



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

October 2015 | Volume 138 | Issue 8

# 150th Anniversary Weekend Reminder

Although our October 1 deadline has passed we want to send some reminders out to you:

- ❖ Gala reservations, sponsorship opportunities and silent auction gifts deadline is **October 15**
- ❖ Still need to make your hotel reservation? For Reservations call: **800-445-8667** (local hotel **630-505-0900**). Need to mention the group code: **CASO** for the special rate. To reserve online please access [www.hiltonlislenaperville.com](http://www.hiltonlislenaperville.com) and proceed to the reservation tab. Enter arrival and departure dates as requested. On the right hand side you will see a column titled "Special Accounts and Rates" please type in **CASO** under the "Group Code" Tab. Your group name and rate should display when moving forward, \$85.00 – American Sokol – 150th Anniversary Celebration. Deadline for special rate is **October 23**.
- ❖ All tickets must be purchased in advance
- ❖ Questions? Call American Sokol office @ 708-255-5397 and ask for Mary Cushing



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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 so close to the biggest celebration weekend in our history. It's been so interesting to see how units and districts have/will celebrate our 150th. Here's just a couple:

The Eastern District held a celebration on September 19, 2015. A morning performance preceded a small lunch, which led to a core-fitness activity led by Bro. Jaros. Later that evening, a banquet with a full-course dinner and drinks followed by a reception took place at the Lord Baltimore Hotel. The reception included another performance and a live band.

Sokol Greater Cleveland asked their members and class students to answer this question, "Why do you like Sokol?" The top 150 answers were published in their August newsletter. Ranging from "life-long friends", to "a second family", and the lively "it is fun-tastic!" The best answer I read was "you can be yourself". And that's what the other 149 answers boil down to. Sokols accepts all people, and is accepting of all people. Our credo is about people, "A sound mind in a sound body." In my opinion, that's why we are still here after 150 years. Rock on!

NAZDAR!



**Save a Tree... Save Our Organization. CLICK HERE:**  
<http://american-sokol.org/gogreen/>

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## The Presidential Address

We are all really excited about bringing everyone together this November to celebrate our 150th Anniversary. The Gala is truly turning out to be something special with the guests that will be attending. There will be special representation from the Czech Republic, World Sokol Federation and the United States. It is so important that all of you feel welcome to be a part of the events. Many people have questioned why there are two banquet events on the same night. This was a decision based on the timeframe we had fitting everything into one weekend, and making sure that there was a banquet for everyone to attend. The Gala will be a major fundraising event and not all people would be able to attend especially with children. Because our events are based on having our children participate it was very important to have a family banquet as well. We designed the events so that the Gala participants can go to the family banquet afterwards. We will have a shuttle from the hotel to the Gala and back. Enhancing our Capital Campaign is our goal and with all of the efforts in place, we know we will be off to a great start after this November. Once again, I encourage you to purchase the souvenir plaque, join the 150 Club, and participate in events. Our push doesn't end with the Gala, this is only the beginning, and all of the funds will begin to go back to the Units through internal grant opportunities.

The 150th Anniversary has now initiated a new marketing plan for the organization. We are creating new partnerships with advertisers and sponsoring companies that will help us fund our public visibility. Soon you will begin to see these sponsor logos and links on the website and in our publications. We have been doing radio interviews, we have a TV spot on "America's Best" which will be aired this coming year, and we are diving into the realm of digital marketing through social media. If you are a social media user, please like us and follow us. Share your Sokol information and stories with us. We need you to help make our Facebook, Twitter and Instagram pages filled with Sokol spirit from around the country. Our goal is to increase awareness of the Sokol brand to support all Sokol Units.

Thank you to all of the Units and Districts for celebrating 150 years within your local activities. We truly have been celebrating this year throughout the United States and we look forward to getting your photos to share. Thank you to all of those who have been working hard to put the November events in place. We only have 150 years "once in a lifetime", so let's enjoy with all Sokol organizations and celebrate!

Nazdar!

Ať žije Sokol ~ Long Live Sokol!

Jean Hruby

President

*P.S. Please look for the announcement on the Grand Opening of Sokol West. We are so grateful to the American Friends of the Czech Republic and the Ministry of Foreign Affairs for making this happen for us.*

Check out the [www.american-sokol.org](http://www.american-sokol.org) website. 150th merchandise order information is at **News** tab on the website. Also under **Events**, see the 150th events press release.



