



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

September 2015 | Volume 138 | Issue 7



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AND

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AND

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KMD FOUNDATION, AMERICAN FRIENDS OF THE CZECH REPUBLIC & CHICAGO CZECH CENTER

*Cordially invite you to attend*

## 150TH ANNIVERSARY GALA

CELEBRATING 150 YEARS  
*of*  
SOKOL IN AMERICA

SATURDAY, NOVEMBER 14TH, 2015

WOMENS ATHLETIC CLUB OF CHICAGO

626 N MICHIGAN AVE  
CHICAGO, IL 60611

5:00 PM COCKTAILS  
5:30 PM DINNER

BLACK TIE  
NOT REQUIRED

ADMISSION  
\$175/PERSON

VALET PARKING AVAILABLE

TICKET INFORMATION  
&  
SEATING REQUESTS

CALL 708.255.5397  
OR  
EMAIL: [ASO@AMERICAN-SOKOL.ORG](mailto:ASO@AMERICAN-SOKOL.ORG)

*Proceeds benefit the American Sokol Organization  
Gateway to the Future Capital Campaign, a 501(c)3 organization*

## AMERICAN SOKOL

ISSN 003-1259

Published nine times each year: Jan, Feb, March/April, May, June, July/Aug, Sept, Oct, Nov/Dec.

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

Subscription: \$12.00 per year

Periodical postage paid at Brookfield, IL and additional mailing offices.

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## ASO Executive Board

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

\*except in July and August

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## TABLE OF CONTENTS

Board Information.....	2
President's Address .....	3
The Sokol Educator.....	4
150th Gala RSVP .....	5
Sponsorship Opportunities .....	6
American Sokol Gymnast.....	7-9
Instructor's School Report .....	10-11
Rising Star .....	12
Commemorative Plaque.....	13
150th Weekend Schedule .....	14
Calendar of Events .....	15
Advertise with Us .....	16

## From the Editor...

This is it—make no mistake. We are on the verge of the biggest celebration of our American existence. Our 150th weekend is just two months away. In this issue you will find an RSVP for the Gala and other Sponsorship Opportunities, plus a guide to all the activities ahead. This can also be found on the ASO website.

## Click Here to See: 150th Website Info

There are Limited Seats Available so ACT NOW! Don't let this once in a lifetime opportunity pass you by.

All units have received the 150th Weekend Packets via email, and will distribute at the start of the season. If you have Internet access, you don't have to wait. Click on the link above or go to:

<http://american-sokol.org/150th-celebration-events/>

Access all the information you need. Happy Partyng!

NAZDAR!

Save a Tree... Save Our Organization. CLICK HERE:

<http://american-sokol.org/gogreen/>

## To Submit Items for Publication:

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1333 W. Touhy Ave., #216, Park Ridge, IL 60068

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Send Notice of Undeliverable Periodicals to:

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



## The Presidential Address

*Looking Forward...*

We have so much to anticipate this coming Sokol year. As 2015 comes to an end, so does many of our 150th Anniversary celebrations but we look forward to more to come including:

- Sept. 20th - Sokol Detroit – 140th Anniversary Dinner
- Sept. 18-20th - Sokol Baltimore Grand Opening and Eastern District 150th Celebration
- Nov. 13-15, 2015 – National 150th Anniversary Celebration Weekend, Chicago
- Nov. 14, 2015 - 150th Anniversary Gala, Chicago
- 2016 – Grand Re-Opening of Sokol West
- 2016 – Membership Drive
- May 2016 – Tour/Trip to Oetz, Austria – European Sokol Slet
- Summer 2016 – Sokol USA Slet, Pennsylvania
- Fall 2016 – Southern Moravian Wine Tour & Hody
- Summer 2017 – American Sokol Slet in Cedar Rapids, IA
- Summer 2018 – Czech Sokol Slet in Prague – Yes! A tour is already in motion.

