



AMERICAN SOKOL NEWSLETTER

SUMMER 2023



Welcome to American Sokol's Newsletter!

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A Note from the President

The Sokol Way

Dear Brothers, Sisters, and Friends of Sokol,

For many of us, summer is a time for a bit of a break from Sokol, especially for our dedicated coaches. Like many people, I recently finished watching Season 3 of the show Ted Lasso. I highly recommend this show for anyone looking for a feel-good comedy, but also for anyone looking for an example of the impact of a coach. This show was a great reminder about the role that mentors, coaches, and friends play in your life. Can you think of any individuals who have shaped the person you are? These are the people showing us how to live, how to lead, and how to treat people. We are all striving to be the best versions of ourselves - the impact of our coaches and mentors guide that in each of us.

Our Sokol Coaches are the guiding force behind the success of our Units, and of our members. Being a Sokol isn't just about fitness, it's about having a sound mind and building strength of character. Those aspects aren't focused simply on what Coaches teach in class, but rather how they teach their class. That impact can change lives, and shape people.

Want to have an impact beyond yourself? Become a Sokol Coach. Is it easy? Not at all. Is it worth it? Absolutely. If coaching isn't for you, then consider one of the many other roles within our organization. The impact you'll have in Sokol won't just provide a sense of accomplishment, but it gives you the chance to be part of something bigger than yourself.



Thank you to the ten young Sokol members who attended our Instructors School in Cleveland from June 24 – July 2! Your impact will reach far beyond the gym, as you'll be helping to guide others to be their best selves. In the words of Ted Lasso, "For me, success is not about the wins or losses. It's about helping these young fellas be the best versions of themselves on and off the field."

When I talk to Sokol Coaches, that's the common theme for every one of them. They may not use the eloquent words of Ted Lasso, but the sentiment is there, and that's what makes Sokol so special. Best wishes to all of our Coaches - enjoy your well-deserved summer break!

To Success!

Bro. Adam Wilt



American Sokol Town Hall Meetings

Most of you have probably noticed by now, but American Sokol has been hosting every-other-month Town Hall meetings, which are open to every member! Check out past recordings, which are on our YouTube channel! They're also available by navigating to the videos section of American Sokol's Facebook page! Our May 30th session on Recruitment is the newest addition to our video collection

Below is an updated schedule, as some things had to be moved around. 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.



*American Sokol
Organization*



TOWN HALL MEETINGS

2023 Dates & Times

Wednesday, September 27 - 2024 Prague Slet
Thursday, November 30 - Education

Future Town Hall Topics (Dates TBD)

Passing the Torch to New Leaders
Insurance/Risk Management (Closed to Sokol Leaders)

8PM EDT | 7PM CDT | 5PM PDT

Zoom Info:
Meeting ID: 850 5541 9346 Passcode: falcon



2023 American Sokol Instructor School

The 2023 American Sokol Instructor School was a busy week filled with lots of learning, laughs, and a lifetime of memories made. There were 10 students in attendance from 5 different Units as well as instructors, staff members, and volunteers that ensured it was a successful week.

Students

Beginner: Bridget Boster - Sokol South Omaha, Olivia Covey - Sokol New York, Benjamin Hallock - Sokol Greater Cleveland, Kody Meinykowaski - Sokol Greater Cleveland, Josephine Mensik - Sokol Spirit, Sophia Payamgis - Sokol Greater Cleveland, Libbie Spicka - Sokol Cedar Rapids, Sidney Weaver - Sokol Greater Cleveland

Intermediate

Madison Moran - Sokol Ceska Sin

Advanced

Katarina Payamgis

Staff

Director: Bro. Buddy Benak - Sokol South Omaha

Instructors: Sis. Alix Fron - Sokol Spirit, Sis. Lili Glover - Sokol USA Lodge Farrell, Sis. Kristin Greenberg - Sokol USA Lodge Krivan

Instructors in Training: Bro. Raymond Wodarczyk - Sokol Greater Cleveland, Bro. Andrew Bajek - Sokol Naperville Tyrš

Secretary: Sis. Zoey Breitreutz - Sokol South Omaha

Registrar: Sis. Jane Wise - Sokol Greater Cleveland

The school was hosted at Sokol Greater Cleveland, the members of which were gracious hosts with delicious meals and wonderful facilities. The students arrived on Saturday, June 24th in the afternoon and we quickly got started with activities like orientation, icebreakers, and a Sokol history lecture. We hit the ground running on Sunday morning beginning our regular rotation of classes including Spotting & Progressions, Marching, Calisthenics, Apparatus Terminology, Games, and Singing. Other active lectures were covered including topics such Static and Dynamic Warm-ups, Safety, Tots, First Aid/Taping, Pyramids and Combatives, Biomechanics, Conditioning, Shapes, Folk Dance, Behavior Management, and Teaching Strategies.



