

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

February 2015 | Volume 138 | Issue 2



B Coming together is a beginning; keeping together is progress; working together is success.
 ~ Henry Ford

A Alone we can do so little; together we can do so much.
 ~ Helen Keller

N Great things are done by a series of small things brought together.
 ~ Vincent Van Gogh

W We must learn to live together as brothers or perish together as fools.
 ~ Martin Luther King, Jr.

together

AMERICAN SOKOL

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Meets every 2nd Wednesday* at 7:30 pm CST

*except in July and August

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From the Editor...

When people band together, there isn't anything we can't do! I had the pleasure of witnessing a prime example of this recently at the Czech Beer and Wine Fest held at my home gym. Volunteers from Sokols Spirit, Stickney, Tabor and Town of Lake, along with several other organizations including United Moravian Societies, Chicagoland Czech American Cultural Center, Dobrovsky Club, Czechoslovak Musicians Club, Czechoslovak Allied Organizations, and others, worked together to pull off a great day of fun. Music, food, wine, and of course beer were flowing amongst the plethora of people that attended the all-day event from noon until midnight.

This was a celebration of culture, families and friends of the likes I've never seen. Everyone pitched in and made it a huge success. It was so encouraging to see so many people from our Sokol units, as well as other organizations, working together to benefit all. I wish that feeling onto all units, and Sokol as a whole, to remember why we do what we do to keep Sokol ideals and values, not just alive, but to help them thrive. Let's all band together in this historic year and keep up this momentum. Future generations are counting on us... are you in?

NAZDAR!



To Submit Items for Publication:

Email: editor@american-sokol.org

Postal Mail: American Sokol Editor, Julie Kaupert, 1333 W. Touhy Ave., #216, Park Ridge, IL 60068

Postmaster:

Send Notice of Undeliverable Periodicals to:

American Sokol, 9126 Ogden Ave, Brookfield, IL 60513



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

Meet me in St. Louis! It's time to celebrate!

On behalf of the entire Executive Board and Board of Governors, I would like to congratulate all Sokol organizations in the United States as we celebrate our 150th Anniversary of fitness, education, culture and social activity, which started in this country on February 14th, 1865 in St. Louis, Missouri. I will be traveling to Sokol St. Louis to join many of you on the exact day, February 14th, 2015, to launch the year of celebrations across the country. I hope to see many of you at your celebrations throughout the year, as well as in November when we close with a 150th Gala Weekend in Chicago. Let's make this a memorable year and share this great organization with the world by spreading the word of our success. We have so much to be proud of and much more to look forward to. Happy Anniversary! It's time to celebrate!



Next month I will present information to you about our national capital campaign and efforts to raise funding, increase membership and expand our exposure in the United States over the next 3¹/₂ years. The Executive Board will meet in Chicago the weekend of February 6-8 at a retreat to discuss our goals and develop our strategy to obtain these goals. It's all about keeping American Sokol around for another 150 years!

At žije Sokol! - Long Live Sokol

Jean Hruby, ASO President

***Correction to 150th anniversary T-shirt specs: UNIT NAME**

There is NO required number (minimum) of shirts ordered and NO extra charge for imprinting your unit name.

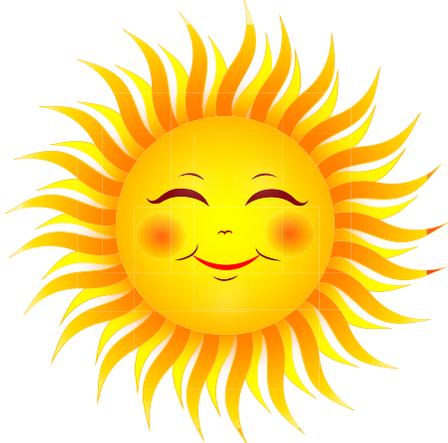
Remember to fill out and return the survey on pages 11-12 to let your voice be heard about what types of activities you want to see at the 150th anniversary celebration in November! Please return the survey to the ASO Office by March 10, 2015.



