

On February 14th, 1865, 150 years ago, the first Sokol Unit was founded in St. Louis, Missouri. This movement spread rapidly to all over the United States with the European Immigration.



Notice the class members on the floor spelling out the number 150. These members represent the many generations of Sokols, not only here in the present, but all of the Sokols from the past, and well into the future. To these members, Past, Present, and Future.

We Salute Sokol.

Sokol Greater Cleveland

## 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...

We are on the cusp of the end of the regular Sokol season at many gyms. The Central District just finished their annual Special Number Competition, and are gearing up for the final Artistic Gymnastics Competitions of the season. Ending with an awards ceremony and performance exhibition, providing fun and games throughout the day. What many refer to as – Sokol Day. It's a bittersweet moment when the last tent is taken down, the last bit of coals snuffed out, and the last blanket packed up.

But wait, there's more! Yes we still have half the year left to celebrate! In fact, I just learned a National Special Number Exhibition will happen on November 14th during the 150th Anniversary Weekend in Chicagoland. **See more activities scheduled on page 15.**

Remember to send in your fond Sokol memories, especially now. Please send stories and pictures to remember how we got to be the great organization we are, and reminisce over the great times we've had. Also, please remember to submit any 150th anniversary celebrations from your units and districts, like Sokol Greater Cleveland did. See their story on the cover and page 13.

NAZDAR!



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

Dear Members and Friends,

We are coming to the end of the board's first year of our four-year term. I am reflecting on everything we have endured and all that we are working on in the next few years. It has been quite a year. We were and still are faced with many challenges including getting the administrative office in shape, straightening out the budget and finances from the past to present, and setting our goals for the coming years.

This May, please consider participating in one or more of the following to help American Sokol move into the next 150 years. You will be able to get this information on the website starting in May.

- Join the 150 Club
- Purchase a Limited Edition Souvenir plaque
- Make your plans to attend 150th Anniversary Weekend: Events and Gala November 13-15th
- Be a part of the 150th Anniversary Memory Book
- Send your Sokol kids to Sokol Camp and Instructor School
- Find friends that will support the National American Sokol Organization
- Ask your Friends to become a member during this historic year



American Sokol is moving into a new era. With the 150th anniversary, we want to use our history and knowledge to increase our membership. Everyone must continue to pursue the challenge of bringing new members to the organization. Let's set a goal for every unit to increase membership by 150 members in 2015! It is so important that every member knows that they not only belong to their unit, but also are a member of a national and worldwide organization.

We are working hard on a new Membership Database that will allow our units to report more accurately and to provide everyone with a tool that will not only help you keep track of membership, but it can also be used for events and fund-raising. It is a step by national in giving something back to the units, and assisting in their membership record keeping. The goal is to have this completed by the end of 4th quarter 2015.

We are continuing to set up committees to advise the Executive Board. These include: Budget & Finance, Auditing, Foundation, Membership, 150th Anniversary, and several more. I want to acknowledge their hard work in developing Standard Operating Procedures and making things happen.

I will be doing some more traveling in the next 6 months in the effort to promote our 150th Anniversary and to promote the future of American Sokol. My goal is to visit every district by the end of 2015 – the end of our 150th year and to visit any supporting organizations that are interested in a future partnership with American Sokol. Partnerships of this kind can be invaluable to sustaining and growing our organization.

Nazdar!

Sister Jean Hruby



# The Sokol Educator

from The National Education Committee

## FitFacts®

### The Best Time to Exercise

CONTRARY TO POPULAR BELIEF, WOMEN AREN'T THE ONLY ONES WITH BIOLOGICAL CLOCKS. EVERYONE HAS THEM, AND WE ALL HEED THEIR TICKING ON A DAILY BASIS.

If you are a regular exerciser, you may have already determined your most productive time to exercise and follow a routine that works best for you.

On the other hand, if your exercise time varies from day to day, and it's wearing you out instead of pumping you up, you may be interested in the work of scientists who are studying the proverbial internal clock and how to best determine what time of day you should schedule your workouts.