2023 AS Instructor School (continued)

The students were split into two competition groups in which they collaborated to create and perform 3 different Special Numbers using an assigned selection of music. The Special numbers had different requirements such as incorporating 2 pyramids, utilizing hand apparatus, and incorporating marching and calisthenics elements. The groups came up with their own names, "The Flipping Falcons" and "Fügner of Your Imagination". These group competitions were a great opportunity for the students to bond as well as showcase the various elements of Sokol they had been learning about all week.

On Wednesday the students and staff went on an outing to a local pool where students swam, sat in the whirlpool, and played pool games and other games like foosball, air hockey, and ping pong. The outing was followed by a trip to Sokol Ceska Sin for their Pork Dinner. The students were given a tour of Ceska Sin's facilities, danced to accordion music, sang Sokol songs and left with full bellies.

The students also had 2 opportunities to practice teaching a Sokol lesson to small groups of youth participants from Sokol Greater Cleveland. This was an opportunity to put together everything they learned about spotting a skill, setting up progressions for a skill, structuring a class, and commanding a group of students. They received feedback about their teaching to help them improve between the 2 teaching opportunities and will hopefully go back to their units with a plethora of knowledge about coaching.

The Graduation was held on Saturday July 1st at Sokol Greater Cleveland. The students showcased the various new skills developed throughout the week such as marching, calisthenics, pyramids, folk dance, special number, and singing. The evening concluded with a well deserved celebration and lots of hugs and smiles from students excited to return to the school next year.

A big thanks goes out to the school staff, kitchen volunteers, drivers, families, and anyone else who made it possible for the school to be a success. The American Sokol Instructors School was also partially funded by the Ministry of Foreign Affairs of Czech Republic - Cultural Heritage 2023 Award as well as the American Sokol Future Leaders Fund. All 10 of the students in attendance were American Sokol Youth Members and the American Sokol Youth Committee supported their attendance at the school by donating \$50 per student to the school from the youth membership fund.

To see more photos and videos from the 2023 Instructors School, follow us on Facebook at American Sokol Instructor School and Instagram @sokolinstructorschool.

Alix Fron - American Sokol Instructor School Board Chair & Instructor School Staff Member



2023 AS Instructor School Photos



Save the Date - Virtual ASO Admin Conference

On Saturday, October 7 from 9:00 AM - 1:30 PM CST, American Sokol will host an Administrative Conference.

- What: This year we will be hosting a Virtual Administrative Conference to provide opportunities to learn about and discuss topics important for our Units/Members.
- Who: Topics will be geared to Unit Officers/Leaders/Aspiring Leaders
- When: Save the Date of Saturday, October 7 from 9 a.m - 1:30 p.m. CST
- Details: This will be a FREE event, with no limit on attendees. The topics and registration information will be sent before Labor Day. Most timeslots will include one topic at a time, but at times two sessions may take place simultaneously. Some sessions will be recorded and available following the event.

Sokolský Běh Republiky - Sokol Run of the Republic

Co je Sokolský běh republiky?

Jsme každoroční oslavou založení Československa a 28. října slavíme pohybem! První ročník nové tradice spatřil světlo světa v roce 2019 a měl instantní úspěch. Dnes máme za sebou 4 ročníky oslav republiky pohybem a dále rosteme, naposledy nás bylo skoro 7 000 a rozběhali jsme 61 obcí včetně 8 v zahraničí. Přidejte se k nám a oslavte vznik republiky pohybem, nazdar 28. října!

What is Sokol Run of the Republic?

We are an annual celebration of the founding of Czechoslovakia and we celebrate on the 28th of October by movement! The first edition of the new tradition was held in 2019 and was an instant success. Today, we've had 4 years of celebrating the Republic and we continue to grow, with nearly 7,000 of us in 61 communities including 8 abroad. Join us and celebrate the foundation of the Republic, cheers to you on the 28th of October!

