



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

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Counting the Days to Slet



Are You Ready?

AMERICAN SOKOL

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*except in July and August

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From the Editor...

I was so blessed to witness such involvement, enjoyment and true passion from the Sokol, Czech & Slovak communities in the Chicagoland area for the Czech Beer Festival, held at Tabor this past Saturday. Drove of people came out to socialize, eat, drink and enjoy live entertainment with friends and family.

Part of the reason, I believe, these festivals are so successful is that local Sokols teamed with other organizations to help plan, promote and participate with volunteers, donations and with pre-sale tickets. Organizations working together to benefit each other in so many ways is truly inspiring.

I hope all of you can benefit from partnering with your local organizations, whether cultural, physical, social or educational.

Plan - Promote - Participate!

Grow with Sokol!

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

Have you ever been sitting in public, or maybe even in the comfort of your own home, and your eyes begin to water? You fight to stop it so no one will see and even worse your make-up will run. Then it happens. You finally accept the emotion and allow yourself to let the water flow, the tears come down and you empty the well.

I was sitting in Ford's Theater watching Patrick Dewayne's one-man production of *The Accidental Hero*, when it happened to me. The play made me forget the issues in my life, and transported me to a time, not so long ago, when American troops liberated Czechoslovakia at the end of World War II. Patrick Dewayne not only highlighted the unimaginable cruelty of WWII but he brought to life the heart-warming, uplifting story of his grandfather that speaks to the best in all of us.

I also sometimes find the wells filling up at a Sokol exhibition, watching children sing Czech or Sokol songs, or simply when discussing the importance of a national Sokol flag. Understanding the history of our organization and recalling how our Sokols, hand in hand with the patriots in their respective countries, have struggled to protect humanity and democracy, I get emotional. It is important that we, as Sokols, remember our rich history. Dewayne's play reminded me that we offer our communities so much more than gym programs. Throughout our history we have been guardians of democracy, both in deed and by example, we have protected and contributed to our cultures, we have led by example in the area of diversity and acceptance, and we have provided friendly, peaceful places to gather. Sokol has also played a significant role in developing gymnastics and sport in America. Our history is rich and global and we have done so, all with the strength of volunteers. Our story, like Patrick's grandfather, brings out strong feelings in all of us.

We will continue to strive for success the way we historically have done, and we will let our history guide us. The emotions and tears we experience prove that Sokol is worth sustaining. Don't be ashamed of the tears and let them flow, show your passion, feeling is believing. If you see my eyes shedding water, know that I am not sad, it is simply my pride for you and for us and for our Sokol. My make up is running now....

I look forward celebrating "The Tradition Continues" with all of you at the 2017 Slet in Cedar Rapids. Bring your tears and your cheers! Thank you for supporting the events as much as you can. This is our main fundraiser that supports the organization every four years. We look forward to success.

At žije Sokol! ~ Long Live Sokol!
Jean Hruby, President



The Sokol Educator

from The National Education Committee

2017 MERIT AWARD

The American Sokol Merit Award is being handled by the National Educational Committee and is now accepting applications for the 2017 Merit Awards. Eligible students are those in good standing with the American Sokol Organization and their unit, who are planning a full time (at least 12 hours per semester or equivalent) course program at an accredited two-year or four-year college or who are already participating in such a course of study. The amount to be awarded is \$1,000.00. There are no merit award renewals. The application process begins with the submission of the form below to obtain application forms and instructions.

If the recipient fails to submit such a transcript or fails to complete the full year of study for which the award was granted, the recipient is obliged to repay, in full, the Merit Award.

The selections are made by the Merit Award Committee and approved by the American Sokol District Educational Directors and the American Sokol Executive Board. The following points will be considered by the Committee in selecting the candidates:

1. Ethnic and educational activities – Sokol and/or other cultural activities.
2. Service to Sokol – Unit, District and/or National.
3. Participation in Sokol events and activities – Unit, District and/or National
4. Community and extracurricular involvement
5. Essay
6. Recommendation of the Unit Educational Director, Physical Director or President.

2017 Merit Award

Applications can be downloaded from the American Sokol website. www.American-Sokol.org.