#### RHYTHM: IT'S NOT JUST FOR DANCING

The secret appears to lie in circadian rhythms, the daily cycles that the human body follows. These rhythms originate in the hypothalamus and regulate everything from body temperature and metabolism to blood pressure.

The rhythms result from the firing rate of neurons. They have conformed to the 24-hour light-to-dark cycle, and may be regulated and re-regulated each day according to the environment.

#### WARM IS BETTER

It is the influence of circadian rhythms on body temperature that seems to yield the most control over the quality of a workout. When body temperature is at its highest, your workouts will likely be more productive; when your temperature is low, chances are your exercise session may be less than optimal.

Body temperature is at its lowest about one to three hours before most of us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. (To determine your own circadian peak, refer to the box to the right.)

Studies have consistently shown that exercise during these late-in-the-day hours produces better performance and more power. Muscles are warm and more flexible, perceived exertion is low, reaction time is quicker, strength is at its peak and resting heart rate and blood pressure are low.

#### FIND YOUR PEAK

To determine your own circadian peak in body temperature, record your temperature every couple of hours for five to six consecutive days. Body temperature usually fluctuates by plus or minus 1.5 degrees throughout the day. Try exercising during the period three hours before and after your highest temperature. If you are an early bird or a night owl, you may notice that your temperature peaks one to two hours before or after the norm (between 4 p.m. and 6 p.m.); you can adjust your exercise time accordingly.



#### DON'T FIX IT IF IT'S NOT BROKEN

First of all, don't change your schedule if you feel good beginning your day with exercise. Everyone agrees that exercise at any time is better than no exercise at all. In fact, people who exercise in the morning are more successful at making it a habit.

And, though it has been suggested that morning exercise may put some people at higher risk for heart attack, further research indicates that there is simply a generalized increased risk of heart attacks in the morning. If your schedule favors an early workout, emphasize stretching and a good warm-up to ensure that your body is ready for action.

#### OTHER CONSIDERATIONS

If stress relief is your goal, exercise always works, all the time. And if you're wondering when it's best to train for an upcoming event, it all depends on what time you'll actually be competing. If an upcoming marathon begins at 7:00 a.m., try training at that time of day.

Though training at any time of day will raise performance levels, research has shown that the ability to maintain sustained exercise is adaptive to circadian rhythms. In other words, consistently training in the morning will allow you to sustain exercise during a morning marathon longer than if you train in the evening.

#### ADDITIONAL RESOURCES

[WebMD](#)

*submitted by Sis. Ethna Flaherty,  
National Education Director and  
a member of ACE.*

American Council on Exercise® is a nonprofit organization dedicated to empowering people to live their most fit lives. In addition to offering quality certifications and education for health and fitness professionals, ACE also protects the public against ineffective products, programs and trends by arming them with unbiased, science-based health and fitness information. To learn more about ACE, or how you can use or purchase Fit Facts, visit [ACEfit.com/FitFacts](http://ACEfit.com/FitFacts).

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FF 188

# American Sokol Foundation 150 Club

The 150 Club will be an annual event with the ultimate goal to raise \$90,000 for the American Sokol Foundation over the four-year Gateway to the Future Capital Campaign. The American Sokol Foundation's Goal is to raise these additional funds to strengthen the Foundation Fund, so we can better provide support to our local units in times of need. This initiative is part of the Gateway to the Future Capital Campaign to raise \$500,000 in four years.

From May to July, 2015, we will have the kick-off for the campaign to solicit potential donors through direct mail to join the American Sokol Foundation 150 Club. We will be asking donors to pledge to give \$150 directly to the American Sokol Foundation. As a special recognition for their generosity, each donor will receive a special American Sokol Foundation 150 Club Pin. There will be an American Sokol Foundation page in the 150th Celebration Book recognizing the members of the 150 Club.

