning to the starting position. Finish all reps with the left leg before repeating with the right. To make the movement less difficult, alternate legs from rep to rep. Repeat to muscle fatigue (in the range of 10 to 20 reps).



Travel Light Exercise Guidelines

- Warm up with 5 minutes of walking or stepping in place
- Do all four exercises one, two, or three times through
- Rest from one to three minutes between each set
- Rest at least 48 hours before repeating the same exercises
- Combine with brisk walking/jogging on the same or alternate days



Gymnastic Tips for the Summer

I have had a lot of parents ask me what they can do over the summer that will help their gymnast. There are a LOT of things. The main thing is to keep them excited about the sport. Borrow books on gymnastics from the library, rent movies about gymnastics (American Anthem, Nadia, Stick It and a new Gabby Douglas Story- however I strongly advise parent to watch these movies first to decide if they are appropriate for your youngster), go to open gyms in gymnastic clubs in your area and encourage your gymnast to play in the playground!

A gymnast needs to be flexible. I tell my gymnasts to stretch while they are watching tv. Leg, shoulder and back flexibility are beneficial for all events in gymnastics. Have them sit in a straddle and reach as far out in the middle as they can (but straight knees are a must), they can then reach to their right foot as far as they can (but with straight knees) and then to the left. Seal stretches, laying with belly on the ground where the heels are together in the back and elbows are straight with the head up looking at the ceiling. And cat stretches, sitting on knees with tops of feet on floor, arms stretched out in front, chin and arm pits pressing into floor and (what I call) tail arching up to the ceiling. Getting the body into these positions will help your athlete and increase their flexibility.

A gymnast needs to be strong. Letting your child play on the monkey bars, swing on bars, climb on playground equipment and climb ropes will help them increase their arm and leg strength. Taking them to open gyms and letting them play on the equipment, jumping on trampolines stepping up and down obstacles and using all types of equipment will not only help them get stronger, but also make them more comfortable on that equipment!

A gymnast needs to have good balance. Once again, playing on playground equipment running on uneven surfaces, walking across wobbly bridges are all ways the athlete will improve their balance. Letting them explore and manipulate their bodies in different ways will help them become more aware of their body and be able to balance more efficiently.

A gymnast needs to have endurance. A young gymnast needs to have the muscular endurance in their feet and legs to be able to walk across the balance beam. They also need to have the grip and arm muscle endurance to be able to hold on to the bar during skill practice or when learning their routine. Letting your child play on playground equipment helps will all of these!

Bottom line-how can you help your gymnast maintain their gymnastics skills over the summer? Let them play and explore-physically-in as many ways and places as you can! You are not only going to help them learn flexibility, strength, balance and endurance, but you are also instilling the love of activity! Allowing a child to play is the best lesson you can give! Children learn by playing and you and your encouragement is a bonus! Who knows, maybe you will get in on the fun and action too! ENJOY!!!! KP ;)

Miss Czech-Slovak

The Miss Czech-Slovak US Pageant is on the search for the 2014 Miss Czech-Slovak US. For over 27 years the Miss Czech-Slovak US has been produce heritage ambassadors for all Czechs and Slovaks across the United States. Now, we are looking for more. The national website www.missczechslovakus.com has been updated with the 2014 Rules and Pageant Entry Form.

The goal of the Miss Czech-Slovak US organization is to award scholarships to young woman whom are excited to preserve our wonderful traditions. The Miss Czech-Slovak US pageant is the only heritage pageant where contestants completely 100% in kroj (traditional dress). An outstanding representative is proud of her heritage and enjoys speaking about her culture.

The Miss Czech-Slovak US pageant awards over \$10,000 in cash and prizes to contestants across the United States. The 2014 Miss Czech-Slovak US will win \$2000 cash and \$2500 towards a trip to the Czech or Slovak Republic. 1st Runner Up receives a \$1500 Cash Prize and 2nd Runner Up receives a \$1000 Prize. We also provide awards for Best Americanized and Authentic Kroj, Grand and Runner Up Talent, Best Oratory Skills, Lois Fiala Spirit Award, Miss Congeniality, Sokol Talent, and Heritage Involvement.

Contestants for the pageant must be single, female, aged 16-26, of Czech or Slovak decent. The pageant is held August 1, 2, and 3 2014 in Wilber, NE, located 30 minutes south of Lincoln, NE.

The pageant has 9 states with state pageant competitions (IA, KS, MO, MN, NE, OK, SD, TX, and WI) and all other states qualify through our at-large program.

There are four categories of competition private interview, kroj modeling, onstage interview, and talent. Talent presentations include a variety of skills including dancing, singing, presentations on heritage, poetry, orations and much more!

