



AMERICAN SOKOL NEWSLETTER

WINTER 2023



Welcome to American Sokol's Newsletter!

Volume 146, Issue 1

ISSN: 0003-1259

January 2023

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A Note from the President

Happy New Year! Let's share Sokol in 2023!

Dear Brothers, Sisters, and Friends of Sokol,

I hope that 2023 finds you healthy, happy, and well! With this new year comes renewed optimism, and a chance to renew our commitments.

Most of our lives have returned to more normalcy, or at least to a new normal since the pandemic. That time gave many of us time to think, time to reflect, and time to re-prioritize. Now is the time when family, health, and wellness are more important than ever.

Now is also the time for us to share Sokol with others and invite them to into our family. Let's invite others to share in the family and social aspects of our organization, and also to join our commitment to a sound mind in a sound body.

For those of you who may have not yet engaged with Sokol recently, 2023 gives us the time to come back home. Before the new year gets too busy, take a minute to make a place in your calendars for Sokol programs, fundraisers, and socials!

While you're at it, invite friends (and/or family) who aren't familiar with Sokol, too. I know it's easy to say "I've tried and they weren't interested," but with all that has changed in the last few years, now is the time to try again.

At the top of my goals for 2023, I'm committing to bring at least one new person into Sokol. I invite you to join me with this goal. I'm confident that you will find these efforts to be fulfilling. At the very least, it will help us remember why Sokol is so important in our lives.

To Success!

Bro. Adam Wilt

Those Who Have Shaped My Sokol Journey...

Moving forward, I would like to save some space in each issue to thank someone who has been important in building my personal commitment to Sokol. To begin, I'd like to say thank you to **Sister Barb Kucera**, who was my Tots Instructor at Sokol Slavsky at Piper School in Berwyn, Illinois. Thank you Sister Kucera for inspiring me, and for your many years of service as a Coach, Physical Director, and Leader within the American Sokol!



Bro. Wilt (center) at the Consulate General of the Czech Republic in Chicago with Consul General Jaroslav Kantůrek (right) and Deputy Consul General Ondřej Pometlo (left).



American Sokol Town Hall Meetings

On November 29, 2022, the American Sokol hosted a virtual Town Hall Meeting. The topic discussed was Fundraising Events. In Case You Missed It (ICYMI), check out the discussion on our [YouTube channel](#). Future topics will vary as we continue to feature the work of our Sokol units in a forum for idea-sharing and discussion. Please save these dates and note the featured topics. In addition to being available via Zoom (info below), they will also be live-streamed to Facebook.

Next Town Hall Meeting

- Monday, January 30, 2023 - Non-Gymnastics Fitness
Zoom Info: Meeting ID - 850 5541 9346; Passcode - falcon

2023 Town Hall Meetings

- Thursday, March 30, 2023 - Membership & Social Engagement
- Tuesday, May 30, 2023 - Recruitment
- Monday, July 31, 2023 - Education
- Wednesday, September 27, 2023 - Sokol Facilities
- Thursday, November 30, 2023 - Passing the Torch to New Leaders

American Sokol Merit Award

The American Sokol Merit Award has been offered to members since 1975. This award is funded through the Future Sokol Leaders Fund (FSLF). 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.

2023 Merit Award

The American Sokol Merit Award is being administered by the National Education Committee and is now accepting applications for the 2023 cycle. 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 amount to be awarded is \$1,000 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 * Unit Participation * District & National Participation * Board of Instructor Participation * Community & Extracurricular Activity * Personal Essay * Overall Leadership * Letter of Recommendation *



American Sokol Merit Award (continued)

Application can be downloaded from the American Sokol website. Completed application, essay, and letter of recommendation must be received via email by May 1, 2023. Assistance with the application process can be obtained by contacting your District or Unit Educational Director.

2022 Merit Award Winners

Congratulations to the six Merit Award recipients in 2022! They are:

- Bro. Andrew Bajek, Sokol Naperville-Tyrš
- Bro. Jeremy Daniels, Sokol Greater Cleveland
- Bro. Jake Heetel, Sokol Spirit
- Sis. Zoe Hoiland, Sokol Minnesota
- Bro. Dean Shofe, Sokol Spirit
- Sis. Claire Wickiser, Sokol Minnesota

ASO Education Committee

2024 Sokol Slet - Prague, CZ

Join us June 30 - July 5, 2024 for the slet in Prague! Stay tuned for more details, including how you can register to attend/participate with American Sokol as well as the official American Sokol Slet Tour!