If requesting by mail, please send this completed page to: Merit Award Committee, c/o American Sokol, 9126 Ogden Ave. Brookfield, IL, 60513 or e-mail ASO@AMERICAN-SOKOL.ORG

I desire to submit application for the American Sokol Merit Award.

Name: _____
 Address: _____
 City: _____ State: _____ ZIP: _____
 Phone: _____ Email: _____
 My age is _____ years. I am a member of Sokol _____

APPLICATION
 REQUESTS SHOULD
 BE RECEIVED
 NO LATER THAN
 APRIL 1, 2017

APPLICATIONS ARE
 DUE JUNE 1, 2017

2017 National Instructors School

MORE INFORMATION COMING
 SOON!

DATES: JUNE 25TH - JULY 9TH

IN CEDAR RAPIDS FOLLOWING THE
 XXIV SLET & FESTIVAL

Should you need guidance filling out this application, please refer questions to your Unit or District Educator.

Laddie Bakanic

Submitted by Sis. Julie Barcal

I had the pleasure of speaking with Laddie (Ladislava, but she goes by Laddie) about her Sokol and Olympic experiences. She kindly provided the photos for this article.

Laddie grew up in a Sokol family in New York City in Yorkville. Her father, Charles Hniz, was President of Sokol New York and a tailor by occupation who also made Sokol uniforms. Laddie began attending Sokol classes as a small child and her father coached her in gymnastics as well. Besides staying busy with Sokol activities, she enjoyed riding her bicycle along the East River with her cousin.



When she was just seventeen Laddie won first place in the Women's Championship Division at the 1941 National Slet in Chicago. At the 1947 National Slet she placed second in Championship Division. In those days Sokol competitions included track and field which were not her strongest events. She also taught children's classes at Sokol New York.



Laddie said that back then Sokol was the place for young people and families to go. The various Sokols in the area (Slovak and Catholic as well as Czech Sokols) knew one another. She met her husband George Bakanic when he came to Sokol New York to work out. Sokol New York had a nice gym and apparatus while his Slovak Sokol was working out in a room behind a bar. They were married in 1945.

Laddie and her father were planning on attending the 1948 COS Slet in Prague when her father suggested she try out for the Olympics instead. She did, and when she made the US Women's Olympic team she was surprised. Off to London it was where the US women's gymnastics team placed third. There were no women's gymnastic individual competitions in the Olympics at that time. The women's events consisted of flying rings, pommel horse, balance beam, and calisthenics. The calisthenics had two parts, one part without hand apparatus and one part with poles. The poles were done with four girls to a pole. Pole calisthenics included marching, arm movements, and bending which had to be performed in unison.



Laddie enjoyed her Olympic experience of being with the group of girls, competing, and seeing what other gymnasts could do. Also fun was meeting so many different people, and trying to communicate with hand motions.

After the Olympics Laddie retired from competing to have children. She has been a member of Sokol New York now for 75 years. She said what she enjoys most about Sokol is that it is like family and a person can meet Sokols in so many different parts of the country. She still has people sending her pictures to autograph and said she enjoyed watching the 2016 Olympics, except for the race where the runner threw herself over the finish to win instead of running across it (Shaunae Miller, 400 meter race).

We wish you continued good health Laddie. Nazdar!

History of the Units Gone and the Mission of Sokol Museum & Library

Submitted by Br. Ed Chlanda, Sokol Museum & Library, Sokol NY

Many units of Sokols in America faded away in the decades past. Times change, and we change with the times, but let's recall for a moment their history and contributions as Sokols to gymnastics and culture. Sokol is not known and evident to most of America today, and tomorrow will be the same, except for whatever Sokol Museum & Library (SML) presents as the "Sokol Story in America." Essentially that is a rephrasing of the mission statement of SML. At the apex of Sokols in America there were over 100 units. Today there are about 30 in ASO and some more in Sokol USA, a couple in the DA Sokol of my parents, some in Polish Falcons too. I am unaware of any surviving active Sokol Orel units, and others too may be unknown to me. Sokols in America have a history and a heritage worth saving. Sis. Jean Hruby, President of ASO, convinced several of us to form SML to save this history, and to tell the story of Sokols in America. How could we say no?

