

american **SOKOL**

Volume CXXVIII, Number II

FEBRUARY 2005

From the Archives



A reminder from our Library and Archives
Curator, Sis. Annette Schabowski...

National Library Week is April 11-15, 2005

The American Sokol Library will be open by
appointment. Please call Sis. Schabowski,
708-788-3695, to arrange a visit.

Call her also if you have any information
about the photo shown above.

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A.S.O. Executive Board meets every 4th Tuesday (except July/August), 7:30 P.M.

A.S.O. Board of Instructors meets every 2nd Wednesday (except July/August), 7:30 P.M.

Library, Archives & Museum Curator:
Annette Schabowski

From Your Editor...

Here's a reminder and gentle nudge to get you to book your rooms for the upcoming Slet. Another large event takes place during the same time and rooms are at a premium. We may have to relinquish our blocked rooms if they are not booked. Don't delay!

NA ZDAR!

Sis. Patricia Satek

46 Northgate Road ~ Riverside, IL 60546-1639

Editor@American-Sokol.org

CALENDAR of EVENTS

FEBRUARY

5 Sokol Milwaukee Jaternice/Pork
Traditional Czech Dinner
12 American Sokol Little Ferry
Beefsteak Dinner
12 Sokol Minnesota Euchre
Tournament
13 Sokol New York Exhibition
13 Sokol Stickney Pancake and
French Toast Breakfast
18 Sokol Greater Cleveland Fish Fry
19 Sokol Spirit Mostaccioli Dinner
19 Sokol Grtr. Cleveland Exhibition
26 Sokol Ceska Sin Reverse Raffle
27 Sokol Minnesota Kolace
Bake Sale

MARCH

4 Sokol San Francisco Masaryk
Dinner/Dance
5 Sokol Spirit Exhibition
5 Sokol Minnesota Sibrinky
5 Sokol Corpus Christi Sokol Fest
12 Sokol Tabor Exhibition
13 Sokol Minnesota Slovak Dinner

MARCH

13 Sokol Chicagoland Exhibition
18 Sokol Naperville Exhibition
19 Sokol Stickney Exhibition

APRIL

8-9 Sokol Minnesota Garage and
Bake Sale
9 Central District Special Number
Competition
17 Sokol Ceska Sin Swiss Meet
19-24 American Sokol Convention
23 Sokol St. Louis Exhibition

MAY

14 Central District Girls' Gymnastic
Competition
16 Sokol Milwaukee Exhibition
21 Sokol San Francisco Picnic
21 Central District Jr./Sr. Gymnastic
Competition
22 Central District Sokol Day
27-29 Sokol Ceska Sin Hiking Weekend

XXI AMERICAN SOKOL SLET
June 21-25, 2005 • Chicago, IL

THOUGHT STARTERS

from Sis. Joan Sedlacek, A.S.O. Educational Director

*"The kindness planned for tomorrow
doesn't count today."*

~ NEWARK (DEL.) POST

Our Sokol Credo

To build a healthy and beautiful human body; to cultivate a harmonious and total person; to develop firm character, a well-rounded disposition and a love of truth and justice; to produce strong, lovely and honorable people; that is the goal of a Sokol education.

EXECUTIVE BOARD NOTES

Submitted by Sis. Jean Hruby – National Office Manager

The first President's Conference was held in November along with the annual Board of Governor's meeting at the National Offices in Oak Brook, IL. Nearly every Unit had representation and the overall response was extremely favorable. There will definitely be more room next time, (the turn-out was larger than expected) and there will be more time set aside for the Presidents to meet. The President's and/or representatives shared information on their units, talking about what works, what hasn't worked, and brought up many ideas on how to raise funds and increase membership for the units. For many, this was the first time they ever met and the first time to hear how each unit differs. Many felt this was a great opportunity to get to know one another prior to Convention and they recommended to hold one of these Conferences at least every other year. The Presidents want to work together and make suggestions to the National Board on how they could help the Units. The Presidents recommended that communication be made a priority in the future. It was also discussed that we need to consider salaries for some of the jobs instead of trying to function with just volunteers at the Unit level. A survey was requested for the Units to fill out regarding classes, costs and fee schedules, and if they are paying the instructors. The Board of Governors sat in on the first half of the Conference and then broke away into their own meetings.

A new official logo was voted on at the BOG meeting and will be presented at the Convention. The new logo is to be used by all units with their name underneath. Trademarking is goal! Most of you have seen this logo on many things already. It has been used on envelopes, seals and is similar to the Sokol logo on the uniforms. All units will be given a graphic of the logo including their unit name for use on all future items. Uniform suggestions were made as follows; adding a scarf to the women's dress uniform, eliminating the hat from the parade uniform and changing the style of tie for the men's parade uniform. These will all be presented at the Convention. The BOG discussed the issue of dissolved units and their assets. Some dissolved unit assets were not received by American Sokol

and the BOG is going to review these situations and try to resolve the outstanding issues. The BOG prepared items for the Convention and then all met for an enjoyable evening at the Moravian Cultural Society dance. The weekend finished with the Grand Opening of Sokol Chicagoland's new home on Sunday.