Sokol Scrapes - Still Zooming Along

A question has come up a few times: What does "scrapes" mean? A scrape is the term used for a falcon's nest. As such, our Scrapes Series is a place where we can all learn new things. Just as young falcons do in their scrapes, so do we Sokols, though in a virtual way!

After a bit of technical difficulty on Sunday, November 13, 2022, the presentation of Origin, Development and Demise of Folk Dress in the Czech Lands, by Bc. Josek Vace, went on as planned. You can see it on our YouTube page! The third installment of Sokol Scrapes is planned for Sunday, February 26th, 2023 at 1:00 PM CST (2:00 PM EST, 11:00 AM PST). Join Education Director, Anna Cooková, and Professor Robert Tománek of the University of Iowa as they share with you the Sokol Museum & Library: Inspiring Sokol Stories.

Join us on Zoom or by dialing 312-626-6799, Meeting ID: 8834 6538 5932, Passcode: 156181
The meeting will also be live-streamed on American Sokol's Facebook page.

Sis. Anna Cooková - Educational Director

Gratias Agit Award - Sis. Cecilia Rokusek

Ve středu 19. října udělil ministr zahraničí Jan Lipavský Cenu Gratias agit za šíření dobrého jména České republiky v zahraničí pro rok 2022.

Ministr Jan Lipavský ve svém projevu ocenil skutečnost, že mohl po letech koronavirové epidemie předat cenu laureátům osobně a poděkovat jim za jejich úsilí a nasazení, se kterým šíří dobré jméno České republiky ve světě.

„Ocitáme se všichni ve zvláštní době – po dvouleté pandemii okolo nás rozpoutalo putinovské Rusko válečný konflikt. O to víc si vážím toho, že dnes se mohu s vámi setkat tváří v tvář a poděkovat vám za vaše úsilí a nasazení, se kterým šíříte dobré jméno Česka v nejrůznějších oblastech a koutech světa. Číníte tak v mnoha sférách, jako třeba na poli kultury, vědy, podpory turismu a obchodu, ve sféře humanitární pomoci nebo podpory krajanského života ve světě. Při této práci zároveň propagujete naši zemi, naši kulturu a náš jazyk,“ uvedl ministr Lipavský.

Cenu Gratias agit uděluje Ministerstvo zahraničních věcí od roku 1997 významným osobnostem a organizacím, které se zasloužily o šíření dobrého jména České republiky v zahraničí a které nezištně prohlubují zájem o naši zemi a napomáhají jejímu zviditelňování a příznivému obrazu ve světě.

Laureáti obdrželi českou skleněnou plastiku a diplom. Cena není spojena s finanční odměnou.



Gratias Agit Award (English)

On Wednesday, October 19, Foreign Minister Jan Lipavský awarded the Gratias agit Prize for spreading the good name of the Czech Republic abroad for the year 2022.

In his speech, Minister Jan Lipavský appreciated the fact that, after years of the coronavirus epidemic, he was able to personally hand over the award to the laureates and thank them for their efforts and commitment, with which they spread the good name of the Czech Republic in the world.

"We all find ourselves in a strange time - after a two-year pandemic, Putin's Russia unleashed a war conflict around us. I appreciate all the more that today I can meet you face to face and thank you for your efforts and commitment, with which you spread the good name of the Czech Republic in various areas and corners of the world. You do so in many spheres, such as in the field of culture, science, support for tourism and trade, in the sphere of humanitarian aid or the support of expatriate life in the world. In doing this work, you are promoting our country, our culture and our language at the same time," said Minister Lipavský.

The Gratias agit award has been awarded by the Ministry of Foreign Affairs since 1997 to prominent personalities and organizations that have contributed to the spread of the good name of the Czech Republic abroad and that selflessly deepen interest in our country and contribute to its visibility and favorable image in the world.

