

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



Spring is the time of plans and projects.

— Leo Tolstoy  
*Anna Karenina*

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**From the Editor...**

Welcome spring with open arms! Starting to get outside more—especially exercising outdoors. Lots of plans coming up now and into summer so be sure to check out the calendar of events on page 15. Those units/districts running camps or other activities this summer, be sure to send follow-up articles and pictures.

Lots of change is in the air! Be sure to read The Presidential Address to catch up on the buzz.

Good luck and safe travels to all those going to Pittsburgh this summer.

NAZDAR!



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

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## The Presidential Address

### *The Sokol Eye – Sokolským Okem*

#### **New National Office Position and Staff Change**

With this issue I would like to announce the departure of our Office Manager, Pavlina. She will be moving on to other opportunities including teaching music and Czech language classes and going back to school for her masters. She also plans to continue to teach the Czech cultural classes at Sokol Spirit. With this change, the national boards have decided to reduce our staff and go back to employing one full time National Office Administrator. Mary Cushing has been offered this position and she will begin May 1st. This Administrator will manage the daily operations of the national office and assist the national officers with their projects. The national office remains a central hub for unit and district officers to receive information and seek assistance. Juanita will remain in the part-time position of BOI Office Secretary. We wish Pavlina the best of luck in her future endeavors. Thank you, Pavlina, for stepping into the Office Manager role and getting us through the last two years. It was a treat to have your smile and enthusiasm in the office! (It was also a blessing to have the benefit of your Czech language skills! Believe it or not, we still receive many communications in Czech as Sokol remains a strong link for Czechs worldwide.)



#### ***Czechia or Czech Republic...?***

Have you heard the buzz that the Czech government has voted to officially use the name Czechia? Many Sokols have been talking about it and are not happy. Most feel it is a slap in the face to those who formed the country and no one has had a problem using the full name. I asked our partners in Czech Republic (CzechPragueOut.com) for a reaction. They told me not to take the new name too seriously. The official country name has not changed. Czechia is merely a shorter version since there was no shorter version in English. The Czech Republic is not alone in the adoption of an abbreviated “nickname”. Federal Republic of Germany is commonly called simply Germany. Slovak Republic...Slovakia. While opinions will vary on the need for this new name, the far more disconcerting name related issue is that too many people think the country is still called Czechoslovakia! Thinking optimistically, perhaps the new name this will bring more positive attention to the country. So, upon consideration, while I am not thrilled with the new name, this Sokol Eye has unruffled my feathers and will accept the shortened version as a secondary name. However, I will most likely still use the official country name that I love—Czech Republic.

#### ***Library Archives and Museum***

The first official meeting of our new Library, Archives and Museum (LAM) Board took place on April 18th. We are so lucky to have a group of Sokol members that is passionate about the preservation of our amazing national collection. Our initial goal is to put a solid business plan together to find and secure a suitable location for the LAM. We want the LAM to be easily accessible and available to the general public. We have a history and a story to tell the world. Part of our plan envisions national programs that will coordinate with unit library museums to develop national themes and traveling displays. If Members have special Czech and/or Sokol items you would like to donate to the LAM, please let us know. We assure you that your treasures would be well taken care of. In the future, you will see major fundraising efforts aimed at supporting the LAM. In addition to myself, the new LAM Board consists of Lynda Filipello, Julie Barcal, Annette Schabowski, Jerry Milan, Rome Milan, Robert Tomanek, Ed Chlanda, Vera Hibler, Paul Lebloch and Frank Michalek. Thank you all for your time and dedication.

*continued on page 13*



# The Sokol Educator

from *The National Education Committee*

## Getting Some Spring in Your Step!

As we finally head into spring, I realize just how sedentary I have become during the winter as I begin walking more and doing more outdoor chores. It dawned on me, that I need a fitbit or some other form of step counter again. Not because it makes me actually do things, but because I enjoy the social (yes, social) aspect of it. You see, I had one that stopped working and became quickly forgotten. Until a few days ago when my husband received one and the social part came back to mind. "How many steps did you get today?", the connection to your circle of friends - each cheering the accomplishments of each other. You can add a maximum of 2,000 friends either from the fitbit.com dashboard or from the Fitbit app. As I look for the right step counter, I remind you all that you have one on most of your iPhone® or smart phone or any downloadable app. I also like Map my Walk.

