



# american sokol publication

May/June 2019 | Volume 142 | Issue 3



*Sokol New York members visiting NCAA Women's Championships at Fort Worth Convention Center, had a great time visiting the historic gym equipment exhibit run by Rome Milan.*

*Standing L to R; (SFW) Sandy Bennett, (SFW) Carrie Ann Jones, (SFW) Jerry Milan, (SFW) Rome Milan, (SFW) Henrietta Milan, (SNY) Marnie Sabin.*

*Seated on Beam L to R: (SNY) Erica Bent, (SNY) Nicole Loazya*

## AMERICAN SOKOL

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From the Editor...

Why not try something new? If there's a lack of activity and involvement in your unit, you need to arouse interest. Start a new class. Give a lecture. Host a movie or trivia night. Survey your members and see if there's a common thread that's missing. You might be surprised at what you find out.

We wish everyone traveling to Buffalo a safe and splendid journey. Happy Slet!

#OneSokol

NAZDAR!



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

### To Submit Items for Publication:

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## The Presidential Address

### *The Sokol Eye – Sokolským Okem*

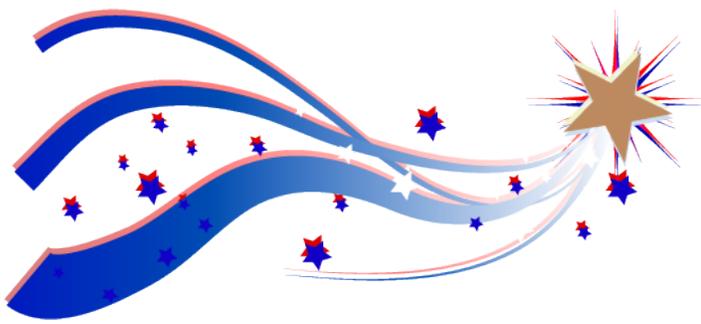
When I am called to present or speak to you, our members, I take it very seriously. I stop and spend hours thinking of what I can say that is special to express a message that will have an impact. I sit down and start to free write about your Unit. Sometimes they are memories, or personal experiences. Sometimes it is what I have learned from history, or memories of others. In the end, I always find something that hits home and connects you to American Sokol. There happens to be one underlying message that is present in all of my thoughts: family.

On a short trip to Ft. Myers, Florida I contacted Sister Maryann Fiordelis to see if the Sokol Detroit/Ft. Myers members would be around. Simple and swift, Maryann coordinated a date and I was visiting Sokols in Florida. The Kalivoda's and Maryann hosted with an amazing dinner, Sister Renata Greene and her husband drove an hour or so to join us, and we spent an afternoon talking Sokol and telling stories. It was a visit with Brothers and Sisters, family from Sokol. Oh... and they also spent an hour working on their cal. A Sokol visit must include some quality time learning the latest routines! Thank you so much for welcoming me into your Florida home and spending time together. I cherish these moments just like I do with my own family.

In April I flew to Sokol Los Angeles to celebrate their 110th Anniversary. I was grateful that Sokol Los Angeles invited me, and also sponsored me to attend because to me, every celebration and historical year that any Unit successfully reaches is important to me and to our organization. Sokol Los Angeles has such an interesting history and third and fourth generation members sustain its legacy. Just like many of our Units, Sokol LA had a beautiful building in the heart of Los Angeles for many years. It was sold and yet Sokol LA carries on with other activities. Did you know they have an annual camp "Dinkey Creek Family Camp" that will celebrate 51 years in July? Members from Pacific District all participate. Did you know that their building and members were in a movie? In it's prime, the building was used for filming and members wore their Czech costumes in the original Frankenstein movie! The grandchildren of the famous actors also wore the costumes that were worn in the movie at the 110th event! Janelle Palas, daughter of a founding member of Sokol LA, has kept the photos, the stories and the history for all of us to see. She created a beautiful display of Sokol LA history including movie photos, Olympic participation, and support for the Czech gymnasts and soldiers that would come to California. Sokol LA was a Unit where Czechs and Slovaks discovered the "California dream," nurtured the Hollywood connections, but most importantly survived because of their positive, sunny attitude and love for the organization. (They may blame it on the sunshine, but I know it is because of who they are.) Sokol Los Angeles and Pacific District members are one of the reasons I love serving American Sokol. California may be a four and a half hour flight away, they may be smaller in size, but Sokol in Los Angeles survives! My relationship with Sokol LA goes back to the year 2000 when I met Brother Zelenka (Bill Z), and the friendships blossomed including many more members that I met through Sokol Slet travels. When I see California Sokols, it is like coming home, to family. Congratulations Sokol Los Angeles on 110 years of community, family and culture. I hope to make it to your Dinkey Creek Family Camp in the summer of 2020, and we can't wait to see you in 2021 in Chicago for the American Sokol Slet.