If you know a young lady who is excited to preserve our culture please send this email to them. You may discover the next Miss Czech-Slovak US! For complete information please see our website <http://www.missczechslovakus.com/>.

The Miss Czech-Slovak US organization is 100% volunteer organization. All of our prizes are generously donated by sponsors who see the important in preserving our colorful heritage. If you would like to join our sponsorship team, please contact myself or you donate online at http://www.missczechslovakus.com/our_sponsors.html

We appreciate sponsors at every level, a donation of \$25 will provide the funds for one queens weekend meals. Please help us continue this wonderful tradition.

If you would be interested or know a wonderful and talented young lady please feel free to forward this email or send appropriate contact information to myself.

Sincerely,

MaryElizabeth Lackey

Miss Czech-Slovak US Pageant Director

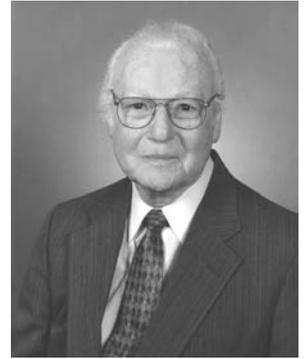
785-317-5010



HOT OFF THE PRESS...

ANNOUNCING A NEW BOOK: *Shifting Landscapes in Central Europe*

Czech and Slovak Sokol Minnesota and Czech and Slovak Culture Society of Minnesota are proud to announce the publication of *Shifting Landscapes in Central Europe*, The Czech and Slovak Republics and their Relations with the United States of America. A novel by Josef A. Mestenhauser (pictured right).



Dr. Mestenhauser joined Sokol at the age of six in 1931 in Czechoslovakia and has remained a member ever since. He escaped from Czechoslovakia in March 1948. After completing his higher education, he entered a long 60-year career in international education, during which he published more than 125 books, articles, and monographs. With the essays in this new book, he devoted his writing to his Czechness, together with his American identity. He is a Distinguished International Professor Emeritus of the University of Minnesota, Department of Organizational Leadership, Policy and Development. He became the Czech Honorary Consul in Minnesota, Iowa, North Dakota, and South Dakota during the visit of President Václav Havel to Minnesota in 1999 and remained Honorary Consul for ten years

The book is a collection of 52 essays that he started writing in 2007 each month for Slovo, the monthly newsletter of the Czech and Slovak Sokol Minnesota, and the website of the Czech and Slovak Cultural Center of Minnesota (CSCC). These essays are intended to provide quick snapshots about significant events in the Czech and Slovak Republics, and their relations with the United States, such as the fate of Lidice, the fate of the Czechoslovak gold reserves, the death of Jan Masaryk, the impact of the Munich Agreement, the absence of the Western powers during the communist coup d'état, the nature of Václav Havel's civil society, and others. The prospective audience is anyone who wishes to understand key developments that have affected relationships between these countries.

The boards of Sokol Minnesota and CSCC decided jointly to publish these essays in book and electronic formats for wider circulation. Mestenhauser has given these organizations his copyright so that proceeds from the sale can be used for educational programs of these two organizations. For more information about the book and the titles of individual chapters consult <cs-center.org>

These essays form a unified whole about a country caught in international intrigues, occupations, totalitarianism, and liberation as it strives to regain its place among the Western democracies based on Václav Havel's concept of civil society. Topics are researched for factual accuracy, and are interspersed with Mestenhauser's own experiences beginning with the Munich agreement that split the country, with the Nazi occupation, and with subsequent liberation. He occasionally includes accounts of his leadership role as a student leader against the rising influence and power of the Stalinist communist party facilitated in part by the lethargy of the Western powers. He returned to Czechoslovakia after some 45 years as a Fulbright Professor and continues to wonder what caused the communists to take power so easily, how people and institutions adjusted to totalitarianism, and what the impact was on the cognitive resources of the people.

The book can be purchased from the Czech and Slovak Cultural Center of Minnesota at cs-center.org in either soft-cover book at \$16.00+\$3.50 S&H, in CD at \$14.00+\$3.00 S&H, or as an online electronic version at \$12.00. Only pre-paid orders are accepted.

You've Got a Friend

by Lynda Filipello, National Public Relations Director

Greetings! I am your newly-elected Public Relations Director of the American Sokol. I may be new in this office for the 2014-2018 term, but public relations is a constant friend of mine. A friend that keeps reminding me to smile more, to put my best foot forward and to look for the good in every person I meet along the way. Of course, I was not always like this and there are times I fall back into bad habits, but I am working on it!

It is good to have a positive outlook on life in general, but there are those times that one has to look real hard to find that. This is where education in leadership comes in. We are all teachers as we meet the public, whether in the classroom or a casual meeting in a restaurant. We are the face of our community, our employment, our business, our club. Someone once remarked to me that there has never been a statue honoring a critic. Another speaker I heard remarked that criticism should not be personal. In other words, correct the act, not the person.