More info can be found in Czech (www.behrepubliky.cz) and English (www.behrepubliky.cz/en/), including how to sign up to participate outside of Czech Republic. Sokol Washington D.C. has participated in the past. Dáša Měrková (from DC) would be more than happy to answer any questions you have (in either language)!



Feathered Falcons in Wisconsin!

Visiting the Wisconsin State Falconry Association convention in 2022 was incredible. I had no idea that real, live peregrine falcons exist in Wisconsin. We met several very knowledgeable, caring, and disciplined Master Falconers. How beautiful it was to watch them work with this endangered species. The respect they have for their birds was very evident and the respect that their birds showed them in return was quite impressive.

On June 8th, 2023, I noticed that Brandi Grahl, a friend, falconer and photographer that I had met at that convention had posted some of the most beautiful photos of a falcon nest that had been spotted in a church bell tower in Appleton, WI! I will share some of her photos (two left photos), but please follow her on Facebook and Instagram for more amazing photos (and even a video of chirping falcon chicks)!



And on June 15th, 2023 Milwaukee Journal Sentinel's reporter, Skyler Chun, reported that two baby peregrine falcons were rescued outside of the US Bank Building in downtown Milwaukee. Read the full article [here](#).

After discussing this topic with our unit leaders, I even found out that our very own membership secretary at Sokol/Sokolice Milwaukee, Inc. works with kestrel banding and was able to do kestrel falcon banding in Kiel, WI (two right photos) on Saturday, June 17th! Small world. Dee Nordgren says: "Banding of any bird species can only be done by certified banders. This was a class through the Natural Resources Foundation of Wisconsin. There were approximately 15 of us that participated in this particular field trip. We traveled to four separate boxes and watched as four baby falcon eyasses (chicks) from each were banded. We were able to hold them after banding. The bander found one adult female kestrel that wasn't banded. Truly a beautiful bird..." Beautiful creatures. THANK YOU Falconers for all you do to protect this endangered species!

If you would like to know more about how you can learn more, contact the Cedar Grove Hawk Research Center's volunteer group out of St. Anna, WI or even through the Natural Resource Foundation of Wisconsin. I imagine you could ask around any other state that YOU are in too!

Anna Cooková - Educational Director



Chicago Has Falcons, Too!

In late Spring, falcons were making headlines in Chicago for attacking passersby. Imagine that text to the boss: Sorry, had to head back home. Spilled my Dunkin on my shirt as I was mauled by a falcon.

You can check out the story at chicagotribune.com, but *spoiler* it was only an over-protective Sokol mom keeping pedestrians away from her babies! We've all been on one (or both) sides of that.

And, if you're ever in town and want to see a peregrine falcon, here's a [handy map](https://chicagoperegrineprogram.squarespace.com/) (<https://chicagoperegrineprogram.squarespace.com/>) that charts their movements and nests.

Education & Archives Update

American Sokol's Digitization Project is underway!



One of our GREATEST resources, the bound copies of the American Sokol Publication, dates back to 1879. A thousand thanks to Steven Baluch, our Education Committee, and our Executive Board for their hard work in making this digitization project happen. While there is more to be done to refine the files, we are well underway and very proud of how much has been done.

Steven Baluch had begun the incredible task on Monday, June 5th, 2023 of volunteering to digitize our entire American Sokol publication dating from 1879 to 2013 - that is 135 years! We are very humbled by his dedication to the preservation of the stories of the Czech and Slovak people here in the USA. Please watch for how we are able to make this available for members and researchers in the future as we keep you updated on the progress!

Anna Cooková - Educational Director



National Youth Stretch

On Tuesday, April 11th, a Youth Spring Event, "Come Stretch Together," was held via Zoom. Youth had the opportunity to join me for a quick 15 minutes stretch and say "Hi" to other American Sokol Youth from across the country.

I conducted the event live from Sokol Tabor with 18 Sokol Tabor Youth joining me in person. There were a handful of Zoom participants. While the Zoom attendance was low and expected, I hope participation increases in the future as more are held. The goal is to have two Zoom events each year (Fall and Spring) to bring American Sokol Youth together!

Sis. Christina Curran - National Youth Director



American Sokol Office Staff

We officially have an employee at the American Sokol Office to help provide support for our Districts, Units, and Members. I'm proud to introduce the hiring of our new Office Administrator - Gina Rocush. Gina (pictured) is part of a proud Sokol Spirit family and resides in Worth, Illinois. She has extensive knowledge of our accounting software, and her work in the office will include the management of incoming requests, support for bookkeeping and payment of bills, and supporting projects for the American Sokol Executive Board. Gina will be working part time and her hours will vary, but inquiries can typically expect a response in 48 business hours or less.