*continued on page 10*



# RISING STAR

## CARISSA SKRIVANEK

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

Congratulations to Carissa Skrivanek, American Sokol's Rising Star for the month of May.

Since 1997 Carissa Skrivanek's involvement in Sokol has evolved from a Junior Class participant to Sokol Minnesota's Youth Ambassador and Class Registration Coordinator. Along the way Carissa has established an amazingly impressive resume and has returned to her roots as a class instructor.



*Carissa Skrivanek is pictured far right*

At roughly the age of 12, Carissa and her younger sister joined Sokol Minnesota's Gymnastics Program and children's folk dance group, Taneční Mládež. With an approximately 50 percent Czech background and a last name that translates to Skylark, Carissa's Sokol career quickly took flight. Under the guidance and tutelage of Sister Mary Cahill, Carissa was encouraged and inspired to take on a leadership role after two years in the gym and she began assisting with class instruction when she was in 9th grade. By the following year, Carissa took over as the head instructor, while also excelling in her high school track and cross-country career.

When asked about her early years in the gym, Carissa spoke effusively about Sister Cahill's role as a mentor in her life, stating that, "she believed in me and empowered me to step up as a leader in the gym." My experience as an instructor in the gym gave me confidence to dream big." Those dreams, in addition to her dedication, earned Carissa a Division I Track Scholarship to Davidson College where she ran cross country in addition to the 3k Steeplechase and the 1500 meter during the spring track season.

Following graduation from Davidson College, Carissa taught high school English until she entered the Air Force to become an Arabic Language Analyst. At the conclusion of a 63-week language training school at the Defense Language Institute, Carissa was the top graduate, earning the Commandant's Award for her work in the classroom as well as her role as Team Captain of the Women's Air Force Run Team.

In 2016, nearly 20 years from the time she began her life as a Sokol, Carissa returned to the gym to assist with the Advanced Girls classes and take on many administrative tasks in the gym. Carissa could not be more complimentary of Courtney Benson, the current head instructor at Sokol Minnesota, describing her as "an individual who inspires others. She promotes a positive atmosphere in the gym, challenging gymnasts to push their limits while encouraging each other."

In addition to all of the achievements Carissa has attained along the way, she is a graduate of three Sokol Instructor Schools, 1999-2001, she participated in the 2000 Slet in the Czech Republic, and attended a World Sokol Federation International Camp. Recently, Carissa also attended the Sokol Development Conference and chaperoned 12 gymnasts while attending the Central District Skills Clinic.

Congratulations to a truly remarkable Sokol, Carissa Skrivanek of Sokol Minnesota, the American Sokol Rising Star for the month of May.



# The Sokol Educator

from The National Education Committee

**Note of Clarification:** When written as “Na Zdar”, the two words separate, it translates to “Towards Success” or “To Success”. The two-word spelling would be used at the end of a Sokol class. When written as “Nazdar”, then it refers to the greeting. Similar to “Aloha” in Hawaii, as a salutation to be used coming or going.

The American form of saying “Cheers”, or if someone sneezes, Czechs use the phrase “Na Zdravi” which translates “to your health” or “well-being”.

## American Sokol Library and Archives is Now Online!

The National Education Committee of American Sokol is proud to announce that we are now beginning to download some of the American Sokol Library and Archives collection. To view items that have been posted, log onto the website: <https://americansokol.pastperfectonline.com/>

Every month we will continue to add items from the collection. This will include historical documents, photos from previous Slets, trophies & medals from competitions, and other objects of interest.



## Project Gutenberg

Project Gutenberg is an Internet site dedicated to the preservation and digitization of literature. Currently, over 56,000 free books, free pub books, and kindle books, can be downloaded or read online completely free. There are no fees or registrations required as Project Gutenberg has digitized and saved out of copyright books. The address is: <http://www.gutenberg.org/>

Searching by ‘Czech’, ‘Slovak’, or ‘Czechoslovakian’ produces a wealth of literature. One example is: The Project Gutenberg EBook of Czechoslovak Fairy Tales by Parker Filmore.

*Information courtesy of Diana Balint, Educational Director of Sokol Detroit*

## Notes from the Educator

Just as the printing press opened a new avenue for information and enjoyment, now the power of the Internet is providing another way for us to learn about so many things. I’m happy to introduce our membership to the Past Perfect Online website for the American Sokol Library and Archives, and the Project Gutenberg website.