The Sokol Educator

from The National Education Committee

Early Spring Predictions in the United States and Czech Republic



Somehow February 2nd brings great hope for the end of winter and news of an early start to spring. All eyes turn to the “animal of the hour” Punxsutawney Phil! Will it be so sunny that he sees his shadow and runs back to his hole, leaving us all with six more weeks of winter? Will the day be cloudy and “shadow-less” so he decides to stay above ground marking an early start to spring?

Similar traditions are played out all over the world, including in the Czech Republic. (Interesting side note, most of these traditions tracing roots to a Celtic tradition of Candlemas.)

In the Czech Republic, the tradition is called Hromnice and it too falls on February 2nd. It is the weather that makes the prediction – with or without the use of an animal. Basically, if it is bright and sunny, we are in for more winter and if it is cloudy or stormy, spring is near.

Looking at My Czech Republic website, I share with you a few of the Czech Hromnice sayings. The translations were done by the website, so forgive me if you feel they are less than accurate.

- Svítí-li slunce na Hromnice, bude zimy o šest neděl více.
- If the sun is shining on Hromnice, there will be six more weeks of winter.
- Hromnice-li jasné, čisté, potrvá déle zima jistě. Pakli sněží nebo hřímá, jaro jistě v blízkou dlívá.
- If Hromnice is bright and clear, winter is sure to linger. If there is snow or thunder, spring must be near.
- Jihne-li na Hromnice, přilož do kamen; mrzne-li, po zimě amen.
- If the snow is melting on Hromnice, add more wood to the fire; if it's freezing, the winter is over.
- O Hromnicích déšť - na jaře sníh; o Hromnicích sníh - na jaře déšť.
- Rain on Hromnice - snow in the spring; snow on Hromnice - rain in the spring.
- Na Hromnice o hodinu více.
- On Hromnice, the day becomes an hour longer (than on winter solstice).
- Na Hromnice zima s jarem potkává se.
- On Hromnice, winter and spring meet.
- Na Hromnice musí skřivánek vrznout, i kdyby měl zmrznout.
- On Hromnice, the skylark must sing even if it were to freeze to death.



submitted by Sis. Ethna Flaherty, National Education Director

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.

Exhibitions and Slets of Years Past

by: *Sis Blanche Wostratzky, attending classes since 1933*

I have a very vivid memory of my first Sokol exhibition. I was only 7 years old when we performed in the Sokol Slavsky building (now the Olympic Theater).

At that time, we had our dressing room in the original gymnasium and then marched out into the theater section which was then a huge auditorium, not the movie house it became later.



We little ones sang "Já jsem malá Marianka, panenku mám ráda" ("My name is Marian; I love my little doll"), holding our favorite dolls in our arms. I remember the words to this day. The audience was on its feet in praise of our learning how to sing the Czech song and also performing at the same time.

But my most recent favorite memory of my 80 years in Sokol has to be the Praha Slet in 1994. As Communism released its grip, it was the very first time that Sokols from around the world were able to participate together in formal calisthenics in such vast numbers. One number was "Karneval" and was performed by approximately 1,400 women. Nothing can compare to the experience and thrill of this special number. Another favorite memory is the many years that a group of us taught Sunday morning classes for advanced gymnasts from our gym. Dick Ptacek, Bernie Babka, John Satek and I looked forward to volunteering our time to help these kids achieve higher levels. Our reward came when these exceptional gymnasts were awarded medals and trophies at Central District and national competitions.

25th Anniversary Celebration

by *Maryann Fiordelis*

A reception by the Consul General of the Czech Republic was held in downtown Chicago at Baker and McKinzie for the 25th Anniversary of the Velvet Revolution, on November 20, 2014. Several Czech dignitaries were present and spoke. A couple of the speakers commented that wasn't it ironic that here we are celebrating the Velvet Revolution and many Czech dignitaries including Jan Hamacek, Speaker of the Chamber of Deputies of the Parliament of the Czech Republic and David Herman, Minister of Culture of the Czech Republic, Prime Minister of the Czech Republic, Bohuslav Sobotka, and more were in the United States celebrating in various locations.



