



american sokol publication

May/June 2018 | Volume 141 | Issue 4



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AMERICAN SOKOL

ISSN 003-1259

Published six times each year: January/February, March/April, May/June, July/August, September/October, November/December. All content is due on the 1st of the first month. For example, the March/April issue's content is due no later than March 1st.

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

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
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From the Editor...

As our Sokol season slowly comes to a close, I reflect back on all the great events and activities that occurred this year, with joy. I've had to miss a few engagements due to injury, but my Sokol family is always close to my heart.

Congratulations to our new Executive Board. I am excited to see people wanting to help move our organization forward, forward, ever forward! We are still in need of a Marketing/Public Relations Director. If you would like to help out, please contact Jean Hruby or Lynda Filipello.

It's a great resume builder! Help *build* the organization you know and love! #OneSokol!

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,
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The Presidential Address

The Sokol Eye – Sokolským Okem

Four years ago I stood in front of all of you – stunned that I was chosen to represent this organization as your President. More like a deer in the headlights I wasn't sure where that journey was going to lead me. I have to say that I have learned so much over the last four years gaining the knowledge and emerging to become a better leader. Today, instead of a timid deer I feel as though I have become a “lion with strength or a soaring falcon on a wing.” I am very proud to have been elected for another four-year term serving as President of American Sokol. We have accomplished so much in the past four years and I am energized to be able to see continuity in our organization. The last four years was filled with many grand events. The next four years will be introspective and allow us to focus on strengthening our “inner core”, while we have many new Board members with innovative minds that will provide us with a wonderful blend to show us what we need to improve our administration. We have the opportunity to develop effective plans for each of our departments. Each of our new Executive Board members has great energy and knowledge to see us through the term with new ideas for the organization.

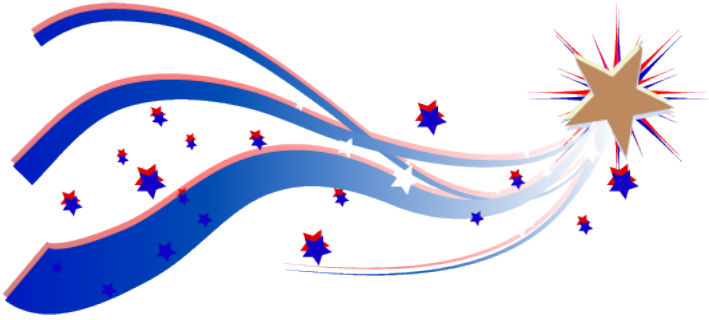


We have been very busy since the Convention, at the end of April. We can't wait to share the experiences and journey of American Sokols in Europe at the Slet in Prague, and we can't wait to begin our work when we return in July. I want to personally thank every Sokol Unit and Delegate who gave their time to attend the Convention and participate in the historic decisions that will keep American Sokol moving into the future. Our Convention Committees prepared their material so well, that we were able to make decisions and finish early. We also owe a lot of credit to the Convention Committee that organized the logistics and entertainment. Once again Cleveland proved to be a perfect location to host the Convention on all levels. Thank you Sokol Greater Cleveland and Northeastern District for your outstanding hospitality and creativity to show all of us a great time while we gather for such serious business in our organization. I still am smiling at the names of the “race horses” that gave us some big wins at our “Night at the Races.”

As we move forward, it is always important for me to remember those that have left us this past year. Recently American Sokol mourned the death Brother Ed Schnabl, husband of Sister Ellen Jeanne. It is in the death of our founding members that we also find strength to continue their mission for Sokol. I vow to you, as President, that I will continue to serve you and our organization as a democratic leader pursuant of the Sokol ideals set forth by our founders. Thank you for giving me the opportunity to continue this path with the passion I have for Sokol and our rich history. I am very excited about the Slet in Prague and sharing it with all of you that will be there and with those of you that will read about our experience in this publication.