Within our organization we look forward to many projects coming to fruition including: a new Membership Database launching in 2016, our Capital Campaign will focus on a Sokol Recognition Award Dinner, the Education Department will focus on the preservation project for our treasured Library & Archives, and PR/Marketing announces our television/internet debut on “America’s Best” TV Show (ION Channel & YouTube). With the 150th attention, American Sokol is getting more publicity and support than ever before. We hope to continue these efforts so we can raise membership numbers and increase funding.

One favorite goals that we will achieve this year, is developing the internal grants and announce the many ways our Units can obtain support from National grants. We are so excited to begin this process and see it assist our Units for many years to come.

It is one of our mottos to keep moving forward, and not a step back! So, as we begin this new Sokol season, I hope you can see that there is a lot to look forward to in the coming year. I hope it excites you and motivates you to keep the Sokol Spirit alive and active in your Units. I ask each and every one of you to continue asking your friends to join and support us by joining American Sokol, even if they simply become a general TGMasaryk member. I also, personally invite you all to join in the historical celebrations in November in Chicago. The Anniversary Plaques are still available. Please consider these gifts for Christmas and Membership Recognitions. All of this information is on the website.

Thank you all for being members, for your continued volunteerism and I look forward to seeing you all soon! Best of luck in the coming season!

Nazdar! Ať žije Sokol ~ Long Live Sokol, Jean Hruby, President





# The Sokol Educator

*from The National Education Committee*

## Merit Award Meeting Report

The Merit Award Committee met on Monday, June 15, 2015 to review the merit award applications and then presented the qualified applicants to the American Sokol Executive Board and the American Sokol BOI. Committee members present were: Sue Bares, Deb Allison, Michael Dropka, BOI rep Maryann Fiordelis and Ethna Flaherty. Barb Kucera volunteered to be our *applicant reader*.

American Sokol received six completed Merit Award applications; all six were reviewed and after the reading and evaluation of each of the six applications, it was determined that one applicant was qualified to receive the Merit Award. Sarah Slovak of Sokol KHB from the Southern District was the lucky winner.

The awardee will receive a mailed notification with their requirements to keep this award, and a note they must sign and return which states they have received the award and agree to said requirements.

Respectfully Submitted,

Sis. Ethna Flaherty & the Education Committee



## How I have made an impact on Sokol *by Sarah Slovak*

First, I want to start by saying that I am fortunate to have more than one opportunity to be avidly involved in the Sokol community. Coaching the boy's gymnastics program, lifeguarding at the Sokol Tyrs Pool and attending the National Instructor's Course (Kurz) are all activities that I have and continue to partake in and enjoy immensely. I have impacted Sokol in many ways over the years through so many activities, and it has impacted me.

Coaching boy's gymnastics is a joy to me. I love harnessing the limitless energy of the boys and transferring it into concentrated, productive fitness and learning. Coaching boys is enjoyable because they are always determined to be "the best", meaning that they not only push themselves but each other to improve. Boys also tend to be more fearless, so trying new skills is openly welcomed and pushing them to be their best is very rewarding. When the past boy's head coach stepped down earlier this year, I stepped up to the plate and took on the leadership role of the program so that it could continue.

boy's head coach stepped down earlier this year, I stepped up to the plate and took on the leadership role of the program so that it could continue.

Lifeguarding at Sokol is wonderful for many reasons. Being that Sokol is a member's only pool, the atmosphere is very intimate and everyone gets to know each other well. The other guards are great people, and we all share a pride in our responsibilities and close-knit friendship. I am also thankful to have had an amazing supervisor, who is the reason I became a lifeguard in the first place. There is no place I enjoy spending my summers more than at the Sokol Tyrs Pool.

One of the things I have enjoyed most about Sokol is the sense of community. One of my goals is to continue to be an active participant and contribute to Sokol far into my adult life. Through volunteering, coaching, lifeguarding and Unit, District and National participation I have made many connections with many wonderful people that have impacted my life and I think that I have impacted theirs. It is very rewarding to have made a difference in various parts of Sokol for a large portion of my life.

RSVP

# 150TH ANNIVERSARY GALA

## CELEBRATING 150 YEARS of SOKOL IN AMERICA

I/We wish to be a sponsor at the \_\_\_\_\_ level. (see reverse side)

I/We wish to purchase a table of 10 at \$1,750.