The goal is to have 150 donors donate \$150 each for an annual campaign goal of \$22,500. The first mailing will be sent in early May 2015. We look forward to your support in the 150 Club, to help provide for the future of American Sokol and its Units.

If you have any questions or concerns please contact me at [seagullconsulting@comcast.net](mailto:seagullconsulting@comcast.net).

Bro. Allen Cushing  
American Sokol Foundation Director

The American Sokol Instructors School application and paperwork has been sent out to all unit and district physical directors!! It is also posted on the American Sokol website. Please note there are additional forms that need to be signed and returned. Thank you!!

## INVITATION

Holiday School for Instructors, June 28 – July 3, 2015

Dear Sisters and Brothers,

This year we celebrate the 25th anniversary of the reestablishment of the Czech (Czechoslovak) Sokol Organization (COS). On the occasion of this significant anniversary, COS has organized the nationwide event titled SokolGym 2015 – 25 years together again. Many major events are running under this overall title during the whole year. In Brno, the Sokols will meet at Sokol Brno 2015. In Pilsen, European capital of culture 2015. At Festival of Movement, in Prague. On the occasion of the celebration of the 90th anniversary of Tyrsuv Dum (Tyrs House), in autumn we will organize The Night of Sokol Gyms and a number of other events and projects.

Holiday School for Instructors to be held June 28–July3, 2015, which is organized by Sport for All Department of COS, together with the Sokol Central School, will be a significant part of SokolGym 2015. Our wish is to welcome into Prague the representatives of young instructors from all World Sokol Federation organizations. A similar meeting was held after the XII All Sokol Slet in 1994. The aim is to get familiar and make friends among the new generation of Sokol instructors. What a better way than through the common doing of sports, fun and discussions with the exchanges of experience. Therefore we invite to Prague young instructors from all Sokol organizations in the world and kindly ask them to support such an important event within the celebrations of the anniversary of the reestablishment of COS. The application form is on the next page.

Sincerely,  
Lenka Kocmichová  
Director of Women of the World Sokol Federation



## ČESKÁ OBEC SOKOLSKÁ

Tyršův dům, Újezd 450/40, 118 01 Praha 1 – Malá Strana

COS Central School and Sport for All Department of COS organize an international course

# Holiday School for Foreign Instructors

**Term :** 28 June (Sunday) – 3 July (Friday)

**Venue:** Tyršův dům (Tyrs House), Prague and neighborhood

**Participants fee:** 3500 Czech Crowns (payment only by bank transfer)

The participants fee includes the accommodation in the Hostel at Tyrsuv dum and three meals a day. The renting of the necessary sports equipment for outdoor activities (approx. 300 – 500 CZK depending on the total number of the participants – will be announced after the deadline of the applications) is not included.

**The payment details (account number, variable symbol) will be sent to the participants one week after the deadline of the applications at the latest.**

**Description:** The Holiday School will include 4 main themes: gymnastics, exercises with music, outdoor sports (in green nature) and games. All that will be completed by team activities, practical acquire skills and the education through experience. Minimum age of the participants is 17 years. Maximum number of the participants is 30. The event is organized not only for the participants from abroad but also for the applicants from COS. The organizer has the right, in case of great interest, to choose the applicants from COS. The participants will receive the certificate of the 50 lessons course.

**Event number:** 15-018

**Applications:** By 29 May, 2015 at the latest on <http://goo.gl/forms/94DGPF9nM9>

All received applications will be confirmed. Sokol Central School has the right , in case of the low number of the applications, to cancel the event and in case of the achievement of the full capacity of the event to conclude the receipt of the applications before the deadline. More information also on the website <http://novy.sokol.eu/akce/prazdninova-skola-zahranicnich-cvicitelu>.