*Submitted by Sue Bares, National Educational Director*

# Sokol Gear

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# Announcing...



## National P.R. & Marketing Director Caleb Conrad

Please help us congratulate Caleb Conrad as the newly appointed Director of P.R. and Marketing on the National Executive Board of American Sokol. He has been a member of Sokol for the majority of his life and represents the fourth generation of Sokol membership in his family (Kalivoda). While he currently resides in the Washington, D.C. area, Caleb is originally from Michigan, so naturally he loves all things Detroit. With Sokol Detroit as his home unit, he has always been passionate about fostering relationships with other Sokol members across generations and he is excited to bring that to the national level. His professional experience includes work in P.R. and Marketing coordination and he currently works in Client Success at an event technology software company.



Sis Anna Carlozzi of Sokolice Tabor & Bro Matthew Carlozzi of Sokolice Tabor & Sokol United gave birth to their first child, a boy named Lofton on December 31, 2018 at 11:10 a.m.

6 lbs 6 oz, 20.5 inches

Now at 4 months, he's 12 lbs 11.5 oz, 24.5 inches

Congratulations to the happy family!



## 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 **preferred delivery method of this 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.

# HELP KEEP US GOING! DONATION DETAILS

Support the American Sokol with an online donation or send a check made payable to: *American Sokol* denoting the name of the fund in the *Notes* line (see listings below) and mail to:

**American Sokol Office, 9126 Ogden Ave, Brookfield, IL 60513**

Or visit: <https://american-sokol.org/donate/>

## GATEWAY TO THE FUTURE FUND

This fund has grown through contributions from the three-year “150 Club” campaign run by the Foundation, 2017 Slet banquet proceeds, and other grants on record which the Executive Board allowed to be moved/reallocated. The fund has awarded over \$80,000 to units since its inception. The business goal is to “GROW” this program, so it becomes an endowment that grants money to units annually. By 2022, \$250,000 is the goal allowing at least \$10,000 annually to be distributed. Grants have assisted more than 15 different units with gymnastic equipment; energy-saving projects; assistance after tragic environment events (hurricane, flooding, etc.); fire safety, parking pavement repair; gym heaters; kitchen convection ovens; storage; etc.

## FUTURE SOKOL LEADERS FUND

Established in 1960, this fund provides financial assistance for the training and education of youth members to become able administrators, advocates and instructors of American Sokol. The FSLF has contributed to the success of the American Sokol National Instructor School and has funded the annual Merit Awards through the Education Committee of American Sokol, which provides financial assistance toward college educations. By 2022 or sooner the Foundation Committee’s goal is to have this fund at the endowment level of \$500,000 while continuing to award up to \$20,000 in grants to the Instructor’s School, Merit Awards, and similar programming.

## ENDOWMENT FUND

Donor money started in the early 1990s for use by ASO committees, events, etc. In 2014, with the accumulation of over \$200,000 money was moved to an investment instrument with medium risk. In 2019, a budget was established for units/districts to apply for a grant and utilize towards certification, teaching materials, etc.

## SOKOL LIBRARY, ARCHIVAL and TRAVELING EXHIBIT FUND

American Sokol has developed a collection of “treasures” which are significant to its history. During 2017 through an internal grant Pastperfect software which stores in a database artifacts, documents, photographs, artwork, library books, Sokol manuals, Slet memorabilia, and more has been utilized to record over 2,500 items as of the end of 2018. Special acid-resistant containers and museum quality equipment were purchased through the initial grant. A curator for the collection was found and initially paid through the internal grant. This ongoing project requires further cash flow to repair, secure, store, catalogue, etc. and continue to employ a part-time curator. Czech Ministry grant funds were applied for in 2019 for some of the artifacts to become a traveling exhibit. The Education Director, Sister Sue Bares and the educational committee manage this program. Should you have items to contribute please contact the Sokol Offices for direction @708/255-5397. We wish to thank many members for their contributions to this very historic documentary of the American Sokol history.



### Old Czech New York – a guided tour | Radio Prague

March 30, 2019

by Ian Willoughby

A century ago the Czech community in New York was centred around the Upper East Side of Manhattan. Indeed, an estimated 40,000 Czechs lived in the area known as Yorkville. Ed Chlanda’s family ...