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





RISING STAR

MEGAN PECH

submitted by Mary Cushing
American Sokol Instructors School Director

Introducing THREE Rising Stars (*left to right*) Sidney Bowden, Megan Pech and Meghan Bowden

This will be a three part article; each segment will highlight one of these girls and tell you more about them and their story. All three girls are from Sokol Greater Cleveland. The first segment in this month's issue will highlight Megan Pech (above center).

Megan is a 16 year-old junior at Cuyahoga High School. She sings in the choir and plays viola in the school orchestra. She is also a member of the National Honor Society. She was introduced to Sokol by the other two girls, some 8 years ago. Since then Megan has stepped up and done a lot in her unit and even nationally. She is currently teaching Level 2 girls and Tots class at her own Sokol unit.

Megan has attended 4 National Instructors Schools. The first, her Beginner School, was held at her own unit in Cleveland. The following 3 consecutive years, Megan traveled to Sokol Spirit in the Chicago area, Sokol KHB in Ennis, TX, and Cedar Rapids immediately following the American Sokol Slet. Megan feels by attending the Instructors Schools, she was given more than just the tools needed to become a better Sokol instructor. It has taught her to be more independent and to work as a team member. She said this gave her the confidence and ability to take on more leadership roles at school and in her personal life.

Megan competes at the Xcel Silver level, but this year is no longer competing on the Sokol Team at the AAU meets, as she had in the past. She has attended 3 Sokol Slets – in Milwaukee, Cleveland (Sokol USA) and Cedar Rapids. She hopes someday to attend a COS Slet in Prague.

Megan has ventured out beyond her own unit and is an active member of the new S.A.L.T. group. This is a BOI program, for “Sokol Aspiring Leaders of Tomorrow”. Megan and the other girls pictured above worked on putting together the Teen Social that was held on Friday evening during the American Sokol Slet in Cedar Rapids. She feels that being a member of this group will give her a better understanding of how our organization works. Leaders are showing these young adults how to prepare for future leadership roles in Sokol.

Last month Sokol Greater Cleveland had their Exhibition. These girls assisted in choreographing the girls Special Number – with a Minion theme and the kids loved it! Megan also enjoyed doing a resurrected 1989 Junior Cal.

Megan's future aspiration is to become a physical therapist in a school setting. She hopes to work with Special Needs classes at a school. She has already been looking at colleges in Marquette, Wisc. and Pittsburgh, PA.

Megan hopes her future in Sokol will involve a head coach's position and a spot on the Board of Instructors. Whatever the future is to bring, Megan has already found good friends and an extended family for life. Thanks Megan for sharing your story with us!!

***PLEASE NOTE: We regretfully inform you the wrong name was printed in the headline of the previous publication. The Rising Star feature was for Megan Pech, not Courtney Benson. We are truly sorry for the error.**

The American Sokol provides fitness and community for individuals and families through physical, educational, cultural and social programs.



EULOGY FOR VOJMIR F. BENAK SR.

Vojmir was born February 11, 1943, the only child of Vojmir and Emma Benak. Bud, as he was called, graduated from Omaha South High School and attended the University of Nebraska at Omaha, where he earned his bachelor's degree, and obtained his teaching certification. This launched his 28-year career as a teacher in the Omaha Public School District.

On April 21, 1968 Bud married his forever partner Sandy. In just a few short weeks would be their 50th wedding anniversary. Bud was not one to openly show his affections, but it is known that being married Sandy for 49 years was something of which he was proud. They were truly teammates. They did everything together including teaching gymnastics at Sokol South Omaha and at one point even worked at the same school together. They spent their lives together in service to Sokol South Omaha and their contributions are a testament to their "team" effort.

Bud and Sandy have two sons, Buddy and Bo. Bud was intensely proud of his Czech heritage, and the boys were provided traditional Czech names, Vojmir Jr. for Buddy, and Bohumir for Bo. Many trips to the Czech Republic were made, both for Sokol events and personal vacations. He always marveled and appreciated the Czech culture and his Czech heritage. At Sokol meetings he would often update the membership on famous Czech people and events.