I/We wish to purchase \_\_\_\_\_ tickets at \$175/person.

Enclosed is my check for \$ \_\_\_\_\_ made payable to:

American Sokol Organization

I am unable to attend, please accept my donation of \$ \_\_\_\_\_.

Please charge my credit card \$ \_\_\_\_\_. (Visa/Mastercard)

**Please RSVP by October 15.**

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Name on Card

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Card Number

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Expiration Date

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Signature

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Name/Name of Organization

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Address

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City

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State

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Zip

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Phone

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Email

**Mail this form or charge by phone to:**

**American Sokol**

**9126 Ogden Ave, Brookfield IL 60513**

**708.255.5397**

*Please list the name of the guests with whom you would like to be seated with on the reverse side of this card  
Reservations will be held at the door.*



## SPONSORSHIP OPPORTUNITIES



### PLATINUM SPONSOR \$7,500 + UP

- 2 Tables at the 150th Gala, 20 Invitations
- Logo on all electronic and printed materials for the 150th Anniversary weekend, including Program Book and signage
- VIP Reception with the Honored Guests
- Logo and link on American Sokol Website for 1 year
- Promotions on our Social Mediums: Facebook and Twitter
- 1 Lifetime Associate Membership to an American Sokol Unit of your choice
- One year activity fee to an American Sokol Unit of your choice
- 150th Anniversary Commemorative Plaque
- \$300 Sokol Merchandise Gift Certificate

### GOLD SPONSOR \$5,000

- 1 Table at 150th Gala, 10 Invitations
- Logo on all electronic and printed materials for the 150th Anniversary weekend, including Program Book and signage
- VIP Reception with the Honored Guests
- Logo and link on American Sokol Website for 1 year
- Promotions on our Social Mediums: Facebook and Twitter
- 150th Anniversary Commemorative Plaque

### SILVER SPONSOR \$2,500

- 4 Seats at the 150th Anniversary Gala, 4 invitations
- Logo on all electronic and printed materials for the 150th Anniversary weekend, including Program Book and signage
- VIP Reception with the Honored Guests
- 150th Anniversary Commemorative Plaque

**PLEASE LIST BELOW THE NAMES OF YOUR GUESTS OR THOSE WITH WHOM YOU WOULD LIKE TO BE SEATED. (TABLES OF 10)**

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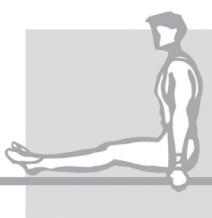
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# AMERICAN SOKOL GYMNAST



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

## Tips for Coaches and Parent Volunteers

If you're a youth coach, you probably know that this role involves a lot of administrative responsibilities that can easily monopolize your time. Here are a few tips for taking care of the details that come along with being a coach.

**Recruit helpers**—Sports seasons are long and you shouldn't have to do everything by yourself. Recruit some parents and friends to help. Two important volunteer positions are team manager and assistant coach. The team manager can e-mail schedule changes to the team, collect fees and handle other day-to-day tasks. Assistant coaches are especially helpful if you have a big team, and they can cover practice days when you're not able to be there.

**Plan out team practices ahead of time**—To help with putting a practice plan together, use a weekly calendar like the Post-it® Notes Weekly Planner. It includes 2" x 2" Post-it® Full Adhesive Notes in three different colors, so you can use one color for practice days, another for game days, and another for team meeting days or special events like tournaments. Four boxes under each day on the planner can be filled with specific instructions for the day, like practice location, warm-up instructions, plays to practice, player positions or name of the onsite coach.

**Use labels and reminders**—Send reminders home to parents with Post-it® Reminder Tags. Write a quick note like "New practice time tomorrow" or "Bring birth certificate copy for tournament" on the tag, and then loop it around the handles of your players' backpacks, or even around their wrists. You can label equipment with Post-it® Reminder Tags, too. Soccer headgear, baseball or softball gloves, and other items can easily be tagged so when gear gets thrown together, players remember what items are theirs.



