

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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Merry Giving

Happy Thanks

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SAVE THE DATE: 150th Anniversary Weekend and Gala NOV-13-15th, 2015 – Chicago IL

Preparations are underway! We will create a special Facebook Page and link to information on the website for you to access all of the information. Plan your trip now... it will be a moment to remember.

Note: I must first make a correction to my last letter. The correct name for the Consul General from Los Angeles is Michal Sedláček. I apologize for the error.

No Surprise - one of our best assets....

I have always believed that our cultural heritage is one of our greatest assets. My recent travels have more than confirmed this and I am encouraged by the concerted efforts to not only be true to our heritage, but to use it in the development of programs and events that keep current members coming back and attract new members.

Recently, I made my way to the Northeastern District annual meeting in Fremont, OH. It was my pleasure to once again meet with the leaders of one our districts, hear firsthand of their activities, and respond to their questions and concerns. This meeting was special in that an historical event occurred that affects all of us and teaches us that time heals and, in the end, we are one family, one Sokol. At the meeting, Sokol Ceska Sin was officially reunited with the Northeastern District, its original home district. In welcoming home Sokol Ceska Sin, the Northeastern District welcomes an old family member and they are stronger for it. For the Central District, this is a bittersweet event because the Central District has enjoyed its many years with Ceska Sin and has developed great relationships with that unit. It is an exciting time for the Sokol Ceska Sin and the Northeastern District!



In my last letter, I told you how the Pacific District's core programs lay in their traditional Czech/Slovak camp, their picnics, and their recent affiliation with the Czech schools. Now, I am thrilled to report that the Northeastern District's calendar is filled with successful culturally-based programs that include not only their strong physical fitness programs and competitions, but also their pork dinners, folk dancing, Czech Festival in Detroit, programs at the Greater Cleveland Theater (which just performed a rendition of the Good Soldier Sveik!), the Mikulas party, Cesky Den, the DTJ Farm picnic, and on and on. I am impressed with their drive to keep Czech cultural programs alive and I am seeing similar efforts in other units. I am also not surprised to hear that almost all units realize their best results from their cultural programs. Our culture truly is our best asset and generates our greatest returns.

Despite the success of our cultural programs around the country, I have heard many members express concern that the cultural aspect of Sokol will diminish, including the use of Czech and Slovak flags, anthems and customs. I say to them, we cannot and will not allow this to happen. To abandon our roots would be the beginning of the end for Sokol and would dishonor our forefathers and diminish their sacrifices. That being said, this is not the world of our forefathers. Countries and cultures are more closely linked today than ever before. We cannot close ourselves off to the rest of the world nor should we deprive ourselves of the beauty of other cultures. An insular culture, even one as strong as ours, closed off and unwelcoming, will surely die. We can remain true to our roots while, at the same time, embracing other cultures and finding ways to welcome them into our fold. Cultures are enhanced, not diminished, when they reach out, open up, and share the best that each has to give. This we must do to remain vital in today's world. And, it can be done while still being true to ourselves and our culture. So, for anyone wondering if the Czech and Slovak history and culture are at risk in our units, rest assured, they are not. Our history is our bloodline – it is what made us who we are; we will not forget

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The Sokol Educator

from The National Education Committee

Holidays the Healthy Way

This holiday season is already in full swing with the passing of Thanksgiving! Did you overindulge? Stuff yourself with stuffing? If you did, you are not alone! However, don't think that your health and fitness regime is lost as we approach December. There is still plenty of time to make health-conscious decisions as you veer into the territory of popcorn tins, candy cane bark, and eggnog!

Here are some tips for making healthy eating choices at holiday gatherings:

- Focus on portions! Use a plate if you can, and avoid communal cocktail dishes. It's often easy to forget just how much of a fattening or unhealthy dip or appetizer you've consumed when you "graze", continually eating one at a time.
- If you're traveling, throw some granola bars, almonds, etc. into your bag. Often road or airport trips can be derailed by a quick stop at a fast food restaurant.
- Think about ways to modify your favorite holiday recipes. Do you LOVE buffalo chicken dip and can't imagine watching the big game without it? Believe it or not, the recipe for gluten- and soy-free version below tastes EXACTLY like your favorite fattening version!

During cold, dreary months, it's often hard to exercise. Make a choice this holiday season to insert a new and healthy family tradition! You can organize a touch football game with family and neighbors. Or sign up for a holiday-themed 5K walk/run, for example, New York's Midnight Run on New Year's Eve. Why not go skiing or sledding with the kids.