**Contacts:** Mgr. Martin Chlumský, DiS., [mchlumsky@sokol.eu](mailto:mchlumsky@sokol.eu), 257 007 227, 604 726 298

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# 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

## 5 Reasons to Thank Your Workout Buddy

By Karla Walsh From: *Fitness Magazine*

Venus has Serena. Beyonce has Jay-Z. Peanut butter has jelly. One good thing transforms to something great with the help of the perfect pairing. Another thing that's better as a duet? Your workout! Here's why there's strength in numbers.

**You'll Actually Show Up** - "If you know a friend is waiting for you at the gym or won't pound the pavement without you, it's tough to bail," says Thomas Plante, PhD, professor of psychology at Santa Clara University in Santa Clara, California, who has completed multiple studies on the power of exercise partners. It might be tempting to skip yoga after a long day at the office, but if you know your girlfriend already has her mat rolled out, "you won't want to let her down," Plante says.



**You'll Work Harder** - You can gain the benefits of a buddy even if you don't have any fit friends nearby: Women who were told that they had super-fit virtual sweat sisters simultaneously spinning pedaled for nearly twice as long as those who believed they were working out alone, according to a Michigan State study. Reap the same benefits wherever you live: Create a profile on SparkPeople.com or GymChum.com. Then record your progress, connect with other inspirational individuals, and prepare to build new friendships and muscle cells. Seek out someone who's just a step above your fitness level for the biggest benefits.

**You'll Score a Free Therapy Sesh** - "Those mall walkers are on to something," Plante says. "They talk up a storm, whether it's just gossip or helping each other work through problems. It's a genius way to decompress and multi-task." Alternate sharing stories with your workout partner and prepare to watch the minutes speed by while shaking out emotional and physical stress.



**You'll Learn New Tricks** - If your usual 30-minute elliptical session is starting to make you feel like you're in Groundhog Day, ask another gym goer or a friend to share her go-to moves. Perhaps she's taken a killer barre class or mastered P90X plyometrics moves—either way, you'll walk away with a refreshed routine and will eventually uncover a better balanced bod.

**You'll Burn More Calories** - Sure, you could catch up over cocktails. But if you exercise together instead, you can still socialize while scorching calories. In fact, you'll burn, on average, 41 more calories per session exercising with your plus one than you would solo, says a UK study. Three team workouts later, you'll have burned off one more glass of wine than you would have on your own. Cheers to that!

# A Few Tweaks Can Pump Up Your Exercise Routine!

Article from: *USA Today*

You've emptied the garage, redecorated the bedroom and turned over your closet — with spring weather comes spring cleaning, of course. But what about your exercise routine? Like everything else in life, workouts start to feel stale if you do the same activity, day in and day out.



"People associate a new fitness routine with New Year's resolutions, but spring is a great chance to change up your workout," says Barbara Bushman, professor in the kinesiology department at Missouri State University and editor of the American College of Sports Medicine's Complete Guide to Fitness and Health.

In fact, mixing up your exercise program is key to making fitness a life-long habit. A study by exercise scientists at the University of Florida found that when people changed their routine every two weeks, they were more likely to continue exercising over the course of two months compared to those who followed the same routine. "I don't care how disciplined you are, when exercise becomes boring, you stop doing it — that's just human nature," says Jimmy Minardi, a personal trainer and founder of Minardi Training.

On a physiological level, the problem is that your body adapts to a specific routine over time, teaching itself to perform movements more efficiently. This may sound like a good thing, but it means you are burning fewer calories and activating fewer muscles, which makes losing weight and gaining fitness harder.

"Every time you try a new activity, you challenge different parts of your body, and that makes you fitter overall," says Minardi. Looking to give your routine a spring makeover? Start with these easy steps.

**Change your location.** Sometimes, all it takes to breathe new life into a familiar routine is to do it someplace else. "If you usually walk on the treadmill, take it outside," says Bushman. "If you have a regular jogging route, try a new side street." Raise the challenge one notch higher by getting off the concrete and hitting the trails. "Trails require an additional level of focus and coordination to find your balance and negotiate unfamiliar terrain," says Minardi. No woody paths in your area? Make use of the steps at a local sports stadium, or walk up and down the stairs in your apartment building.

