



american sokol publication

January/February 2019 | Volume 142 | Issue 1



On Sunday, October 14th, 2018, 11 "campers" met at the old Sokol Town Of Lake campsite in Willow Springs, Illinois, for our annual get-together, to refresh our Sokol Camp stories and memories. Pictured are: Henrietta Milan, Laddie Vanek, "Corky" Buscher, Lorraine Vanek, Ray Hemzacek, Bob Husa, Vivian Navratil, Jerry Milan, Joe Chochola, Bill and Annette Schabowski. Corky travelled from Wisconsin and Jerry and Henrietta travelled from Texas. It was great to see those who attended. Looking forward to next year!

After the picnic we received the sad news that one of our faithful attendees, George Kazda, had passed away. We will surely miss seeing him. Since his memories of the camp had meant so much to him his family wished to scatter some of his ashes on the old camp grounds but because it is being used for some other purpose his family scattered his ashes near the pavilion where Camp Kiwanis used to be. George is pictured below on the right.

written by Laddie Vanek

AMERICAN SOKOL

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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 7:00 pm CST

*except in July and August

National Office Administrator: vacant

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National Publication Editor: Julie Kaupert

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From the Editor...

A New Year - a New YOU! We hope you all had a wonderful holiday season. And now it's back to business... back to the gyms to prepare for Exhibitions and Competitions. Is your unit ready?

You appreciate something so much more when it's gone. My past 11 months have portrayed this to me in a way I never thought possible. I choose to trek on! What choice does anyone have?

As we must in life, we must with Sokol. Forward, forward, ever forward. Now let's get up and do something! GROW!

#OneSokol

NAZDAR!



HELP Save Our Organization. CLICK HERE:

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

**PLEASE SUBMIT EVENT
INFORMATION AT LEAST TWO
MONTHS PRIOR TO THE EVENT**

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

*The Sokol Eye –
Sokolským Okem*

Warm Sokol Greetings to You All as We Start a New Year!