For those just beginning to exercise - remember to check in with your doctor, listen to your body, hydrate and have fun!

### Past Competitions and Sokol Slets

#### The National Sokol Union

- I. 1879 Competitions held in New York, N.Y.; 19 male competitors from 17 units.
- II. 1881 Competitions held in Detroit, Michigan; 39 male competitors from 13 units.
- III. 1884 Competitions held in Chicago, Illinois; 47 male competitors from 12 units.
- IV. 1887 Competitions in New York, N.Y.; 41 male competitors from 12 units.
- V. 1891 Competitions in Milwaukee, Wisconsin; 123 male competitors.
- VI. 1893 Slet held in Chicago, Illinois; **943 participated in mass calisthenics.**
- VII. 1900 Slet held in Cleveland, Ohio; **715 participated in mass calisthenics.**
- VIII. 1904 Slet held in St. Louis, Missouri; **700 participated in mass calisthenics.**
- IX. 1909 Slet held in Chicago, Illinois; **1,402 participated in mass calisthenics.**
- X. 1914 Slet held in Omaha, Nebraska - Last National Sokol Union Slet; **725 participated in mass calisthenics.**

#### The American Sokol Organization

- XI. 1921 Slet held in Chicago, Illinois; 208 women and 258 men competed. 234 girls, 157 boys, 169 junior girls, 60 junior boys, 369 women, and 367 men; **1,356 participated in mass calisthenics.**
- XII. 1925 Slet held in Chicago, Illinois; 320 women and 617 men competed. 221 girls, 270 boys, 264 junior girls, 170 junior boys, and 1,382 men and women; **2,307 participated in mass calisthenics.**
- XIII. 1929 Slet held in Chicago, Illinois; 49 junior girls, 66 junior boys, 228 women, and 331 men competed. 312 girls, 311 boys, 257 junior girls, 226 junior boys, 540 women, and 552 men; **2,198 participated in mass calisthenics.**
- XIV. 1933 Slet held in Chicago, Illinois; 167 junior girls, 135 junior boys, 623 women, and 720 men competed. **3,403 participated in mass calisthenics.**
- XV. 1937 Slet held in Chicago, Illinois; 214 junior girls, 182 junior boys, 203 women, and 291 men competed. **2,900 participated in mass calisthenics and special numbers.**
- XVI. 1941 Slet held in Chicago, Illinois; 267 junior girls, 169 junior boys, 626 women, and 440 men competed. (Hundreds of Sokols in U.S. Armed Forces) **4,000+ participated in mass calisthenics and special numbers.**
- XVII. 1947 Slet held in Chicago, Illinois; 232 junior girls, 144 junior boys, 309 women, and 281 men competed. 219 competed in athletics and special games. **1,828 participated in mass calisthenics and special numbers.**
- XVIII. 1953 Slet held in Chicago, Illinois; 169 junior girls, 111 junior boys, 371 women, and 247 men competed. **1,270 participated in mass calisthenics and special numbers.**
- XIX. 1957 Slet held in Berwyn, Illinois; 223 I. Class boys and girls, 222 II. Class boys and girls, 470 juniors, and 597 men and women. **1,512 participated in mass calisthenics and special numbers.**
- XX. 1961 Slet held in Berwyn, Illinois; 504 I. and II. Class girls, 406 I. and II. Class boys, 394 junior girls, 228 junior boys, 372 women, and 290 men. **2,253 participated in mass calisthenics and special numbers.**
- XXI. 1965 Slet held in Berwyn, Illinois; 750 I. and II. Class boys and girls, 490 junior girls, 210 junior boys, 390 women, 231 men. **2,340 participated in mass calisthenics and special numbers.**