The laureates received a Czech glass sculpture and a diploma.
The prize is not linked to a financial reward.

Article from Ministry of Foreign Affairs of the Czech Republic. Link [here!](#)
Here is an interview with Sis. Rokusek. Source: <https://english.radio.cz/>



Cecilia Rokusek and the Czech Minister of Foreign Affairs Jan Lipavský - Photo: Martin Vaniš, Radio Prague International

"We preserve the past, we celebrate the present, and we create the future." - Cecilia Rokusek

Jim from The Office Battles Sokol

In marketing, as the saying goes, any publicity is good publicity. The season premier of a streaming TV series puts 'Sokol' right in the middle of a brand awareness debate. For fans of the Amazon Prime series Jack Ryan, Season 3 - Episode 1 may have had a familiar title - Falcon. As the episode progresses, the word Sokol is mentioned multiple times by various American, Czech, and Russian characters, including Jack Ryan, the main character played by John Krasinski. Success! Sokol is finally getting the national attention it deserves...EXCEPT the ongoing reference is to 'Project Sokol,' an imaginary Soviet nuclear research program! In what sets up to be an ongoing conflict, we may have to just sit back and enjoy the (somewhat familiar) landmarks featured in Prague while Sokol gets mispronounced attention on the small screen.

Bro. Dave Kakareka - Sokol Spirit



A Self-Guided Midwest Czech Tour

Sokol Horník

This former Sokol building is in Coal City, IL which is about an hour southwest of Chicago. Known locally as the Bohemian Hall, it was home of Sokol Horník from 1892 to 1896. "Horník" is Czech for "miner," which is fitting due to the fact that the area was big in coal mining from the 1880s through the 1950s. In the top center are the letters 'Ces.' 'Nar.' 'Sin' which would be an abbreviation for Ceska Narodni Sin, or Czech National Hall. A local who said that, over the years, the building has been a dance and banquet hall, opera house, roller skating rink, and a commercial weight-lifting gym. Nowadays, the bottom floor is a pharmacy and vitamin shop, and there are apartments on the top floor. I have family history in the area, as my grandfather was born in nearby Braidwood in 1895, and I have relatives buried in their Bohemian National Cemetery. The building just screams "Sokol!"



Sokol Edwardsville

Next is the former Sokol Edwardsville building, which is in the Metro East area of St. Louis. The building hosted Sokol Edwardsville for many years and also was home to fraternal lodges, union organizations, and even a square dance club! These days it's an Airsoft, paintball, and skateboard shop. Gnarly, dude!

CSA Hall - Vining

In the town of Vining, which is in north-central Iowa, is a CSA hall built in 1913 and is said to be heated by old-fashioned pot-bellied stoves. It's still used for community events. This area of Iowa in Tama County is known as the "Bohemian Alps," and has a "Czech Trail" which includes many towns, one which included a diner called Czech Point Restaurant and Pub that is now closed.

ZCBJ Hall - Clutier

And, finally, this building is in Clutier, IA, another town on the "Czech Trail." It was built in 1901 as a ZCBJ Hall (also referenced in the last issue: Zapadni Ceska Bratrska Jednota) which is now Western Fraternal Life Association. The building still holds meetings, dances, weddings, and also has a Czech museum. The town of Clutier is also home to the 1942 Iowa State Girls Basketball Champions, their team name was the "Charging Czechs!" Gotta love it!



Bro. Jim Hantak - Sokol Spirit



So-KOOL-Palooza

The Northeastern District held a fun, comradery event in June 2022. The event was hosted by Sokol Detroit at their Sokol Camp in South Lyon, Michigan, on Sandy Bottom Lake. The name selected was SOKOOLPALOOZA! What a fun, two-day event we had at Sokol Camp!

Day one featured a carnival atmosphere with games and events for all ages. Day two featured our heritage, or Sokol aspect, with a general assembly of all three Units: Sokol Ceska Sin, Sokol Detroit, and Sokol Greater Cleveland. Calisthenic numbers were performed by Sokol Detroit and Sokol Greater Cleveland. We followed this up with a lively tug-of-war with mixed teams of all 3 Units. The awarding of the “coveted” SOKOOLPALOOZA trophy from Day One game events went to Sokol Detroit. We closed the event with the dousing of the flame and of retiring of the of the colors (flags).