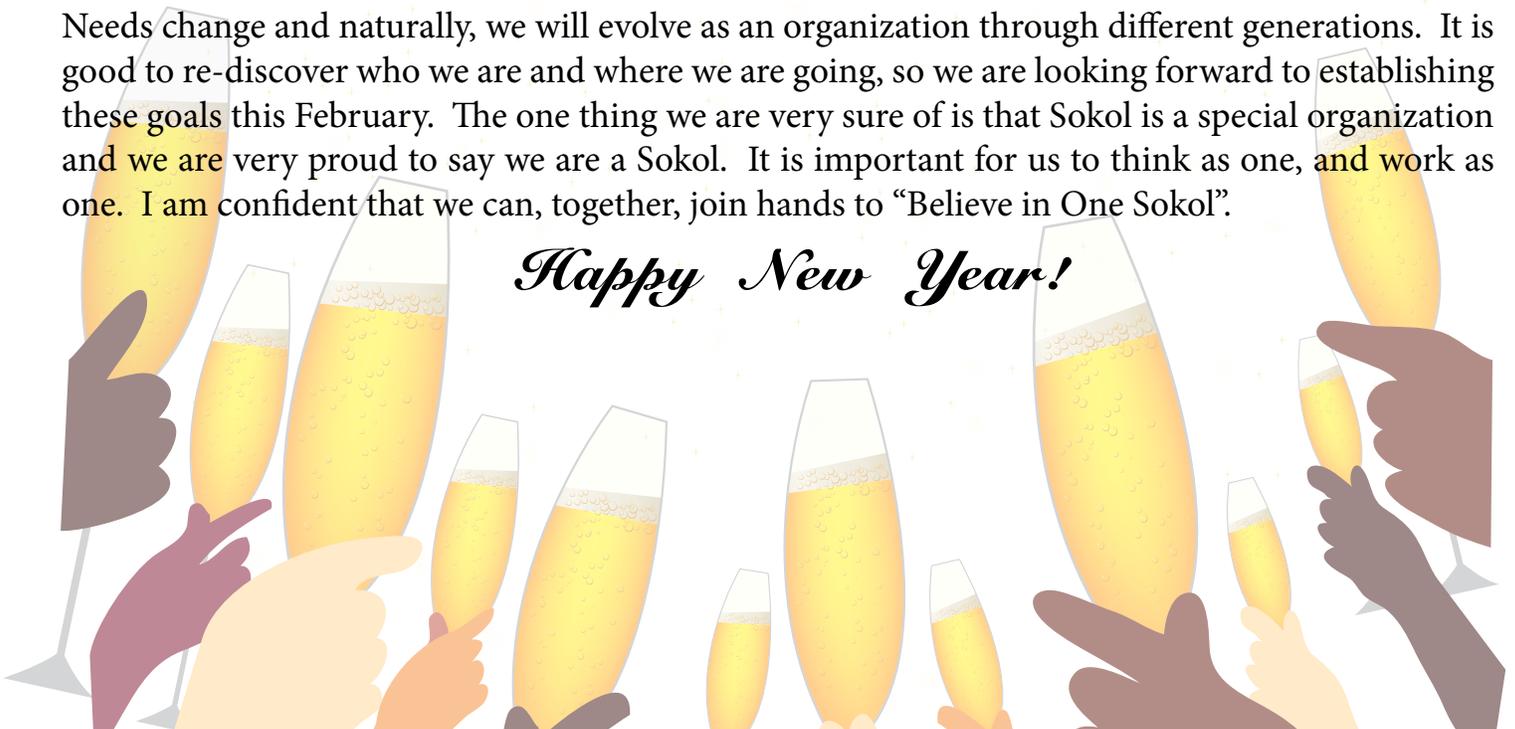
To kickoff 2019, our Executive Board and Board of Governors are uniting to meet face-to-face February 22-24 in the Chicago area! At our retreat we will focus on topics very important to our organization that spawned from the convention last April. The last four years we had a lot of activity focusing on events and celebrations. This term we are getting down to business and will work on strengthening our internal organization. We will be setting goals and objectives that will unite our board. We will define our path centered on our membership, programs, organizational structure, sustainability and growth.

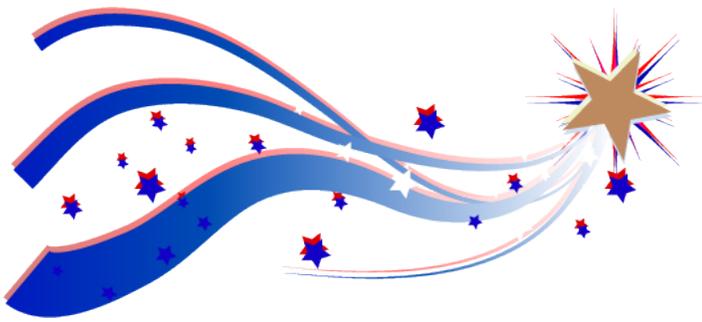


If you recall, last April, there were several topics that didn't have definitive answers or had varying definitions. "What is considered a Sokol Program? What is a Youth Member? What is the National Award Program? How does the Sokol Museum and Library relate to American Sokol? Why do we set budgets for four years, when needs change drastically within a year's time? How can new officers work within a budget that was set by someone else? Should we change how we submit membership dues?" These are only a few of the questions that come to mind. At the same time, we also have to focus on how we can build stronger leadership and be more successful as a team, so that we can work together, hold efficient meetings and unite as one.

Needs change and naturally, we will evolve as an organization through different generations. It is good to re-discover who we are and where we are going, so we are looking forward to establishing these goals this February. The one thing we are very sure of is that Sokol is a special organization and we are very proud to say we are a Sokol. It is important for us to think as one, and work as one. I am confident that we can, together, join hands to "Believe in One Sokol".

Happy New Year!