**Vary your intensity.** You'll burn more calories by switching gears on your bike to add resistance for one minute, then switching back to an easier setting for the next. If you walk three or more days a week, try jogging. How to do it: Start by walking for five minutes, then adding two minutes of easy jogging, followed by another five minutes of walking, and so on until you reach 30 minutes. Each week, add another minute to your jogging segments, until you reach two 10-minute segments of jogging with five-minute walking breaks, then start subtracting walking minutes until eventually you can jog the full 30 minutes.



**Know your limits.** People are more likely to get frustrated and give up when they set pie-in-the-sky goals, says Bushman. "Start by realistically assessing where you are right now, not where you'd like to be, and base your routine off that," she says. Can you walk at a brisk pace for 10 minutes? Try adding five more minutes, not 15. Do you use five-pound weights? Raise the bar to 7 or 8 pounds, not 10.

**Mix in strength moves.** You don't need a ton of equipment to build muscle. "Machines quickly become mundane," says Minardi. "Meanwhile, games of volleyball or tennis are fun, and they help you build muscles in your upper body when you swing at the ball." Another option: Walk to the local park, then stop and do push ups, sit ups, pull ups (if there is a jungle gym) and lunges on the grass. Do 10 of each move, then switch; repeat the whole cycle three times. These exercises require minimal space and can be done at home as well.

**Reverse the order.** If you usually do cardio (biking, walking, swimming) followed by toning (sit ups, push ups, etc), consider reversing the sequence of exercises. If you follow a specific weight machine circuit at your gym, do it backwards. Studies show that simply changing the order in which your body performs tasks is enough to stimulate new muscle growth.

**Explore new options.** If you adore the stationary bike, you aren't alone: The low-impact nature makes this machine a favorite for people of all ages and fitness levels. But too much low impact may not be ideal. "Your greatest ally in fitness is bearing your own weight," says Minardi. "We are a sedentary culture — we sit at work, in our cars, in front of the TV — so any time you stand, walk or run, that weight-bearing activity does a lot to counter that sedentary life." (In fact, recent research indicates that habitual sitting can lead to higher mortality rates.)

### **Five Rules For Starting Your Spring Routine - *Don't be intimidated by a new challenge.***

1. Choose your goal. Research shows that specific goals keep you focused better than vague ones. Whether you want to lose 10 pounds or run a 5k, write it down on a piece of paper and post it somewhere you can see often.
2. Break it down. If you want to run a 5k, make a weekly plan for how many days you will run and how many miles you will complete. If the race is in four weeks, create a month-long plan that you will follow. Seeing your big goal sliced into bite-size pieces makes sticking with it much easier.
3. Pace yourself. Any time you change activities, you are calling upon new muscles to perform new actions. Give your body time to adjust by doing your familiar routine one day, and your new activity the next.
4. Find a partner. Sign up for your first class (yoga, Spin, TRX) with a friend. Initially, you will feel more relaxed in your new surroundings; over time, a little friendly competition will help you test your limits.
5. Make it fun. Exercise should bring an element of joy to your daily life. Listen to upbeat music; see how many sit ups you can do in 60 seconds; challenge yourself to bike just one more hill; reward yourself with a relaxing bath. "Don't take exercise too seriously," says Minardi. "You just need to go out and play."





# ***Please Adopt a Student or Class!!***

The American Sokol National Instructors School is looking for YOUR help. Last year we initiated the promotion to “Adopt a Student” or “Adopt a Class” concept. It went very well, for our first attempt. We raised \$900 which went right back into the FSLF (Future Sokol Leaders Fund). The National School is subsidized by the Future Sokol Leaders Fund! But in recent years the donations to that fund have been declining. The Students at the Kurz are “OUR FUTURE SOKOL LEADERS”!! So in conjunction with the National Board of Instructors and the National School Board we’d like to be proactive in a “fun(d)” way of securing some additional donations again this year to help with the School expenses, without having to raise the cost to students, parents or the Units.