Office/Gina's Contact Information

- **Email:** office@american-sokol.org
- **Phone:** 708.255.5397 (leave a voicemail)



A Lifetime of Personal Friendship & Sokol Brotherhood

If you read the last edition, you're aware of the passing of former American Sokol President, Chuck Borvansky. What was lacking, though, was a personal note that has accompanied this type of sad news about American Sokol dignitaries.

Brother Chuck Borvansky and My Personal and Sokol Brotherhood

The Borvansky's had moved into their new home in Forest View, IL in the summer of 1952. They had moved from the west side of Chicago's Little Village. I had graduated from Haley School the previous June and Bro. Chuck, I believe, graduated from Komensky School. The West Town bus line ended at 43rd and Grove Ave. in Stickney, and that's where we first met on the first day of our freshman year at Morton East High School. We were becoming pretty good friends and realized we both had Czech backgrounds. I invited Bro. Chuck to check out our Jr. Boy's class at Sokol Stickney. That was not only the beginning of our lifetime Sokol brotherhood, but lifetime best friends. We were more like cousins. I got to know his parents and younger brother, Bob, and he got to know my parents. We were Juniors together and about two years later began teaching 1st Class Boys. In March of my freshman year, I began driving to school with one of my older brother's cars. I picked up Bro. Chuck every morning.

As we grew into Men's Class, Chucks interest was to become our Men's Director, later Central District Director, followed by District President, and later still, President of Sokol Stickney. I stuck with our unit as Director and when Bro. Chuck became President of American Sokol. It put our little Sokol on the map. Bro. Chuck married earlier, and his younger brother Bob and I became best friends and Sokol Brothers. Bob became one of our best gymnasts and Instructor of Boys. Bob and I built my street rod together, were car club members together, and when the military draft was looking us in the face, we enlisted together. We spent almost one whole year of our two years away close enough to visit on the weekends. Bob was best man at mine and Marie's wedding, and he was like an uncle to our kids. Sadly, we lost him at much too young of an age (2010).

We lived our lives as relatives and Sokol brothers. To say the Borvanskys and Vachatas are like family is obvious to us. It is rather lonesome to have outlived all of them. My sympathies go to Sis. Nancy and the entire Borvansky family.

Nazdar,

Bro. Rich Vachata, Sr. - Sokol United



A Royal Quote

In case you needed more convincing to go to the Slet in Prague next year, King Charles III of England was once quoted as saying, "I must confess, I fell rather hopelessly in love with this city when I first came here. And not only with the city, but a large part of the country as well."

And, if you thought he was just there to shake hands and kiss babies, here's something interesting from the mayor of Hostětín, CZ regarding the King's visit to his Moravian village (when he was still the Prince): "He had at least four shots (of slivovice). People were surprised because they thought he wouldn't have any, but he did."



More about King Charles' adoration of the birthplace of Sokol can be found in this article: <https://english.radio.cz/king-charles-fell-hopelessly-love-czech-republic-during-past-visits-8782272>

(Photo: Michal Krumphanzl, ČTK)

Those who have shaped my Sokol Journey

This month, I'd like to say thank you to a couple of people who never officially coached me but have been coaches and mentors to so many. Thank you for Ellie Babka and her late husband Bernie for being a coach to me in the ways of Sokol. Bernie and Ellie helped mentor me in my early days on our unit Building Management Committee and Executive Board. Ellie has continued to do so over the years when I served as a Coach, Unit Physical Director, and even to this day. Thank you Bernie and Ellie!

Bro. Adam Wilt - President



2023 Grant Awards

GATEWAY TO THE FUTURE

- Sokol Cedar Rapids, Iowa \$750 Parking Lot
- Sokol Cedar Rapids, Iowa \$1,750 Freight storage container
- Sokol Ceska Sin, Cleveland, Ohio \$4,336 Roofing
- Sokol Chicagoland, Westmont, Illinois \$731 Gym mats
- Sokol Chicagoland, Westmont, Illinois \$304 Gym P-box
- Sokol Chicagoland, Westmont, Illinois \$806 Inside lights to LED
- Sokol Chicagoland, Westmont, Illinois \$312 Boy's toilet
- Sokol Detroit, Michigan \$492 Steel doors
- Sokol Detroit, Michigan \$278 Camp Path/Patio Upgrade
- Sokol Detroit, Michigan \$2,014 Flush Valves
- Sokol Fort Worth, Texas \$2,632 Gym equipment
- Sokol Greater Cleveland, Ohio \$1,190 Purchase AED & Training
- Sokol St. Louis, Missouri \$1,082 Inside lights to LED
- Sokol Tabor, Berwyn, Illinois \$2,699 Replacement Windows
- Sokol United, Willowbrook, Illinois \$957 Paint Tumbling Bus