Back Row: Jan Polz, Sokolice Tabor, Ted Polashek, Sokol Tabor, Allen Cushing, National Foundation Director from Sokol Detroit, Irena Polashek, Sokolice Tabor, Barb Vondra, Sokol Stickney, Carl Fiordelis, Sokol Detroit

Front Row: Joan Curran, Sokolice Tabor, Vera Roknic, Sokolice Tabor, Judy Baar Topinka, Illinois State Comptroller, Sokolice Tabor, Paul LeBloch, Sokol Spirit, Mary Cushing, National Operation Advisor from Sokol Detroit and Maryann Fiordelis, National Physical Director from Sokol Detroit

Central District Rhythmics Competition and Skills Testing

by Beth McCloskey

Sokol Chicagoland recently hosted the Central District's annual rhythmic gymnastics competition "Rhythmic Rodeo" at the Elite Sports Complex in Downers Grove, IL. On December 14, over 80 girls and women from Sokol Chicagoland, Sokol Naperville Tyrs, Sokol Spirit, Sokol Tabor, and Sokol Greater Cleveland competed in the sport of rhythmic gymnastics in levels 3-6 and group. The events contested at this year's meet included rope, ribbon, and group hoop. Younger gymnasts not yet ready for level 3 had the opportunity to compete in the skills testing competition. At that level, they are tested on 3 skills in four different events (floor, rope, hoop, and ribbon). Gymnasts competing represented a wide range of ages from 5 years to 60+ years!



Chicagoland Level 5 gymnasts



Chicagoland skills testing gymnasts along with their coach, Andrea Scheirer



Spirit rhythmic skills testing participants



Naperville Tyrs rhythmic skills testing participants



Chicagoland Level 4 gymnasts



Chicagoland group hoop, masters division



Level 5 gymnasts from Spirit, Naperville Tyrs, and Greater Cleveland get final instructions as they prepare for the competition



Naperville Tyrs level 4 and group gymnasts, along with their coach, Florence DelCarlo



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

Happy Heart Month! Strength Training for a Healthy Heart

Authored By: Jana Sanford

From: The Motivation Alliance, Health and Wellness for the Alliance Community

February is the month for Valentine's Day and all things heart-shaped – and it's also American Heart Month! Keeping a healthy heart isn't just about running. Strength training yields significant cardiovascular system benefits and can reduce the risk of heart disease and other conditions. So get pumped to keep your heart pumping! Most medical and fitness experts would agree that aerobic exercise such as running, walking, cycling and swimming is the most important for building and maintaining a healthy heart and lungs, however, recent research including studies published by the CDC and the Journal of The American Heart Association indicate that strength training not only enhances the effects of aerobic exercise, but also has its own unique heart health benefits. Strength training improves overall health of the heart and lungs for all age groups while also increasing functional capacity for everything from daily living tasks (dressing, walking, carrying groceries, etc.) to sports performance. Moderate intensity dynamic workouts like gym circuit training with short rest intervals, will strengthen and tone the body and provide aerobic benefit. Current health and fitness standards recommend strength training 2 to 3 times per week using resistance (weights, resistance bands or body weight) that you can lift for 8 to 15 repetitions for 2 to 3 sets and working all of the major muscle groups (legs, back, chest, shoulders, arms, core).

So what will you get for the effort?

Benefits of Strength Training: heart rate, blood pressure, heart health, EKG

- Improves muscle strength
- Increases bone density & reduces risks of osteoporosis
- Increases lean muscle mass:

Maintaining lean tissue (muscle) requires more energy, even while asleep, than does fat. By building a higher ratio of muscle to fat, the body burns more calories even while at rest. Strength training increases your resting metabolic rate (RMR), which simply means more calories burned on a daily basis. It's a workout that keeps on working for you all day long!