- XXII. 1969 Slet held in Berwyn, Illinois; 628 competed: 319 junior girls, 178 junior boys, 84 women, and 52 men. **1,748 participated in mass calisthenics and special numbers.**
- XXIII. 1973 Slet held in Berwyn, Illinois; 823 competed: 478 junior girls, 172 junior boys, 112 women, and 61 men. **1,358 participated in mass calisthenics and special numbers.**
- XXIV. 1977 Slet held in Berwyn, Illinois; 867 competed in artistic gymnastics, 68 in modern rhythmic gymnastics, 44 volleyball teams, 23 in golf. **1,592 participated in mass calisthenics and special numbers.**
- XXV. 1981 Slet held in Fort Worth, Texas; 684 competed in artistic gymnastics, 10 in modern rhythmic gymnastics. **1,328 participated in mass calisthenics and special numbers.**
- XXVI. 1985 Slet held in Berwyn, Illinois; 589 competed in artistic gymnastics, 32 in modern rhythmic gymnastics, 24 volleyball teams. **1,600 participated in mass calisthenics and special numbers.**
- XXVII. 1989 Slet held in Omaha, Nebraska; 402 competed in artistic gymnastics, 29 in modern rhythmic gymnastics, 18 volleyball teams. **1,190 participated in mass calisthenics and special numbers.**
- XXVIII. 1993 Slet held in Berwyn, Illinois; 581 competed in artistic gymnastics, 71 in modern rhythmic gymnastics, 33 volleyball teams. **1,469 participated in mass calisthenics and special numbers.**
- XXIX. 1997 Slet held in Berwyn, Illinois; 497 competed in artistic gymnastics, 46 in modern rhythmic gymnastics, 31 volleyball teams. **1,404 participated in mass calisthenics and special numbers.**
- XXX. 2001 Slet held in Detroit, Michigan; 350 competed in artistic gymnastics, 33 in modern rhythmic gymnastics, 20 volleyball teams. **604 participated in mass calisthenics and special numbers.**
- XXXI. 2005 Slet held in Berwyn, Illinois; 360 competed in artistic gymnastics, 45 in modern rhythmic gymnastics, 26 volleyball teams. **950 participated in mass calisthenics and special numbers.**
- XXXII. 2009 Slet held in Fort Worth, Texas; 320 competed in artistic gymnastics, 16 in modern rhythmic gymnastics, 26 volleyball teams. **750 participated in mass calisthenics and special numbers.**



The 1947 Slet in Soldiers Field, Chicago, IL



## 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.



*Ed Schnabl went on his Honor Flight on April 18, 2016 from central Wisconsin airport. There were 11 WWII veterans, 39 Korean War veterans and 39 Vietnam war veterans in attendance. He had a fabulous day and according to the guardian assigned to him, logged in 11,000 steps! Hearty Nazdar and thank you all for your kind letters. It was very much appreciated!*



Honor Flight is a non-profit organization dedicated to providing veterans with honor and closure.

Their mission is to transport America's Veterans to Washington, D.C. to visit those memorials dedicated to honor the service and sacrifices of themselves and their friends.

Honor Flight Network is a non-profit organization created solely to honor America's veterans for all their sacrifices. They transport our heroes to Washington, D.C. to visit and reflect at their memorials. Top

priority is given to the senior veterans – World War II survivors, along with those other veterans who may be terminally ill.



*In the last publication, an image of Annette Schabowski holding her plaque was incorrectly reported as being EllenJeanne Schnabl's daughter Anita. The other woman in the photo is actually Diana (Schnabl) Rhoades of Sokol Spirit. We apologize for the mistake.*

### FUTURE'S LOOKING GOOD

- Look for the 2017 Hall of Fame application coming soon
- 2018 Prague Slet Tour Package
- Internal Grant Opportunities
- Administrative Conference September 23-25, 2016
- Development Conference October 29-30, 2016

# Sokol Greater Cleveland's Production of "The Bartered Bride" Opera

by Sis. Helen Roth, Cultural Director, Sokol Greater Cleveland



In 1976 when Sokol Nova Vlast and Sokol Tyrs merged to form Sokol Greater Cleveland, Bohemian National Hall was purchased for a temporary home. We anticipated building a new gymnasium in a nearby suburb. But the suburb was having a boom with businesses moving in to provide a lucrative tax base. We weren't able to get a zoning change for our non-profit, so we sold that property, luckily, for a profit.

The decision was made to stay where we were and to build a gymnasium adjacent to BNH. We were able to move our gym classes from the ballroom of the hall to the new gymnasium and still have a great space to hold our cultural activities.

Our members formed a work party and with 25 plus years of hard and diligent volunteer work, they restored this badly neglected hall to the gem it is today.

Last October, we held a long anticipated event, the Czech opera *The Bartered Bride* by Bedrich Smetana. Some of us had been asking the Cleveland Women's Orchestra and the Opera Circle of Cleveland, which performed at our hall in the past, to stage this opera for us. October 2015, thanks to coincidence, it came together. The Voices Of Canton, formerly the Canton Opera Company, staged the opera.

