



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

November-December 2016 | Volume 139 | Issue 9



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.

2014-2018 Executive Board

Jean Hruby	President
Bob Podhrasky	1st Vice President
Roger Martanovic	2nd Vice President
Bev Domzalski	Secretary
Meribeth Tooke	Treasurer
Donna Tirva	Financial Secretary
Maryann Fiordelis	Physical Director
Ethna Flaherty	Educational Director
Lynda Filipello	Public Relations
Allen Cushing	Foundation
Kathy Barcal	Board Member
Howie Wise	Board Member
Allison Gerber	Board Member

Board of Governors

Jean Hruby	President, American Sokol
Allison Gerber	Western District
Irene Wynnyczuk	Eastern District
Alice J. Khol	Northeastern District
Bob Podhrasky	Southern District
Yvonne Masopust	Pacific District
Lynda Filipello	Central District
Bev Domzalski	Secretary

ASO Executive Board

Meets every 4th Tuesday* at 7:00 pm CST

ASO Board of Instructors

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

*except in July and August

National Office Administrator: Mary Cushing
 National BOI Office Secretary: Juanita Lo Giudice
 By-Laws Chairman: Jolene Dalton
 National Publication Editor: Julie Kaupert

TABLE OF CONTENTS

Board Information.....	2
The Presidential Address.....	3
Sokol Educator.....	4
19th Century Roots of the Sokol Movement.....	5
2017 Slet & Festival Information.....	6
Capital Campaign Grants Update.....	7
Rising Star.....	8
Sokol Gear.....	9
News From World Sokols.....	10
Calendar of Events.....	11
150th Anniversary Merchandise Sale.....	12

From the Editor...

The holidays are upon us. It gets me a bit nostalgic and I start to remember what it was like to be a kid again. I joined Sokol at age 13. The beginning of what would be an amazing journey to where I am today.

The cover photos are from the Sokol Museum & Library's collection featuring the Chicago Slets in 1925 and 1941. This year we have another momentous anniversary for Sokol Tabor in Berwyn, IL. Let's all wish the units best wishes for their 150th anniversary banquet on November 12th.

Speaking of 12, you'll notice this issue has 12 pages. We've revised the format of the publication and dropped the "Gymnast" section in order to provide more Sokol-related articles and images. We hope you enjoy this new format and please remember this publication is driven by your submissions. Please send me your memories and current news to keep Sokol alive!

NAZDAR!



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

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

To Submit Items for Publication:

Email: editor@american-sokol.org
 Postal Mail: American Sokol Editor, Julie Kaupert,
 1333 W. Touhy Ave., #216, Park Ridge, IL 60068

Postmaster:

Send Notice of Undeliverable Periodicals to:
American Sokol, 9126 Ogden Ave, Brookfield, IL 60513



The Presidential Address

HAPPY HOLIDAYS!

The Sokol Eye – Sokolským Okem

It was time to see if ...“I can make it there, I’ll make it–anywhere, it’s up to you New York ... New York!” Out of the taxi, and straight to the Sokol hall on 71st Street. Within a few minutes the office manager finds me and hands me a telephone...”Are you Jean Hruby? You have a phone call.” It was Irene Mergl who responded...”Well, Jean.... you are in New York, where else would you be?” Yes, it was my first trip to NYC and yes, Sokol is where I wanted to be.

I met with instructors, attended a unit meeting, toured the Library, spoke with parents greeted several classes. Although the information is available, physically being present to reinforce that we are national and global is always eye opening to our members who aren’t completely involved in the organization. Sokol New York has traditional Sokol classes for all ages, a strong basketball program on the weekend, toddler program, martial arts, and a new silks program. Most of their instructors have attended our National Instructor School and it is rewarding to see them operating the classes in a true Sokol. Donna Sbrigilia, the President of Sokol New York, has been working to keep this momentum going. The building is in pristine condition keeping its traditional Sokol gym feel. Donna also took me on the subway to Astoria to see where DA Sokol meets at their Bohemian Hall and beer garden. Norma and I spent some time together as well. Our walk to Central Park, the Vaclav Havel Day Celebration and Tour of the newly renovated Bohemian National Hall were moments to treasure. Time spent with long-time Sokol leaders holds irreplaceable value. Listening and learning about our roots help us be better leaders today. Our roots have wisdom and history that we can carry into the future.