# The Sokol Educator

*from The National Education Committee*

## Snacking/Eating Before a Workout? Do So Wisely.

An article I read this month from the *American Council on Exercise* hit the nail on the head. While I have somewhat edited the article for space consideration, I really felt it should be shared, especially with so many of our members working out after the dinner hour.

The best pre-workout snack or meal should be high in carbohydrates with smaller amounts of protein and fat. This combination delivers sustained energy throughout the workout.

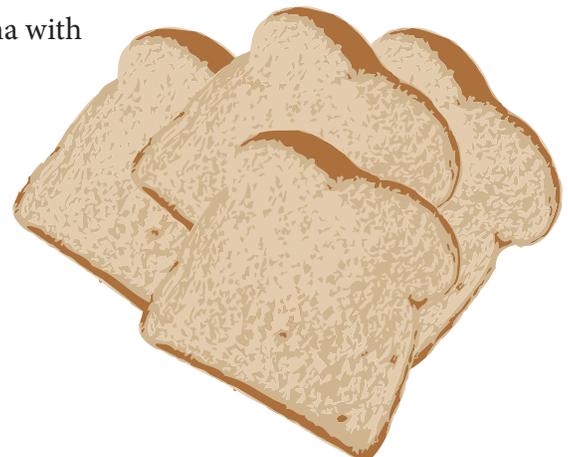
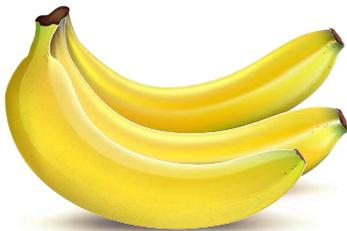
While high fiber foods are a must in a healthy diet, you shouldn't consume them just before a workout. Foods such as vegetables, many fruits and even whole grains are more difficult for the body to digest. Instead, opt for easily digestible fruit such as bananas or whole-grain products such as wheat toast and crackers as a pre-workout snack for essential energy-boosting carbohydrates without the discomfort.

Pre-workout meals and snacks high in fat tend to sit in the stomach resulting in lethargy or sluggishness as the body works to break down those fats. Good fats are a must for an effective nutrition program, but even those in high amounts before a workout are a bad strategy for readily available energy.

The ever growing options for grab and go pre-workout snacks—from smoothies to assorted power bars to shakes—these quick and easy options seem like a simple choice. However, beware the high levels of sugar. This sweet little carbohydrate provides a quick rush of energy, but is so quickly processed by the body that energy disappears, usually long before the workout ends.

So, what best pre-workout snack choices such as:

- Nonfat Greek yogurt or cottage cheese with fruit
- Hardboiled eggs and wheat toast
  - Peanut butter and banana with whole grain crackers
  - Whole grain bagel with tomato and low-fat cheese



Respectfully Submitted,  
Sis. Ethna Flaherty &  
the Education Committee



## Sokol Memories

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

## In Memory of Joseph Bachna

Our Sokol brother and friend, Joe Bachna, passed away May 16, 2015. Joe was an active member of Sokol and the Slovak and Czech community his whole life. He was a fixture at Sokol Ceska Sin's monthly dinners where he helped set the tables with place settings he was able to have donated by a local business. He poured coffee, sold tickets, and regaled friends and family with interesting stories and jokes. We will miss him dearly.

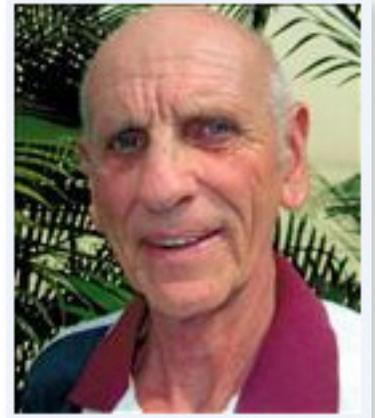
Joe was a kind of Renaissance Man – Organizer, Writer, Historian, Comic, Peacemaker, World Traveler... Known affectionately as “Tennessee Bachna” since the production of his first play several years ago,

Joe surprised many of us with his original stories and scripts that combined history, humor and pathos. Always the proud Slovak-American, dedicated to family and friends, Joe found a way to unite an often fractured ethnic community through the casting of his dramas. It was impossible not to smile, and not to learn something from his plays. I was proud to have been a part of two productions performed at Sokol Greater Cleveland.