We hope you enjoy the photos that we have included and hope to continue this event for the Northeastern District. We are Strong, we are the Northeastern District! Nazdar!

Sis. Audrey Modos - Sokol Detroit



Babi's Bakers

At Sokol Detroit, Babi's Bakers began last Fall, now going strong with a group of 22 bakers at every session! We started with one thought: we all have a Babi (Grandmother), one who instilled, deep within us, a love of baking and cooking, who has left us an unending stream of lessons learned, and whose memories in the kitchen will last a lifetime. This is a very exciting endeavor for our Unit and very well received by those attending. It's so exciting to see how we can all get together over a “piece of dough” (and perhaps a glass of vino). This has been a very successful venture for our Unit! Let us know if we can help you with your own “Babi's Bakers”! Questions? Contact Audrey Modos at amodos@mi.rr.com.

Sokol Detroit

Left to Right: Jerry Kalivoda - Czech Nut Rolls; Renata Greene - Linzer Cookies (Linecke Cukrovi); Maryann Fiordelis - Hungarian Kifli; Beverly St. Thomas - Apricot Crescents (Rholicky);



And the Award Goes To...

Many Units and Districts have awards to honor dedicated Sokol members. Why not recognize their local achievements Nationally? If your unit and/or district honors someone, please feel free to send it over to pr@american-sokol.org so we can get it into this very newsletter! Thanks to Sis. Allison Gerber for this idea and for sending some award information for the Western District!

Western District – Ed Pavoucek Outstanding Sokol Service Award (1998 – 2019)

Ed Pavoucek was what we kindly refer to as: "A True Sokol." There wasn't an event that he didn't volunteer for nor an activity he didn't participate in. As a member of Sokol South Omaha, he held many positions from President to Janitor. He held the office of President of the Western District for many years and was a mentor to the many who followed. This award was established in 1998 and ended in 2019. Presented to a living Sokol member who, by his/her enthusiasm, leadership ability and/or sustained Sokol Activity was elected by their peers.

1998 – Bea Pavoucek (South Omaha)
1999 – Bozena Drozda (Omaha)
2000 – Bob Vanyo (Minnesota)
2001 – Mickey Dalton (South Omaha)
2002 – Blanche Masek (Omaha)
2003 – No Award Presented
2004 – Raymond Lastovica (Omaha)
2005 – Georgiana Dolejsi (Minnesota)
2006 – Phyllis Jirka (South Omaha)
2007 – No Award Presented
2008 – Allison Gerber (Cedar Rapids)

2009 – Barb Seefus (Omaha)
2010 – Jolene Dalton (South Omaha)
2011 – Theresa Vernon (Sokolice Crete)
2012 – Gary Masek (Omaha)
2013 – Sandy Benak (South Omaha)
2014 – Mary Cahill (Minnesota)
2015 – Joe Berka (South Omaha)
2016 – No Award Presented
2017 – Vojmir (Bud) Benak (South Omaha)
2018 – No Award Presented
2019 – Shelley Cairns (Cedar Rapids)

Western District – Vojmir "Bud" Benak Outstanding Sokol Instructor Award (2019 – Pres.)

This award is in remembrance of the Western District and Sokol South Omaha's Instructor, Director and a "Sokol for Life" – Vojmir 'Bud' Benak. His MANY years of instruction and contributions to Sokol are to be the example of such a recipient.

2019 – Vojmir Benak Jr (Buddy) and Sandy Benak (South Omaha) Son and Wife of Bud
2020 – Theresa Vernon (Crete)
2021 – Allison Gerber (Cedar Rapids)
2022 – Jolene Dalton (South Omaha)

Make My Own Svíčková? Yes, please!

Sunday, February 5, 2023 - Virtual Meal Cooking Class - Sokol San Francisco

Join Sokol San Francisco for 90 minutes to learn how to prepare traditional Czech dishes:

- soup with jatrové knedlíčky (liver dumplings)
- svíčková s knedlíkem (beef with vegetable cream sauce and dumplings)
- apple strudel

Registration required - Zoom link will be sent to all registrants. (Register here!)