The Cleveland Women's Orchestra and the Opera Circle of Cleveland cooperated with Canton for this performance. Remembering our many requests and with our promise of help, they graciously offered to present it at BNH. Our dance group agreed to do the dances and our gymnasts became the circus for the third act. We also did the costuming for the principal performers. But the first order of business was the back-breaking work of restoring our 100 year plus scenery.



I'm sure our Czech ancestors would have been proud. The restored hall was abuzz with activity the entire weekend, with a banquet that was held Saturday night, and a dinner in our dining room on Sunday before the opera. *The Bartered Bride* had been performed here many times in the past, but this time it would be sung in English instead of Czech. More than a tear was shed by audience members who were transported to the past especially when our "Marenka" surprised us by singing two arias in Czech. New happy memories were made that afternoon in a hall that was filled to capacity.

We could not have presented this wonderful weekend without the cooperation of so many people. We are especially grateful for our many Sokol members who made this gala such a success.



# 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**

*Some of you may know that I am very interested in eating “clean” and increasing the health and fitness of my family. I belong to an e-mail group called “Fly Lady”, and although I am not flying YET, I love reading the e-mails. They always have good tips and tricks for cleaning, but occasionally other areas of life as well! I saw this and thought it would be great to share about increasing healthy and clean eating with the entire family! Enjoy KP ;)*

## **Food For Thought: Healthy Meals For Picky Eaters**

*From: [www.flylady.net](http://www.flylady.net)*

Hello Friends,

If you're trying your best to lose weight and/or improve your health, it can be challenging to stick with it (to say the least) if your family isn't on board with the changes. When you're struggling to make the right food choices, negative feedback from the dinner table every night can push you back to old ways pretty quick. (What's this? I don't eat green things. I don't like that. Why do you hate us?)

Lucky for you, there are some tricks you can use to help your picky family be part of your changes, without them even realizing it (sneaky).

Don't make an announcement. If you sit down at the dinner table one night and tell everyone that you'll all be eating healthy from now on (huge mistake), your family is going to convince themselves that meals are going to be bland and yucky.

Increase veggies gradually. If your family members are not fans of vegetables, start by serving the ones they do enjoy, and find new ways of cooking those they do not. Add a salad at the center of the table for every meal, and let everyone choose their own toppings or dressings. If you know they like broccoli, try kohlrabi one night (they taste similar). If your family makes a face at brussels sprouts, try sautéing them with a bit of bacon. This makes it less about your lifestyle changes, and more about getting everyone a bit healthier.



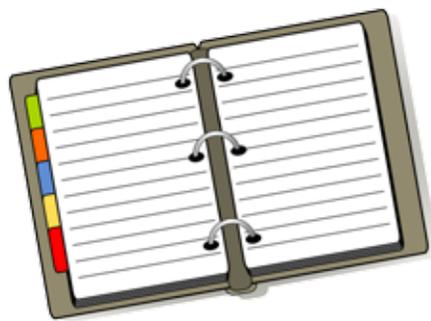
Make small changes. If you live with other people, you may not wish to throw away all of the packaged foods, sugary salad dressings, and frozen entrees all at once. A big dramatic act like this will scare them and will make your life difficult. Start slow by making little, barely noticeable changes. Once you run out of a certain salad dressing, for example, don't replace it with the same kind (make your own or buy a healthy version). Make everyone's favorite lasagna, but add more vegetables to the sauce and add a bit less cheese. Serve with a salad instead of garlic bread.

Make a healthy version of familiar recipes. Let's go back to the lasagna example. If you're giving up gluten but the family isn't, go ahead and make your world-famous lasagna, but make your own serving with zucchini noodles instead of wheat. Let everyone try a small piece of yours so they see how delicious it is.

Find healthier ways of preparing things. If you normally fry your chicken, use the same recipe, but bake it in the oven instead. Cook foods in coconut oil instead of vegetable oil. Bake muffins with whole wheat or coconut flour instead of white. Halve the amount of sugar in all recipes and substitute with honey. Little changes like this all add up, and it isn't going to be a huge shock to your loved ones' systems.