Joe was a proud family man, active in the lives of his extended family and friends. He was married to Donna Bachna (Sokol Greater Cleveland) for more than 40 years. Most of all, he loved being a part of the lives of his children, Joey (deceased), Chris Jana (Jim) and Dawn Soneson (Scott). And he adored his grandchildren, Kelsie, Kevin and Mackenzie. He loved organizing family events and planning vacations that gave him a chance to spend quality time with those he loved most.

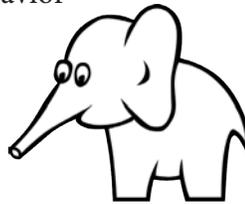
We are blessed to have known Joe who inspired so many of us with his generous spirit and youthful outlook on life. His legacy of curiosity, good humor and compassion will live on in the many lives he touched.

Nazdar, Brother Joe!  
Brenda Nakonecznyj



## THANK YOU FOR YOUR DONATIONS TO THE INSTRUCTORS SCHOOL

We would like to thank all those who donated items for the White Elephant at the National Instructors School. This has been a tradition for the last several years, as a means of rewarding positive behavior. First let's explain how this works. The students' behavior any infringement of the rules they lose points day. Students can check their progress every the end of the School those with the highest their names randomly picked and they get to Everyone gets something. However, those what remains. Donations to the cause this & Jan Kalat, the Sokol Office, Sokol Greater Cleveland and Sis. Alice Khol. The students wish to thank you all for their treasurers. If you would like to donate some things for next year keep in mind – most things are gymnastic, Sokol or athletic in nature.



is graded daily on a 10 point scale. For from the perfect 10 they begin with each few days on the chart that is posted. At scores – 8 perfect scores this year – get select from the items that are donated. that didn't do as well are selecting from year came from Lori Laznovsky, Chuck & Jan Kalat, the Sokol Office, Sokol Greater Cleveland and Sis. Alice Khol. The students wish to thank you all for their treasurers. If you would like to donate some things for next year keep in mind – most things are gymnastic, Sokol or athletic in nature.

–Sis. Mary Cushing

# 2015 Sokol Family Camp at Dinkey Creek

Submitted by: Yvonne Masopust, President, Pacific District

Our annual Sokol Family Camp, sponsored by the Pacific District, took place this year during the week of July 19-26 at its usual venue – Camp Fresno Jr. at Dinkey Creek (elevation 5,987 ft), located 13 miles east from Shaver Lake in the beautiful California Sierra.

Pacific District has been sponsoring this camp since 1969 and it remains our most popular and enduring event, this year in its 47th year. What started originally as a children's camp has evolved into a family camp where everyone feels welcome. Pacific District reserves the camp and provides organizational structure and leadership. Campers bring and cook their own food and are free to either join in the planned activities or skip them and make their own plans. All share in the various camp chores and in providing entertainment.

This year we had a total of 49 campers – 34 adults and 15 children – which is about average attendance, although not all campers stayed the full week. The camp is open to all – members and non-members alike – but Sokol members have priority. Most campers are "regulars" – returning year after year, many for decades. We have parents who started attending the camp years ago as children still coming to camp, now with their children. Meeting at camp year after year, sharing both joys and sorrows, our campers are like a closely-knit family. Still, every year we welcome someone new and it's always exciting to discover what their unique contribution to our camp family will be. About half of our campers are Czech speaking, a few are French speakers, and of course everyone speaks English – though for many it's their second language.

The camp is a wonderful place for families and singles alike. Children love having playmates. Singles never feel alone. There is always a group to join, a conversation to take part in. While all of the camp buildings are very rustic, all comforts of home are there: a walk-in cooler, a well-equipped kitchen with a large gas stove, a freezer, and a microwave. We have flushing toilets and hot showers. Dormitories have decent beds and the camp has electricity. Yet we are surrounded by the majestic wilderness of the Sierra and can hear the steady bubbling of the creek all night long. It's the best of both worlds.



Just as important as the amenities the camp does offer are those that it does not. There is no cell phone service at Dinkey Creek, no wifi, and nothing can be done to change that. A nearby pay phone is available for emergencies, but making outgoing calls is inconvenient and expensive. Imagine a world where nobody is texting, checking their emails or posting on Facebook, but instead engaging with others in good old-fashioned conversation! Come evening there is no TV, no video games. We sing, tell stories, play games, we dance.

