



April 2021 Quarterly Publication

AMERICAN SOKOL

**TYRS**

Honor Award

Presented to

**Rome Milan**

Sokol Ft. Worth

For Leadership in the Sport of Gymnastics

And Selfless Dedication to Sokol

In the True Spirit of its Founder

Miroslav Tyrs

*The Falcon is the fastest bird of flight at 200 miles per hour and vision 2.5 times greater than humans.*



**Fly you Sokol, fly on high!**

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## ***The Sokol Eye – Sokolským Okem***

***March/April 2021***

### **Jean Hruby – President**

A true legacy of Sokol, gymnastic pioneer, champion, innovator, mentor, trendsetter...these are the qualities of the **American Sokol Hall of Fame Dr. Miroslav Tyrš Honor Award.**

This month the Southern District honored Brother Rome Milan with this notable award. When Rome Milan established the American Sokol Hall of Fame Awards, he had a vision to remember those who have made a mark and changed the history of Sokol in a positive way. Unaware, Rome was actually writing his own history. Together on “Zoom” many Sokols from around the USA joined the Southern District to witness Rome receiving this prestigious award. Listening to all of Rome’s accomplishments, memories and the words of gratitude shared by many who joined, reminded this “Sokol Eye” that we have remarkable people in our family and that if we strive to be like Rome Milan, Sokol will carry on. Congratulations to Rome Milan and all of the previous Hall of Fame Awardees! *“We are not makers of history. We are made by history.” - Martin Luther King Jr.*

At’ žije Sokol!

Nazdar

American-Sokol.org

### **Convention News**

The Southern District Host Convention Organizing Committee is currently looking at hosting the 2022 American Sokol National Convention in the Dallas – Ft. Worth, Texas area June 9-12, 2022. Current plans are for an in-person convention. A survey of units regarding important early planning issues should be distributed in the near future.

## American Sokol National Merit Award

This is an award that has been offered to members since 1975. This award is funded through the American Future Sokol Leaders Fund. The Merit Award is designed to assist American Sokol members or the youth of a member in the pursuit of higher education. This award can be applied for an unlimited number of times but can be received only once.

### **2021 Merit Award**

The American Sokol Merit Award is being administered by the National Education Committee and is now accepting applications for the 2021 Merit Awards. Eligible students are those who are planning a full time (at least 12 hours per semester or equivalent) course program at a two-year or four-year trade school, college, or university. The Award is \$1,000.00 per student. Applicants may apply any year of their studies.

The selections are made by the American Sokol Education 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:

- \* Cultural and Educational Activities
- \* District and National Participation
- \* Community and Extracurricular Activities
- \* Overall leadership/letter of recommendation
- \* Unit Participation
- \* Board of Instruction Participation
- \* Personal Essay

The APPLICATION can be downloaded from the American Sokol website: [www.american-sokol.org](http://www.american-sokol.org)

Completed application, essay, and letter of recommendation must be received by the American Sokol Award Committee, 9126 Ogden Ave., Brookfield IL 60513-1943 or emailed to [ASO@AMERICN SOKOL.ORG](mailto:ASO@AMERICN SOKOL.ORG) by **May 1<sup>st</sup>**. Assistance with the application process may be obtained by contacting your district or unit educational director.

## March is National Nutrition Month

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. Who would have thought that you could fight cancer, diabetes, heart disease, and stroke ...with a fork? Many people don't realize it, but one of the most important things you can do to protect yourself from diseases is to eat a healthy diet.

Following a few simple recommendations from the American Cancer Society, American Diabetes Association and the American Heart Association can help you eat your way to a healthier YOU.

### **Make Healthy Choices**

- \* Eat at least five servings of vegetables and fruits each day.
- \* Choose whole grains over processed (refined) grains and sugars.
- \* Limit consumption of refined carbohydrates, including pastries, sweetened cereals, soft drinks, and other foods high in sugar.
- \* Choose monounsaturated/polyunsaturated fats such as olive oil, canola oil, and peanut oil.
- \* Select lean cuts of meat (look for "round" or "loin").
- \* Choose low-fat and fat-free dairy products.
- \* Choose poultry, fish, and beans as alternatives to beef, lamb, and pork.