RISING STAR

MARYBEL PENA

submitted by Rome Milan
Sokol Fort Worth

Sokol has been a part of Marybel Pena's life since she was 6 years old. Marybel spent six out of seven days a week training at Sokol. She came through the ranks as a Tot and to level 1, and now at 18 she is a level 8. She competes Tsuks on Vault, Giants on Uneven Bars, and Back Handsprings on Beam, and her Floor routines always stops the crowd to watch in amazement.



Sokol Fort Worth has always been involved with the Junior Olympic competition program. The teams compete at 6-10 meets annually in their age groups and levels. Many of the Junior Girls at Sokol Fort Worth, also join their High School teams. They are always the best gymnasts and compete at an additional 15 to 20 competitions

each year. Marybel has been the Top gymnast at Saginaw High School since she was a Freshman. Marybel has enjoyed her time in competition and has won many awards.

She has enjoyed helping the younger gymnasts even more and that is why she is a "Rising Star". Marybel attended

"I make my gymnasts work hard and every time they compete, their and my hard work pays off. One of my level 3 groups was able to win Sokol a banner for 'third place' as a team at one of their meets! I'm always proud to coach and be a part of the Sokol family."

the Sokol Instructors School at Sokol Greater Cleveland about four years ago. Marybel says, "I liked how there were different from around the US and I got to see what it was like to be outside Texas." The Southern District values continuing education and Sokol Fort Worth sends many of their up and coming instructors to different instructor training like the Gymnastics Association of Texas (GAT) in Austin. Marybel has attended GAT for three years and she said that "She is inspired by the different spotting and coaching techniques that she has

learned at both Sokol and GAT." Marybel says, "Both coaching and working out and I love every minute of it. Not only was I able to grow into a great gymnast but I am able to coach and inspire other little girls to become a great gymnast."

Marybel has been coaching at Sokol for about four years now. She enjoys coaching the level 2s and now level 3s. Marybel is an inspiration to all her younger gymnasts. They love her and have learned so much from Marybel.





The Sokol Educator

from The National Education Committee

Words of Wisdom

I want to share some words of wisdom for the New Year. This sage advice is from the January 2014 edition of *American Sokol* written by Sister EllenJean Schnabel who was the National Educational Director at the time. The words are as follows:

Take a 10 to 20 minute walk everyday & SMILE! It is the ultimate anti-depressant.

When you wake up in the morning, complete the following statement: "My purpose today is to _____".



Live with the 3 E's: Energy, Enthusiasm, and Empathy.

Spend more time with people over the age of 70 and under the age of 6.

Eat breakfast like a king, lunch like a prince, and dinner like a college kid with a maxed-out charge card.

Life isn't fair, but it's still good.

May your troubles be less, may your blessings be more, and may nothing but happiness come through your door.

I'm sure we can all think of many words of advice that have been shared with us throughout our lives. Now might be a good time to reflect on some of those words from Mom, Dad, a colleague, a coach, a teacher, a friend, or others and allow them to influence us.

My suggestion for a resolution this year is to do something for the betterment of your Sokol Unit. Some suggestions are to send a thank you to a hardworking officer for all his/her effort, attend a unit meeting, or compliment someone on a job well done. You could volunteer to assist with a fundraising activity without being asked, or write a note of encouragement "thinking of you" message to a member. There are countless other ideas that could make a difference with just a little effort. *Try It!*

Submitted by Sue Bares, National Educational Director

HEAVY BLEND SWEATS



Hoodie

Sweatshirt

HOODIE PULLOVER \$28 + \$4 name

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

unit: _____ surname: _____

quantity: _____ color: _____

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

unit: _____ surname: _____

quantity: _____ color: _____



Sweatpants

White	Black	Antique Cherry Red	Antique Sapphire	Ash
Heliconia	Indigo Blue	Irish Green	Kiwi	Light Blue
Safety Green	Safety Pink	Sand	Sapphire	Sport Grey
Carolina Blue	Charcoal	Cherry Red	Dark Chocolate	Dark Heather
Maroon	Military Green	Navy	Orange	Purple
Forest	Garnet	Gold	Cardinal Red	Red
	Royal	S. Orange	Light Pink	