Bud shared the same birthdate as Thomas Edison. Like Edison, Bud had an interest in electronics such as his hobbies in HAM radio and his model trains which he shared with his two sons. Written in his 8th Grade report card, it said that Bud's best subject was science. This interest developed into his becoming a science teacher at McMillan Jr. High for 28 years. Having a dry sense of humor, he had always said he wanted his body donated to science fiction when he died.



(left to right) Bo Benak, Bud Benak Sr., Buddy Benak Jr.

Bud was a Sokol Instructor, but he was more than a coach. He was a combination of father, mother, teacher, confidant, and a pillar of strength in the many little aspects of life to thousands of youngsters over 50 years. Vojmir was a man of few words at times, but when he did speak you knew what he expected of you. You could say he had a tough exterior, but those who knew him and the thousands of students and gymnasts he taught would tell you that he had a heart of gold. His students went on to become teachers, coaches, and exemplary citizens.

In 1981 he was asked by *Omaha World Herald* why he continues to coach after 21 years. His response was "I'm not sure I can put my finger on just one thing. I like being at the gym with the kids. It keeps me out of the bars at night. I've always liked gymnastics and I love watching someone achieve to their highest abilities." I wonder what his response would be now, after 57 years of coaching gymnastics. He always said he would quit when he didn't enjoy it anymore. He never quit. In a letter to Bud, one of his former gymnasts said it best: "You are one of the most influential people in my life and someone who definitely helped shape the person I am today. You were hard to please, but there was no greater feeling than when I knew you were proud. You taught the meaning of hard work, perseverance, and how to push myself to my limits, and how to never give up when things got tough." Bud lived by many of the Sokol Mottos. One in particular, "For neither profit nor Glory", exemplifies his life. He didn't do things because he expected to be recognized and rewarded for it. Thousands of hours of time at the gym, Sokol events, and service were donated. Last summer, the American Sokol Organization recognized Bud

continued on page 7

National Physical Director's Report

Our March and April regular meeting dates will be used as pre-convention meetings since many of our regular National BOI members will not be in attendance. I have invited all those we have been designated to take the place of these members either at the Wednesday, April 25 pre-convention meeting or during the actual convention itself to attend our March 14 and April 11 meeting in order to have a better understanding on what the National BOI has been working on during this current administration as well as direction for the 2018-2022 timeframe. It is imperative that all who will be representing the National BOI at the convention is at these meeting.

Regular Meeting Topics:

International Meeting updates – The timeframe has been reduced several days to get better participation. Our three students were aware of this ending date change before making return trip arrangements.

All Sokols Stage Performance T-shirts – Lynda sent design which BOI approved. It was decided that the funds for these T-shirts should come from the Restricted Performance Team Fund as well as any extra baggage cost to get them to Prague.

Tournament Rules – any changes that had not previously been approved were reviewed and approved such as top 3 scores on each apparatus will be used for team scores.

Pre-Convention Topics

New Director(s) – As both Kathy Barcal and Pat Satek have expressed interest in the position of National Physical Director(s), I had asked them to give us a brief insight to where they feel the BOI should be heading. While more detail will be developed at our other pre-convention meetings the areas cover: Better Communication, Recognition Programs – all levels, S.A.L.T. involvement, Assistants, School Board Director, Training with AAU, Class/program for New Coach/Parent/Helper.

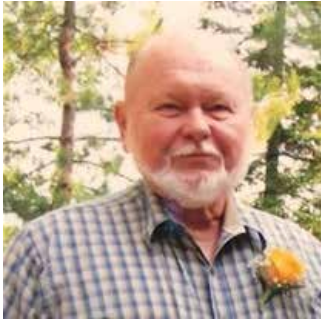
Sexual Misconduct Policy – Use what is out there and not invent new. Investigate information of US Center for Safe Sport, USAG, AAU, what liability would we be assuming through different actions.