Involve them. If you're making fajitas, provide everyone with healthy topping options: red onions, tomatoes, peppers, refried beans, cheese, lettuce, salsa, etc. Place everything on the table, and make a rule that everyone has to either choose three toppings (or three different colors) or eat their fajita with extra salad. You can do something similar with a variety of healthy foods like chili, soup, and pasta. Put all of the options on the table and let them choose what they want. Then you can eat as many vegetables as you want without forcing it on them. (Directly!)

Experiment with salads. When you're trying to increase the number of salads your family is eating, it's going to take trial and error. A bowl full of ice burg lettuce is not going to make anyone your friend. Prepare a big bowl of greens and serve with a variety of meats, colorful veggies, boiled eggs, avocado, nuts, dried fruits... see what everyone gravitates towards.



Make notes. Keep a bit of a food journal so you can remember which meals your family enjoyed, and which they did not. Allow everyone to choose one or two foods they will not eat. Promise that you will do your best to avoid those foods in your meals, if they promise to be open minded about what you serve.

Be creative, and you'll be surprised at the gains you can make with your picky family while eating a healthier diet!

Love,  
Leanne

*Another GREAT idea to try—because we live in Chicago, I only incorporate this in the summer—is to get your kids involved in planting, watering, caring for, a vegetable garden. They get to pick the veggies and choose which ones to put in the salad or dinner that night! We also love stir-frying that incorporate our garden veggies and chicken (or meat of your choice) in a Wok—fry it up in some coconut oil, and add soy or teriyaki sauce and serve it over rice! We also grow fresh basil, parsley, chives, cilantro and oregano and pick a few sprigs or one or all to add as an added flavor! Once the kids have eaten it from our garden, they are open to purchasing it at the store. I also involve them in looking up recipes on the Internet and have them help make the meal in the summer. The kids really LOVE this.*

*;) KP If you want more ideas, help with your health and/or fitness or just want help with eating clean, please contact me via e-mail [kandi@pajer.us](mailto:kandi@pajer.us)*

***Happy Clean and Healthy Eating!***



## How to Run with Spring Allergies

*By Beth Shaw From: Active.com*

As another spring approaches and the weather warms, many runners find themselves dealing with pesky seasonal allergies. Sometimes these allergies are so uncomfortable that runners feel like they have no choice but to skip their outdoor runs or suffer a miserable triage of symptoms: itchy and watery eyes, congestion and constant sneezing. But missing a key run doesn't have to be your only option when springtime rolls around.

If you suffer from springtime allergies, here are a few tips to make it through the season without being sidelined.

**Identify Your Specific Allergy**—As spring approaches, the first thing to be aware of is your specific allergy type. Seeing an allergist can help, since figuring out exactly what triggers your symptoms is the first step to managing them.

Some seasonal allergies are mild, so an allergist may not be necessary, but do keep careful track of how you feel before and after a run so you can better identify the cause.

**Check the Count**—If you've found pollen to be the culprit, which is common among springtime allergy-sufferers, make sure to check the pollen count before hitting the streets. Knowing the pollen count in your local area can help you plan a better route or, if it's very high that day, hit the treadmill.

Weather.com and Pollen.com are great resources, as they allow you to plug in your zip code to see what the current numbers are in your area and predictions for later in the week. Pollen.com even includes oak, juniper and maple counts.

**Pick the Right Time of Day**—If you feel comfortable doing so, plan some runs in the evening.

The amount of pollen in the air is highest between 5 a.m. and 10 a.m., so go ahead and use this as an excuse to sleep in. Nighttime typically has a lower count, but it's always best to double check that day since wind can factor in. The best time to run outside during allergy season? Right after a rainstorm. The dryer the weather, the worse allergens tend to be.

**Identify a Treatment Plan**—Antihistamines are a common treatment for seasonal allergies and can be purchased over the counter. Make sure to look for a non-sedating one, though, so you don't experience drowsiness.

In addition to taking an antihistamine, other small changes can help. Wearing sunglasses during a run can protect your eyes from pollen, and using a nasal spray after a run will help remove any allergens that are hanging around your nasal cavities and making you feel worse.

Also, be sure to wash your hair and clothing often. Allergens can cling to these places, too, exacerbating your symptoms.

**Know the Facts**—There's a common belief that eating local, "raw" honey can ease allergy symptoms by exposing you to the area's pollen and creating a tolerance, similar to how allergy shots work. However, the pollen in honey, which makes up a low-dosage to begin with, is actually the wrong kind.