Board of Instructors Updates

The National Board of Instructors (BOI) had a very busy weekend in October in the Chicago-area. It began on Friday, 10/21 with the DD/BOI Leadership Meeting which was held at Sokol Spirit. There were 9 District Directors, 7 BOI members, and 3 guests present for the all-day meeting. This meeting is held annually to start the year off right.

Some standard things were done in a new and different way. Such as our self- introduction based on “little known” facts about you, both in our personal life and our Sokol life; the annual reports, too, were presented in a new way.

We had our usual business – reviewing and approving recommendations from the National School Board. We also set our focus areas for this quadrennium, and specifically, this upcoming year. We settled on 4 areas that we wanted to focus on, set volunteer project managers for each, set SMART goals that will be developed with action items to achieve those goals. They are as follows:

- Communication – to have open communication between the National BOI, the districts, the units, and the instructors, as well as having a central location for social media, newsletters and contact information. Bro. Joe Bajek (Sokol Naperville) is the Project Manager for this focus area.
- Growth – to not only grow our programs, classes, and membership, but also maintaining and keeping members. This will include new members, keeping college students engaged, be welcoming, and find out community needs. Bro. Howie Maskill (Sokol Spirit) is the Project Manager for this focus area.
- Funding – work on replenishing funding we already have, exploring new avenues of revenue, not only for the National BOI, but to filter down to the districts and units. Sis. Maryann Fiordelis (Sokol Detroit) is the Project Manager for this focus area.
- Reprogramming – giving a facelift to programs we already have, thinking out of the box to bring in new programs, assisting units with implementation, having BOI personnel responsible for specific programming. Sis. Cassie Croft (Sokol Spirit) is the Project Manager for this focus area.

Teams are being formed with National BOI members, but anyone interested in being a part of the team, regardless if you are a BOI member or not, just needs to let us know.

We also have introduced some new National BOI initiatives. We will have a newsletter devoted to BOI communication called the **Sokol Coaches Corner**. This will go out electronically, most months. Looking forward to our first edition coming out in late January. We will have a feature at our monthly BOI meeting called “Getting to Know You”, where a different unit each month will make a presentation about what is going on at their unit. We hope to hear from each of you out there!

Our meeting adjourned and we enjoyed Sokol Spirit’s Czech Movie night and Beer World night. Then we enjoyed the weekend together at the Development Conference. Which leads us to...



BOI Development Conference 2022 Recap

The National Board of Instructors (BOI) held our Development Conference October 22-23 at Sokol Tabor in the Chicago area. This was the first one in 4 years (due to COVID), but typically we hold one every other year. We had 63 attendees from 3 different Sokol organizations – American Sokol, Sokol USA, and Sokol Canada. There were attendees from 5 of the 6 districts.

We were able to offer CPR certification to 17 participants, taught by Bro. Todd Yatchyshyn from Sokol USA. We ran 25 different sessions, by 20 different presenters. In the gym, there were sessions for Spotting & Progressions for gymnastics, as well as a variety of fitness activities. These included Yoga N S'more; Pound-Drumming; Balls, Bells, & Bands, Step Class, Circuit Workout, and Orienteering, along with other informative classes on teaching and coaching. The sessions in the lower hall held some interesting classes focused on Sokol events, the new administration, grant opportunities, and many interactive exchanges of ideas.

We enjoyed great meals thanks to Sis. Irena Polashek and her kitchen crew. It was so great being with everyone again "in person;" our old friends and getting to know new ones. If you were there, we're glad you were, hope you learned a lot. If you missed this one, hope to see you at the next one!

Sis. Mary Cushing - Physical Director



Kids' Korner

A very special shout out to the kids who submitted their Fall Coloring Page from the Youth Newsletter! Everyone please be on the lookout for the next Youth Newsletter, arriving later this winter! And, you can contact me directly at youth@american-sokol.org!

Sis. Christina Curran - Youth Director



Nicholas Krachko - Sokol
Greater Cleveland - Tots
Coloring Page



Ivan Leonard - Sokol Naperville-Tyrs - Kids Coloring Page



Leilany Padilla - Sokol Spirit -
Kids Coloring Page

Be My Valentine in Yukon, OK

Hi again, from Sokol Karel Havlíček, in Yukon, Oklahoma. Remember us from the last issue? Well, we're back to tell you about two special weekends coming up!