[www.radio.cz](http://www.radio.cz)

**READ OR LISTEN TO FULL ARTICLE HERE:**

<https://www.radio.cz/en/section/special/old-czech-new-york-a-guided-tour>

# Significance of the Sokol Museum and Library

by Robert Tomanek, Sokol Museum and Library Board Member

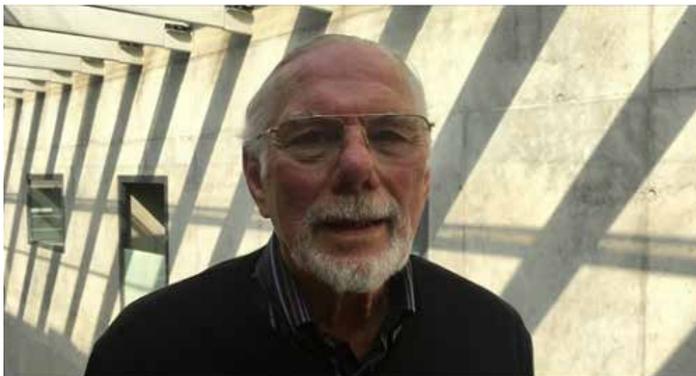
Historical significance of Sokol for nationhood and democracy. The Sokol movement in the Czech lands was a critical factor in the quest for freedom and self-governance. Clearly, it was a gymnastics physical fitness program, but one linked to mental and moral fitness, and democracy. Tomas Masaryk, the first president of Czechoslovakia, was a Sokol member who depended on the organization for the formation of the new nation. During and after World War I, Sokols played a key role in the recruitment of the legendary legionnaires, a Czech and Slovak fighting force, that showed the world how devoted the Czechs and Slovaks were to the cause of freedom and nationhood. Masaryk noted that without Sokol there would not be a Czechoslovakia. The Sokol Congress in 1924 confirmed, in accordance with Masaryk's vision, that "every loyal, truly conscious Sokol shall be a defender of the Republic and democracy, and as such a political and social worker in it". Sokol was a threat to Fascism and Communism, as evidenced by the many Sokols executed or imprisoned during the World War II years, and the Communist take-over in 1948.



Gymnastics and physical education. Sokol has been a key promoter of gymnastics and physical education in Europe, the United States, and Canada. The Czech Sokol organization contributed to both World and Olympic competitions by its role in forming the governing bodies, and producing international champions. Many countries adopted the Sokol methods of physical fitness into their physical education programs.

Sokol's transatlantic journey. Czech migration to the US accelerated in the late 19th century, and the settlers brought their culture to the new land. Their story is largely a Sokol story. Czech culture was a priority and the formation of Sokol clubs, even in small towns, was a common occurrence. These gymnastic units included virtually all Czech culture: choral, band, theater, dance groups, and other cultural entities. This culture, like that of other ethnic groups, is the trademark of America.

Why a Sokol Museum and Library? Sokol units are becoming sparse, and the focus of some existing units has changed. Connections to the roots of the "Sokol movement" are fading, and the ethnicity of the Sokol membership is becoming diluted. Preservation the Sokol story becomes more difficult with each passing year. Because of its significance to European history, Czech immigrants and culture in America, gymnastics, and physical fitness, the story needs to be preserved. This is a very important story for all Americans.



RADIO.CZ

**Robert Tomanek: Sokol Museum and Library will "tell the story" of Czech organisation in US | Radio Prague**

March 25, 2019

by Ian Willoughby

"Robert Tomanek is currently in Prague researching a book about Czech immigrants to America and the Sokol gymnastics movement, of which he has been a member almost all his life. The lowa-based scientist, who grew up speaking Czech, is also a member of the board of the Sokol Museum and Library in the US – an institution that he and his colleagues are now working hard to create..."

**READ OR LISTEN TO FULL ARTICLE HERE:**

<https://www.radio.cz/en/section/one-on-one/robert-tomanek-sokol-museum-and-library-will-tell-the-story-of-czech-organisation-in-us>

## News from World Sokol Federation

*Jean Hruby, WSF President*

**Sokol Straz (Honor Guard):** In April, American Sokol Teddy Polashek attended the official training in Prague with the Czech Sokol Straz. The rigorous training is administered by the Prague Castle Guards, and must be completed in order to officially serve as a Sokol Straz. Brother Polashek is developing a training program for American Sokol and hopes to inspire World Sokol Organizations to also join and be Sokol Straz strong around the world.



**Gymnaestrada 2019 – Austria:** Czech Sokol is performing the Men's Borci Calisthenic at the Gymnaestrada event this summer in Austria. They invited Sokols from World Sokol Federation to perform with them. Although American Sokol will not be able to have any members attend with them this year, Sokol Austria will be participating. We hope to have more inclusion with future World Events.