One day was spent visiting Sokol Little Ferry just across the river. Ed Chlanda was so kind to be my tour guide. We were able to meet Joyce Nasta and Blanche Bidnik who provided us a tour of their historic building. Their members are doing an outstanding job keeping it going as well including the restoration of Sokol Little Ferry is coming along well after the floods from Hurricane Sandy. Our Membership team is diligently evaluating our membership structure, fees, and what can work for all of our units from coast to coast.

Sokol Greater Cleveland just celebrated 40 years of the formation of a combined unit. SGC has an amazing national hall, museum and library and a state of the art gymnasium addition to the original Sokol hall. I was able to attend the banquet along with many of the members who physically participated in restoring the building. If you look up in one corner of the ceiling, they left a spot in its original state. Still today, our Sokols are using their own hands and money to build and restore their buildings!

From my visits with our units and members, this Sokol Eye has seen that it is important to keep communicating with each other, to be involved and present with all units in our organization. We need to include and train new leaders, ask parents to participate and help each other. We have deep roots. After 150 years of existence we will no doubt have challenges, but our strong roots can keep us standing tall. Use what we know, go back to some of the things that kept us strong in the past. We are unique and offer a program that is steadfast across the world.

Proudly, I would like to announce that we are working on opening a new unit in San Diego, California. It is evident that we are growing. With the assistance of our National team, the Pacific District, and one amazing Sokol member who wants to make this a reality, we hope to get this going by January 2017.

Thank you to all of the Units, Districts and members that I have visited thus far and look forward to experiencing more of your stories allowing me to bring them back and share them with others. Most of all, I look forward to helping turn your information into ways we can make things better for our future.

Nazdar!

At žije Sokol! ~ Long Live Sokol!

Jean Hruby, President



The Sokol Educator

Sokol Spirit keeping Czech culture alive in Brookfield!

Gym classes, fitness classes, social activities....what makes Sokol Spirit even more special is the commitment of our Educational Director and committee to maintain quality programming that keeps our Czech roots firmly planted in our unit. Sokol Spirit has a multitude of programs that are open to the entire community in addition to all of our Sokol brothers and sisters. For over 87 years our unit has been offering Czech language classes on Saturday mornings-this is quite an accomplishment! Sokol Spirit has a designated classroom that hosts all of our events. Currently Spirit hosts multi-level courses during the week. **Beginners** meet on Monday evenings and **intermediate** level meets on Wednesday evenings.

The educational committee has also instituted Czech Cultural Classes that have a specific theme. These themes do change, as the committee is always working on and thinking of new and interesting topics to explore.

Spirit hosts these events the **3rd Tuesday** of each month from September through June. This year's theme is **"Czech Music Stories"**.

\$5 per person (donation) 7:00-9:30pm

1st Pilsner/water/soft drink included!

You'll learn about how Czech history and culture inspired composers' major works. You'll also learn about how music connects to Czech culture during the holidays and the story of the Czech Anthem. Many of the music stories you will learn about correspond with the Chicago Symphony Orchestra's performances! This class is a great way to connect Czech culture and history to what's happening today in the art world.

Finally, Sokol Spirit also hosts film screenings!

Czech Film Series Continues!

(English subtitles!)

Come join us every **FIRST FRIDAY** of each month to view and participate in discussion about various Czech films. Upcoming months include comedies, dramas, political satire, Czech new wave, and Academy Award winning films!

\$5 per person (donation) 7:00-9:30pm

1st Pilsner/water/soft drink included!