Recipe for Buffalo Chickpea Dip *(You'll swear it's the real thing!)*

- | | |
|---|--|
| 1 15-oz can white beans, drained and rinsed | 1 cup raw cashews |
| $\frac{3}{4}$ cup original Frank's Red Hot sauce | $\frac{1}{2}$ cup unflavored, unsweetened non-dairy milk |
| 2 teaspoons lemon juice (about $\frac{1}{2}$ lemon) | $\frac{1}{2}$ teaspoon onion powder |
| $\frac{1}{2}$ teaspoon garlic powder | Ground black pepper |
| 1 rounded tablespoon nutritional yeast | 1 teaspoon fresh, finely-chopped parsley |
| Kosher salt | 1 cup Daiya cheddar-style cheese, divided |
| 1 15-oz can chickpeas, drained and rinsed | |

Preheat oven to 375 degrees. Add the beans and cashews to the bowl of a food processor. Pulse several times to break them up a bit. Add the hot sauce, non-dairy milk, lemon juice, nutritional yeast, onion powder, garlic powder, and a pinch of black pepper. Process until the mixture is entirely smooth (this will take several minutes), stopping to scrape down the bowl as necessary. Adjust salt to taste. Scrape the bean mixture into a bowl and stir in the parsley and chives to evenly distribute. Stir in the chickpeas and $\frac{3}{4}$ cup of the Daiya. Transfer the dip to a 9×9-inch square baking dish and sprinkle the remaining $\frac{1}{4}$ cup of Daiya on top. (Note: Dip can be made up to this point a day or two ahead. Cover with plastic wrap and refrigerate until ready to heat and serve.) Cover baking dish tightly with foil and bake for 30 to 35 minutes, until warmed through. Serve with tortilla chips or veggies for dipping.

submitted by Sis. Ethna Flaherty, National Education Director

Jan (Johann) & Beata (Blanche) Tesar

Sokol
Memories

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.



By Zdenka Kizkan (Tesar)

My father Jan (Johann), was born Sept.13, 1883 in a small village Malinky, South Moravia. He started Sokol in his small village when he was quite young, maybe about 15 years old. The organization was established by Miroslav Tyrs and Jindrich Fugner in 1862, so my father was an early admirer of their teaching.



Jan joined then Sokol in Brno (Morava) and became an instructor of Young Dorostenek. After some tumult caused by rebelling the Austria-Hungary Regime, he arrived in New York in 1906 and of course, joined Sokol Delnicky there. He became the instructor. On insisting of the opera Diva Emma Destinova, his Sokol members took part in the production of Prodana Nevesta (Bartered Bride) at the Metropolitan Opera House. I believe this was the highlight of my father's life. He was also involved in Sokol Jonas.

By 1922 in Chicago he was active in Sokol Rozvoj and 1923 Sokol Slovan. In 1925 he was married to his love of his life Beata (Blanche) Tesar and the whole family were involved in Sokol Chicago. They often talked about trips to the New Buffalo Sokol Camp. But 1931 father took his family back to the new country Czechoslovakia, so that his family was able to meet his children. They settled in Korycany, which was mother's hometown and the whole family got involved with Sokol there. I remember those "Verejne Cviceni" in summer. Where we were awarded with a hot dog in one hand and

houska (bun) in the other! Best ever! My father became involved with the youth group, dorostenci and many of them still remember him as "tata" as he took them on hikes and camping.

During the Nazi occupation, which was not kind to my father, with his honesty and rebel attitude. He was imprisoned and after the trial was sent to Hard Work Camp in Germany for two years. But with his discipline, learned during his Sokol years, he survived and after the death march from one camp to another was discharged from Hamburg Penitentiary. He walked, hitched rides and arrived home in 1945 day before Easter!

By 1948 we were back in Chicago and Sokol Chicago became again "Our Home" and father was back in his glory! He was always Sokol till the day he passed on March 17, 1977.

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Turning Passion Into Profit *by Julie Kaupert, Editor*

Building upon a person's passion is the key to success. Sis. Kathy Barcal of Sokol Spirit became interested in spinning. After taking classes and loving the workout, she looked into becoming an instructor. She presented the idea to her Sokol Spirit BOI with intent to become certified to start teaching a class, and purchase spin bikes. Sis. Barcal completed the classes and gained her certification which costed \$295, sponsored by her unit.