The mission is not only to tell the story of Sokols today, but to save the story of past Sokols too. In this we need your help. We need your memories of Sokols now gone, but not forgotten. Please send and share your memories of Sokols past to the Sokol Museum & Library care of the ASO office. With your help, with our limited funds, SML will try to collect and document this unique history. It is our shared legacy as Sokols that SML will try to preserve and show.

I ask you all to join in this special project of Sokol Museum & Library: a listing of all the units that are gone today. A few merged into new units, but most just closed. Where were they located? What photos or Pamatniks remain? Wherever some immigrants from the old Austrian-Hungarian Empire's Slavic provinces immigrated to for a free life in the corners of our America, they formed Sokols. In Newark, NJ, in Scenectady, NY, in Curtis Bay, MD, in whatever town the immigrants from that harsh autocratic regime found themselves free in America they formed Sokols.



We can all recall some of them, so please send their stories, the photos, the locations, any surviving Pamatniks, to Sokol Museum & Library. Thanks. Let me share one surprise to me from my days as the Library Chair at Sokol NY. Searching through some faded documents we found the newsletter of Sokol Casablanca, Morocco! How did it happen? It seems that Bata Shoes set up a factory there after WWII and some Czechs were hired. What do a few Czechs do when they arrive in a North Africa to work for Bata Shoes? They created Sokol Casablanca. Humphrey Bogart would have joined if he bumped into it. So let's join Bogart (in "Casablanca" for you young ones—a great film) and ask, "Play it Again, Sam" for all the old Sokol units.



2017 Slet & Festival

XXIV SLET & FESTIVAL BANQUET

Friday, June 23rd, 2017, 6pm-11:30pm
National Czech and Slovak Museum & Library
1400 Inspiration Place SW, Cedar Rapids, IA

Banquet Tickets are \$82

DEADLINE INCLUDING FEES: June 1, 2017

UNIT/LODGE _____

DISTRICT/ORG _____

Name:

Entre Selection*

1. _____

beef ___ chicken ___ fish ___

2. _____

beef ___ chicken ___ fish ___

3. _____

beef ___ chicken ___ fish ___

4. _____

beef ___ chicken ___ fish ___

5. _____

beef ___ chicken ___ fish ___

6. _____

beef ___ chicken ___ fish ___

7. _____

beef ___ chicken ___ fish ___

8. _____

beef ___ chicken ___ fish ___

9. _____

beef ___ chicken ___ fish ___

10. _____

beef ___ chicken ___ fish ___

If paying by credit card, please supply the required information below:

Credit Card Information:

Name as on card: _____

Billing Address: City: _____ State ___ Zip Code _____

Card Number _____

Expiration Date _____ Security Code _____

Please email forms to mfiordelis@yahoo.com by deadline. If paying by check, make check out to XXIV American Sokol Slet and mailed to American Sokol Office, Att Mary Cushing, 9126 Ogden Ave., Brookfield, IL 60513

A Message from 2017 Slet Chairman

By Allison Gerber

They said you would come and with 200 hotel rooms reserved, YOU ARE COMING!!! I couldn't be more pleased or excited! YOU have booked the Clarion, Quality Inn, Holiday Inn and with only a few more rooms left in Sokol's name at the Hampton. Perhaps there are still some who need to reserve a room or two, so I have put together the following list of motels that are in the immediate area of the Clarion. Rooms prices will depend on the amenities that the motel has to offer.



Telephone area code is 319 – Cedar Rapids, Iowa

Red Roof Inn – 3243 Southridge Drive SW Phone #: 364-2000

Aspen – 3233 Southridge Drive SW Phone #:363-9131

Hometown Inn & Suites – 3315 Southgate Court SW Phone #: 362-9012

Motel 6/Red Roof Inn Cedar Rapids – 3325 Southgate Court SW Phone #: 366-7523

Economy Inn & Suites – 3245 Southgate Place SW Phone #: 365-4339

Super 8 – 400 33rd Ave. SW Phone #: 363-1755

The following motels are also close to the Clarion, but on the other side of a busy four-lane street.

Baymont Inn & Suites 720 33rd Ave SW Phone #: 362-6002

Fairfield Inn & Suites by Marriott 605 32nd Ave SW Phone #: 247-1000 Brand new

Residence Inn-South 730 33rd Ave. SW Phone #:450-7647

Make your reservations soon, as I have just heard of a State Boys Baseball Tournament going on in Cedar Rapids during this same timeframe.