Sokol Spirit's Educational Committee has put forth much effort to enhance the programming at Spirit, and is starting to really hit their stride. Applying for large grant-funding, getting recognized as great programming, providing translations services, and exploring a web-learning are some of the activities this busy committee has been working on. We are very proud to announce that Spirit has received a grant to start-up our E-Learning Classes in the Czech Language from the Consulate General of the Czech Republic! Much thanks must be given to the committee and their work over the past several years. Sis. Meribeth Tooke-Spirit's Educational Director chairs the language team. Sis. Pavlina Reichlova from the Czech Republic is our head language teacher and hosts the discussions for our film nights and culture classes. Sis. Vera Wilt and Lenka Mezera have helped with substitute teaching and planning. Sis. Missy Dropka, Bros. John Tooke and George Lacina have also contributed greatly to the expansion of this part of our unit.

Please come support Sokol Spirit's efforts to maintain a strong Czech presence in our unit, district and community. All

are welcome to our events! Updates are on the Sokol Spirit web page: www.sokolspirit.org and on



The 19th Century Roots of the Sokol Movement

Lecture presented at New York Sokol Hall, February 15, 2004

by Claire Nolte, History Department, Manhattan College, Riverdale, NY 10471

The history of the Turnverein itself did not run smoothly. Following the defeat of Napoleon, its propagation of liberal and democratic ideals made it suspect, and it was officially banned until the 1840s. A revived Turnverein played an important role in the 1848 revolutions I had mentioned earlier, in many cases promoting an agenda of radical reform. After the revolutions were crushed, the leaders of the Turnverein ended up in jail or exile, many in the United States where they pioneered in introducing gymnastics to American youth. It is for these reasons, that Habsburg authorities were especially concerned about gymnastic clubs, and regarded them as hotbeds of political extremism. Only reluctantly, did government authorities permit them to be founded in the Habsburg lands following the liberalization of the empire in 1860.

But there is another, very important, element in the political and social climate of mid-century Prague that influenced the creation of the Sokol—the ethnic divide in the Bohemian Crownlands between the Czech-speaking majority and the German-speaking minority (not to mention the large percentage who were completely bilingual). Both communities had lived side by side for centuries, for the most part relatively peacefully. Except for the solidly German population of the border areas (later called the “Sudetenland”), the German population lived mostly in the cities and the Czech population in the countryside. Historical events shifted the balance of power between these two ethnicities over the centuries of their coexistence, and by the beginning of the 19th century, German had become the language of education and government, Czech the language of the peasant majority.

But times were changing. A new spirit of nationalism, by which people identified themselves with their ethnic communities, was transforming European politics. Nowhere was this new spirit more potentially disruptive than in the multinational, polyglot communities of the lands of the Habsburg crown. The leaders of the emergent Czech community, called “Awakeners”, developed a program based on language rights (education in the mother tongue) and political equality (especially a more democratic system that would shift the balance of power to the Czech-speaking majority). In the context of mid-century Prague, therefore, the movement for Czech rights was “progressive” in its call for greater equality and individual rights. The social and economic changes I mentioned earlier contributed to the growing strength of this movement. Thanks to the industrialization of Bohemia, large numbers of Czech-speaking peasants were moving into the cities to work in the factories, changing traditional patterns of ethnic settlement. Many of these former peasants acquired higher education, became lawyers, doctors, and professors, and leaders of a growing movement for Czech rights. Meanwhile, the German-speaking minority, which in earlier decades had spoken out against monarchical power and in favor of individual rights (especially in the 1848 Revolutions), now felt increasingly under attack. Their numbers were shrinking in proportion to Czech-speakers, and their leaders begin to doubt the wisdom of democratic reforms that could deprive them of their privileged positions.

But in mid-century Prague, these nationalities were only in the process of developing their modern forms, and ethnic identities were still amorphous and fluid. Many educated people were bilingual, and chose either one national identity or another, sometimes changing their minds more than once. In this situation, linguistic competence was only one factor influencing these choices.