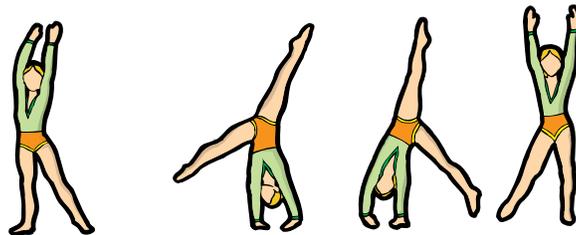
- Reduces resting blood pressure (particularly diastolic, DBP)
- Lowers LDL (bad cholesterol) while increasing HDL (good cholesterol) thus decreasing risk factors for heart disease
- Improves glucose metabolism reducing a key risk factor for diabetes
- Promotes posture and balance, reducing risk of injury
- Reduces stress which in turn can improve sleep



Love thyself this Valentine's Day! Whether you're new to exercise or a fitness buff, incorporate strength training for a healthy heart and a stronger, fitter you!

As with all exercise regimens, before starting something new, consult with your health care professionals. While strength training is generally beneficial, it may not be appropriate for some individuals and health conditions (post injury, post surgery, high blood pressure, pregnancy and other conditions may be risk factors).

Most people who make a conscious effort to begin a fitness routine decide to do physical fitness every day! This often sets the resolution up for failure. They may start off great, but when the schedule gets busy and everyday things start taking precedence, the first thing that stops is the new habit. My advice, is if you decide to begin something new-you not only have to begin gradually, but you also have to set a specific time and incorporate into your schedule. To begin a new "habit" you need to put it IN your calendar. Give the new activity a specific time and set it as a priority. My suggestion for beginning a physical fitness routine is to schedule it three times a week, preferably with a day off in between (if it is possible with your schedule). It is also common that if you miss a resolution, or a new habit a few times in a row, people begin to decide that they are done, or that they have "fallen off the wagon" so to speak. My suggestion is to review your calendar. Schedule the workout at a different or better time. Don't beat yourself up if you miss a few sessions. Also, reward yourself for attending a full week of sessions. Example: if you attend all three of your sessions for a week, allow yourself to get a Latte at your favorite coffee shop. Or you take yourself out for a nice lunch or dinner. You should also note how you feel and any changes in your body. When you notice something good-such as feeling stronger, or having more energy-make a mental note and pat yourself on the back for doing something that is providing you with positive benefits! If you take these steps when you are trying to keep up with your resolutions-you will be most successful! Make your HEART HAPPY this February and your resolutions successful! KP ;)



Cartwheel - Progressions and Development

By: Roger Harrell From: Drillsandskills.com

A cartwheel is a foundational movement critical for gymnastics development. Practicing cartwheels develops kinesthetic awareness and flexibility, as well as strength and stability in hand support. Learning a cartwheel can be difficult for some, but the progressions below can be used by anyone, including the young and the not so young, to progress to a cartwheel.

DEFINITIONS:

A "right" cartwheel is defined as one in which you begin with your right leg forward and your right hand is the first to contact the ground. Conversely, a "left" cartwheel is one in which you begin with your left leg forward and your left hand is the first to contact the ground. (Note that a "right" cartwheel is a left-twisting skill. A left twist is one in which the left shoulder travels backward relative to the body in motion.)

First Drill:

The following drill teaches the basic movement of a cartwheel and helps to mitigate many of a beginner's common mistakes. Place a panel mat or other stable object in the tumbling area. Stand in a straddle at the end of the panel mat and place both hands on the panel mat. Jump from one foot to the other keeping weight on your hands. As you feel more comfortable, kick the jump higher and pass through a straddled handstand. Ensure that your shoulders remain open and your head stays neutral throughout this exercise.

Second Drill:

At the end of the panel mat, begin in a lunge so that the line of your movement will be perpendicular to the panel mat and the foot closest to the panel mat is forward. Perform a cartwheel over the panel mat. This drill gives visual cues for hand and foot placement. It also makes the overall motion easier by giving you a higher platform to stand up from. Be sure to practice both right and left cartwheels. One side will feel more comfortable and natural, but it is important to be competent on both sides.