Sis. Lauren Wilt was able to secure a grant of \$5,000 through American Sokol to fund the equipment purchase of six spin bikes. Sis. Barcal hopes to find a

way to purchase two more, and yoga mats. "If I didn't enjoy it, I wouldn't do it," she said. Currently, she has five class members, two of which are new to Sokol.

During the October Development Conference, Sis. Barcal informed the session crowd of how she came to be certified and brought the class to Spirit. She then led an intense workout, experienced in intervals by several of the session attendees (*see image below*).

Spirit now offers a six-week session of classes for \$60, Saturdays at 9 a.m. Kudos to Kathy!



continued from page 3

this as we move forward in this new world.

By the time you read this, I hope to have visited the Southern District and, and of course, I will be home for the Central District annual meeting. I am committed to reaching out and listening to all of your thoughts, plans and ideas. Going forward, my goal is to attend an event or meeting in each district to meet with as many members as possible, learn about your programs, and discuss Sokol business of interest. I believe these visits are an important element in our effort to make Sokol stronger by bringing us closer together through the national office. While my dream would be to attend every big event, please understand that is not possible. Please accept my apology in advance if I am unable to attend one of your events.

If I could be with you all right now celebrating the end of 2014 and looking forward to our 150th year, I would hold up my glass of Pilsner Urquell and toast you all for your efforts to keep our traditions alive – Na Zdravi! I wish you a safe and happy holiday season. See you in 2015!!!

Nazdar! At žije Sokol!
Jean Hruby, President



AMERICAN SOKOL GYMNAST

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FIT for the kids

Healthy behaviors impact childhood obesity

By Hannah Prokop from *Suburban Life Magazine*

Many of us struggle to stay fit. We watch what we eat. We try to exercise more than occasionally. And we have begun to pay attention to things like cholesterol and blood pressure. Part of it is age. But these days, many of the people facing a fitness struggle are just children.

In DuPage County, 29.6 percent of students were overweight or obese and 14.2 percent were obese in the 2012-2013 academic year. The DuPage Regional Office of Education, DuPage County schools and FORWARD collected data from 30,594 students in kindergarten, sixth and ninth grades to find these results.



Now the efforts of FORWARD, (fighting obesity reaching healthy weight among residents of DuPage) are having a positive result on obesity prevention Ann Marchetti, Consulting Director for the FORWARD initiative, says. Starting two years ago, there was a decrease in DuPage County student's BMI, body mass index, Marchetti says.

She says that instead of talking about children being obese, FORWARD focuses on healthy behaviors and reaching a healthy weight. "Eat better and move more..."

Marchetti says. "What we try to do is not be so demanding of our requirements. Kids need to get out and move, and they should do what they like to do and what they're good at."

Education is a key part of reaching a healthy weight, Marchetti says, but if families do not have a healthy community and a healthy neighborhood to practice these habits, they likely will not do it. Parents can keep their children involved and healthy by having them help prepare their own lunches, talk about foods that will fuel their body and cook together as a family, Marchetti says. Playing together as a family, getting outside, taking walks and riding bikes are also healthy habits for families to practice.

Another program that helps to reduce childhood obesity is ProActive Kids, which has locations throughout the Chicagoland area. (Please look up programs such as these in your community.) ProActive Kids is an eight-week program for children struggling with weight. Children attend the program three days a week to receive fitness, nutrition and lifestyle coaching. On Fridays, families join their children for the lessons.

Nicki Klinkhamer, executive director with ProActive Kids, says that sometimes parents already know their child is obese, and sometimes they need to be told by a doctor. There are a lot of factors that contribute to childhood obesity, Klinkhamer says, including an increase in fast food restaurants and the accessibility of prepackaged and bulk food. If parents see an increase weight, they should keep an eye on what their children are eating and their activity levels, Klinkhamer says. "You have to really be in control with what they're eating," Klinkhamer says, adding that food can be an addiction, even at a young age. "Number one, watch those portion sizes," she says.

The National Heart, Lung and Blood Institute's website gives estimates for calorie requirements for different gender and age groups at three levels of physical activity—sedentary, moderately active and active. The complete chart can be found on the website. <http://www.nhlbi.nih.gov>

Another part of preventing obesity includes reading food labels and understanding what goes into your children's bodies. Klinkhamer suggests adding fruits and vegetables to children's diets, and keeping children involved in the process. "Get your kids involved," Klinkhamer says. "If they don't like something, talk to them about something they will eat." Physical activity also is important in preventing obesity. Increased screen times are keeping children inside, on Facebook and playing video games, Klinkhamer says. Children need an hour of rigorous physical activity every day, she says.