Camp Director Otto Notzl, who is also the Pacific District Men's Physical Director and Activities Director, does a wonderful job planning activities and organizing camp life. He always has something interesting planned for the children – the treasure hunt being a particular favorite. Pacific District Women's Physical Director Cheri Riddle is also wonderfully gifted when it comes to entertaining the children. She organizes the scavenger hunt and is especially creative with crafts. This year the children painted rocks that they had collected and also made little lanterns. And of course, every day started with a "rozcvička" – morning exercises.

Some of our planned activities had to be altered because of weather this year. It rained the first two days of

*continued on page 11*



# 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

## How Long Should You Warm Up Before a Run?

By Amanda Casanova From: Active.com

A good warm-up can prime your body for a workout or race, but just how long and what kind of warm-up does your body need? Research supports that pre-run warm-ups need to be tailored to the type of workout or race to best prepare the cardiovascular and muscular systems for a workout. Still, it's tough to balance what's enough to ready the body without causing fatigue during your workout or race.

**What a Warm-Up Does** - An effective warm-up should raise your core body temperature. This is especially important if you're heading into a workout in wintertime. A warm-up also increases blood flow to your muscles and primes your heart for an increase in activity. Aim for a warm-up that activates your muscles and prepares them to work. *Keep in mind:* Most experts agree that runners shouldn't wait longer than 10 minutes between their warm-up and start time, or they risk losing some of the benefits of the warm-up.

**What's the Best Warm-Up?** - There's some debate over which activities are best for warming up and how long you should perform them. "For easy and long runs, there's no need to warm up," says Jason Karp, author of *Running a Marathon for Dummies*. "The first few minutes serve as a warm-up. When runners do other kinds of workouts (intervals, tempo runs, etc.), the warm-up starts slow and finishes at the same pace as the workout so there is a smooth transition from the warm-up to the actual workout pace."

Race day warm-ups are also a little different, Karp says. "The shorter the race, the more vigorous the warm-up. For the marathon, there is not much need for most runners to warm up, other than to do a few mobility exercises. For the marathon, runners need to conserve as much glycogen as possible so they only need to warm up enough to feel awake and ready to run," he says.

**Warm-Up Options** - Use these tips as a guideline and find what works best for your body. Also, be sure to add more time if needed, especially if you're working out in cold weather.

- Easy runs (optional or part of run) - Walk or jog easily and gradually for 5 to 10 minutes.
- Long runs (optional or part of run) - Jog at an easy pace for up to 10 minutes.
- Speed workouts - Jog for up to 20 minutes and follow with dynamic stretching, such as high knees or butt kicks.

### Race day

5K: Jog 15 to 20 minutes and follow with 6 to 8 strides. (Strides are gradual accelerations where you increase your speed to 95 percent of your maximum speed. Each stride should last 20 to 30 seconds.)

10K: Jog 10 to 15 minutes and follow with 6 to 8 strides.

Half marathon: Jog for 10 minutes and follow with 4 to 6 strides.

Marathon: Jog 5 to 10 minutes and follow with up to 4 strides.



## Diet Detective: Healthy Eating Tips for the Fall

By Charles Platkin From Active.com

*Here are a few tips to keep you mindful of how the fall can impact your healthy behaviors.*

**Be Mindful:** Eating Increases in the Fall—It's that time of year when it starts to get dark earlier, the days get cooler, football and school begin—in other words, it's the beginning of fall. And something else happens as well: we start eating more.

People show a marked seasonal rhythm, with increased total caloric consumption, especially from carbohydrates, that's associated with an increase in meal size and a greater rate of eating. (Interestingly, alcohol intake has a different seasonal pattern, with the highest intake occurring in the summer and the lowest in the fall.)

According to John de Castro, Ph.D., a professor of psychology at the University of Texas, El Paso, "We have a tendency to eat about 200 calories more per day during the fall... We tend to blame much of this 'fall' weight gain on the holidays; however, there are other causes," says de Castro, who excluded the holiday periods from his research.

Why do we eat more in the fall? More than likely it's biological—putting on weight in preparation for the potential winter famine our ancestors faced. "It all makes sense—the fall harvest, storing up for the long winter months," explains de Castro. Historically, we have had a tendency to eat when food is plentiful, because we never knew when our next meal was going to be available.