Here is a few more tidbits of information:

The airport at Cedar Rapids is called Eastern Iowa Airport with the call letters of CID

Remember – we are not offering transportation at this slet. Car rental businesses at the airport include Hertz 365-9408, Avis 366-6418 and Enterprise 366-5522 (area code 319)

A little confused on the due dates? Perhaps this will help...

April 15th - Program Book Ads, Slet & Festival Event Sponsorships, Staff Shirt Sponsorships, Sokol National Awards Sponsorships, Donations for the Silent Auction, Competition Trophy and Medal Sponsorships/Donations, In-Kind Donations of Wine, Give-a-Ways, Bottled water, etc.

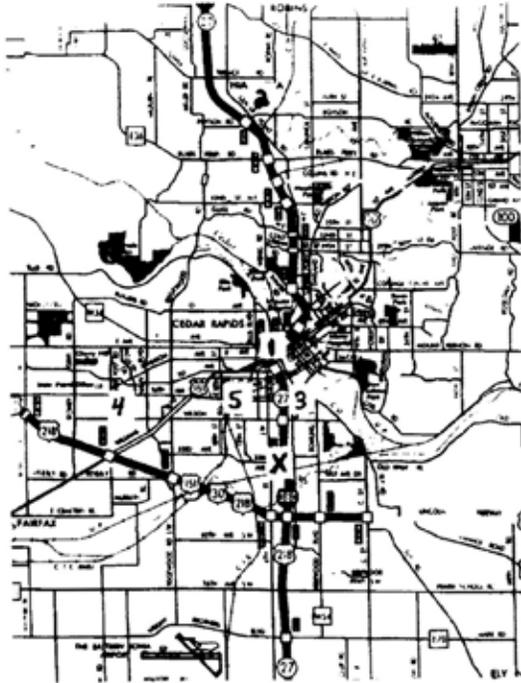
May 1st – Registrations for ALL competitions, Medical Waiver forms, Souvenir orders, All Participant Ticket orders/ Closing Ceremony Participant T-shirt order.

June 1st – All Spectator ticket orders, Banquet included.

Check out the American Sokol website for details on HOW and WHERE to place your order.

The days are clicking by – See you soon!

2017 Slet Information - Don't have GPS - here are some helpful driving directions



* Clarion Hotel, Quality Inn, Holiday Inn, Hampton Inn
 Host Hotel
 Thur - Sat Slet Museum
 Sat. Victory Dance
 Thur - Sat Souvenir Pre-sales Pickup
 Thur - Sat Souvenir Sales

#1 Scottish Rite Temple

Thursday Cal and Team Competition
 Opening Ceremonies
 Social

From Clarion: North on I-380 Take Exit 19
 Outside of Building is labeled
 Masonic Temple

#2 Iowa Sports Center - Robins/Hiawatha

Friday Volleyball
 Fitness Challenge

From Clarion: North on I-380
 Exit 25 / Right East on Boyson Road
 to Robins Road - turn Left North

#3 National Czech & Slovak Museum and Library

Friday Night Slet and National Awards Banquet

From Clarion - Right / East on 33rd Ave to J Street
 Turn Left / North to 16th Ave
 Verring right staying on 16th Ave
 Left at Inspiration Place (before the bridge)

#4 Sokol Cedar Rapids

Saturday Gymnastics Competition

From Clarion - Left / West on 33rd Ave
 Curves into Wiley Blvd. North
 Left / West on 18th Ave (Post Office)

#5 Kingston Stadium

Sunday Slet Program
 and Closing Ceremonies

From Clarion - Left / West on 33rd Ave
 Right / North on 6th Street
 Left / West on Wilson Ave
 Cross Railroad tracks
 Right / North on Rockford Road
 Turn Left next to Ice Arena complex



RISING STAR: JANELLE COLBERT

submitted by Todd Yatchyshyn, Sokol USA,
Director of Sports, Fitness, & Wellness

Janelle is a 15-year-old instructor from Sokol Cedar Rapids and has been a member of her unit for 11 years. During her time in Sokol, Janel has had many positive experiences that provided her with the desire to take on a leadership role on the gym floor. Like many units around the country, Sokol Cedar Rapids has relied on a core group of instructors for many years; Janelle is part of an exciting youth movement in her unit. As a graduate of the beginner program of the National Instructor School at Sokol Spirit in 2015 and the Intermediate Program at Sokol KHB in 2016, Janelle has established a solid foundation on which to build her coaching resume.