LEARNING TO LISTEN

From *Parenting Magazine*

Learning to be a good listener is a critical skill. Kids need to learn to be active listeners (here's how I teach it in the classroom) and adults need to remember to be good listeners too. But there are also things we do as we speak to children that may increase or lessen the likelihood that children will actually be listening.

Here are 6 ways we may be unintentionally telling kids NOT to listen, and how to correct that:

1. Making it Sound Optional

Sometimes we give a direction, but present it as a choice. "Do you want eat your dinner?" "Pick up your shoes, OK?" In our adult world we know the subtleties that imply that these aren't really optional, but that's all lost on kids. Make directions...well...direct. That doesn't mean we have to bark or be impolite. In fact, studies have shown that kids respond best to directions that are spoken softly and worded positively. Instead of the ambivalent examples above, try: "You need to join us for dinner now." "Please pick up your shoes. Thank you!"

2. Creating the Wrong Picture

Like I mentioned above, kids respond best when directions are worded positively. I call this "Say What You Need to See" in my ebook and parenting ecourse. If the directions you give are painting a mental picture that is opposite of what you want, or that doesn't clarify what you need, kids are likely to misread your directions.

Here's an example: "Don't bounce in your seat." The visual image created is still of someone bouncing in his seat. I can't tell you how many times I've seen this type of instruction given to a group of children, and not only do the original bouncers not stop, but the whole room suddenly begins to bounce as the silly verbal image of bouncing has crept into the minds of everyone in earshot.

Instead, "Please be sure your bottom is in your chair, your feet are on the floor, and your eyes are on our speaker. We want to be polite listeners for our guest..." The verbal image is of what you DO want to see. There is less misunderstanding and you're not swimming upstream against the visual of what you DON'T want to see.

3. Avoiding Eye Contact



Adults are busy. But when we don't take the time to get on a child's level when we're talking, it's less likely the child will take in what we have to say. It's not always that they're choosing to ignore us, it's that they haven't really been invited to listen yet. Stop moving, get low, make contact, and you'll be surprised at how much more attention you get! (Jillian, of A Mom with a Lesson Plan, has an outstanding post that makes the difference very clear!)

4. Saying Too Much

Young children often have trouble processing multiple steps of instructions given all at once. When we find kids aren't following our directions, it may be a sign we need to scale back and give only one or two instructions at a time. Sometimes that means slowing down and pausing after each instruction to allow them time to process. ("Make sure your hands are in your lap *pause*, your body is still *pause* and your eyes are looking at the speaker *pause*.") Sometimes that means having them check back after each task. Sometimes it means drawing out the steps on a picture checklist to help kids work independently, but on just one step at a time. Or perhaps it means politely asking kids to repeat your instructions back to make sure they've heard each part.



5. Forgetting to Connect

We adults are doers. We jump right in and get to work. But when we want kids to listen, they need to first know that we care. Part of connecting is what we covered in point 3. But it also means validating emotions (“I see that you’re feeling...”) and using elements like humor and storytelling in the way we talk with them to make real connections and draw them in.

Here’s one example. When my oldest would get upset that his younger brothers were ruining his Lego structures, my knee-jerk reaction was to simply point out that he’d left them out where they could get them. Didn’t accomplish much. I’m not sure he even heard anything, other than that his mom was saying it was his own fault. Then he approached my husband.

My husband acknowledged his frustration, curled up with him, and launched into a story from his own childhood. “You know your Uncle Roger? He is my little brother. And when I was little I loved to do puzzles. Well, of course, when Roger was little, he liked to take some of the pieces... So then Grammy said I could do my puzzles in that room with the door shut so that Roger couldn’t get to the pieces. Can you think of a place where YOU could work on your projects without YOUR little brothers getting to it?” Much more effective.



6. Failing to Follow Through

Words lack meaning, when we lack action. When we state a boundary (“Throwing balls needs to happen outside, not inside.”) but then allow it to be ignored, we will continue to be ignored as well. As we set limits in the future, they’ll continue to be challenged. When you say, “We need to brush teeth after story time,” make sure that’s what happens. When you say, “I won’t let you climb on the table,” be sure the child is removed each time she climbs up.