**Have extra tools handy**—Using a visual tool, like a Post-it® Dry Erase Surface, can be a big help during games and in practices. Draw a basic baseball diamond or soccer field on the surface, and then use Post-it® Flags in different colors to represent players. As you talk about your game strategy with players, this will help them visualize where they need to be during different plays.

Put these simple tips and ideas to work, and then you can focus on doing what you really want to do—teaching kids how to play the game.

## Anatomy of a First Aid Kit

From: redcross.org

A well-stocked first aid kit is a handy thing to have. To be prepared for emergencies:

- Keep a first aid kit in your home and in your car.
- Carry a first aid kit with you or know where you can find one.
- Find out the location of first aid kits where you work.

First aid kits come in many shapes and sizes. You can purchase one from the Red Cross Store or your local American Red Cross chapter. Your local drug store may sell them. You can also make your own. Some kits are designed for specific activities, such as hiking, camping or boating.



Whether you buy a first aid kit or put one together, make sure it has all the items you may need:

1. Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest.
2. Check the kit regularly.
3. Make sure the flashlight batteries work. (Flashlights available on the Red Cross Store)
4. Check expiration dates and replace any used or out-of-date contents.



**The Red Cross recommends that all first aid kits for a family of four include the following:**

2 absorbent compress dressings (5 x 9 inches)	Scissors
25 adhesive bandages (assorted sizes)	1 roller bandage (3 inches wide)
1 adhesive cloth tape (10 yards x 1 inch)	1 roller bandage (4 inches wide)
5 antibiotic ointment packets (approximately 1 gram)	5 sterile gauze pads (3x3inches)
5 antiseptic wipe packets	5 Sterile gauze pads (4x4inches)
2 packets of aspirin (81 mg each)	Oral thermometer
1 blanket (space blanket)	2 triangular bandages
1 breathing barrier (with one-way valve)	Tweezers
1 instant cold compress	2 pair of nonlatex gloves (size: L)
2 hydrocortisone ointment packets (approximately 1 gram each)	First aid instruction booklet

If you aren't able to find some of these supplies at your local drugstore, they may be available at the Red Cross store online! Make sure that your gym has a well stocked first aid kit before your Sokol classes begin! KP ☺

## Mental Illness and the Family: Recognizing Warning Signs and How to Cope

From: mentalhealthamerica.net

Most people believe that mental disorders are rare and "happen to someone else." In fact, mental disorders are common and widespread. An estimated 54 million Americans suffer from some form of mental disorder in a given year.

Most families are not prepared to cope with learning their loved one has a mental illness. It can be physically and

emotionally trying, and can make us feel vulnerable to the opinions and judgments of others. If you think you or someone you know may have a mental or emotional problem, it is important to remember there is hope and help.

**What is mental illness?** A mental illness is a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life's ordinary demands and routines.

There are more than 200 classified forms of mental illness. Some of the more common disorders are depression, bipolar disorder, dementia, schizophrenia and anxiety disorders. Symptoms may include changes in mood, personality, personal habits and/or social withdrawal.

Mental health problems may be related to excessive stress due to a particular situation or series of events. As with cancer, diabetes and heart disease, mental illnesses are often physical as well as emotional and psychological. Mental illnesses may be caused by a reaction to environmental stresses, genetic factors, biochemical imbalances, or a combination of these. With proper care and treatment many individuals learn to cope or recover from a mental illness or emotional disorder.

**Warning Signs and Symptoms**—To learn more about symptoms that are specific to a particular mental illness, search under Mental Health Information or refer to the Mental Health America brochure on that illness. The following are signs that your loved one may want to speak to a medical or mental health professional.

It is especially important to pay attention to sudden changes in thoughts and behaviors. Also keep in mind that the onset of several of the symptoms below, and not just any one change, indicates a problem that should be assessed. The symptoms below should not be due to recent substance use or another medical condition.