The airborne pollen causing your allergies is most likely from trees, grasses and weeds, not flowers. So while that honey may taste delicious, there isn't any scientific proof that eating it will improve your allergies.

**Try Something New**—If you're still not finding relief from your allergy symptoms, be open to trying something new and experimenting. For example, some foods can trigger seasonal allergies, so you may want to reduce or cut them out of your diet in the springtime to see if it makes a difference.

If you're allergic to grass pollen, try avoiding cherries, oranges, pears and tomatoes. These foods contain proteins that cross-react with grass pollen, worsening your allergy symptoms.

# *American Sokol Instructors School*

**July 10 - July 24, 2016**

**Hosted by: Sokol KHB  
Ennis, Texas**

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

**Minimum  
Age - 13**

**School Fee:**

**Beginner:** \$325 for American Sokol Youth Members Early Bird Discount - Postmarked by May 14  
\$375 for Adults or other Sokol Organizations - Early Bird Discount - Postmarked by May 14  
\$425.00 Postmarked May 15 - June 18  
\$450.00 Late fee - Postmarked after June 19

**Intermediate:** \$345.00 for American Sokol Youth Members Early Bird Discount - Postmarked by May 14  
\$395.00 for Adults or other Sokol Organizations - Early Bird Discount - Postmarked by May 14  
\$445.00 Postmarked May 15 - June 18  
\$470.00 Late fee - Postmarked after June 19

**Advanced:** \$360.00 for American Sokol Youth Members Early Bird Discount - Postmarked by May 14  
**Advanced II** \$410.00 for Adults or Other Sokol Organizations - Early Bird Discount - Postmarked by May 14  
\$460.00 Postmarked May 15 - June 18  
\$485.00 Late fee - Postmarked after June 19

For additional or immediate information contact:

Jane Wise 216-642-1429 or [hjwise@sbcglobal.net](mailto:hjwise@sbcglobal.net)

**Applications available from Unit and District Directors  
or [www.american-sokol.org](http://www.american-sokol.org)**



**SAVE THE DATE**

## **ANNOUNCING THE AMERICAN SOKOL ADMINISTRATIVE CONFERENCE**

Being held in the Chicago area  
SEPTEMBER 23-25, 2016

This will include, but not limited to:

Training for Unit Financial Secretaries on the *NEW DATABASE*  
Information on *INSURANCE* from an agent  
Planning & Doing Business from a workable *BUDGET*  
Presentations from the Grant Committee on Internal and "Outside"  
*GRANTS*  
Effective *LEADERSHIP ROLES* in the Unit & District  
*RISK MANAGEMENT* Committee presents a helpful package for your Unit  
Presentation from the *MEMBERSHIP* Committee  
Exchanging *IDEAS*  
Various topics for *ROUND TABLE DISCUSSION*

Saturday Evening Social Option of attending Moravian Day Festivities

Hotel Rooms \$74 w/ full hot breakfast and manager's evening drink special

More information coming soon . . . **MARK YOUR CALENDARS  
NOW!!!!**

**YOU WON'T WANT TO MISS THIS ONE  
And  
WE DON'T WANT TO MISS YOU!!!**

# 150<sup>th</sup> Anniversary Merchandise Sale

- Medallion \$6
- 150<sup>th</sup> Glass \$15 Hand painted by Sokol member Andrea Vachata
- M. Tyrs Poster \$2 Designed by Sokol member by Rome Milan
- Gala Bag \$4
- Plaque \$70 Designed and molded by Alex Vesely (\$18 additional shipping charge, with USPS) **Total of \$88, if shipped**
- Chocolate Candy Bar \$3 each or 2 for \$5
- Plastic Blue Cup \$4
- Etched Goblet Glass \$9 + shipping cost
- Commemorative Book \$7 each if picked up from Office, \$8 if shipped. **Discount for 10+**
- The 150<sup>th</sup> T-shirts and shirts are still available! Please go to [www.american-sokol.org](http://www.american-sokol.org) for sizes.



Medallion



150th Glass



M. Tyrs Poster



Gala Bag



Plaque



Chocolate Candy Bar



Blue Cup



Goblet



Commemorative Book

Please mail your orders to **American Sokol Office, 9126 Ogden Ave, Brookfield, IL 60513** or email to: [aso@american-sokol.org](mailto:aso@american-sokol.org) .