UNIT GROWTH

- Sokol Cedar Rapids, Iowa \$1,922 LED Outside Signage
- Sokol Detroit, Michigan \$541 Event Beer Coolers
- Sokol Detroit, Michigan \$955 Beer Festival
- Sokol Greater Cleveland, Ohio \$1,044 Three Membership Campaign Events
- Sokol Wilber, Nebraska \$2,355 Czech Kid's Summer Camp
- Sokol West, West, Texas \$683 Westfest Booth/Parade
- Sokol United, Willowbrook, Illinois \$2,500 Rent

UNIT CORPORATE SUSTAINMENT

- Sokol Ennis, Texas \$5,107 Point of Sale Accounting System
- Sokol Greater Cleveland, Ohio \$4,206 Legal Asst. on Real Estate Taxes
- Sokol Tabor, Berwyn, Illinois \$6,662 Cost of doing business
- Sokol West, West, Texas \$4,025 Insurance

COVID SUSTAINMENT-FINAL ROUND

- Sokol Ceska Sin, Cleveland, Ohio \$905 Kitchen Sanitation & Sanitation Certification
- Sokol Ennis, Texas \$3,125 Building Sanitation
- Sokol Ennis, Texas \$3,878 Floor Scrubber/Chemicals
- Sokol Greater Cleveland, Ohio \$2,273 Building Contract Cleaning
- Sokol United, Willowbrook, Illinois \$756 Water Dispenser; Weights/Bands
- Sokol West, Texas \$1,414 Two Bottle Filling Stations
- Sokol Wilber, Nebraska \$22,980 HVAC new ducts, filters, etc.

Announcements for Foundation 2024 Grant Budget will be out the beginning of next year and applications will be posted on the American Sokol website.

Sis. Meribeth Tooke - Foundation Director



American Sokol Donations

ASO FOUNDATION FUNDS

ENDOWMENT FOUNDATION

- Anonymous
- In memory of Richard Ptacek, Anonymous
- Stacey Bang
- Sue & Chuck Bares
- Joanne Bazata
- David & Mi Ye Bilek
- Joan Campbell
- In memory of Emily Polacek, Elaine Collina
- In memory of Josef Ehrenberger, Joseph & Katherine Ehrenberger
- Tony & Lorraine Faikus
- Thomas Henigman
- Sarah Heth
- In memory of Lillian Rajdl; In honor of Rudolf Hradecky II, Rudolf Hradecky III
- In memory of Ann Cervin Huber, Frank Huber
- Roy Husa
- In honor of Vaclav & Jarmila Kalivoda, Frank & Sarah Kalivoda
- Don & Carol Knight
- In memory Joe Rus; Chas. Schultz; Charles Malina; Tony Kirch, Joe & Marie Koudelik
- Marit Lee Kucera
- In memory of Rose Kopecky-Primeau, Mark Langtry
- Frank & Rose Mary Matusinec
- Regina McGuire
- In memory of Charles Schultz, Sandra Michelin
- Ministry of Foreign Affairs of the Czech Republic, 2023 Award for Unit Corporate Sustainability Grants
- In memory of Frank & Mary Navratil, Sandra Morgan
- In honor of Rudy & Jan Ozymy, Quality Inn (Patricia Ozymy)
- Christine Pacelli
- Barbara Pavelka
- In memory of Helen Vrana, Jonathan Phillips
- In memory of Vladislav Slavik, Julie Pokorny-Conklin
- In honor of Vera Matustkova, Steven Richards

- Jim Riha
- Michelle Ruff
- Marilyn Russell
- Jack & Andrea Scheirer
- Irene Seda
- Jerry & Jill Sijansky
- In honor of Irene Wynnyczuk, Emil Suhrada
- Larry & Marsi Swinkey
- Joyce Tesarek
- In memory of Bessie & Libby Kuchar; & Mamie Kovar, Meribeth & John Tooke
- In memory of Tom F. Valek, Larry T. Valek
- Jerry & Joann Wester
- Norma Zabka
- Arnold Ziskovsky