To practice hand and foot placement-I tell the students to make a “peanut butter and jelly sandwich”. For a right cartwheel I designate the right hand as the first piece of bread, the left hand (coming over the top) as the peanut butter, the left foot as the jelly and the right foot as the bread. Stress that they can’t put the bread and the peanut butter down at the same time, just like when you make a sandwich! I also draw dots on the mats to show where the hands and feet should go-KP ;)

Side Cartwheel:

Start this drill by standing in a straddle with your hips and shoulders in line with your intended travel direction. Lift both arms above your head. Turn your hands inward so that if you were to bring them together your thumbs and index fingers would form a diamond. Your feet should be turned out slightly. Execute a cartwheel by first bending your lead leg. Then, while reaching for the floor, kick your trailing leg as your lead leg leaves the ground. Do NOT swing, circle or otherwise flail your trailing arm, simply reach into the cartwheel. All of the power of the initiation comes from your legs. As the cartwheel completes, do NOT lift your hands off the floor, instead push the floor away from your hands. This is an important distinction for the development of a powerful and functional cartwheel.

Once your side cartwheel is consistent you can perform a series of side cartwheels across the floor. Bend your knees and pass through a wide stance partial squat in between each cartwheel to maximize turn-over and speed. As you develop competence, you will be able to accelerate across the floor.

Lunge-to-Lunge Cartwheel:

Start this drill in a forward lunge so that your hips and shoulders are perpendicular to your intended travel direction. Your arms should begin this drill positioned by your ears with your shoulders completely open. Hands will again be turned in as they were for the side cartwheel. Kick into the cartwheel while reaching forward. Be sure that your hands contact the floor separately, one at a time. The line between your wrists and your rear leg should remain as straight as possible. Your cartwheel will finish in the opposite lunge from your start position, and you will be facing the direction that you came from. Your arms will finish by your ears as they were initially. In the lunge-to-lunge cartwheel both hands will leave the ground at the same time. This will help to develop a proper round off (for the future). Again, the action is pushing the floor away, not lifting your hands off the floor.

Cartwheel common mistakes:

- Heels contact the ground first. This is a result of turning the hips out too much and makes it very difficult to stand up out of the cartwheel. It is important that the toes are the first part of the foot to contact the floor. Your foot will be pointing toward the position you began your cartwheel. Tape lines can be placed on the floor to indicate proper foot and hand placement.
- Lifting the hands off the floor rather than pushing the floor away. As the hands leave the floor, there should be a distinct push through the shoulders and fingers. If you see a participant pull his elbows in as he finishes his cartwheel, he is likely lifting his hands rather than pushing the floor away.
- Kicking the cartwheel around the side. The kick should go straight over the top. A good cartwheel can be done between two mats standing upright about 8 inches apart.
- Reaching down to the floor by closing the shoulder angle. The shoulder angle should be kept open throughout the cartwheel. Reaching down and letting the head come out will negatively impact the alignment of the cartwheel.

Good luck with coaching your gymnasts this year! If you have any skills that you are having trouble coaching or something that isn’t working for your gymnasts, don’t hesitate to contact me! I look forward to hearing how all the kids do in competition this year!! Good luck – KP ;)

American Sokol Instructors School

July 12 - July 26, 2015

**Hosted by: Sokol Spirit
Brookfield, Illinois**

**Levels: Beginner, Intermediate
Advanced, Advanced II**

**Minimum
Age - 13**

School Fee:

Beginner: \$325 for American Sokol Youth Members Early Bird Discount - Postmarked by May 15
\$375 for Adults or other Sokol Organizations - Early Bird Discount - Postmarked by May 15
\$425.00 Postmarked May 16 - June 20
\$450.00 Late fee - Postmarked after June 21

Intermediate: \$345.00 for American Sokol Youth Members Early Bird Discount - Postmarked by May 15
\$395.00 for Adults or other Sokol Organizations - Early Bird Discount - Postmarked by May 15
\$445.00 Postmarked May 16 - June 20
\$470.00 Late fee - Postmarked after June 21