We accept either check or credit card (VISA, DISCOVER OR MASTER CARD)

**Please note, that ALL Credit Card Purchases have additional \$2.50 Merchant Service Fee.**

**For the credit card payment, call the American Sokol Office at 708-255-5397.**

*continued from page 3*

### **Membership – National Committee**

Despite the vacancy of the National Membership Director position, Irene Wynnyczuk, Eastern District President, has spearheaded a national membership committee charged with addressing our organization's critical membership issues including, but not limited to, youth membership requirements, annual reporting, and membership decline. The 2014 Convention voted to form this committee to address our major membership issues and design possible solutions which will be presented at the next convention in 2018. Thank you to all of the members of this committee. I am confident we will come up with some acceptable solutions that will acknowledge the current status and changing needs of our organization. If anyone reading this issue has a thought or suggestion for the membership committee please email your unit president, the membership director or the national office at [aso@american-sokol.org](mailto:aso@american-sokol.org). A survey was sent to your unit president.

**Big News!** The American Sokol membership information has been completely transferred into our new database. The new national membership database is up and in full operation. We are so excited! Donna Tirva (National Financial Secretary), Bob Podhrasky (1VP), Mary Cushing and Pavlina have put in endless hours to make this a reality. Also, our units deserve a big high-five for working patiently with this committee and adjusting to the changes so quickly. Thanks to all of you! Such a great team effort! We know this new database will be an amazing asset to our organization. Now... bring us more members to fill that database up!

### **150th Anniversary - Capital Campaign Announcement**

The final audits have been completed on our financials for 2015 and we are very proud to announce that the 150th Anniversary Weekend and the 2015 Capital Campaign combined raised over \$40,000!!! Wow! We are so grateful to those who donated their time to make 2015's fund raising efforts such a success. We are continuing with our Capital Campaign efforts this year and plan to do so every year. Please consider contributing by becoming a member of the 150 Club, purchasing a 150th Anniversary Plaque, or by simply donating. The funds received are allocated as follows: 20% Foundation Endowment Fund, 80% Unit Grants. The Grant Committee is working hard and will have applications for unit grants available in June of 2016. So, in just two years, we have been able to raise enough money to initiate a grant program that we hope will benefit the national organization as a whole and the units individually for years to come. So many have worked so hard and all the effort is paying off. Let's keep it up! You can go to [American-sokol.org](http://American-sokol.org) and donate to a fund of your choice!

### **Administrative Conference**

SAVE THE DATE: September 23-25, Chicago IL

We have educational and useful training sessions prepared for your unit officers. It will be worth your time and effort. Please consider attending even if you are not an officer but are interested in exploring the administration of the Sokol organization. Applications will be available this June. Check the website and Director's Newsletter in the coming months.

### **Other National Updates**

2016 Sokol USA Slet – we are going! Consider the Run/Walk-a-thon! Let's walk as a group!

2017 ASO Slet – Cedar Rapids – join a committee – we need volunteers. Contact [aso@american-sokol.org](mailto:aso@american-sokol.org)

2018 Prague Slet Tour – Package will be presented June 2016 – Plan your trip through the national office.

### **Must Read!**

Please see the article on Brother Edward Schnabl and his Honor flight.

Wishing you all a beautiful spring! Plant a seed and make something grow! You CAN make it happen!

Nazdar!

Ať žije Sokol ~ Long Live Sokol!

Jean Hruby - President



Calling all Sokols from sea to shining sea, from the fruited plains, from across the mighty oceans!! Join together as we celebrate our traditions and establish new ones for the future.

The Western District is honored to host the American Sokol XXIV National Slet and Festival  
**June 22 – 25, 2017**  
**Cedar Rapids, Iowa – the City of Five Seasons**

The devastating flood of 2008 may have taken away their 100 year old hall  
But not their Sokol spirit!