SWEATPANTS \$22 + \$4 name

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

unit: _____ surname: _____

quantity: _____ color: _____

ALL HATS

\$15 each



KNIT POM
QTY: _____



ROYAL BASEBALL
QTY: _____



RED BASEBALL
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KHAKI BASEBALL
QTY: _____

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Payment Method: Check Visa MC AMEX Discover

Credit Card Number: _____ Exp. Date: _____

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

Signature: _____

Total Items Ordered: _____

Plus \$6.95 per item shipping: _____

TOTAL: \$ _____

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



ANNOUNCEMENT OF AMERICAN SOKOL INTERNAL GRANTS for 2019 to American Sokol Units, Districts, and internal executive board committees.

The Foundation Committee wishes to announce more grants available for 2019 from four different areas:

- 1. Gateway to the Future Fund** (Budget \$10,000) for 2019 unit/district projects, programs, and events. Started in 2016, there has been four “rounds” of awards to over half of the American Sokol units from assistance with updated fire escapes, energy efficient windows and lighting, gym equipment, flood recovery and much more. The fund was created from income from events surrounding the 150th American Sokol anniversary and 2017 Slet banquet events as well as the 150 Club created in 2014 by the foundation.
- 2. Endowment Foundation Fund** (Budget \$7,000) for 2019 unit/district in need of SafeSport (safesport.org) training, materials, certification, etc. This alternative grant area is a direct result of Risk Management Committee work (standing committee of the Executive Board). The annual use of this fund has been for internal programs/events, however, in 2019 the Foundation Committee pushed for the budget to be utilized for units and districts who wish to expand knowledge to members, volunteers, and clients creating safe and respectful sport environments for all athletes. More information from the Board of Instructors and Risk Management Committee will be forthcoming.
- 3. Unit Growth Program** (Budget \$20,000) awarded in 2019 for use during the year showing by 2/1/2020 an increase in membership and or presence in the local community. Application areas: 1. Advertising/PR – Unit building signage to posters; 2. Community Involvement with the local Chamber of Commerce, etc.; 3. A plan by the district and/or unit which would assist dues payment especially for associate and youth dues specifically; 4. New courses to bring new members and retention of members; and/or 5. A new creative approach to retaining old and obtaining new members.
- 4. Mentoring/Volunteer Management** (Budget \$10,000) awarded in 2019. District, unit, and/or executive board committee needs to identify a member whose task would be to manage volunteers for their programs and events and pull together guidelines (recruitment, application, clearance, etc.) following the American Sokol Volunteer Management guidelines book, possibly a software purchase to manage and interactive area of the district/unit website, and or elect to have an American Sokol member travel to assist in instruction and or organization of volunteers who are in turn SafeSport trained, have background checks, engendering a safety net for all participants. More information from the Board of Instructors and Risk Management Committee will be forthcoming.

The description of these grant areas and application is posted on the website under the “backroom tab, administration”. The unit/district applying must be a 501C3 corporation with a registered Federal ID number using the same name as on their 990 tax form and in good standing with both the American Sokol membership and youth membership dues. **All applications are due to the American Sokol Foundation by April 1, 2019 filled out in full**, reviewed for dues payments, and passed for evaluation to the Foundation Committee. Recommendations should go to the April and/or May Executive Board meetings and awards announced within 15 days of approval. The procedure then is to fill out an acknowledgement form which confirms the reporting of the money award use at a 3-and 6-month final use. All money must be utilized by the end of 2019.