On **February 11**, we have our Valentine Dance. Everyone is welcome, but we will specially honor all couples who met at our Yukon Czech Hall (YCH), held their wedding/reception there, or held an anniversary celebration at YCH. We will have door prizes, too.

On **February 18**, we will hold our annual Masopust Dance (it is the Czech version of Mardi Gras). We are the only place on earth where you can celebrate Masopust with the Masopust Polka Band! We will have special surprises throughout the evening! We invite everyone to dress up for the dance - traditionally the Czechs dress in specific costumes including bears, horses, devils, chimney sweeps, and a multitude of crazy things. (Google it to see!) We hope that everyone at the dance will at least wear something fun like a colorful hat, mask, brightly colored shirt or put on a Halloween costume! At first Band Break, our band has a very exciting event to mark the occasion. It really is one of the most fun nights of the year!

Join us for these events (or any Saturday!) from 7:00 to 10:30 pm. Admission is \$5 (age 10 and under free). For more information: czechhall.com - [Instagram](#) - [Facebook](#) - ebenda@aol.com

Sis. Elaine Benda - Sokol Karel Havlíček (Yukon)



In Memoriam - Sis. EllenJeanne Schnabl

Sis. EllenJeanne Schnabl passed away peacefully on December 14, 2022.

Below is a brief, yet jam-packed history of her impact on American Sokol.

Sis. EllenJeanne Schnabl spent countless hours doing what she loved at Sokol Berwyn. In the early 1950s, she was a member of the American Sokol gymnastics team, traveling and competing around the country. She maintained a scrapbook that documents success in the championship division and includes both gymnastics and volleyball accolades.



Upon entering the women's class, she began her long tenure teaching nearly every age group. The Tots program did not exist in the Sokol system until EllenJeanne began it in the early 1960s; it continues to be a very popular choice for families with young children. As an instructor, she was strict, but caring. She strived for excellent form, discipline, and respect as the cornerstones of success.

As a proud Sokol, Sis. EllenJeanne became involved with the Board of Instructors as well as the administrative side of the organization at the unit, Central District, and American Sokol National levels, holding several offices. She was eventually named Honorary National Women's Director. As Educational Director, she provided regular Sokol history lessons, created a Czech songbook with Sis. Lorraine Zdenek, and the pair also launched the National Sokol Library, currently housed in the National Office in Brookfield, IL.

Sis. EllenJeanne wrote many sets of calisthenics, apparatus routines, and special numbers for children, juniors, and seniors. Some were independent pieces, but others were a collaborative effort. She worked with Sis. Mildred Prchal, her husband, Bro. Ed Schnabl, and with Sis. Lorraine Zdenek and Sis. Ellie Babka as live accompanists on the piano.

Her most proud work was likely to have been one particular calisthenics that was performed nationally and internationally; it was a piece that included a "wave" where groups of 8 would bend their line forward and then backward. On the field, it was beautiful with a foundation in ballet, and it was the creative genius of Sisters Prchal and Schnabl with orchestral backdrop.

Whether one looks at instructors' courses, judging clinics, competitions, calisthenics, Sleti, protocols, by-laws, or even uniforms, Sis. EllenJeanne left an indelible mark on the American Sokols, and she loved that she was a part of something so special. She was proud of her Czech heritage and even more proud of Sokol and its ideals.

Besides her Sokol work, Sis. EllenJeanne spent time with her daughters' PTA, enjoyed traveling to our National Parks with her family, dancing, reading, crossword puzzles and visiting with her family. After moving to northern Wisconsin, she worked as a volunteer with Bro. Ed at the local grade school and continued to use her Sokol background. She became a part of a senior exercise group, and then took over as the leader of the "Lively Limber Ladies." Fly, You Sokol, Fly On High...

Sis. Diana Rhoades (EllenJeanne's daughter) - Sokol Spirit



Foundation Updates

2022 Foundation Grants - Awarded Spring 2022

The following Sokols were notified and have received grants from these funds administered by the Foundation committee after approval by the Executive Board at their April, 2022 meeting.