2015 Western District Officers



From left to right in front of beam: Mary Cahill, Western District Men’s Director from Sokol MN; Barb Seefus, WD Recording Secretary from Sokol Omaha; Deb Allison, WD Education Director from Sokol Cedar Rapids. From left to right Second Row behind beam: Theresa Vernon, WD Women’s Director from Sokol Crete; Joan Sedlacek, WD Historian from Sokol, MN; Dan Rannels, WD President from Sokol Omaha; Shelly Cairns, WD Treasurer and WD Financial Secretary, Sokol Cedar Rapids; Allison Gerber, WD vice president, immediate past WD President, and chair of the XXIV 2017 American Sokol Slet, Sokol Cedar Rapids

A Benefit to Being a USA Gymnastics Member Club

by Christina M. Wurst, Sokollice Tabor Co-Women's Director

Sokol Tabor, through the Sokol Tabor BOI, is a USA Gymnastics Member Club. Member Clubs were eligible for grants to create special events celebrating National Gymnastics Day on Saturday, September 20, 2014. A couple weeks after completing a brief online application, we were thrilled to receive an email indicating that we were one of 34 Member Clubs selected to receive a grant from USA Gymnastics and Right To Play to support our charitable efforts on National Gymnastics Day. The amount awarded to us was \$500.

This year, USA Gymnastics partnered with Right To Play whose mission is to use sport and play as a pathway to educate and empower children. We were required to incorporate a goal teaching a life lesson, and we choose the gymnastic skill and life lesson of balance. Through our artistic gymnastic stations, educational nutrition presentation, and BBQ with playground games, we promoted good health, life and sport skills, and self-esteem.

We centered our fitness element on the gymnastic skill of balance. During the morning Tots class, the coaches set up stations teaching log rolls, bear crawl, crab walk, frog jump through hoops and low beam. With this age group, these activities worked strengthening their core so as they grow, they will be able to maintain their balance. The class also did parachute activities, freeze dance, and relay races tying in the Right To Play initiatives.

Then, for the youth/teens, three stations were set up: pommel horse and mushroom – balancing with hands (#1), low and high beam – balancing with legs (#2) and floor ex – balancing on hands, legs, and heads (#3), with two coaches at each station. The participants were split into 3 groups, all ages, mixed male/female, and rotated in 15 minute increments.

During the education presentation, we reviewed the skills they did at the various stations and incorporated and encouraged that not only do they need to balance in the sport of gymnastics but also balance school, with sports and extracurricular activities, time with family and friends, and to carve out time to balance themselves with proper nutrition, exercise, and sleep. A Choose My Plate video clip on proper nutrition was played.

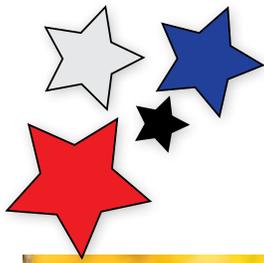
We concluded with teaching the participants our Sokol “Nazdar” greeting. Then they were dismissed to enjoy the playground games and hearty BBQ. We partnered with Elite Rehab Oak Park, a family-based practice with a special focus on sports injury and prevention, pediatrics, and wellness care. They provided free posture checks. Upon departure, participants received a gift bag containing a certificate of participation, coloring pages, nutrition information, Sokol stickers, a mini-water bottle, granola bar, and a Sokol Tabor nylon Frisbee. A photo poster was displayed in our gym to show members and visitors the event benefits. Thank-you cards were personalized and mailed to the coaching staff for taking the time out of their day to assist in making our celebration a success.

Overall, we had a blast and the consensus from the coaching staff was that our National Gymnastics Day celebration was a HUGE success. I personally saw first-hand the effect our event had on the children, parents, and coaches as there were many smiling faces throughout the day! We look forward to participating again in 2015.

Statistics:

- There were 12 Tots in attendance during our Saturday morning class.
- Total participation over the course of our event: 107
- There were 10 Sokol Tabor Coaches/Staff in attendance.
- There were 35 parents that enjoyed the playground games and BBQ.
- There were 27 Sokol Tabor gymnasts in attendance for the apparatus stations.
- There were 14 Bring-a-Friend participants for the apparatus stations and an additional 9 friends that joined in the playground games, thus bringing 23 children outside regular gym athletes in attendance and introduced to gymnastics.