**More: 5 Fruits and Veggies to Eat This Fall**—Kurt Krauchi, Ph.D., a scientist at the Psychiatric University Clinic in Basel, Switzerland, studied patients with seasonal affective disorder (SADa type of mood disorder that is caused by lack of light). He found that they ate more carbohydrates, particularly sweets but also starch-rich foods, during their depression in winter, and that their intake could be reduced with light therapy. "There seems to be a relationship between light and depression, which leads to consumption of additional carbohydrates," says Krauchi. De Castro, however, found an increase in fall eating independent of decreased light and/or depression.

Perhaps we eat more simply because bathing suit season is over, and we can start hiding excess calories beneath our winter clothes. Whatever the reason, it's important to realize that fall foods (soups, stews, breads, sweet potatoes, butternut squash, apples, pumpkins and all types of greens) can actually be healthier than foods of other seasons. They are typically packed with great nutrients, such as fiber, protein, beta carotene and vitamin C.

**Health Tips:** *Here are a few tips to keep the fall tasty and healthy:*

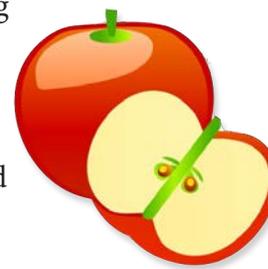
**Soups:** Soups are great if they're not made with cream or cheese. Just watch serving sizes, because we tend to eat whatever's in our bowl.

**Stews:** Stews can be hearty and also fattening. Use lots of fresh vegetables, and go light on the meat and potatoes.

**TV and Food:** Avoid unconscious eating while watching football and the new fall TV lineup. Never bring the whole bag or bowl of anything to the couch or coffee table; pre-measure it in the kitchen beforehand. When it comes to chips, make sure they're baked, not fried.

**Harvest:** Celebrate the fall harvest in other ways, not just by making pies. Apples are low in calories when they're off the tree, not in a pie.

**Pumpkin:** If you must have pie, try making pumpkin pie with artificial sweetener, egg whites and low-fat milk. And, of course, just have one piece.



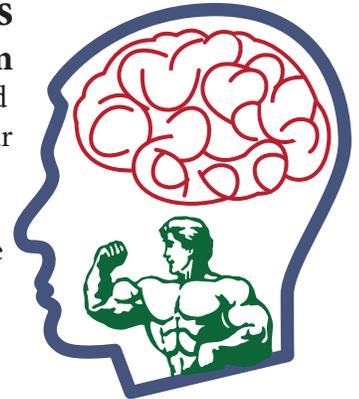
**Turkey:** Turkey is healthy, as long as you keep it lean and white.

**Time Change:** Keep in mind that once we set the clocks back, it gets darker earlier, so there are fewer outdoor options for physical activities in the evening. Make adjustments by joining a gym, planning evening walks at the mall or becoming an early riser.

## The Mental Trick That Builds Muscles

From Shape.com

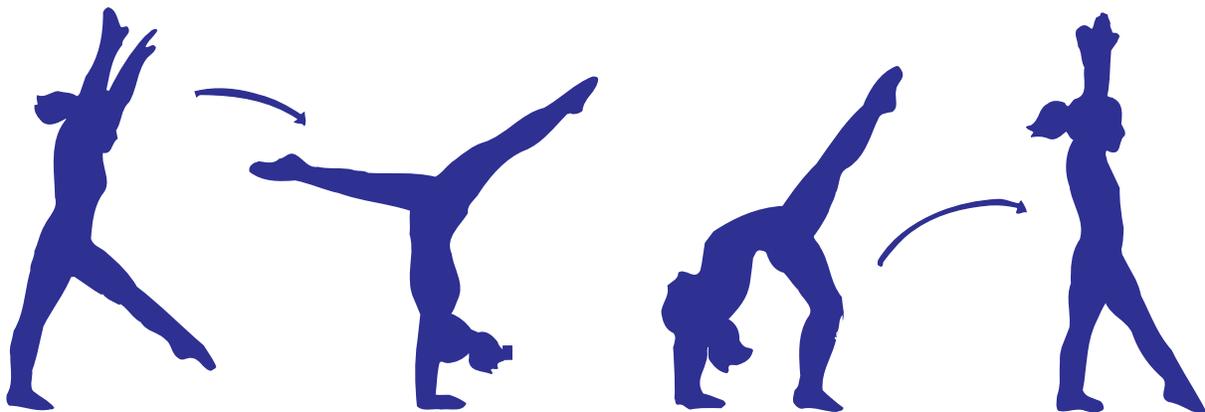
**Question:** How many minutes do you think you can jump rope for? Answer that and you just might improve your workout results. Simply making a prediction causes your brain to pump out more of the feel-good neurotransmitter dopamine, and that could spur you to push harder. “The more dopamine you have, the less your mind focuses on the effort required, which translates into a higher level of determination,” says Jane McGonical, Ph.D., the author of the recently published SuperBetter. As you lace up, make a guess. How long will it take you to run your first mile? You’ll probably run your hardest to beat that number.