**\*If you or someone you know is in crisis now, seek help immediately. Call 1-800-273-TALK (8255) to reach a 24 hour crisis center or dial 911 for immediate assistance.**

#### ***In Adults, Young Adults and Adolescents:***

Confused thinking	Prolonged depression (sadness or irritability)
Feelings of extreme highs and lows	Excessive fears, worries and anxieties
Social withdrawal	Dramatic changes in eating or sleeping habits
Strong feelings of anger	Strange thoughts (delusions)
Suicidal thoughts	Substance abuse
Numerous unexplained physical ailments	Seeing or hearing things that aren't there (hallucinations)
Growing inability to cope with daily problems and activities	

#### ***In Older Children and Pre-Adolescents:***

Substance abuse	Intense fear
Changes in sleeping and/or eating habits	Excessive complaints of physical ailments
Frequent outbursts of anger	Changes in ability to manage responsibilities
Inability to cope with problems and daily activities	
Defiance of authority, truancy, theft, and/or vandalism	
Prolonged negative mood, often accompanied by poor appetite or thoughts of death	

#### ***In Younger Children:***

Changes in school performance	Hyperactivity
Poor grades despite strong efforts	Changes in sleeping and/or eating habits
Persistent nightmares	Persistent disobedience or aggression
Frequent temper tantrums	Excessive worry or anxiety
How to cope day-to-day	

# 2015 AMERICAN SOKOL INSTRUCTOR'S SCHOOL

JULY 12 – JULY 26, 2015

Sister Mary Cushing, 2015 American Sokol School Director

A total of 45 students from eight American Sokol Units, and students from Sokol USA and DA Sokol, attended this year's American Sokol National Instructor's School hosted by Sokol Spirit. There were 19 Beginners, 19 Intermediates, 3 Advanced and 4 Advanced II students, of which 20 were boys and 25 girls ranging in ages from 12 to 18. Interesting fact, this was the first year that I can remember that the girl to boy ratio was almost equal.

Once again the staff did an outstanding job! Returning staff from last year included Bros. Todd Yatchyshyn from Sokol USA, and Pen Argyl. Sis. Michele Jirousek from Sokol Greater Cleveland, Sis. Heidi (Vencl) Kuharek from Sokol Greater Cleveland, Bro. Dan Bajek from Sokol Naperville Tyrs, and Sis. Hallie Soulides from Sokolice Tabor. We were also pleased to have Sis. Alix Wilt from Sokol Spirit returned as a part-time instructor. Besides the duties of School Director, I also taught and gave most of the lectures. Everyone helps out where needed and work well together.

Sis. Jane Wise, from Sokol Greater Cleveland, performed the duties of School Registrar, and local Sokol Spirit member, Sis. Kathy Barcal took on the duties of School Secretary, assisted by Sis. Vera Wilt, president of Sokol Spirit. Sis. Irena Polashek did a wonderful job heading up the kitchen. Many other kitchen volunteers from Sokol Spirit and the Central District helped out; plus Bro. & Sis. Kalat from Sokol KHB in Texas, and Bro. & Sis. Fiordelis from Sokol Detroit. We would also like to thank the children from Central District who came to

participate in our Practice Teaching classes. We tried something a little different this year with two hours before lunch and two hours after lunch. Some of the children stayed the whole time! This is very important so our students are able to actually teach children during that practical class, and get feedback from their peers as well as instructors. We wish to thank the parents who made this experience possible.

The classes and curriculum continue to evolve innovatively and progressively

in order to engage and excite the students at all levels and will surely benefit each unit where these students return to teach. Because of the expertise we had on our staff, students were able to take advantage of some different classes as well as our traditional ones.

Once again, we had certifications for all students. A free certification, which is an annual course, was given to students of all levels on concussions developed by the CDC (Center for Disease Control). This included a video instruction, practice quizzes and a final exam which they all passed and received their certificate. Intermediates and one advanced student were certified in American Red Cross First Aid, CPR and AED. This was a blended learning which means part of this was done online before getting to the school, and the hands-on portion was given at the school by ARC certified instructor, Bro. Todd. They all passed and received a certificate and card.



The Advanced students took the online USAG U100 Course of Fundamentals of Gymnastic Instruction, filled with quizzes and a final test. For the first time, we had the Advanced II students take the online USAG U200 Course—the Development Coaches Course: Sports Science. This covers L 1-4 athletes in areas of Nutrition, Psychology, Biomechanics and Injury Preventions. The seven students that took these two USAG courses found them much like a review of things which they had learned at our school. They all passed and received a certificate as well.