You can “Adopt a Student” in 4 different ways:

- Adopt a specific student (you may know who is attending)
- Adopt a student from your Unit who is attending
- Adopt a student from your District who is attending
- Adopt any student

All of our students are “up for adoption”! Besides supporting the school, adopting a student comes with the following benefits:

- A letter from your student during the School
- Picture of your student at the School

You can “Adopt a Class” in two different ways:

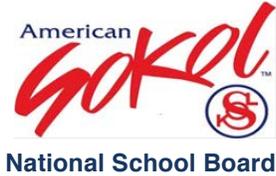
- Adopt a “specific” class from the list – (maybe something that’s near and dear to your heart)
- Adopt any class at random

Any class from the curriculum list below is “up for adoption”! Besides supporting the school, adopting a class comes with the following benefits:

- 1 personal letter from that particular class
- Picture of the class in session

This year we are also giving an added incentive to any student who can get them self “adopted”. They will be reaping the rewards at the School with special benefits!!

So please have some fun – help us out – and sign up to adopt a Student or Class. See paperwork and directions in this issue. This can be done by an individual or by a Unit or District.



## “ADOPTION PAPERS”

**Place an X in the box of your choice below. Donation - \$50 per box.**

A list of student names, for you to choose from, can be provided upon request.

### “ADOPT A STUDENT”

- I would like to adopt (name specific student) \_\_\_\_\_
- I would like to adopt a student from (name specific Unit) \_\_\_\_\_
- I would like to adopt a student from (name specific District) \_\_\_\_\_
- I would like to adopt a student at random

**Place an X in the box of your choice below. Donation - \$75 per box.**

### “ADOPT A CLASS”

I would like to adopt the following class:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Any class at random        | <input type="checkbox"/> Calisthenics             | <input type="checkbox"/> Marching           |
| <input type="checkbox"/> Games                      | <input type="checkbox"/> Practice Teaching        | <input type="checkbox"/> Singing            |
| <input type="checkbox"/> Spotting & Progressions    | <input type="checkbox"/> Apparatus Terminology    | <input type="checkbox"/> Rhythmics          |
| <input type="checkbox"/> Folk Dancing               | <input type="checkbox"/> Combative and Resistives | <input type="checkbox"/> Special Numbers    |
| <input type="checkbox"/> Warm-ups/Conditioning      | <input type="checkbox"/> Sokol History Lecture    | <input type="checkbox"/> Judging Lecture    |
| <input type="checkbox"/> Sokol Organization Lecture | <input type="checkbox"/> Teaching Methods Lecture | <input type="checkbox"/> Tots Class Lecture |
- 

Your First Name: \_\_\_\_\_ Your Last Name: \_\_\_\_\_

Student's Name if they solicited your support \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Adoption of a Student only costs \$50. Adoption of a Class only costs \$75. Please fill out this separate form with all of your information and put an “X” in the box of the student or class that you would like to adopt. Then, send the form and a check made payable to “*American Sokol Instructors School*” to:

**Jane Wise – School Registrar**  
**c/o “Adopt a Student or a Class”**  
**5664 Dunedeen Circle**  
**Brooklyn Hts., OH 44131**

## Building Together Fund

On October 29, 2012 super storm Sandy hit the New Jersey shore and a late night tidal wave surge broke through an 8.5 foot berm, substantially flooding the sleeping communities of Little Ferry and Moonachie. The majority of Little Ferry consists of single family homes including many Czech decedents from the 1887 time frame. Roughly 80% of Little Ferry including the Sokol building was surrounded by flood waters 3-4 ft. deep. The lower hall of Sokol Little Ferry was severely damaged, including the boiler, electrical panels, equipment storage and a large room used for various Sokol activities. Insurance covered some things, but was insufficient to repair the majority of the damage. A county volunteer organization helped with the initial debris removal and clean up, as most of the Sokol Little Ferry members are elderly.