Janelle possess a wonderful ability to work with young children, as she displayed at both instructor schools. Janelle quickly excelled in establishing a positive rapport with the young students in her practice teaching lessons. Currently Janelle is instructing beginners classes and is coaching Level One girls. She is also a Gold Level Xcel gymnast herself and is looking forward to competing in her very first National Slet in Cedar Rapids, IA this summer.

Away from the gym Janelle likes to show off her creative side through the visual arts and various forms of crafts, in addition to spending time in the kitchen cooking and baking. As a freshmen at Thomas Jefferson High School, Janelle is focusing on her studies in hopes of pursuing a career in interior design after attending college.



For the Foodies...

***Restaurants within .05 miles from the Clarion Hotel
in Cedar Rapids***

**Perkins, 33rd Ave Sports Bar and Grill, Taco Bell,
Metro Buffett, Cancun 2, Subway, Riley Cafe, Caseys
General Store, Los Compadres, Pizza Hut.**





Mark your Calendar

Events around the American Sokol

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

May

- May 6** **Walk for Health** — Sokol San Francisco, Botanical Garden of Berkley, Berkley, CA
- May 13** **Sokol Northeastern District Competition** — Sokol Greater Cleveland, Cleveland, OH
- May 13** **Boy's & Men's Gymnastic Competition** — Sokol Spirit, Brookfield, IL
- May 13** **Chicago White Sox Game Group Outing** — Sokol Tabor, Guaranteed Rate Field, Chicago, IL
- May 20** **Girl's & Women's Gymnastic Competition** — Naperville Central High School, Naperville, IL
- May 21** **Central District Sokol Day** — Ehlert Park, Brookfield, IL
- May 26-29** **Old Man's Cave Hiking Weekend** — Sokol Ceska Sin, Hocking Hills State Park, Logan, OH
- May 28** **Pancake Breakfast** — Sokol Detroit, Sokol Camp, South Lyon, MI

June

- June 1** **Spring Fling** — Sokol Milwaukee, Meyer's Family Restaurant, Greenfield, WI
- June 4** **SGC Summer Exhibition** — Sokol Greater Cleveland, Cleveland, OH
- June 10** **Spring Picnic & Children's Day** — Sokol San Francisco, Lake Chabot, Castro Valley, CA
- June 22-25** **American Sokol XXIV Slet & Festival** — Sokol Cedar Rapids, Cedar Rapids, IA
- June 24** **Trivia Night** — Sokol Detroit, Sokol Camp, South Lyon, MI

July

- July 4** **4th of July Picnic** — Sokol Detroit, Sokol Camp, South Lyon, MI
- July 22-23** **Czech-Slovak Festival** — Sokol Detroit, Sokol Cultural Center, Dearborn Heights, MI
- July 9-16** **Children's Camp** — Sokol St. Louis Camp, Imperial, MO

August

- August 5** **Annual Golf Outing** — Sokol Detroit, Fox Hills Golf & Banquet Center, Plymouth, MI
- August 21-25** **Gymnastics Camp** — Sokol Detroit, Sokol Camp, South Lyon, MI
- August 25-28** **Fishing Derby** — Sokol Detroit, Sokol Camp, South Lyon, MI



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

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May 2017 | Issue 4

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

A large graphic shaped like the state of Iowa, containing event information. At the top left, it lists "Gymnastics Slet Program" and "Victory Dance". At the top right, it lists "Volleyball" and "Banquet". In the center, the word "American Sokol" is written in large red cursive, with a blue stylized flower logo. Below this, it reads "XXIV Slet & Festival" and "The Tradition Continues". The location is "CEDAR RAPIDS, IA City of 5 Seasons" and the dates are "June 22-25, 2017". At the bottom left, it says "Opening Ceremonies", "Calisthenics Competition", and "Special Numbers". At the bottom right, it says "Marching Competition", "Fitness Challenge", and "A Time to Enjoy".



american-sokol.org