We went to an indoor Laser tag venue at the end of the first week, and later to an outdoor pool which was nice and refreshing. The travel to and from the outings (as well as the airport) were all done by Sokol volunteers, mostly from Sokol Spirit and the Central District.

We had many visitors for our Group Competitions – local parents, instructors and Sokol members. Jean Hruby, American Sokol President, addressed the students the first morning as well as gave an encouraging talk at the Graduation Ceremony. We also had visits from Sis. Maryann Fiordelis, our National Physical Director.

Our graduation program was presented on Saturday evening, preceded by a delicious pork dinner. We had many spectators, and some very special guests from our National Executive Board – as mentioned Sis. Jean Hruby – President; Sis. Lynda Filipello – PR & Marketing Director (also Central District President); Sis. Julie Meyer – Membership Director; Sis. Meribeth Tooke – Treasurer; National Executive Board members – Bro. Howie Wise and Sis. Kathy Barcal. We also had Sis. Jane Wise, School Registrar, travel from Cleveland with her husband for the celebration.

The graduation program was concluded with the presentation of diplomas and special awards. The Leadership Award is given to the one student from each school level that the staff feels were outstanding in this area. The Beginner Leadership Award went to Roberta Pegg from Sokol Farrell–Sokol USA; the Intermediate Leadership Award went to Paige Tignor from Sokol KHB-Ennis; the Advanced Leadership Award went to Caroline Flynn from DA Sokol and the Advanced II Leadership Award went to Joe Bajek from Sokol Naperville Tyrs.

Our 2015 Sokol Instructors School officially concluded with our final flag lowering and you could hear the resounding tradition of the three Sokol “Zdars!” ringing out loud and clear to conclude another successful Kurz. There was cake and socializing followed by the last night of social activities, pizza, packing and fun! It was a good time with many having a difficult time saying good-bye!

A tremendous thank you to the staff that did an outstanding job! I would also like to extend a big thanks to all the helpers and volunteers from Sokol Spirit and the other units mentioned, the awesome students and once again the American Sokol for continuing to support this important and worthwhile venture!! NAZDAR!

## **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.**

*Bob Bajek, who is a long-time member and former assistant coach at Sokol Naperville Tyrs, won the prestigious SPJ Ethics in Journalism Award for his reporting on the severe pollution left at the former Chanute Air Force Base in Rantoul, IL. This is a national award.  
<http://www.spj.org/news.asp?REF=1358>*





# RISING STAR:

## KRISTIN MERKER

submitted by Bryan Pracko



The Central District is proud to announce Kristin Merker as its Rising Star for this month! Kristin has been a member of Sokol USA Lodge 306 Chicago since 1996. She joined as an 8-year-old gymnast in the summer session that year and has never looked back. After moving up to Juniors class at the age of 12, she attended the first of her five (yes, five!) instructors schools from 2000 to 2005 – 2 in Barryville, NY for Sokol USA and 3 in American Sokol.

Kristin has come up through the ranks of leadership at Lodge 306 over the years. She spent the first couple years as a junior helping as an assistant instructor for the Sokolettes and Sokolads classes. She continued to show maturity beyond her years and was elected to become one of the youngest Directors in Lodge 306 history at the age of 17. She has continued in that position ever since. She has become a respected leader in Lodge 306 and Central District as well. She has continued to hone her skills as a class instructor in the gym by attending several coaching clinics and Directors Conferences held in the Central District. She has helped out as an instructor at four of the last five Skillz and Progressions Clinics held in the Central District. She is an active member of the District BOI and helps at many of the other district functions during the course of the year. Kristin's involvement in Sokol also led to her mother Cindy joining and becoming a lodge officer and class instructor at Lodge 306. Kristin and Cindy also named their cat "Tyrs"!