Budget for next term – Chuck shared not only numbers but concerns and some reasoning for changes, how they needed to build an aggressive budget without impacting or minimizing impact on dues. Discussed stipend that NPD receives, which districts pays their District Directors and why so this information could be shared with Budget and Finance Team. We also discussed three Restricted Funds. We would like to refine what Performance Team Funds can be used for. Why is Uniform Rebate in a restricted fund as well as BOI Grants and Gifts (what are these restrictions?).

Transition Plan – I sent out plan for board's review; it was fine tuned and will be reviewed again at April monthly meeting.

Respectfully submitted,
Maryann Fiordelis
National Physical Director

Obituary for Edward W. Schnabl



Edward W. Schnabl passed away unexpectedly on May 13, 2018. Ed lived in Berwyn, IL for 54 years and in northern Wisconsin for almost 30 years. Ed was proud to be a veteran of the US Army and an engineering graduate from

IIT. He worked in procurement before starting his own business in the 1970s. He enjoyed travelling and ensuring that his family visited every national park (and read every historical marker along the way), as they packed up the trailer and camped for several weeks each summer. He was proud of his country and was recently privileged to be a part of an Honor Flight to Washington, DC with fellow veterans from the Korean War and WWII.

Ed enjoyed fishing on the BCCT – the Bohemian Canadian Camp Trips, with his friend Don and also enjoyed fishing with his childhood friend Elmer, who has been one of his friends for nearly 80 years. He enjoyed polkas, playing the accordion, BBQs, and cocktails.

He volunteered his time to the Czech-American Sokol Organization, teaching classes, holding various offices, and volunteering his time as a handy man with his close friends to keep the gym in good working order.

He was most proud of the home he and his wife built in Wisconsin. There, he supported the Lions Club and volunteered at the elementary school to help young children with math and vocational training. He was an avid reader – admitting that he didn't always understand physics, black holes, and deep science, but he worked hard to learn. He also refurbished discarded fishing poles & gave them to the kids at the school.

Ultimately, he passed away exactly as he stubbornly requested: in the home that he built. He is preceded in his death by his father and our dearest Babi. He is survived by his wife of almost 62 years, EllenJeanne, his two daughters Diana Rhoades and Anita Skotnicki, their husbands, Bruce Rhoades and Doug Skotnicki. His grandchildren include Kyle Rhoades, Keith Rhoades, Kerri Skotnicki and Kelly Cline. Ed recently met their great-grandson, Logan Guy Rhoades. He is also survived by his sister, Mildred Schnabl.

for his teaching at National Instructor's Schools and award him National Instructor Emeritus Award. The American Sokol Organization also awarded Bud and Sandy with the Miroslav Tyrs Honor Award. Tyrs was the founder of the Sokol movement, and this award for service is the highest that can be awarded in the Sokol Organization. This award meant a lot to him. He would sit and admire it daily, reflecting back on his life's work, proud of what he had accomplished.

Bud enjoyed the camaraderie of Sokol friends and family and annually would host his backyard barbeque in August, which became a South Omaha tradition. Czech beer and barbecued ribs were enjoyed while the background music of Czech Sokol marches and polkas filled the air. Vojmir was active at Sokol from the age of 5 till his death. He personally was an accomplished gymnast, earning multiple championships and awards. As coach, his Sokol South Omaha teams won trophies and medals at every national and district competition. He was inducted into the Nebraska Gymnastics Coaches Hall of Fame. He leaves us a dedicated Sokol wife and mother and two sons whom he could be justly proud, Vojmir carved his own niche in life. And what a niche that is, carved not in marble, but in the hearts of those he knew and trained so well. The only thing he enjoyed more than gymnastics was his love of model trains. With his two sons, Bud bulls some incredible model train layouts. He could spend hours just tinkering with something on the train. He always used to say every night before leaving the gym, "Hurry up, I have to go home and play with my trains." He is now able to do so for eternity.

When the Lord called him to board the train to heaven, Bud left the world a better place, spreading the love of Gymnastics, Science, Sokol, and the Czech culture. He will be missed.