- \* Add avocados and nuts to your diet (These are high in healthy fats, but also high in calories, so don't go overboard).
- \* Watch your portion sizes and trim down the number of calories you consume per day.
- \* Use low-fat cooking methods like roasting, baking, broiling, steaming, or poaching. Use a cooking spray, broth, or water to sauté meats.

Note: additional information and resources are available at [www.eatright.org](http://www.eatright.org)

## 2021 FOUNDATION GRANT APPLICATIONS DUE APRIL 1<sup>ST</sup>.

The Executive Board approved the recommendation of the Foundation committee to budget \$20,000 for Gateway to the Future grants and \$10,000 for Unit Growth grants. Announcements in the December Director's Newsletter, and an email to unit presidents/secretaries occurred in January. The Foundation grant application is on the American-sokol.org website, backdoor tab, administrative, password admin or by writing to [foundation@american-sokol.org](mailto:foundation@american-sokol.org). The applications and any accompanying materials must be emailed by April 1st to the foundation address so they can be evaluated by the Foundation Committee and recommended to the Executive Board at their April meeting. Units will be notified by the beginning of May what portion of the project costs will be granted.

To order *Czech Immigrants and the Sokol Movement* \$21.95 plus \$4 shipping.

Checks payable to: **AMERICAN SOKOL, 9126 Ogden Av, Brookfield, IL 60513**

Please accept my donation in the amount of \$ \_\_\_\_\_ in support of American Sokol. # of Books \_\_\_\_\_

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**American-sokol.org**

Sokol Spirit in Brookfield, Il. has many programs planned.

March 14 St Patrick's Tailgate Takeout

March 19 Sokol Spirit World Beer Club

March 18 Czech Film Talks with TGMasaryk

April 16 Czech films Diamonds of the Night followed by World Beer Club

May 21 Czech Film Kolia/kolya followed by World Beer Club.

Go to SokolSpirit.org for more details

## Convention Information

The **Number of Delegates** a Unit is entitled to will be determined by the number of Voting Members reported in the database at the end of the 2021 3rd quarter (Sept) using the following formula - 1 delegate for the first 150 Voting Members and an additional delegate for each additional 100 members or fraction thereof.

The **Number of Votes** the Unit delegate(s) is entitled to is determined by the following formula - 1 vote per each 10 Voting Members (a fraction of more than 5 members entitles 1 more vote). This is also based on the Unit's Membership count at the end of the 2021 3rd Quarter Report. These votes may be casted by one delegate or shared by those units sending more than one delegate.

In addition - for a Unit delegate(s) to actually **attend the Convention**, all financial obligations a unit may have (Previous and for 2022 - Adult Dues, Convention Fees, Youth Dues, Assessments, etc.) must be paid by the due date of April 30, 2022.

Refer to the 2018 American Sokol Constitution and Bylaws that every unit should have.

### **2021 Member Dues Structure Notice**

During this pandemic it has been the goal of the Board of Governors and the Executive Board to provide financial assistance to those Units in need. The boards have approved the following dues structure for **2021**.

Annual dues per adult member	\$20
Convention Fee per Voting Member	\$ 5
New member fee	waived
New members per quarter	
2 <sup>nd</sup> quarter (April-June)	\$15
3 <sup>rd</sup> quarter (July-Sept)	\$10
4 <sup>th</sup> quarter (Oct-Dec)	\$ 5
Late payment fee	1.5% monthly

First Quarter membership reports are due IN THE DATABASE by March 31, 2021. Annual billings will start to go out the first week in April with payment due by April 30, 2021.

Contact National Financial Secretary Allison Gerber if you need assistance.

[akgerb@netins.net](mailto:akgerb@netins.net).

**Keep your membership dues and contact information current. Contact your Unit Financial Secretary with any changes.**