Questions? foundation@american-sokol.org or mktooke830@gmail.com for Sister Meribeth Tooke, Foundation Director

INVENTORY BLOWOUT
\$10 each LEOTARDS, plus shipping of \$3 each
Contact the Sokol Office for more info 708-255-5397

DONATIONS TO AMERICAN SOKOL

June 1 through December 31, 2018

GENERAL DONATIONS		
Bruce Singley		
IN MEMORY OF Blache Kirch Jirousek		
Jan & Tony Kirch-Future Sokol Leaders Fund		
IN MEMORY OF Vlasta Kulhanek		
Mr & Mrs Titus		
IN MEMORY of Ed Schnabl		
John P. King-Sokol Museum & Library Fund		
Future Sokol Leaders Fund:		
Susan Seiffert	Dave & Judy Harlan	Roy & Vlasta Zitny
Anita Skotnicki	Irene Balas	Missy Dropka
Joe & Marie Kondelek		
DONORS OF ITEMS TO THE ARCHIVES		
Ellen Jeanne Schnabl	Pat Satek	Sharon Svec
Robert Barcal	Pat Secor	Angie Bultas
Bob Husa	Lynda Filipello	Scott Oinga
Jean Hruby	Meribeth Tooke	
AMERICAN SOKOL LIBRARY & ARCHIVAL MUSEUM FUND		
Susan Bares		
FUTURE SOKOL LEADERS FUND		
Sokol Cleveland-Night at the Races@Convention, 2018		
ANNUAL "SEALS" LETTER		
Norm Petrik	Pat & Ed Baber	Mary Anne Gross
Jim & Shirley Dolezal	Keith Heidler	Frank & Sarah Kalivoda
Rose Vesely	Leonard Gianitsos	Mary & Mark Novak
Karel Mara	Carrie Tuskey	Antoinette Fans
Helen Holecek	Pavel Vesely	Jerry Milan
Michael Fender	Vlasta Stribny	Ruth & Frank (Jr.) Svestka
Chuck Michalek	Dan & Doris Kotlan	Sokol Naperville Tyrs
Lillian Malan	Roy Zitny	Thomas Sotka
Carilyn M. Wolski	Dorothy Steenson	Vera Teyrotsky
Albert E. Hala	Olga S. Rosser	Diane E. Dunlap
Jaroslav J. Verner	Ronald Merecka	Anne M. Battani
Consulting Interventional Cardiology, LLC	Joe Maravec	Helen Sevcu
Mary Bubenicek	Joanne Bazata	Dolly Baca
Joseph A. Kocab	Gloria Schultz	Carol Crosson
Charles Bednar	James Berousek	Marilyn Cerny
Roy Husa	Marie Bultas	Allen & Mary Cushing
Sandra Michelin	Dennis J. Lyons	Anna Slavik
Dorothy Becker	Helen Roth	Marcella Sutton
Jerry Zitko	Eric & Lindsay Kostecki	Beverly R. Domzalski
Marit Lee & Mary Kucera	Ray Hemzacek	Frank & Ruth Svestka
Joe & Doris Marks	Annette Schabowski	Mary J. Edel
Jaromira Jirotko	Alice Khol	Anthony & Lorraine Faikus
Lynda Novak	Joan Campbell	Marianne Ronquillo
Rancy Owen	Sandra Mckee	Mildred Homolka
Jeannette Sivak	Edward Hrcir	Sally & Joe Bukovsky
Julie Slavik-Weiss & Family	Jerry & Jill Sijansky	Lynne (Ptacek) Goodridge
Blanche & Alex Bidnik	Barbara Carlson	Mildred Pultorak
Elaine Zitko	Delores E. Seymour	Charles Kalvoda
Kay Manzingo	Norma R. Zabka	Mickey & Jolene Dolton
Lois A. Durda	Mary Ann Sulz	George E. Strnad
Barbara Krail Mahar	Elaine Benda	Allison Gerber