Chaired by Sis. Joyce Tesarek, the Foundation Fund Raffle is already on a roll. A beautiful oil painting donated by Sokol Ft. Worth member and artist, Sis. Henrietta Milan, will be raffled at the Convention in April 2005. Tickets were distributed at the Conference to all Units and are \$5/ea. Units will get money back for every ticket that is sold. If you are interested in more tickets, please call the National Office, 630-368-0771.

The National BOI held a Development Conference at Sokol Spirit in January 2005, which was well attended by 80 people. There were seminars on Sponsorship, Judging, Keeping our Youth, Cal Instruction and Skills Clinics to name a few. The Executive Board agreed to give the Traveling Sokol Summer Camp a try this year. Headed by Bro. Tom Pajer, a group of instructors will travel to different Sokol Units and hold a weekend camp for ages 7-8 (daytime only) and 9-14 (overnight). Information on where and when the first one will take place, is not yet available. The 2005 National Youth Camp is scheduled directly following the National Slet, June 26–July 2 in St. Louis, MO. All international Slet participants were invited to attend as well this year. The 2005 National Instructor School is schedule for July 18–August 1. Don't forget that there is an Essay Contest for Course Scholarships underway as well as the Pen Pal Program. The Name the Conductor Contest, spearheaded by the Youth Committee, was won by Drew Baker (Baltimore) – and the 2005 Slet Man you may see waiting to help you is "Tickster!" We hope your plans are in place to join us at the 2005 National Slet in Chicago. The 2005 Slet Committee is working very hard and promises to provide a wonderful event! This is a great opportunity for all members to unite and share our Spirit. *Nazdar!*

MEMORIAM 🍷 Bro. Edward Linhart

*Edited from the eulogy
delivered by Bro. Roy Zitny.*

Calvin Coolidge said: "No person was ever honored for what he received. Honor has been the reward for what he gave."

Today we remember and honor our Bro. Ed Linhart. His Sokol life began at Sokol Slavsky in the children's class and advanced through Junior Boys into the Senior class. He was very enthusiastic and quickly learned Sokol terminology and methodology; so much so that he became an instructor. It was a first for junior to be teaching—as in those years, only seniors taught class in Sokol. This was 1931.

In 1935 he was elected Men's Physical Director, a post he held at Sokol Slavsky until 1938 when he transferred to Sokol Americky on 18th Street in the Pilsen section of Chicago. There, too, he taught and was elected Men's Director. In 1939, Sokol Tabor was in need of an instructor for children's classes and he began teaching there, while continuing teaching at Sokol Americky. When Bro. Joe Regner, instructor for Junior Boys and Men, left Sokol Tabor, Ed took over the responsibility of teaching the two classes. Soon after, he transferred his membership to Sokol Tabor, which remained his Sokol unit to his end.

It was in these years of his arrival at Sokol Tabor that the young women saw this handsome young man and fussed over him. But not



all; there was one young woman who had recently joined Sokol Tabor who confided in one of her friends that she would not date him on a bet. Her name was Marie Kopecky—we all know her as Mae.

One day at a local carnival, Mae was working at one of the booths. Ed was at the carnival, saw her, strolled over and struck up a conversation and succeeded in winning a date with Mae. One date led to another and he proposed and they were married in 1944. Their son Edward, Jr. was born in 1953 and son Rick was born in 1956.

From 1940 through 1946, Ed was the Assistant Director of the Central District and then served as Director from 1948 to 1951. During this time he continued teaching at Sokol Tabor, teaching at several instructors' courses in the summer for the District and holding the position of Men's Director at Sokol Tabor. From 1955 to 1962, Ed was the Men's Director at Sokol Tabor, as well as teaching 1st and 2nd Class Boys, Junior Boys, Junior Girls, Women and Men. During these years, Ed

was an inspiration and mentor to many of us.

At the 1965 ASO Convention he achieved the highest honor for his technical work, that of National Director of Men of the American Sokol. A post he held for ten years. At the 1975 convention, Ed was bestowed as honorary Physical Director of the American Sokol. During his tenure as National Director, Ed also served as the Editor and main contributor to the monthly publication "Sokol Gymnast."

Ed initiated special tumbling classes well before tumbling was considered a Sokol activity and introduced the use of the Swedish vaulting box and synchronized vaulting. He was involved in other endeavors at Sokol Tabor as well. He was a member of the Building Fund Committee, Bingo Committee, Building Expansion Committee and was vice-president and coordinator of Sokol Tabor's exhibitions.