Gateway to the Future (Budget \$30,000)

Sokol Greater Cleveland: Two grants: Kitchen tankless Water Heater/Museum carpet and Land Survey/Museum Lighting Replacement;

Sokol Ceska Sin, Cleveland: Sokol building truss, wall, beams & ceiling;

Sokol Detroit: Sokol Camp Plaza Roof Replacement;

Sokol Fort Worth: LED Parking lot lights, gym pommel horse and tumble track;

Sokol Spirit, Brookfield, IL: Remove & Replace 20 Existing Windows;

Sokol Tabor, Berwyn, IL: Replace 50 Tables; and,

Sokol Zizka, Dallas: Fire Suppression, Parking Lot & Area Lights, Water and Natural Gas Plumbing, and Stage Curtain.

Unit Growth (Budget \$20,000)

Sokol Cedar Rapids: Website project update with pictures/video+;

Sokol Chicagoland: Lighted Outdoor Signage replacement;

Sokol Greater Cleveland: Two grants: Classroom Media Upgrade and Pilot Program Family Associate Membership/Summer Camp Scholarships;

Sokol KHB, Ennis, TX: New programming with influx of new residents: Cooking, Boxing, etc.;

Sokol Minnesota: Czech & Slovak Fall Festival tent coverage for attendees;

Sokol San Francisco: Offer activities for young children in the Bay area, Promotional materials, Gym rental; and,

Sokol Washington D.C.: Project Mikulaska to engage new friends & retain membership.

COVID-SUSTAINMENT (Budget \$30,000, Utilized \$30,776)

Note: The Anonymous Trust limited types of spending and the grant runs out in 2023. This grant was previously managed in 2020-21 by the Board of Governors.

Sokol Greater Cleveland: 2nd floor water fountain replacement, 36 weeks of cleaning service;

Sokol Detroit: Instructor's School 6/26-7/10/22 sanitizing at Detroit's gym;

Sokol KHB, Ennis, TX: Two grants: 2022 Sanitizing Products for building & classes and 2022 Sanitizing Products for June ASO Convention;

Sokol Minnesota: For Class Sustainment: 3 Apple I Pads; 3 Apple Pencil models; 2 Logitech Conf. Cams; Bose Speakers to teach virtually;

Sokol Spirit, Brookfield, IL: Two grants: Water Filling Station, plumbing and installation to replace water fountain and six touchless faucets for bathrooms and installation;

Sokol Tabor, Berwyn, IL: Purchase/Install up to 4 air purifier systems into existing HVAC System; and,

Sokol Zizka, Dallas: Drinking Fountain and installation.



Foundation 2023 Grant Announcement

We are happy to announce the annual grant opportunities for units to pay for building repairs, structural improvements, new classes, membership promotion and retention, COVID health help, and to assist with corporation sustainability...a new grant! The new grant rose out of listening to units at the convention, town hall meetings, and district presidents concerned about "just running a corporation" and loss of leadership (and those leaders' knowledge of the corporation).

The Unit Corporation Sustainability grant is for legal, filing fee, etc. assistance for troubles/frustrations with real estate taxes; insurance coverage; management of money flow or audits; leadership training; software for registration or accounting; and governmental filings of various types.

Copies of the applications were emailed to Unit and District presidents in early January along with copies of the three application types. The applications can be found on american-sokol.org at the backdoor, administrative, admin. Questions? E-mail foundation@american-sokol.org.

Thank you to ALL Sokol units who have participated in the Foundation grants since their start in 2017. Please be thankful that the Ministry of Foreign Affairs of the Czech Republic underwrites all of these grants along with donations to the American Sokol Foundation and the investment funds which are administered by Edward Jones and the American Sokol treasurer. This Spring the Foundation will be fundraising for these funds, so watch your email or mail delivery!