In mid-2014, through the efforts of Sokol members and Bergen County, a \$50,000 grant was received from the NFL. This left Sokol short some



\$45,000 from their original renovation cost. So they reduced their initial plan (holding off on floor repairs) to now set the target at \$64,000, but are still short by \$14,000.



The American Sokol "Building Together Fund" was just getting under way, and the \$1,500 grant received from the Czech Ministry was designated as seed money for that fund. It was approved to award this grant to Sokol Little Ferry to assist in their efforts to rebuild.

The Unit of Sokol Little Ferry never asked for help or even let us know of their devastation and lack of funds to restore their Sokol

Hall to full usable capacity. Meanwhile they remain active, have gymnastics classes in their gym, but remain without the use of their lower hall. When this disaster hit, the American Sokol Office was going through some changes, and unlike other chances for us to reach out to our brothers and sisters, we missed this opportunity, with it sort of "falling through the crack".

So even though we are somewhat late, we would like to appeal to each of you, fellow Sokol members and Sokol Units to do what you can to assist one of our Units in need. We are setting up an ASLF APPEAL FUND to collect much needed aid in helping Sokol Little Ferry realize their ability to get back to a fully functional community hall again.

**PLEASE SEND YOUR DONATIONS TO THE AMERICAN SOKOL OFFICE, 9126 Ogden Ave. Brookfield, IL 60513; ATTENTION: ASLF APPEAL FUND.** Make checks payable to American Sokol (memo – ASLF APPEAL FUND)

Let me leave you with some pictures of the lower hall I took when I visited Sokol Little Ferry. Thank you in advance for your kind generosity!

Nazdar!

Sis. Mary Cushing

National Operations Advisor



# Sokol Greater Cleveland Salutes ASO's 150th

submitted by Jane & Howie Wise



The picture on the cover is of Sokol Greater Cleveland's classes forming the number "150" in celebration of Sokol's 150th anniversary. We did this at the end of our Winter Exhibition on March 7, 2015. We had marching music being played as the class members marched into formation with our Juniors forming the Number 1, the adults forming the number 5 and the children forming the



number 0. After a short script was read, we finished with a traditional Tri Krat Zdar.....with all the class members responding.....Zdar, Zdar, Zdar! See more images from our Winter Exhibition below.

Greater Cleveland is hosting a 150 Women March on May 9th. The goal is to have at least 150 women from the



years past who have participated in a Sokol Girls, Junior Girls or Womens class in the past, and over 300 invites went out to whatever names that could be found of women from any Sokol Unit in the Cleveland area. They will do



a march around the gymnasium to Sokol marches and then will sit down to a dinner served by the Men's Class members.



# Olympic Gymnast Visits Sokol Greater Cleveland

submitted by Jane & Howie Wise



At a recent Northeast Ohio Boys Gymnastic competition hosted by Sokol Greater Cleveland, a special guest was spotted among the spectators. This person was 1996 Olympic Gold Medal Gymnast, Dominique Moceanu. Dominique, her husband, Mike Canales, and their seven year old daughter, Carmen, were there to cheer on their five year old son, Vince, as he competed.

During our conversation with them, Dominique and Mike were very aware of Sokol's 150th Anniversary as they expressed congratulations to our organization. A passionate supporter and advocate of her sport, Dominique remains active in the gymnastics community through her involvement with camps and clinics across the country.

*pictured left to right: Jane Wise, Dominique Moceanu Canales and Angela Schaffer*

# Sokol West Construction Update

distributed by American Friends Of Czech Republic



The Sokol West gymnasium reconstruction got underway in February. An exciting step forward in the project. Many thanks to everyone who worked so hard to bring it to this point, especially Fritz Duda and team.

The initial site grading and foundation work is proceeding. Mary Beth Dulock kindly sent the photos that show the start of construction.