## You Might Be a Gymnast If.....

From: AboutSports.com

- You get excited when any show or movie has gymnastics in it – no matter how small a role it plays, or how simple (or unrealistic) the skills are
- You are the strongest of any of your non-gym friends by far, but you don't know how to play any other sports
- You visualize your routines before you go to sleep at night
- You just can't resist doing a handstand at the beach. And maybe at the park too.
- You make up new floor routines and beam routines just for fun
- You remember when you got your first important skill; pullover, backhandspring, etc.
- You never wear your hair down
- You have a dream list of skills you want to learn...that you haven't even shown your coach
- You have big goals. Even though you know only five gymnasts make the Olympic team, you still dream that one of them could be you.



# Boost Your Health Today!!

From: Eatthis.com

*Find your path to perfect wellness with these 8 superfoods you should eat every day!*

**Coconut Oil** - One study from the American Journal of Clinical Nutrition found that subjects who are coconut oil lost overall weight and belly fat faster than a group consuming the same amount of olive oil.



**Flax and Chia Seeds**- Animal studies suggest a chia-rich diet can lower harmful LDL cholesterol and protect the heart, and a recent study in the journal Hypertension found that daily consumption of flax-seed-fortified bakery products reduced blood pressure in patients with peripheral artery disease.

**Eggs** - Eggs are the single best dietary source of the B vitamin choline, an essential nutrient used in the construction of all the body's cell membranes. Two eggs will give you half your day's worth; only beef liver has more. (And believe us, starting your day with a slab of beef liver does not make for a great morning.) Research has shown dieters who eat eggs for breakfast have an easier time losing weight.

**Avocado** - A scoop of guacamole is one of the most effective hunger-squashers known to man. In a study published in Nutrition Journal, participants who ate half a fresh avocado with lunch reported a 40% decreased desire to eat for hours afterward.

**Apples (with the Skin On)** - A recent study found those who paired their apple-a-day habit with 30 Minutes of exercise two to four times per week saw a 7.4 percent decrease in the rate of visceral fat accumulation over the same time period. But don't peel your apple if you want to peel off the pounds: A study conducted at the University of Western Australia found that the blushing varieties (such as Pink Ladies) had the highest level of antioxidant phenols, most of which are found in the skin. Apple sauce isn't a worthy substitute.

**Cinnamon** - A series of studies printed in the American Journal of Clinical Nutrition found that adding a heaping teaspoon of cinnamon to a starchy meal may help stabilize blood sugar and ward off insulin spikes.

**Lettuce** - Yep, Lettuce-Move over, King Kale. In a new William Paterson University study that compared the 47 top superfoods by nutrient volume, the trendy green came in a respectable-by-unremarkable-15th on the list. Ranking higher: watercress, spinach, leafy green lettuce and endive.

**Hummus** - A recent study published in the journal Obesity found people who ate a single serving a day of garbanzo beans or chickpeas (which for the basis of hummus) reported feeling 31 percent fuller than their beanless counterparts.



*continued from page 6*



camp – yes, pretty incredible for California to have rain in July, but it did happen! On our first day it drizzled in the late afternoon, so our Monday evening campfire program had to be moved indoors, which still worked out well. The children were asked to prepare skits at home and they presented songs and a couple played musical instruments.

The second day of camp we had hard rain in the afternoon, but it so happened that most of the campers were spending the day at Shaver Lake where it was sunny all day! Only a

few campers were in camp to witness the sudden downpour, which was particularly exciting for the youngest children – some have probably never seen a downpour before, since California's drought is already in its fourth year.

The rest of the time we spent hiking in the vicinity of the camp and swimming in the creek or the nearby lake.

Thursday was our traditional group hike to Dinkey Dome. This is a relatively short but difficult hike because there is no trail, but it's so worth it! Our destination is always the base of Dinkey Dome, where there is a large waterhole with a waterfall. The water is ice cold, but it feels good to jump in anyway. Further up is a beautiful rock bed polished smooth by the creek, full of rock formations shaped by the waterflow over hundreds of years.