Sis. Meribeth Tooke - Foundation Director

American Sokol Donations

Gateway to the Future

- Charles Michalek
- Ministry of Foreign Affairs of the Czech Republic

Education: Lending Library & Library/Archives

- Dagmar "Dáša" Měrková
- Ministry of Foreign Affairs of the Czech Republic

Unit Growth

- Ministry of Foreign Affairs of the Czech Republic

Board of Instructors: Instructor's School

- Ministry of Foreign Affairs of the Czech Republic

COVID Sustainment Grant Fund

- Anonymous Trust

Note: Projector and/or Screen grants to the following units: Sokol Detroit; Sokol Ennis; Sokol New York; Sokol Spirit; Sokol Yukon; Sokol Washington D.C., and the American Sokol offices for loan. Over 33 Czech DVDs with subtitles available for loan through the Education Director, Sis. Anna Cooková.

Above are all 4th quarter donations as of 12/23/2022



ASO Seals Donations - Looking to the Future

Ellie Babka
Patricia Babor
Dennis Baca
Dolly Baca
Joanne Bazata
Dorothy Becker
Blanche Bidnik
Marla Breidenbach
Sally & Joe Bukovsky
Nancy & Charles Borvansky
Joan Campbell
John & Colleen Capodice
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Joan Spiroff
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Larry T. Valek
Patricia Van Berkel
Laddie Vanek
Rose Vesely
Marsha Vila
Janice Voight
Barbara J. Vondra
Libbie Vrla
Marie Webster
Julie Slavik-Weiss
Louise Wessinger
Jerry & Joann Wester
Rose Wiggle
Adam Wilt
Vera Wilt
Carilyn & Ken Wolski
Bill & Pat Woodward
Irene Wynnyczuk
Arnold J. Ziskovsky
Elaine Zitko
Jerry Zitko



Exec Board Notes

Here's a snippet from a few Board Members:

- Matt - I'm in search of volunteers to help create and post content to our social media. Please email pr@american-sokol.org if you or someone you know wants to get involved!
- Allison - As members, it is important that our mailing information (street and email) is not only up to date within our unit's books, but in the national database as well. Please send your updates to your Unit's Financial Secretary. Not sure who that is? Send me an email and I'll let you know. akgerb@netins.net
- Anna - Invites YOU to view the TWO new Exhibits along with many others that have been posted on www.SokolMuseum.org - 1. Rome Milan's traveling exhibit honoring his devotion to Sokol, and 2. A woman to remember: Marie Provaznikova Tribute - Part I. Also, reminder that there are dozens of Czech films available from the Lending Library!

Editor's Note

- The last two cover photos have been taken by Sokols. I plan to keep this trend going. But, I need your help, and for more than just this cover! If you have photos you'd like to share for potential future use in ASO Public Relations-related material (like this newsletter, social media, etc), please share them. This includes, but should not be limited to, photos of: Prague, selfies with Czech celebs, group cals new and old, gym action shots, former Sokol buildings, random Czech things in everyday life, an old recipe in action, etc. Literally ANYTHING that strikes you as being relevant to being a Sokol. (Captions help, but not required.)
 - The cover photo from this issue was taken in Prague by Katharine Linhart, c. 2022
 - The cover photo from the last issue was taken in Prague by Matt Carlozzi, c. 2018
- Deadline for material for next issue: March 19, 2023
 - Note on material: feel free to get creative - not everything has to be a straightforward article
 - I will try to squeeze everything in, but there is a limit for our print version
- Please encourage members to sign up for the electronic version of the newsletter - this option can be changed by your Financial Secretary. (Or send me a note and I'll find that person for you!)

Is there something you want to see in the Newsletter? Do you have positive and/or constructive feedback about this one? If so, please contact PR@american-sokol.org with all thoughts and ideas!

Bro. Matt Carlozzi - PR Director



2022 - 2026 Executive Board

Adam Wilt - President
Marla Breidenbach - 1st Vice President
Nancy Sijansky Hellegers - 2nd Vice President
Andrea Scheirer - Secretary
Bob Barcal - Treasurer
Allison Gerber - Financial Secretary
Anna Cooková - Educational Director
Kathy Barcal - Membership Director
Matt Carlozzi - Public Relations Director
Meribeth Tooke - Foundation Director
Mary Cushing - Physical Director
Shelley Cairns - Board Member
Dáša Měrková - Board Member
Joan Sedlacek - Board Member
Rhonda Liska - By-laws Chair

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Visit us at www.american-sokol.org or our Facebook page for more information!