Kristin has excelled as a gymnast to the point where she still competes in district competitions each year. She has endured many trials and tribulations that would have made lesser competitors quit the sport. But in reverence to her competitive spirit, she has overcome these obstacles and gone on to win numerous medals and trophies as an individual gymnast, and contributed to many award-winning teams and tag teams. She most recently competed Level 5 on uneven bars at this year's Central District competition in May. She has attended and competed in almost every national slet since 1999.

Currently, in addition to being Director of Women at Lodge 306, Kristin is the head instructor for Tuesday and Thursday Sokolettes classes, and co-head instructor for Jr. Girls and summer gymnastics classes. She helps with all lodge fundraising, dinners and other activities. She has attended the last three Sokol USA Conventions. She was a member of the Sokol USA YES Council 2005-2011. In 2013, she attended the Sokol USA Convention in Pittsburgh as a lodge delegate and was appointed as Assistant Director of Women for Sokol USA. Kristin has gone on to compose the Jr. cal to be performed in the Sokol USA Slet next year in Pittsburgh! She graduated from Ripon College (WI) in 2012 with a double major in English and Educational Studies. She is now a special education teaching assistant at Ebinger Elementary School in Chicago. She also works as a part time counsellor/summer camp director at JCC Chicago and will be starting a grad school program at National Louis University this fall with an eye toward teaching Special Education.

Kristin's future goals in Sokol are to continue to oversee the growth of the programs at Lodge 306 and to become even more of a contributing leader in the Central District and Sokol USA. We are proud to have Kristin as a member of Lodge 306 and the Central District and hope she will continue to be a role model for the upcoming leaders and gymnasts for many years to come! NaZdar!



## Commemorative Plaque Limited Edition

American Sokol commissioned Artist Alex Vesely to create this one of a kind plaque to commemorate 150 years of Sokol in America. It is 13 inches in diameter and cast in hydro-stone with a metal coating. The falcon represents the Czech and Slovak Sokols who came to America and formed our beloved organization. The falcon is wearing both the Czech lion and Slovak cross symbolizing from where Sokol originated. The lipa tree branch has 2 leaves representing the life of Sokol here in America and Abroad. The missing leaf represents those that have passed, but also new life of Sokol yet to grow.

**There will only be 250 plaques made, numbered and signed by the Artist.**

**This is a perfect gift for any Sokol organization or member. Plaques will be handmade upon order.**

**Cost is \$70 per plaque + shipping**

Complete the form below and submit with your payment or contact the national office to place the order.

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\_\_\_\_\_ Plaque(s)                                  \$ \_\_\_\_\_

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*About the Artist: Alex Vesely, born in the Czech Republic, learned to work with tools and materials in his father's shop often making his own toys and furniture. He studied at Palette and Chisel Academy and has created many sculptures and artwork, his largest piece being a 30 gallon casting. He now works mostly with wood, metal, stone, clay and fiber optics. Most of his artwork is in private collections in US and Europe. His art studio is in Chicago. Alex's sister, Jitka, was the curator of the Czechoslovak Heritage Museum when the national office was in Oak Brook IL and was a contributor to our Sokol Archive displays.*



**150<sup>th</sup> American Sokol Anniversary Weekend Events --- November 13-15, 2015  
PRE-SELL 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)

## September

- September 9**    **Annual Meeting** — Sokol Washington, D.C., Washington, D.C.  
**September 13**    **Czech & Slovak Festival** — Sokol Minnesota, St. Paul, MN  
**September 20**    **Sokol Detroit 140th Anniversary Dinner** — Fox Hills Golf Club, MI

## October

- October 10**    **Sokol St. Louis Camp "Ghosthunting"** — Sokol Camp, Imperial, MO  
**October 24-25**    **Commemoration Weekend, 100th Anniversary Celebration of the Cleveland Agreement** — Sokol Greater Cleveland, Cleveland, OH  
**October 25**    **Czech & Slovak Heritage Cekebration** — Sokol Los Angeles, Knollwood Country Club, Granada Hills, CA

## 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

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



### 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

9126 Ogden Avenue  
Brookfield, IL 60513  
[www.american-sokol.org](http://www.american-sokol.org)  
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September 2015 | Issue 7

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