More to come from this riveting speech in future publications

2017 Slet and Festival

Let's Visit the Clarion Hotel and Convention Center



525 33rd Ave. SW
Cedar Rapids, Iowa
Less than 7 miles from the Eastern Iowa Airport (CID)



2017 Slet Host Hotel
Location Site of the Sokol Slet Museum
Slet Souvenir Stand
Victory Dance - Saturday Night

Hotel Amenities
Indoor Pool / Spa Tub
Free off street parking
Buses accepted
Hot/cold breakfast included
Fitness Center
Wireless Internet
Outside Picnic Area

To reserve a room, call the hotel direct **319-366-8671**
Be sure to mention that you are with the American Sokol Group
Please help us to insure that all who want a room will get a room.
We are asking that each room be reserved under a person's name along with credit card information.
Reserving a block of rooms under a Unit/Lodge or individual's name - will not be accepted.
Thank you for your cooperation -
we hope this will eliminate the last minute cancellations that Am. Sokol will have to pay for.

Reserve your rooms now as we predict that they will go quickly.

What's close-by?

Restaurants / Fast Food

Metro Buffet	Burger King
Subway	Taco Bell
Chinese - Peis	Pizza Hut
Perkins	Wendy's
Mexican - Cancun	McDonald's

Churches in the area

Catholic
Methodist
Presbyterian
Baptist

Activities

Bowling - Legion Lanes
Hawkeye Downs - Friday night Stock Car races

Just minutes away from the Clarion

National Czech and Slovak Museum and Library
"Czech Village" 16th Ave SW
"New Bo" Area 3rd Street SE
Aquatics Center
Golf Course

A few more minutes will get you to

Ice Arena
Kernels Baseball Stadium
Tennis Courts
City Parks

The Clarion is with in yards of I-380 that takes you to all quadrants of Cedar Rapids

Art Museum	Roller Skating
Library	Outdoor Volleyball
Theatres	Planet X Fun Center
	Sky Zone Trampoline Park

CAPITAL CAMPAIGN GRANTS UPDATE

The Grant Committee is now in their second round review. Many units are taking advantage of submitting applications. For the first round we had 11 units apply and for the second round we had 10.

We are currently in the process of reviewing all the applications using the blind process we did for the first round (meaning we do not know which Unit is applying for a grant).

The third round of grants was to have a deadline of December 1. As a Committee we re-evaluated this deadline and decided that with holidays and end of the year activities, it would be beneficial to move this deadline back. The new deadline for Round 3 is now **February 1, 2017**. That doesn't mean we are stopping any process, the Grant Committee still plans on reviewing these second round applications and making our recommendations to the Executive Board at their October meeting. Information on Round 3 will be going out to the Units first week of November. So the only thing changing is the due date for applications back to the Grant Committee.

The same information as was issued to the Units for the first and second rounds will be resent. As a brief recap here are some areas that the grants could cover.

Improvement/repairs to Unit's facilities:

Damages caused by weather, fire, age

Emergency repairs

Must be a "necessity" rather than just a "want"

New Equipment

Equipment needed to pursue/continue existing events/programs

Staff Development for

Executive Board

Program/General Manager

Instructor/coaches

Grant Writers, etc.

Programmatic Growth

Personnel, materials, marketing, insurance

Sustainability

Membership growth

Environmental

Please be sure to submit all required information (budgets, timeline, project details, etc.). If you have questions regarding your grant, please call the American Sokol office at (708) 255-5397 and your call will be given to a Grant Committee member.

Nazdar, American Sokol Grant Committee



RISING STAR:

SAMANTHA PINCKNEY

submitted by Allison Gerber, Western District President

At age 4, Samantha's parents decided that she needed some sort of activity in her life to help with all her energy. She was enrolled in a tot's class at another gym. She enjoyed it but got very bored with it. It was not very challenging for her. She decided that she no longer wanted to do the tots class and decided she wanted to try dance. After a year of dance, she begged her parents to put her back into gymnastics.

After several phone calls to other Sokol Cedar Rapids would be the in Sokol's beginners class 6 years at Sokol, all Samantha can do tumbles wherever there is an open is. She has been known to do grocery store. Her favorite part moved up a level this year and is pick out her own music and being with the help of her coaches. Of does have a least favorite thing to the beam. She says she doesn't because she is so short she says it working on overcoming her fear.