Sokol is a lifetime of activity and of lifelong friends. For Ed, it was, with his beloved Mae, a central part of his life. We are thankful for the lifetime of effort Bro. Ed Linhart devoted to our Sokol and our sokol family. We are grateful and better for his being here.

Bro. Ed is survived by his wife of 60 years, Mae; sons Edward, Jr. and Rick; daughter-in-law Lori and grandchildren Jessie, Dana and Katie.



2005 Chicago Slet Souvenir Order Form

ITEM	PRICE	QUANTITY	TOTAL
Pencil	\$0.50	_____	_____
Stickie Pad (25 Sheets)	\$0.50	_____	_____
Pen	\$0.75	_____	_____
Magnet	\$0.75	_____	_____
Luggage Tag	\$1.50	_____	_____
Mouse Pad	\$4.00	_____	_____
CD Case	\$6.00	_____	_____
Playing Cards	\$6.00	_____	_____

CIRCLE SIZE

T-Shirt - YOUTH	\$10.00	M L	_____	_____
T-Shirt - ADULT	\$10.00	S M L XL	_____	_____
	\$11.00	XXL	_____	_____
Women's Shorts	\$10.00	S M L	_____	_____
Wos. Tank Top - YOUTH	\$12.00	L	_____	_____
Wos. Tank Top - ADULT	\$12.00	S M L	_____	_____

Name: _____

Address: _____

Phone: _____

Sub-Total _____

Shipping & Handling _____

TOTAL _____

Make check payable to: American Sokol 2005 Slet Send payment and order to: American Sokol, 122 W. 22nd Street, Oak Brook, IL 60523-1557. If you wish to pick up your order, please coordinate through the American Sokol Office 630-368-0771.

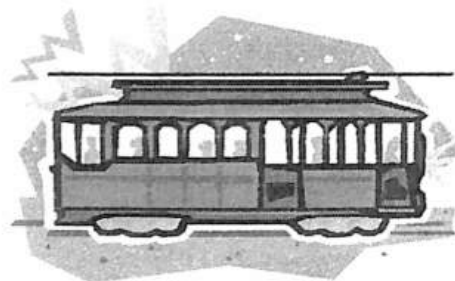


Shipping & Handling Chart

\$0 - \$25.00	\$4.95
\$25.01 - \$40.00	\$6.95
\$40.01 - \$55.00	\$8.95
\$55.01 - \$75.00	\$10.95
\$75.01 - \$100.00	\$13.95
\$100.01 - \$125.00	\$15.95
\$125.01 - \$150.00	\$17.95
\$150.01 - \$250.00	\$18.95
\$250.00 - \$400.00	\$19.95
Over \$400.00	5.50%

FRIDAY, JUNE 24, 2005

XXI AMERICAN SOKOL SLET



HOP ON BOARD.....

⇒⇒⇒⇒⇒⇒⇒ **SEE CHICAGO!!!**

TAKE A NARRATED TROLLEY RIDE WITH YOUR SOKOL FRIENDS TO SEE DOWNTOWN'S GREATEST SIGHTS!

Buckingham Fountain

Art Institute

Oak Street Beach

Sears Tower

Lake Shore Drive

NEW Millenium Park

Wrigley Building

Daley Plaza

Michigan Avenue

The Loop

AND MORE!!!

The Chicago Trolley Co. will pick us up at the Hyatt Oak Brook Hotel at 9:00 a.m. and take us downtown for a guided, narrated tour of Chicago's highlights. We will make 2 stops: One at the brand new Millenium Park on the lakefront. You won't want to miss this showpiece of architecture, sculpture and garden space. The other will be a two-hour stop for lunch on your own, shopping and fun at Navy Pier. We will then return to the Hyatt Oak Brook by 3:00 pm.

Cost: \$25

Deadline for Reservations: June 10, 2005

Bro/Sis Bernie + Ellie Babka

339 Lawton Road, Riverside, IL 60546

Phone: (708) 442-8810

cf

PLEASE INCLUDE ME (US) IN THE CHICAGO TROLLEY CO. TOUR OF DOWNTOWN CHICAGO ON FRIDAY, JUNE 24, 2005.

ENCLOSED IS MY CHECK FOR \$ _____ FOR _____ PEOPLE @ \$25 EACH.

My Name _____ Phone No. _____

Address _____

On reverse side of this form, please list names of all included in your reservation. Thank You + NAZDAR!

AMERICAN SOKOL GYMNAST

Kandi Pajer – 117 Oakland Grove, Elmhurst, IL. 60126
kandipajer@american-sokol.org

Women's Volleyball Competition

On November 21, 2004 the Central District had a women's volleyball competition at the Elite Sports Complex, Sokol Chicagoland's new building. There were six women's and five junior girls teams entered in the competition. Everyone who entered had fun and used TEAM WORK to try to win!