Fishing is also a very popular activity, as well as mushroom hunting. Fishing is especially good at Wishon Reservoir, a 20-minute drive from the camp, and we have a few very dedicated mushroom pickers who always manage to find enough mushrooms for at least one dinner.

Every year we try to have one of our Czech cooks teach others how to prepare some traditional Czech dish. This year Jara Dušátko, president of Sokol San Francisco, conducted a workshop on how to make "bramboráky" – Czech potato pancakes. They were excellent!

Friday night we had a campfire that included an improvised memorial for one of our regular campers Lynn Miller, a former Pacific District officer, who passed away on July 9 at age 63, a victim of cancer. This was an emotional evening. Lynn's husband Richard Miller and daughter Allyson Rorro shared their memories and their sorrow, and other campers added their memories as well. Michelle and Breanna Schear sang a song about a shooting star that reminded them of Lynn, and Nick Schear played beautifully "Nearer My God to Thee" on his violin.

## ***Foundation 150 Club***

**If you would like your name to be included in the 150th Commemorative Book, your donation to the 150 Club must be in the Sokol Office by September 17, 2015.**

**We will continue to accept donations to the 150 Club through December 31, 2015.**



# NATIONAL SCHOOL BOARD

## ***THANK YOU TO ALL WHO SUPPORTED THE ADOPTION PROGRAM FOR THE 2015 NATIONAL INSTRUCTORS SCHOOL***

The American Sokol National School Board would once again like to **thank the individuals and Units** who have participated by donating to **adopt a student or a class this year**. We were able to raise \$1,350.00 which will go back into the **Future Sokol Leaders Fund (FSLF)** which helps to **financially support** our National Instructors Schools. ***Adopting a Student*** was a \$50 donation, while ***Adopting a Class*** was a \$75 donation. The donors received letters and pictures of the class or student during and following the School.

**Sokolice Tabor** adopted the Special Number Class; **Sokol Naperville Tyrs** adopted Singing Class; **Sokol Spirit** adopted the **four students** of their own that had attended the school; (Lilly Smith & Michael Barcal, who were Beginners and Izzy Smith & Rachel Lemont who were Intermediate students); and **Sokol Ceska Sin** adopted two students (one of their own and one from **Northeastern District**). So we assigned their own student, Mackenzie Soneson, an Intermediate student and we assigned Jarrett Adams, an Advanced student from SGC, - from the NED. We also had an adoption from **Western District** for the two students that attended from **Sokol Cedar Rapids**, both Beginners – Janelle Colbert & Michael Icenbice.

Some individuals chose to adopt classes, while others adopted students. **Bro. Paul Lebloch** (Sokol Spirit member) adopted Singing Class; **Ralph Perk Jr.** (SGC member) adopted the Sokol History Lecture Class and any student; we assigned him. **Phil Tudisco**, from Sokol USA Lodge 306, who was an Advanced student. **Eileen Pech** (SGC member) adopted her own daughter, Megan, an Intermediate student and any class. We assigned her the Combative and Resistives Class. **Vicky Jirousek** (SGC member) adopted Raymond and Conor Wodarczyk both Advanced II students from SGC and **Edwin Jirousek** (also SGC member) adopted Jeremy Jirousek and Erin Gullatta (both Intermediate students from SGC). **Vera Teyrovsky**, from Sokol San Francisco adopted any student – we assigned her **Carolyn Flynn**, advanced student from DA Sokol; **Olga Nemecek** (SGC member) adopted any student – we assigned her **Cole Sutter** Advanced II from SGC; **Elaine Zitko and Jerry Zitko** (both Sokol Spirit members) each adopted **Michael Barcal**, Beginner student from Sokol Spirit; and **Sis. Maryann Fiordelis** (from Sokol Detroit & National Physical Director) adopted the Sokol History Lecture Class.