continued on page 9

Marsha Vila	Kelli & Ralph Perk	Nancy Kovar-Ritter
Michael Kulhanek	Adriana Bartnikova	Jiri Kucera
Frank H. Michalek	Anna-Marie Moncrief	Joseph Pokladnik
Janice Voight	Mildred Raper	Libbie Vrla
Denise Bilotto	Laddie & Lorraine Vanek	Libby Pelc
Emanuella Grinberg	Georgie Morales	Carol Knight
Louis J. Huml	Meg & Alex Novacek	Liselotte Kotynek
Irene Wymnyczuk	Petrina VanBerkel	Florence DelCarlo
Annalyn May	Ray Spirek	Melissa Kukovsky
Todd Dusek	Jerry & Joan Wester	Louise Wessinger
Jan F. Schatz	Roberta Pazdernik	Camille Pekarek - Jenny Smith
Jerry & Marsha Polacek	Geraldine Coates	Sylvia Pistorius
Paul & Liz Maravec	Janice Polz	Simon Stolarik
Donna Sbriglia	Darrell & Gay Williams	Greg Strnad
Elaine Latarski	Ronald G. Soltis	Anonymous
GRANTS RECEIVED FROM		
Czech Ministry of Foreign Affairs-Winter Slet 2017-2018		
Western Fraternal Life-Gateway to the Future Fund		
Bridgestone Americas Trust Fund-2018 Instructor's School		
<p>In accordance with the Standard Operating Procedure, donations will be published in the July/August and January/February Publications. We thank everyone for their continued support to our organization. If we have forgotten anyone, please let us know through foundation@american-sokol.org. THANK YOU SO MUCH!</p>		

ATTENTION MEMBERS

Changes of street addresses/phone numbers/email addresses need to be given to your unit's financial secretary who will make the change in the membership database.

Financial secretaries should also be advised of any request change as to the delivery method of the publication.

All requests that are sent to the national office are now being forwarded to the unit financial secretary to be entered into the database.

Did you know, working in non-profit can help build your resume to gain more earning potential?

**Are You Interested in Communications?
The National Office Needs Your HELP!**

**If you would like to learn about
Public Relations, please contact
Lynda Filipello**

lyndafilipello@aol.com 630-240-1873



American Sokol National Merit Award

This is an award being offered to members since 1975 paid by the American Sokol Future Sokol Leaders Fund. The Merit Award is designed to assist American Sokol Members in their pursuit of higher education. This is for any member of the organization planning on going full time to an accredited two-year or four-year college or university. Applicants for this award need not be limited to those who just recently graduated from high school. The application process gets announced in the January/February publication stating how an applicant can receive an application. All forms can be downloaded from the National website with information, deadlines and all requirements. Application and all required components must be received by June 1st. This award can be applied for an unlimited number of times but can be received only once.

2019 MERIT AWARD

The American Sokol Merit Award is being administered by the National Educational Committee and is now accepting applications for the 2019 Merit Awards. Eligible students are those who are planning a full time (at least 12 hours per semester or equivalent) course program in an accredited two-year or four-year college/university or who are already participating in such a course of study. The amount to be awarded is \$1,000.00 per student. There are no merit award renewals. Applicants may apply for any year of their studies, not just freshman year.

The selections are made by the American Sokol Educational Committee and then approved by the American Sokol Executive Board. The committee will consider the following criteria in selecting the candidates for their recommendation to the Executive Board:

- a. Cultural and Educational Activities – Ethnic schools and activities, dance groups. Theater, presentations to Sokol classes or other groups on Sokol history, traditions, or other topics.
- b. Unit participation- unit membership, volunteerism, and community events to promote your Sokol unit at the local level.
- c. District and National Participation- district and national activity in clinics, slets, competitions, courses, committees, or other activities to promote your Sokol district and American Sokol.
- d. Board of Instruction Participation at the unit level- gym class participation, gym class instructor or assistant, participation in clinics, slets, or competitions, and camps.
- e. Community and Extracurricular Activities- Scouts, Civic organizations, service projects, and volunteer opportunities.
- f. Personal Essay
- g. Overall Leadership- Letter of recommendation from either the Unit President, Unit Educational Director, or Unit Physical Director.