FUTURE SOKOL LEADERS

- In memory of Brother Bernie Babka, Ellie Babka
- In memory of Ronald & Shirley Triska, Sokol ST. Louis, Nancy Beasley
- In memory of Ellen Jean Schnabl (Merit Award), Audrey Benda
- Blanche Bidnik
- Angeline Bultas
- Melissa Bukovsky
- In memory of William R. Cermak, Mary Ann Cermak
- Beverly Domzalski
- In memory of Lawrence Ritzenthaler, Julie Hartwig
- In memory of Frances Heidler, Keith Heidler
- In memory of Sokol Children's Camp, Willow Springs, Illinois, William Komarek
- Lillian Malan
- Charlie Mara
- Charles Michalek
- In memory of Laddie Vanek, Jerry & Henrietta Milan
- Sylvia Pistorius
- Cheri Riddle
- Jack & Andrea Scheirer
- Anna Slavik
- In memory of George Spanek Sr.; In honor of George Spanek Jr., Denis Spanek
- Charles Spicka
- In memory of Frank & Helen Havranek, Shannon Stefanko



American Sokol Donations

FUTURE SOKOL LEADERS (continued)

- In memory of Joseph & Julia Stribny, Joseph Stribny
- Vera Teyrovsky
- Carrie Tuskey
- In memory of Julie Sophia Hron Chalupa, Marsha Vila
- Janice Voight
- In memory of Annette Schabowski, Darrel and Gay Williams

GATEWAY TO THE FUTURE

- Anonymous
- Marilyn Berousek
- Melissa Bukovsky
- Florence DelCarlo
- In memory of Richard & Marie Ptacek, Lynne (Ptacek) Goodridge
- Don & Doris Kotlan
- In memory of George Basta; Anne Basta; & Helen Caldwell, Barbara Lamb
- Ministry of Foreign Affairs of the Czech Republic, 2023 Award
- Cheri Riddle
- Brenda Rodgers
- In memory of Bessie Marie Dugena, Marianne Ronquillo
- Thomas Ruzicka
- Jack & Andrea Scheirer
- Cheryl & Bruce Singley
- In memory of George Spanek Sr.; In honor of George Spanek Jr., Denis Spanek

UNIT GROWTH

- Debra Christian
- Florence DelCarlo
- Allison Gerber
- In memory of Lawrence Ritzenthaler, Julie Hartwig
- Angelica Jewett
- In Memory of Elsie & Eddie Khol, Alice Khol
- Ministry of Foreign Affairs of the Czech Republic, 2023 Award
- Cheri Riddle

UNIT GROWTH (continued)

- Jack & Andrea Scheirer
- In memory of George Spanek Sr.; In honor of George Spanek Jr., Denis Spanek
- In honor of Adam & Lauren Wilt, Adam Wilt

ASO OPERATIONS FUNDS

2022 DEVELOPMENT CONFERENCE

- Maryann Fiordelis
- Future Sokol Leaders Fund

2023 INSTRUCTOR'S SCHOOL

- Future Sokol Leaders Fund
- Ministry of Foreign Affairs of the Czech Republic, 2023 Award

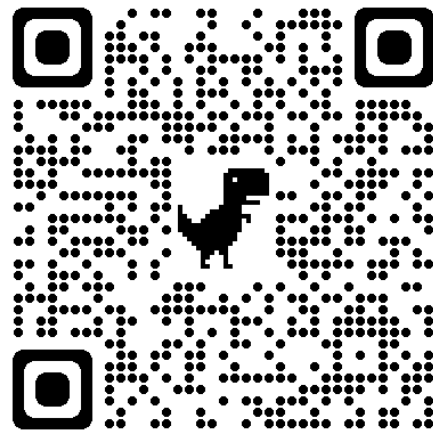
INSTRUCTOR'S SCHOOL ADOPTION

- Matt Carlozzi
- Andreanna Moravec
- In memory Jerry & Lillian Vondra
- Irene Wynnyczuk

PR COMMUNICATIONS UPDATE

- Ministry of Foreign Affairs of the Czech Republic, 2023 Award

Donate Here!



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

Editor's Note

Due to space constraints, some submissions were omitted from this print version. All submissions are available on the interactive e-newsletter, which is posted to www.american-sokol.org. That version is typically available a few weeks prior to this printed/mailed version.

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