“The Tradition Continues”

Tentative Schedule:

- Thursday 6/22 – Coaches Meeting  
    Cal and Marching Competition  
    Opening Ceremonies / Special Number Presentations
- Friday, 6/23 - Volleyball Competition  
    Fitness Challenge Competition  
    Teen Dance / Banquet
- Saturday, 6/24 – Gymnastics Competition  
    Victory Dance
- Sunday, 6/25 - Slet Program Rehearsals  
    Slet Program

Committees and Lead Personnel

- Chairman – Allison Gerber, Western District (WD) President, Sokol Cedar Rapids - [akgerb@aol.com](mailto:akgerb@aol.com)  
Secretary/Treasurer – Shelley Cairns, WD Treasurer, Sokol CR Secretary - [shelleyc515@gmail.com](mailto:shelleyc515@gmail.com)  
    Meribeth Tooke, National Treasurer, Sokol Spirit Educational Director - [mtooke830@gmail.com](mailto:mtooke830@gmail.com)  
Public Relations – Jeanne Vogt, Sokol CR 2<sup>nd</sup> VP - [jeannevogt@msn.com](mailto:jeannevogt@msn.com)  
    Lynda Filipello, National PR/Marketing, Central District president  
    [lyndafilipello@aol.com](mailto:lyndafilipello@aol.com)  
BOI & Youth Social – Maryann Fiordelis, National Physical Director, Sokol Detroit - [mfiordelis@yahoo.com](mailto:mfiordelis@yahoo.com)  
Banquet - Jean Hruby, National President, Sokol Stickney - [Jean.Hruby@gmail.com](mailto:Jean.Hruby@gmail.com)  
Program Book – Theresa Vernon, WD Women’s Dir., Sokol Crete Gym Dir. - [vernontheresa@gmail.com](mailto:vernontheresa@gmail.com)  
Souvenirs – Debra Allison WD Educational Director, Sokol Cedar Rapids - [skitroll@imonmail.com](mailto:skitroll@imonmail.com)  
Museum – Rome Milan Southern District Men’s Director, Sokol Fort Worth - [romeparis@aol.com](mailto:romeparis@aol.com)  
Opening Ceremonies – Tom Pajer, Sokol Spirit, [mailto:tompajer@comcast.net](mailto:mailto:tompajer@comcast.net)

If you have any suggestions, ideas, and/or wishes for activities, procedures, sale items you are encouraged to contact the lead directly.



## 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**      **Annual Exhibition** — Sokol St. Louis, St. Louis, MO
- May 1**      **Spring Social** — Sokol South Omaha, NE
- May 11**     **Mini-Slet & Competition** — Sokol Los Angeles, Los Angeles, CA
- May 14**     **Central District Male Competition** — Sokol Spirit, Brookfield, IL
- May 14**     **6th Annual Czech, Moravian & Slovak Folklore Festival** — Sokol Los Angeles, Las Mesa Center
- May 15**     **Annual Exhibition** — Sokol New York, New York, NY
- May 18**     **Sokol Milwaukee Annual Exhibition & Ice Cream Social** — Sokol Milwaukee, Milwaukee, WI
- May 21**     **Central District Female Competition** — Lyons Township North High School, La Grange, IL
- May 21**     **Northeastern District Competition** — Sokol Greater Cleveland, Hartland, MI
- May 22**     **Central District Sokol Day** — Ehlert Park, Brookfield, IL
- May 28-30**   **Memorial Day Weekend Camping and Canoe Trip** — Sokol Washington D.C., Monogahela National Forest, West Virginia
- May 29**     **Sokol Detroit Scholarship Pancake Breakfast** — Sokol Detroit Camp, South Lyon, MI

## June

- June 1**      **Annual Exhibition** — Sokol St. Louis, St. Louis, MO
- June 12**     **Summer District Gymnastical** — Sokol Detroit Camp, South Lyon, MI
- June 29-July 3**   **Sokol USA XXVII Sokolfest** — Pittsburgh, PA

## July

- July 4**      **Sokol Camp Picnic** — Sokol Detroit Camp, South Lyon, MI
- July 17-24**     **Sokol Family Camp** — Pacific District, Dinkey Creek Campground, Shaver Lake, CA

## August

- August 6**     **Annual Golf Outing** — Sokol Detroit, Fox Hills, Plymouth Center Twp, MI

## September

- September 4**     **Scholarship Pancake Breakfast** — Sokol Detroit Camp, South Lyon, MI
- September 23-25** **AS Administrative Conference** — TBD, Chicagoland area, IL



### 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.



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708.255.5397

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**PERIODICAL**

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

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**Reach over 4,500 community-active individuals interested in:**

- Fitness including artistic and rhythmic gymnastics, team calisthenics and marching, aerobics, basketball, volleyball;
- 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 contact the National Office at **708-255-5397**  
or email **editor@american-sokol.org**

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