**Sokol Poland –** Celebrated their 100-year Anniversary, and is coming back strong! You can follow them on their Facebook page, Sokolstwo Polskie or at [@SokolstwoPolskie](#)

**Czech Sokol on Czech Television:** The Czech Republic is now showing Sokol programming every Saturday on Ceske Televisie! They show historic performances, events, local Sokols, and will also be premiering the new performances that will be used in future Sokol Slets. The show is called Sokolský zpravodaj.



You can watch one of the shows here: [https://www.ceskatelevize.cz/ivysilani/12090743332-sokolsky-zpravodaj/219471291473001?fbclid=IwAR3W4rPEzfVTaJybW\\_nK49qqHu-Oan69i73VdFVSK7xLCc2meDKyrUudNxo](https://www.ceskatelevize.cz/ivysilani/12090743332-sokolsky-zpravodaj/219471291473001?fbclid=IwAR3W4rPEzfVTaJybW_nK49qqHu-Oan69i73VdFVSK7xLCc2meDKyrUudNxo)

*continued from page 3*

Every Unit of American Sokol is unique. Each one, as different or unique, contributes to our longevity and success of our multi-faceted organization. We are strong because of our differences serving our communities, and because we are one family. Sokol is a universal language. Thank you for accepting us all into your home.

At' žije Sokol!

Nazdar!

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



## Mark your Calendar

### Events around the American Sokol

Get your event featured! Email [editor@american-sokol.org](mailto:editor@american-sokol.org)

## May

- May 4** Eastern District Annual Volleyball Tournament - Sokol New York, New York, NY
- May 11** Central District Female Artistic Competition - Naperville Central High School, Naperville, IL
- May 11** Northeastern District Artistic Competition - Sokol Greater Cleveland, Cleveland, OH
- May 17** Aerial Skills Clinic - Sokol Baltimore, Baltimore, MD
- May 17** Chili Cookoff Night & World Beer Club - Sokol Spirit, Brookfield, IL
- May 18** Central District Male Artistic Competition - Sokol Spirit, Brookfield, IL
- May 19** Central District Sokol Day - Veterans Park, 4200 Lawndale Ave, Lyons, IL
- May 24** National Polka Festival - Sokol KHB Ennis, Ennis, TX
- May 27** Memorial Day at the Bohemian National Cemetary - Sokol Baltimore, Maryland

## June

- June 2** Summer Exhibition - Sokol Greater Cleveland, Oddfellows Fresh Air Camp, Glenwillow, OH
- June 7-9** Meat Bingo - BBQ Edition - Sokol St. Louis, Sokol Camp, Imerial, MO
- June 22** XXVII Sokol USA Slet Opening Ceremonies - Fantasy Island Amusement Park, Grand Island, NY
- June 26** XXVII Sokol USA Slet Opening Ceremonies - Fantasy Island Amusement Park, Grand Island, NY
- June 27** XXVII Sokol USA Slet Gymnastics Competitions - Greater Buffalo Gymnastics, Getzville, NY
- June 28** XXVII Sokol USA Slet Rehearsals & Fitness Challenge - Sweet Home High School, Buffalo, NY
- June 28** XXVII Sokol USA Slet Brew Tour - Buffalo Breweries, Buffalo, NY
- June 28** XXVII Sokol USA Slet Fun Bowling - Transit Lanes, Williamsville, NY
- June 28** XXVII Sokol USA Slet Polka Dance Dinner & Band - Buffalo Marriott Niagara, Amherst, NY
- June 29** XXVII Sokol USA Slet Volleyball Tournament & Fun Walk - Sweet Home High School, Buffalo, NY
- June 29** XXVII Sokol USA Slet Slet Performance - Sweet Home High School Field, Buffalo, NY
- June 29** XXVII Sokol USA Slet Celebration Dance - Buffalo Marriott Niagara, Amherst, NY
- June 30** XXVII Sokol USA Slet Golf Scramble - Amherst Audubon Golf Course, Buffalo, NY

## July

- July 7-21** National Instructors School - Sokol Spirit, Brookfield, IL

## August

- August 4** Unit Picnic - Sokol Ceska Sin, Cleveland, OH
- August 10** Bike Hike - Sokol Ceska Sin, Cleveland, OH



### American Sokol Deadline

Send your submissions, articles, events and photos to [editor@american-sokol.org](mailto:editor@american-sokol.org) by the 1st of the month prior to the publication issue. For example, items you want included in the March/April issue need to be submitted no later than February 1st.



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May/June 2019 | Issue 3

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

*We are pleased to announce the 2021 Slet will be hosted by the Central District.*

*Celebrate Chicago Style June 23-27, 2021*

**CHICAGO**



**XXV AMERICAN SOKOL SLET**