Again, we would like to **thank each of the Units and individuals** for their donation and support of our **Adoption Program**. It seemed a **fun and interactive** way to donate to the **School** and a **very worthwhile cause**. We hope to repeat this **again next year**. So if you **missed your opportunity** this time, be looking for the promotion **next spring!!**

**NAZDAR!**

Sis. Mary Cushing

American Sokol School Board Director





**150<sup>th</sup> American Sokol Anniversary Weekend Events --- November 13-15, 2015**  
**PRE-SALE TICKETS ONLY – NO TICKETS SOLD AT THE DOOR**

**FRIDAY EVENTS:**

**Special Number Performance** Max Sports Complex  
 4750 Vernon Ave.  
 McCook, IL 60525

Walk On Practices 5:15 - 6:15 pm Show Starts at 7:00 pm

COST: TEAM FEE \$35

**Social** The Pub at the Max Sports Complex  
 4750 Vernon Ave.  
 McCook, IL 60525

Immediately following Special Number Performance – midnight

COST: PARTICIPANT TICKET \$10  
 SPECTATOR TICKET \$15 (includes performance & social)

**SATURDAY EVENTS:**

**Volleyball Tournament** Max Sports Complex  
 4750 Vernon Ave  
 McCook, IL 60525

8:00 am - 4:00 pm

COST: TEAM FEE \$140  
 SPECTATORS \$5 OR \$15 PER FAMILY

**Bowling for Fun** Rolling Lanes  
 6301 Joliet Rd,  
 Countryside, IL

11:30 am doors open Bowling Noon - 3:00 pm

COST: \$15 (for 3 games and shoes)

**Gala** Women's Athletic Club  
 626 N. Michigan Ave,  
 Chicago 60611

5:00 - 9:00 pm

COST: \$175 PER TICKET (includes Anniversary Party after 9:30)

**Anniversary Party** Lisle Hilton Hotel  
 3003 Corporate West Drive  
 Lisle, IL 60532

6:30 pm - Midnight (dinner at 7 pm)

COST: \$50 FOR ADULTS; \$25 FOR CHILDREN (14 and under)

**Sponsorship Opportunities** Information will be in the Packet

**Commemorative Book** Information will be in the Packet & in this Directors Newsletter

**Hotel Reservations** Information will be in the Packet



## Mark your Calendar

### Events around the American Sokol

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

## October

- October 4**     **Houby Day Parade**, Sokol/Ice Tabor — Cicero/Berwyn, IL
- October 10**    **Sokol St. Louis Camp, Chili Cook-Off & "Ghosthunting" Walk & Hayride** — Sokol Camp, MO
- October 17**    **Oktoberfest Celebration & Polka Party** — Sokol Greater Cleveland, Cleveland, OH
- October 18**    **Sokol Membership Appreciation Picnic** — Sokol Washington, D.C. Fletcher's Boat House, Washington, D.C.
- October 24-25**   **Commemoration Weekend, 100th Anniversary Celebration of the Cleveland Agreement** — Sokol Greater Cleveland, Cleveland, OH
- October 25**     **Czech & Slovak Heritage Celebration** — Sokol Los Angeles, Knollwood Country Club, Granada Hills, CA
- October 29**     **Vinobrani Dinner Dance** — Sokol New York, New York, New York

## November

- November 1**     **Annual Czech Dinner Party** — Sokol Cultural Center, Dearborn Heights, MI
- November 7**     **Central District Annual BOI Meeting** — Central District Office, Brookfield, IL
- November 8**     **Central District Annual Meeting** — Chicagoland, IL
- November 13-15** **150th Anniversary Weekend** — Chicagoland, IL

Friday, November 13, 2015

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

Saturday, November 14, 2015

- Volleyball – Max Sports Complex, McCook, IL
- Bowling for Fun (TBD)
- Sokol Anniversary Party (in evening with dinner & dancing), Hilton, Lisle, IL
- 150th Anniversary Gala – 5pm (dinner & presentation), Women's Athletic Club Chicago, Chicago, IL. Includes Silent Auction & A Tribute to Sokol History

Sunday, November 15th, 2015

- World Sokol Federation Meeting – Hilton, Lisle, IL

- November 21**     **Walk for Health at San Francisco Presidio**

## December

- December 12**    **Czech Beer Festival** — Sokol St. Louis, American Czech Educational Center, St. Louis, MO



### American Sokol Deadline

Send your submissions, articles, events and photos to [editor@american-sokol.org](mailto: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.



**PERIODICAL**

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**SAVE A TREE...GO GREEN. RECEIVE THE DIGITAL VERSION VIA EMAIL:**  
<http://american-sokol.org/gogreen/>

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- Cultural programs including folk, ballroom and acrobatic dancing, cooking class, foreign film night;
- Many other activities including language classes, camps, picnics, advanced learning and more!

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or email **editor@american-sokol.org**

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