# San Francisco Remembered Masaryk

submitted by Zelmira Zivny

The day could not be any better. The sun gentle and warm. San Francisco Golden Gate Park all in fresh spring green. It was on Saturday, March 14th when we met in the Rose Garden, to honor the 165th birthday of Tomas Garrigue Masaryk, the founder and first President of Czechoslovakia. Sokol San Francisco organized the celebration this year, in cooperation with the CSA Fraternal Life, and for the first time the Czech School of California. Many people were coming to a small meadow in front of the statue with children greeting each other and bringing flowers.



There were more than 50 of us around the Masaryk bust, Czechs and Slovaks, Sokol members and friends. The bust, created by Josef Maratka, was exhibited at the Golden Gate International Exposition on Treasure Island in 1939. Before the exposition ended, Czechoslovakia ceased to exist,



being occupied by the Nazis. Sokol San Francisco took the Masaryk bust under its protection. As Brother Lada Zrzavy remembers, the bust was always somewhere in the old Sokol Hall on Page Street. In 1962, the bust was installed at the current location as a gift from Sokol San Francisco.



The speakers, Brother Walter Strach and Sister Jara Dusatko, got a big help from Ellie Rypstra, a pupil of the Czech School. She spoke in perfect Czech and fully deserved the applause from all of us.

Brother Bohousek Botcha took his guitar and “Ach synku, synku”, Masaryk’s favorite Moravian song, sounded in the garden. The singing was so pleasant that we went through many more Czech and Slovak National songs before leaving in small groups, still chatting and planning to meet again at the Spring Dinner and Dance in April.





## Mark your Calendar

### Events around the American Sokol

Get your event featured! Email [editor@american-sokol.org](mailto:editor@american-sokol.org)

## May

- May 1** **Sokol St. Louis Exhibition** — Sokol St. Louis, St. Louis, MO
- May 2** **Aerial Silks Students Showcase** — Sokol Greater Cleveland, Cleveland, OH
- May 2** **Sokol New York/ Sokol Washington Volleyball Tournament** — Sokol New York, New York, NY
- May 9** **150 Woman March** — Sokol Greater Cleveland, Cleveland, OH
- May 9** **Central District Male Artistic Competition** — Naperville Central High School, Naperville, IL
- May 15-16** **Czech Film Festival** — Sokol Greater Cleveland, Cleveland, OH
- May 16** **Central District Female Artistic Competition** — Naperville Central High School, Naperville, IL
- May 17** **Central District Sokol Day & Exhibition** — Ehlert Park, Congress Park & Elm Ave., Brookfield, IL
- May 30** **Northeastern District Competition** — Sokol Greater Cleveland, Cleveland, OH
- May 31** **Northeastern District Exhibition** — Odd Fellows Fresh Air Camp, Cleveland, OH

## June

- June 15-19** **Children's Cultural Day Camp** — Sokol Minnesota, St. Paul, MN
- June 20** **Trivia Fun** — Sokol Detroit, Sokol Camp Barroom, South Lyon, MI
- June 21-28** **National Sokol Camp** — Sokol St. Louis, St. Louis, MO

## July

- July 12-26** **ASO Instructor's School** — Sokol Spirit, Brookfield, IL

## August

- August 28-30** **Sokol Camp Weekend** — Sokol St. Louis Camp Site, St. Louis, MO

## November

- November 13-15 150th Anniversary Weekend** — Chicagoland, IL

### Friday, November 13, 2015

- Special Number Event – Max Sports Complex, McCook IL
- Social – Max Sports

### Saturday, November 14, 2015

- Volleyball – Max Sports Complex, McCook IL
- Bowling for Fun
- Sokol Anniversary Party (evening)– Hilton, Lisle with Dinner & Dancing
- 150th Anniversary Gala – 5pm @ Women's Athletic Club Chicago with Dinner & Presentation, Silent Auction, A Tribute to Sokol History

### Sunday, November 15th, 2015

- World Sokol Federation Meeting – Hilton, Lisle



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