A little over a year ago, Samantha help with the tot's class. She little ones even though some of is. She enjoys going every week helping younger kids learn some she learned forever ago. She likes and helps keep their attention in Simone Says or having them pet the little stuffed animals.



gyms, her parents decided that best fit for her. She was enrolled ago. Ever since the beginning is talk about gymnastics. She space, regardless of where she cartwheels down the aisles of the of gymnastics is the floor. She looking forward to being able to able to make up her own routines course, like every other kid, she do. Right now, she really dislikes like being so high off the ground is a long way to fall. She is slowly

was given an opportunity to was excited to help with the them were about as tall as she to "work" knowing that she is of the basic skills that she feels helping them with the tumbling line with little things like playing

Samantha is very active with gymnastics and other activities. When she is not doing gymnastics two nights a week, she is taking piano lessons one night and doing church classes another night. She likes being busy. On top of all these activities, Samantha maintains a minimum of a 3.8 grade point average in school. Anything less than a B on a test or homework is unacceptable to her. She is thinking right now that she would like to go into some sort of therapy when she grows up. She wants to help others.

Gymnastics has had its ups and downs for Samantha over the years but she is doesn't give up. She has moved up a level this year and has a newfound love for the sport. As her family sees her grow her skills, they also realize that she can do things that there is no way they can even come close to doing. Her family tries to duplicate some of the tricks she does for the fun of it but they soon realize they can't even come close, even her sister thinks that they don't look so hard and tries them and fails.

Samantha's positive attitude is reflected both in her teaching and workout hours. She truly is a "Rising Star".

Sokol Gear HEAVY BLEND HOODED PULLOVER

To see colors available, go to: american-sokol.org to download the publication



HOODIE PULLOVER \$28 + \$4 name

circle: S M L XL 2XL 3XL 4XL 5XL

unit: _____ surname: _____

quantity: _____ color: _____

	S	M	L	XL	2XL	3XL	4XL	5XL
Body Length:	26	27	28	29	30	31	32	33
Body Width:	20	22	24	26	28	30	32	34

Total Items Ordered: _____

Plus \$4 per item shipping: _____

TOTAL: \$ _____

Name: _____

Address: _____

City/State/Zip: _____

Email: _____ Phone: _____

Payment Method: Check Visa MC AMEX Discover

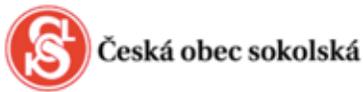
Credit Card Number: _____ Exp. Date: _____

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

Signature: _____

Send your order with payment to:
American Sokol Organization
 9126 Ogden Ave
 Brookfield, IL 60513

NEWS FROM WORLD SOKOLS



Česká obec sokolská

Sokol Association of Slovenia was founded 153 years ago (1863), just one year after the founding of Sokol in Prague. It was the first Sokol organization formed outside the Czechoslovak borders. It currently has about 3,500 members (1,580 active), within 15 units. They celebrated 150 years in 2013 in Ljubljana, the capital of Slovenia. The celebrations included a lot of sport and cultural events, including meetings of the World Sokol Federation. Slovenia is a small beautiful country (about 2 million inhabitants), and they are very proud, sociable, friendly and hospitable. Part of the program was the opening of the exhibition depicting the history of Slovenian Sokol. Some of you have met Dejan Crnek, President of Sokol Slovenia. He has attended many of the World Sokol Federation events, our 150th Anniversary last year, and even attended American Sokol Camps that were held in Barryville, New York. Dejan continues to be a pillar of strength keeping the Slovenian Sokols involved in the World Sokol Federation. His contributions have also kept the Slovenian Sokols growing through their many summer camps and programs. Dejan works for the Municipal offices in Ljubljana, has two grown children and is a dedicated proud Sokol.