Advanced: \$360.00 for American Sokol Youth Members Early Bird Discount - Postmarked by May 15
Advanced II \$410.00 for Adults or Other Sokol Organizations - Early Bird Discount - Postmarked by May 15
\$460.00 Postmarked May 16 - June 20
\$485.00 Late fee - Postmarked after June 21

For additional or immediate information contact:

Jane Wise 216-642-1429 or hjwise@sbcglobal.net

Applications available from Unit and District Directors



**AMERICAN SOKOL 150TH ANNIVERSARY EVENTS
CHICAGO AREA
NOVEMBER 13 – 15, 2015**

Reminders have been sent out about this momentous weekend and basic plans are underway. However, we would like to get input from our members on some of the finer details you would like to have included that might entice you to join us. Please help us out by filling out this survey so we can use your suggestions to help make our final decisions. Nazdar!

OPTIONAL: Your Name _____ Your Unit _____

Please check which of the following three answers is the most accurate as of this point:

_____ I do not plan to attend this Celebration Weekend. Why not?

_____ I am considering attending this Celebration Weekend, but am not sure.

_____ I am definitely going to attend this Celebration Weekend.

FRIDAY Special Number Event

We are looking to hold this either Friday afternoon or early evening as an Opening Ceremony type Event.

1) Do you think your Unit would be participating in this Event? Yes _____ No _____

2) Would you/your Unit be more or less likely to participate, if this Event was set up as: (Check all that apply)

a) An Exhibition More _____ Less _____

b) A Competition More _____ Less _____

c) Sokol ONLY participants More _____ Less _____

d) To include outside groups (such as other ethnic clubs, park districts, gym clubs, etc.)
More _____ Less _____

e) It wouldn't change my/our answer in #1, one way or another _____

3) If your Unit didn't have a number to present, would you (or other members of your Unit) be attending this Event as a spectator? Yes _____ No _____

4) If "NO" why not?

FRIDAY Night Social

After the Special Number Event we plan to hold a Social. (Check all that apply)

1) Would you be more or less likely to attend this Social if it were held:

a) At a Sokol Hall More _____ Less _____

b) At a restaurant such as Klas More _____ Less _____

c) As a Social for all ages More _____ Less _____

d) As a Social for over 21 More _____ Less _____

e) It wouldn't matter – I would attend anyway _____

f) It wouldn't matter – I would NOT be attending _____

g) If you checked "f" – why not?

SATURDAY Volleyball Tournament

1) Would your Unit be more or less likely to enter a team if the Tournament was (check all that apply):

- a. Separate Men’s and Women’s Teams More _____ Less _____
- b. Co-ed Teams More _____ Less _____
- c. A combination of a and b More _____ Less _____
- d. It would not matter if done a, b or c _____
- e. Separate Senior and Junior Teams More _____ Less _____
- f. Combined Senior/Junior Teams More _____ Less _____
- g. It would not matter if done either e or f _____
- h. Sokol ONLY Teams More _____ Less _____
- i. Invitation to other “outside” (non-Sokol) Teams More _____ Less _____
- j. It would not matter if done either h or i _____
- k. More than likely we would NOT have a team _____

2) We could hold our VB Tournament at a private VB club but it is 25-30 miles away (45-60 minute drive) from the Lisle area, where we are looking to have our host hotel. Would your Unit be willing to (check all that apply):

- a. Participate in the tournament with it being held that far away Yes _____ No _____
- b. Go watch the tournament with it being held that far away Yes _____ No _____
- c. We would NOT have a team no matter where it was held _____
- d. We would NOT have spectators no matter where it was held _____
- e. If you checked either c or d – Why NOT?

SATURDAY Night Banquet

1) We would like to have a reasonably priced Sokol Banquet Saturday evening. Would you be more or less likely to attend this Banquet if it were held (check all that apply):

- a. At a Sokol Hall More _____ Less _____
- b. At a Banquet Hall More _____ Less _____
- c. At a Banquet Room in the Hotel More _____ Less _____
- d. If the pricing was similar it wouldn’t matter to me _____
- e. If the pricing was different I’d go with the least expensive _____
- f. It wouldn’t matter to me I would NOT be attending _____
- g. I will be attending the \$500/plate Gala downtown _____
- h. If you checked f. Why NOT?