RISING STAR: AUTUMN STANEK

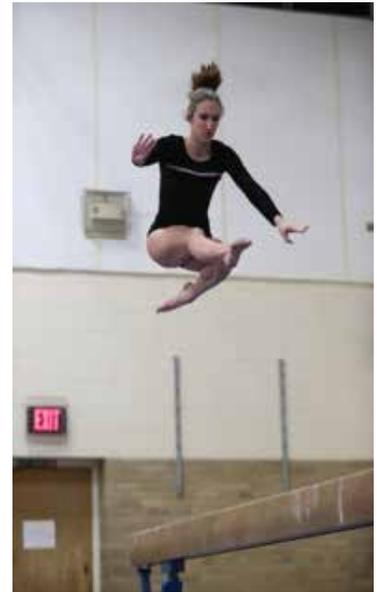
Submitted by Lynn Conrad



Autumn started gymnastics when she was three years old. Her parents also had her playing soccer but all she did was cartwheels and handstands on the soccer field. She competed her first gymnastics meet at the age of five. Autumn's family then joined Sokol Detroit in 2000 where she became part of the girls class. The 2001 Sokol Detroit Slet was Autumn's

first slet, in which she competed. She continued to compete gymnastics in the USAG program for the next several years. In junior high school she was a cheerleader as she continued her gymnastics.

She spent the next four years on the high school gymnastics team and was voted captain her junior and senior year. In addition to gymnastics, Autumn also lettered in varsity field hockey and track where she was three-year all-city in hurdles and long jump. Autumn currently coaches the girls class and team program at Sokol Detroit. She is very enthusiastic and passionate about making a difference in a child's life. Her responsibility has allowed her to be certified as a R102 and R103 USAG coach. She is currently enrolled at Henry Ford Community College where she is studying Physical Therapy. Autumn continues to be a primary coach in our Sokol program and we are happy to have her coaching.



On September 13th Sokol Greater Cleveland Czech Dancers performed at the Czech Cultural Garden during One World Fest in front of hundreds attendees from over 30 nations. They also participated in the "Parade of Flags" seen by thousands more. Thank you SGC Dancers for advancing Czech culture to the rest of the world . Photos by Paul Burik



A Sesquicentennial Celebration

Yes, we do have a reason to celebrate. We are in a special group of community-oriented volunteer-based organizations that have survived for 150 years in the U.S.A.

More than survive, we have continuously contributed to the physical well-being of our fellows.

This year we are adding to our advertising campaign our traditional SEALS. These are a wonderful way to show your support and to open the door to our community. Many members continue to collect these seals.



Seals will be mailed to all members in November but you can purchase additional ones with this order form.

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Any Questions: Call: 708-255-5397 or **Email:** aso@american-sokol.org

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November 13-15, 2015

*150 Year Anniversary Weekend Celebration
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Events around the American Sokol

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

November

- November 1** **Central District BOI Annual Meeting** — Sokol Spirit, Brookfield, IL
- November 2** **Central District Delegate Annual Meeting** — Sokol Tabor, Berwyn, IL
- November 2** **Czech & Slovak Dinner Party** — Sokol Detoit, Dearborn, MI
- November 8** **Sokol Spirit Annual Spaghetti Dinner** — Sokol Spirit, Brookfield, IL
- November 8** **Fall Dance (Katerinska Zabava)** — Sokol Washington D.C., Washington D.C.
- November 15** **Annual Czech Holiday Fair** — Sokol Greater Cleveland, BNH, Cleveland, OH
- November 21** **Sokol Spirit World Beer Club** — Sokol Spirit, Brookfield, IL
- November 23** **Central District Girl's/Women's Volleyball Competition** — Sokol Spirit, Brookfield, IL

December

- December 6** **Central District Boy's/Men's Skills & Gymnastics Competition** — Sokol Spirit, Brookfield, IL
- December 6** **Saint Nick's Dance** — Sokol Greater Cleveland, Cleveland, OH
- December 6** **Sokol Christmas Party** — Sokol New York, New York, NY
- December 13** **St. Louis Czech Beer Festival** — American Czech Educational Center, St. Louis, MO
- December 14** **Central District Rhythmic Gymnastics Competition** — Sokol Chicagoland, Downers Grove, IL
- December 19** **Sokol Spirit World Beer Club** — Sokol Spirit, Brookfield, IL
- December 27-
January 3, 2015** **Family Ski Trip**— Sokol Washington, D.C., Burke Mountain, Vermont

January

- January 9-11** **Central District Skills & Progression Weekend** — Sokol Tabor, Berwyn, IL
- January 25** **IPDGC Meet** — Sokol Stickney, George Washington School, Lyons, IL
- January 25** **Annual Meeting** —Sokol New York, New York, NY



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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November/December 2014
Issue 9

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