World Sokol Federation Representatives – November 2015 in Chicago

150th Anniversary of Sokols in America

L-R: Thomas Frey-Materna, President Sokol Austria; Vladimír Dostal, Secretary Czech Sokol; Jean Hruby, President ASO; Daniel Knaus, Sokol Slovenia; Dan Crnek, President Sokol Slovenia; Hanna Mouckova, President Czech Sokol Organization; Martin Chlumsky, Education Director Czech Sokol.

Celostátní setkání Tyršův Děčín – National gathering in Tyršův Děčín

Each year one of the Districts of the Czech Sokol Organization prepares the birthday celebration of Tyrš in the town of Děčín, where he was born on September 17th, 1832. This year District Czech-Novakova prepared the weekend of activities which included tours of Děčín on Saturday during the day, and then a pig roast in the evening with music and traditional folklore by the ensemble Sokol Forman Slatiňany. On Sunday at 10 am, a ceremony began by laying flowers at the Tyrš monument. After officials spoke, two folklore ensembles performed, “Dykyta” from Prerov and Labem and “Forman” Sokol Slatiňany. To conclude, there was a procession of Sokols marching in uniform from the Sokol Hall to the monument which was led by two decorated horsemen. When the celebration ended everyone stayed to sing many Sokol songs.





Mark your Calendar

Events around the American Sokol

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

November

- November 5** **Annual CD BOI Meeting** — Sokol Spirit, Brookfield, IL
- November 5** **Spaghetti Dinner** — Sokol Spirit, Brookfield, IL
- November 6** **Annual Central District Meeting** — Sokol Spirit, Brookfield, IL
- November 6** **Annual Czech & Slovak Dinner Party** — Sokol Detroit, Sokol Cultural Center, Dearborn Heights, MI
- November 12** **2016 Holiday Fair** — Sokol Greater Cleveland, Cleveland, OH
- November 12** **Fall Festival Dinner & Dance** — Sokol Lodge 306, Chicago, IL
- November 12** **Sokol Tabor 150th Anniversary Banquet** — Sokol Tabor, Berwyn, IL
- November 18** **World Beer Club** — Sokol Spirit, Brookfield, IL

December

- December 3** **Annual Meeting** — Sokol San Francisco, San Mateo, CA
- December 3** **Mikkulasska/St. Nicholas Dance** — Sokol Greater Cleveland, Cleveland, OH
- December 10** **Central District Men's/Boy's Gymnastics Meet** — Sokol Tabor, Berwyn, IL
- December 11** **Rhythmic Gymnastics Meet** — Sokol Chicagoland, Elite Sports Complex, Downers Grove, IL
- December 16** **Christmas Pot Luck Buffet** — Sokol Lodge 306, Chicago, IL
- December 30** **End of the Year Dinner/Dance** — Sokol San Francisco, San Mateo, CA

January

- January 3** **Annual Meeting** — Sokol San Francisco, San Mateo, CA
- January 13-15** **Central District Skillz & Progressions Clinic** — Sokol Tabor, Berwyn, IL
- January 29** **Winter Exhibition** — Sokol Ceska Sin, Cleveland, OH

February

- February 3** **Annual Meeting** — Sokol San Francisco, San Mateo, CA
- February 5** **GIJO-AAU Super Sunday Tumble Down** — Sokol Chicagoland, Downers Grove, IL
- February 18** **Winter Exhibition** — Sokol Greater Cleveland, Cleveland, OH



American Sokol Deadline

Send your submissions, articles, events and photos to editor@american-sokol.org by the 1st of the month prior to the publication issue! For example, send items you want included in the October issue no later than September 1st.



PERIODICAL

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

November/December 2016 | Issue 9

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

150th Anniversary Merchandise Sale



Medallion \$6 150th Glass \$15 M. Tyrns Poster \$2 Gala Bag \$4 Plaque \$70
\$88 shipped Goblet \$9 Commemorative Book
\$7 Office/\$8 shipped

- The 150th T-shirts and shirts are still available! Please go to www.american-sokol.org for sizes.

Please mail your orders to **American Sokol Office, 9126 Ogden Ave, Brookfield, IL 60513**
or email to: 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.