2) We would like to accommodate all generations in one location even though tastes are different. We have several ways of doing that; which would you be more or less in favor of?

- a. Having everyone eat in one location from the same menu More _____ Less _____
- b. Having the “older” generation in one room/area and the “younger” generation in another room with different menus More _____ Less _____
- c. Dividing the room after the dinner, so different types of music can be enjoyed More _____ Less _____
- d. It doesn’t matter to me I will be leaving right after the meal _____
- e. It doesn’t really matter to me, I will attend anyway _____

We are looking into a “host” hotel for around \$85/night + taxes in the Lisle area. Sokol has used this hotel before for Conventions and Slet Headquarters. It is close to the highways and does have an indoor pool.

Would you need a hotel room for this weekend? Yes _____ No _____

Do you have any other comments or suggestions you’d like to share?

Please send your completed survey by **March 10, 2015** to:

MAIL TO:

Maryann Fiordelis at mfiordelis@yahoo.com OR
6785 Lake McGregor Circle Ft. Myers FL 33919

From the American Sokol Office

Each year our units present membership pins at their annual meetings. The office is requesting that you place your order early to prevent back orders. See pictures of pins and patches available below. Please place your order with payment to **American Sokol** as soon as possible.

Send your order with payment to:

American Sokol, 9126 Ogden Ave., Brookfield, IL 60513

Pins

 Year(s): _____
Qty: _____

American Sokol Membership
50 year gold-plated pin – \$33.00
25 year silver-plated pin – \$25.00
Basic membership pins – \$15.00
Available years: 5, 10, 15, 20, 25, 30, 35, 45, 50, and 60.


Pewter Sokol Lion
\$ 10.00
Qty: _____


American Sokol
150 Year Commemorative
soft enamel – **\$6.00**
Qty: _____

SPECIAL anniversary year pricing

Patches


Red Sokol Round
\$3.00 Qty: _____


Sokol Lion Crest
\$5.00 Qty: _____


150th Round
\$6.00 Qty: _____


150th Rectangle
\$6.00 Qty: _____

Number of Items Ordered: _____ TOTAL: \$ _____
--

Name: _____

Address: _____

City/State/Zip: _____

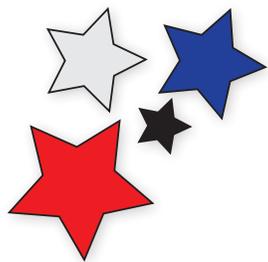
Email: _____ Phone: _____

Payment Method: Check Visa MC AMEX Discover

Credit Card Number: _____ Exp. Date: _____

3 digits on back (AMEX 4 digits on front): _____

Signature: _____



RISING STAR: CRAIG MYERS

Submitted by Lynda Filipello,
President, Sokol Naperville Tyrs

Three years ago Craig was sitting on our gym's spectator stands observing his daughter and our vaulting exercises. I was next to him and he commented about techniques, drills and other terminology. I commented that he might be interested in assisting our instructors. Best comment I ever made!

Since then Craig has been an invaluable member of our board of instructors' team. As a former competing high school gymnast, a current chemical engineer and a father of two ambitious children, Craig knows the importance of competent coaching. He attends USAG courses in Indianapolis and locally to hone his skills annually. He enthusiastically tackled the Central District's most competitive event—the Special Number Competition and turned out a second place winner with our second class girls in his first attempt. His number also received a certificate for the 'most creative' with the World Sokol Federation Video Show. As one parent, Christine Schiro, who designed the costumes for his winning number says, "He is knowledgeable; he analyzes skills in order for each child to perfect the application of the skill. He wants them to succeed. He communicates well with the parents and is always enthusiastic when the gymnast achieves the skills to move forward. He will give extra time for those who seek further instruction."