WRITTEN AND PRESENTED BY
BUD'S BROTHER-IN-LAW,
ATTORNEY JOHN KOCOUREK
SOKOL SOUTH OMAHA VICE PRESIDENT

The link below leads to an article that ran in the *Omaha World-Herald*, written by Blake Ursch on March 21, 2018

http://www.omaha.com/living/longtime-south-omaha-gymnastics-instructor-bud-benk-embodied-spirit-of/article_dd6cd49e-12aa-5dd0-9118-e5dacb1cd6cd.html



Sokol Unit Name

DATE OF ORDER

Email address

SHIP TO Name

Address

City

State

Zip Code

QTY	ITEM #	SIZE/COLOR	UNIT PRICE		LINE TOTAL
	2018 Slet Lapel Pin		\$5		
	New American Sokol Hand Held Flag		\$6		
	American Sokol Rally Towel		\$5		
	2018 Red or Royal Blue T Shirt Female Small-XL White stripes on sleeves		\$24		
	2018 Red or Royal Blue T Shirt Female XXL White stripes on sleeves		\$26		
	2018 Red or Royal Blue T Shirt Male Small-XL White stripes on sleeves		\$24		
	2018 Red or Royal Blue T Shirt Male XXL White stripes on sleeves		\$26		
	2018 Red or Royal Blue T Shirt Male XXXL		\$27		
	2018 White T shirt with red ringer neck/sleeve		\$20		
	Sokol Logo baseball hat Red or Khaki		\$15		
	2018 Polo red, white or royal blue		\$35		
	V neck t shirt red, white or royal blue male or female all sizes, add \$2 3xl		\$14		
	Falcon t shirt s-xl, add \$1 2xl, \$3 3xl		\$20		

All shirts have the American Flag on sleeve, the 2018 Logo on front, and Long Live Sokol on the back in English and Czech. The One Sokol Logo is also on the back. The Polo only has the American Sokol 2018 Prague Logo on the front. All shirts have to be ordered by May 15 if you want them for the Prague trip. No deadline at this time if you are not going to Prague.

This is Sue Bares. I'm the newly elected National Educational Director. At the Convention I proposed a fundraising challenge. I would donate \$1,000 to the National Education Committee: Library and Museum budget. These monies will help with the expense of digitizing/cataloging and preserving the archives of the American Sokol Museum and Library. This challenge consisted of two components: 1) funds needed to match my contribution of \$1,000. 2) there needed to be at least 100 donors. This challenge was met! The monies donated totaled \$3,695.00 with 130 donors. I wish to thank the individuals, units, and districts that supported this Fundraiser Challenge. I apologize if there are any errors in spelling or if I missed any individual.

Sue Bares	Barb Golias	Appa Burcie	Bob Barcal
Chuck Bares	Jolene Dalton	Patti Gage	Anna Carlozzi
Dave Bares	Mickey Dalton	G.L. Gage	Matt Carlozzi
Laura Bares	Marie Suanhauser	Rhonda Liska	Lynda Filipello
Lisa Bares	Fred Sedlacek	Pat Dieterich	Dan Bajek
James Hurd	Joan Sedlacek	Lakn Dietrich	Joe Bajek
Marty Eisenstein	Lorene Sedlacek	Ronnie Merecka	Tina Biancofiore
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Doris Kotlan	Ed Chlanda	Jean Hruby	Christina Curran-Wurst
Leo Soneson	Arthur DeCheeci	Julie Barcal	Anonymous
Becky Wilkerson	Sokol Washington	Mike Dropka	Yvonne Masopot
Gene Nakonecznyj	Dagmar	Meribeth Tooke	Lark Murrow
Tony Rospotynski	Tibor Bartalos	John Tooke	Zelmira Zivny
John Fry	Brad Durham	Heather Beasley	Meols Zivny
Karen Hartman	Jerry Milan	Candace Short	Cheri Riddle
Majorie M. Juba	Rome Milan	Howie Maskill	Jara Dusatko
Bob Glorovac	Paulina Milan	Elizabeth Svestka	Helenka & D. Livingston
Gretchen Glorovac	Hank Milan	Luke Svestka	in honor of Edmund
Michelle Tino	Lori Pace	Charles Svestka	Draha and Goergina
Howie Wise	Ray Levan	Larry Svestka	Reymsky
Jane Wise	Lupita Soto	Joe Placek	Alice Kohl & Alice Kohl
Bonnie Angeli	Brandon Burcie	Kathy Barcal	in memory of Elsie Kohl