With that mind, I offer my first column for the American Sokol publication and ask that you respond to me with words of encouragement, and corrections where necessary.

As Public Relations and Marketing requires a lot of communication between each unit, district and the public, we need to be sure that the message content is accurate, tells the story, involves the contact and a host of other factors. We want to engage our members and the public about our programs, our history, and our future. We want the public to join us in growing our organization to not only maintain our programs, but also to enlarge our image.

We have several manuals that will enhance your concept of the Sokol organization. Guidelines for Developing a Successful Sokol Gymnastics Instructor, Volunteer Management Resources, Safety and First Aid Education, Fundraising Resource, Mentoring Program, Social Programs to name but a few. If your unit does not have these manuals, please ask your director to contact the office www.american-sokol.org for more information. Flash drives were given to each unit that attended the convention in April.

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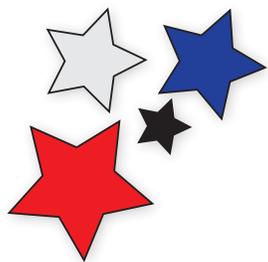
It was brought to our attention, the following name was misspelled in the past issue. We truly regret the mistake.

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RISING STAR:

GRETCHEN VENCLOVAC

Submitted by Jane & Howie Wise

It is with great pride we present Gretchen Venclovac as one of our Rising Stars from Sokol Greater Cleveland. Gretchen is a very conscientious and caring person. She is very dependable and organized and efficiently performs any task she is given to do.

Her excellent communication skills assist her in having a good rapport with people of all ages. She is always willing to offer her assistance and we know that any job she is given will be done quickly and completely.

Gretchen was enrolled in our Tots class at the age of 3 and has been a dedicated class participant ever since. She has participated in every National Slet since 1991 and also several COS Slets in Prague. Throughout her middle and high school years she readily volunteered to assist in our Girls and Tots classes, she helped at numerous fund raisers, and organized social activities for her peers. Gretchen attended 4 National Instructors Schools as a Junior Girl starting with Beginners and finishing with Advanced II.

Upon graduating from college Gretchen was elected to a position on our Board of Instructors which she has continued to hold for the past 10 years. Gretchen also served as our Educational Director for one year and has been a member of our Board of Directors and Nominating Committee.

On a national level, Gretchen was an instructor at the American Sokol National Instructors School for 4 years with her main responsibilities being teaching Calisthenics, Singing, Marching, Sokol Organization and Tots Class organization. She also served for one year on the National School Board.



Gretchen received her Bachelor's Degree in Music Education from Heidelberg University and is currently completing her Masters Degree in Music Education. She has been the Choir Director at Independence Middle School in Independence, Ohio for the past 10 years. She is the Director of 3 choirs, plus a show choir and also directs the school musical each year.

Gretchen has been our Tots Class Instructor for the past 9 years leading a group of 40+ Tots every Saturday morning. Gretchen also was the Coordinator for the Tots cal in Milwaukee.

Gretchen was married in 2008 to her husband, Bob and they have a 3 year old son, Nolan, who just joined the Tots class. They are expecting their second son this August.

Gretchen is a huge asset to our organization and we are proud she is a member of Sokol Greater Cleveland.



Mark your Calendar

Events around the American Sokol

Get your event featured! Email editor@american-sokol.org

June

- June 1** **Northeastern District Summer Gymnastical** – Sokol Detroit Camp, South Lyons, MI
- June 9-13** **Czech and Slovak Sokol Minnesota Children's Cultural Day Camp** – For boys and girls ages 7 to 14. Ethnic cooking and crafts, Czech language, n gymnastics, and more. Questions: 651-452-6240. Registration forms at www.sokolmn.org
- June 12** **Central District Special Number Clinic** – Sokol Spirit, Central District Office, Noon
- June 13-14** **Southern District Slet**
- June 22** **Sokol Greater Cleveland Sunday Sokol Dinner** — Duck, 1-2:30pm
- June 26-29** **Sokol Canada Mini Slet**
- June 29-July 13** **American Sokol Instructor School** — Hosted by Sokol Greater Cleveland; Contact your District or Unit Director

July

- July 4** **Sokol Detroit Camp** — Fourth of July Picnic
- July 19 & 20** **Sokol Detroit Ethnic Festival** — Sokol Cultural Center
- July 27-Aug 3** **National Sokol Camp** — Detroit, MI



American Sokol Deadline

Send your submissions, articles, events and photos to editor@american-sokol.org by the 1st of the month prior to the publication issue! For example, send items you want included in the October issue no later than September 1st.



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