Saturdays are spent with his class working on core fitness along with developing the skills needed in the gymnastics sport. This is in addition to our regular Tuesday and Thursday classes. I do believe that Tyrs himself would have been proud to have a coach such as Craig on his team. Entrepreneurship is a rare talent but when you combine that with following the rules of an organization such as Sokol you have a real winner. Perhaps your unit has hidden talent in the stands, too. A parent, a sibling, or a friend who will step forward if you just ask them to join in.

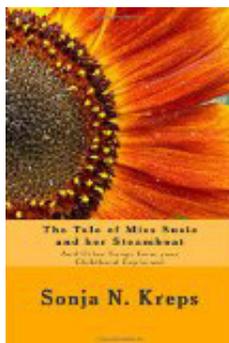


Need to Read?

I bet many of you are familiar with the song, *Miss Susie had a Steamboat*, from the days of your youth, along with other songs such as *Miss Mary Mack*, *The Princess Pat* or *Alice the Camel*. Well, what if those ladies all existed in one place and interacted with each other, like the fairy tale characters do on the show *Once Upon a Time*?

Written for an adult audience, *The Tale of Songs from Your Childhood Explained* by more as they interact and get themselves remind you of your childhood with song not suitable for children due to language the book or Kindle version on Amazon.

In her 30th year of Sokol, Sonja Kreps is Ceska Sin where she has also been a junior instructor. She has taught at two National Instructor Schools and attended three. Support your Sokol sister and check out her first book!



Miss Susie and her Steamboat: And Other Sonja Kreps, follows these characters and into some sticky situations. The book will references sprinkled throughout, but it is and mature content. You can purchase com.

currently the head tots instructor at Sokol girls instructor and assistant little girls



Mark your Calendar

Events around the American Sokol

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

February

- February 1** **GIJO Tumble Down** — Naperville Central High School, Naperville, IL
- February 8** **Annual Sokol New York Gymnastics Exhibition** — Sokol New York, New York, NY
- February 8** **Sokol Stickney Pancake Breakfast** — Sokol Stickney, Stickney, IL
- February 14** **Sokol St. Louis 150th Kickoff Celebration** — Sokol St. Louis, St. Louis, MO
- February 21** **Co-Ed Cal & Marching Competition** — Sokol St. Louis, St. Louis, MO

March

- March 7** **Sokol Greater Cleveland Winter Exhibition** — Cuyahoga Heights High School, Cleveland, OH
- March 8** **Flavors of Slovakia** — Sokol Minnesota, St. Paul, MN
- March 8** **Sokol Chicagoland Exhibition** — Elite Sports Complex, Downers Grove, IL
- March 14** **Sokol Tabor Exhibition** — Sokol Tabor, Berwyn, IL
- March 20** **Sokol Naperville Tyrs Exhibition** — Naperville Central High School, Naperville, IL
- March 21** **Sokol Stickney Exhibition** — George Washington Middle School, Lyons, IL
- March 22** **Fashion Show of Czech & Slovak Costumes** — Norway House, Sokol Milwaukee, Milwaukee, WI
- March 28** **Sokol Spirit Exhibition** — George Washington Middle School, Lyons, IL
- March 29** **Pancake Breakfast with Craft & Bake Sales** — Sokol Minnesota, St. Paul, MN

April

- April 12** **GIJO Co-Ed Meet** — Naperville Central High School, Naperville, IL
- April 14** **Lodge 306 Exhibition** — Sokol Community Center, Chicago, IL
- April 18** **Central District Special Number Competition** — Lyons Township North High School, Lyons, IL
- April 18** **Sibrinky Supper & Dance** — Sokol Minnesota, St. Paul, MN
- April 24-May 4** **Bohemian Beer Tour**—Natioanl Czech & Slovak Museum & Library, various locations Czech Republic
- April 26** **Obcan Havel (Citizen Havel)** —Norway House, Sokol Milwaukee, Milwaukee, WI



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.



9126 Ogden Avenue
Brookfield, IL 60513
www.american-sokol.org
aso@american-sokol.org
708.255.5397

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