American Sokol Instructors School

July 15 - July 29, 2018

**Hosted by: Sokol Greater Cleveland
Cleveland, Ohio**

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



**Minimum
Age - 13**

School Fee:

*Beginner: \$325 for American Sokol Youth Members Early Bird Discount - Postmarked by May 15
\$375 for Adults or other Sokol Organizations * Early Bird Discount - Postmarked by May 15
\$425.00 Postmarked May 16 - June 15
\$450.00 Late fee - Postmarked after June 16*

*Intermediate: \$355.00 for American Sokol Youth Members Early Bird Discount * Postmarked by May 15
\$405.00 for Adults or other Sokol Organizations * Early Bird Discount * Postmarked by May 15
\$455.00 Postmarked May 16 - June 15
\$480.00 Late fee * Postmarked after June 16*

*Advanced: \$370.00 for American Sokol Youth Members Early Bird Discount * Postmarked by May 15
Advanced II \$420.00 for Adults or Other Sokol Organizations * Early Bird Discount * Postmarked by May 15
\$470.00 Postmarked May 16 - June 15
\$495.00 Late fee * Postmarked after June 16*

For additional or immediate information contact:

Jane Wise 216-642-1429 or hjwise@sbcglobal.net

Applications available from Unit and District Directors



Mark your Calendar

Events around the American Sokol

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

May

- May 5** **Czech Beer Fest** — Sokol Tabor, Berwyn, IL
- May 5** **Endele Vendele by Theater Viola** — Sokol San Francisco, Orinda, CA
- May 12** **Central District Boy's & Men's Gymnastics Competition** — Sokol Spirit, Brookfield, IL
- May 19** **Central District Girl's and Women's Gymnastics Competition** — Naperville Central High School, Naperville, IL
- May 19** **Grand Ballroom Polka Slam** — Sokol Greater Cleveland, Bohemian National Hall, Cleveland, OH
- May 20** **Central District Sokol Day** — Ehlert Park, Brookfield, IL

June

- June 1** **Gymnastical** - Sokol Detroit, Sokol Cultural Center, Dearborn Heights, MI
- June 3** **Filoli's Annual Flower Show Trip** - Sokol San Francisco, Woodside, CA
- June 9** **Northeastern District Sokol Competition** - Sokol Greater Cleveland, Cleveland, OH
- June 10** **Summer Exhibition** - Sokol Greater Cleveland, Cleveland, OH
- June 11** **Membership Meeting** - Sokol Greater Cleveland
- June 21** **Children's Cultural Day Camp** — Sokol Minnesota, St. Paul, MN, MO

July

- July 4** **Fourth of July Picnic** - Sokol Ceska Sin, Cleveland, OH
- July 21** **Annual Golf Outing**- Sokol Detroit, Sokol Cultural Center, Dearborn Heights, MI
- July 21-22** **Czech & Slovak Festival** - Sokol Detroit, Sokol Cultural Center, Dearborn Heights, MI
- July 22** **Sokol Sunday Dinner** - Sokol Greater Cleveland

August

- August 4** **Golf Outing** - Sokol Detroit, Fox Hills Country Club, Plymouth, MI
- August 5** **Annual Unit Picnic** - Sokol Ceska Sin, Cleveland, OH
- August 24-26** **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

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

May/June 2018 | Issue 4

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

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



<https://american-sokol.org/prague-slet-2018/>