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

Completed application, essay, wallet-size photo, and letter of recommendation must be received at the American Sokol Office, attn: Award Committee, 9126 Ogden Ave., Brookfield, IL 60513-1943, by June 1st of the application year.

You may also submit applications via email to: aso@american-sokol.org. Please type: **Merit Award** in the subject line.

Assistance with the application process can be obtained by contacting your district or unit educational director.



Mark your Calendar

Events around the American Sokol

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

January

- January 6** **Biceps & Brewskis Fundraiser** - Sokol Tabor, Berwyn, IL
- January 18-20** **Central District Skills & Progressions Clinic** - Sokol Tabor, Berwyn, IL
- January 26** **Beer & Bags Fundraiser** - Sokol Tabor, Berwyn, IL
- January 26** **Winter Exhibition** - Sokol Ceska Sin, Cleveland, OH
- January 27** **Pancake Breakfast & Open Volleyball Tournament**- Sokol Spirit, Brookfield, IL

February

- February 3** **Central District GIJO Tumbledown Meet** - Naperville Central High School, Naperville, IL
- February 8** **All Around Czech Band** - Sokol KHB Ennis, Ennis, TX
- February 9** **Ennis Czech Music Festival** - Sokol KHB Ennis, Ennis, TX
- February 16** **Cal & Marching Competition** - Sokol USA Lodge 306, Chicago IL
- February 16** **Gymnastics Exhibition** - Sokol Greater Cleveland, Cleveland OH
- February 17** **Pancake & French Toast Breakfast** - Sokol United, Lyons, IL
- February 24** **Membership Brunch** - Sokol Spirit, Brookfield, IL
- February 24** **91st Celebration Jaternice Dinner** - Sokol Milwaukee, Blessed Sacrament Church, Milwaukee, WI

March

- March 2** **\$10K Building Benefit** - Sokol KHB Ennis, Ennis, TX
- March 9** **Annual Exhibition** - Sokol Tabor, Berwyn, IL
- March 9** **Trivia Night** - Sokol St. Louis, St. Louis, MO
- March 10** **Annual Exhibition** - Sokol Chicagoland, Elite Sports Complex, Downers Grove, IL
- March 15** **Annual Exhibition** - Sokol Naperville, Naperville, IL
- March 16** **Annual Exhibition** - Sokol United, Lyons, IL
- March 23** **Annual Exhibition** - Sokol Spirit, Brookfield, IL
- March 30** **Central District Curling Event** - Curling Club, Triumph, IL

April

- April 6** **Spring Quiz Night** - Sokol Spirit, Brookfield, IL
- April 13** **Central District Men's/Boy's Gymnastics Competition** - Sokol Tabor, Berwyn, IL
- April 13** **Reverse Raffle** - Sokol Ceska Sin, Cleveland, OH
- April 14** **Vault Into Spring** - Sokol Naperville Tyrs, Naperville, IL
- April 20** **Annual Exhibition** - Sokol St. Louis, St. Louis, MO
- April 27** **Central District Special Number Competition** - Lyons Township High School, LaGrange, IL

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, items you want included in the March/April issue need to be submitted no later than February 1st.





PERIODICAL

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

January/February 2019 | Issue 1

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.

Join Us for the 2019 Sokolfest in New York!



Sokol USA XXVIII Slet headquarters is the Buffalo Marriott Niagara.

<https://www.marriott.com/hotels/travel/bufny-buffalo-marriott-niagara/>

Sweet Home High School will host the Volleyball Tournament and Fitness Challenge in the gym, and Slet performances in the stadium field. <http://sweethomeschools.org/>

See ALL the Details Here: AAU Sanctioned Gymnastics Competitions will be at Greater Buffalo Gymnastics. <https://www.greaterbuffalogymnastics.com/>
http://www.sokolusa.org/Sokolfest_2019_menu.html