The results:

Women:

- 1st Stickney Women
- 2nd Taborettes
- 3rd Chi-Girls
- 4th Spirit of Moravia
- 5th Spikettes (Chicagoland)
- 6th Spirit of Bohemia

Junior Girls:

- 1st Spirit Makers
 - 2nd Touch of Pink (Tabor)
- Division B
- 1st Spirit Shakers
 - 2nd Stickney Stingers
 - 3rd Pretty in Pink (Tabor)

The pictures below are the first place teams-
From left to right, Stickney women, Spirit Makers and Spirit Shakers.



Central District Rhythmic Competition Results

Rhythmic competitors had two events to compete in this year. They were able to compete in both or one or the other. The women and girls did very well and will hopefully be ready to compete in the National Slet that will be held this year here in Chicago. Congratulations ladies!

The first and second places are given for every age group and every individual event and all around below.

Name/Age	Unit	Event	Ribbon/Score/Place
2nd Class Girls			
Moira Bonadonna/9	Tabor	Hoop Level 3	Blue/4.55
Zuzana Sulc/9	Tabor	Hoop	Blue/4.45
Geanna Fedele/9	Tabor	Rope	Red/4.35
Moira Bonadonna	Tabor	Rope	Red/3.95
Deimante Dranseikaite/11	Chicagoland	Rope Level 3	Blue/4.75
Toni Franta/10	Tabor	Rope	Blue/4.75
Caroline Stanko/10	Tabor	Hoop	Blue/4.7
Christina Cardenas/11	Tabor	Hoop	Red/4.1
Natasha Bauers/9	Stickney	Hoop Level 4	1 st place
Gabrielle King/9	Stickney	Hoop	1 st place
Alexis Chlada/9	Stickney	Hoop	1 st place
Maria Vondrasek/10	Stickney	Hoop Level 4	1 st place
Jenny Braun/11	Spirit	Hoop	2 nd place
Lauren Visco/10	Tabor	Rope	1 st place
Tania Cardenas/11	Tabor	Rope	2 nd place
Lauren Visco	Tabor	All around	1 st place
Tania Cardenas	Tabor	All around	2 nd place
Amber Minasola/12	Stickney	Hoop Level 4	1 st place
Alessandra Capparelli/12	Spirit	Hoop	2 nd place
Leah Kania/9	Chicagoland	Rope Level 5	1 st place
Sarah O'Heron/9	Chicagoland	Rope	2 nd place
Kaitlan Fron/12	Tabor	Hoop Level 5	1 st place
Abbey Almond/11	St. Louis	Hoop	2 nd place
Kaitlan Fron	Tabor	Rope	1 st place
Alexandra Mangia/11	Tabor	Rope	2 nd place
Kaitlan Fron	Tabor	All around	1 st place
Alexandra Mangia	Tabor	All around	2 nd place

Junior Girls

Ana Juarez/13	Tabor	Hoop Level 3 Rope	Red/4.275 Blue/4.65
Alex Zahrobsky/13	Spirit	Hoop Level 4	1 st place
Jessica Muniz/14	Tabor	Hoop	2 nd place
Korissa Fitzgerald/13	Tabor	Rope	1 st place
Samantha Kulick/12	Tabor	Rope	2 nd place
Jessica Muniz	Tabor	All around	1 st place
Korrissa Fitzgerald	Tabor	All around	2 nd place
Kaitlin Short/16	Tabor	Hoop Level 5	1 st place
Ana Mangia/15	Tabor	Hoop	2 nd place
Kaitlin Short	Tabor	Rope	1 st place
Ana Mangia	Tabor	Rope	2 nd place
Kaitlin Short	Tabor	All around	1 st place
Ana Mangia	Tabor	All around	2 nd place

Women

Christina Curran	Tabor	Hoop Level 5 Rope All around	1 st place 1 st place 1 st place
Flo DelCarlo/Master	Chicagoland	Hoop Level 5 Rope All around	1 st place 1 st place 1 st place
Laura Bergfeld	St. Louis	Hoop Level 8 Rope All around	1 st place 1 st place 1 st place

Motivation vs. Intimidation

Technique Magazine, October-December 1991

Are You a Motivator or an Intimidator?

What do top athletes crave from their coaches? The answer is always the same-technical instruction and encouragement. Note that giving one without the other is usually ineffective. Lots of technical instruction with little encouragement causes athletes to doubt their own abilities. Lots of encouragement with little technical instruction is perceived by athletes to be empty praise. Coaches who fit this style become known as "cheerleaders," but are not regarded as top coaches. The quality of technical instruction will be the focus of another "mind games" article. In this column we examine ways in which you can more effectively encourage your athletes.

First, you must ask yourself if you are presently a motivator or an intimidator. These are some ways to tell the two apart:

The Motivator

Focuses on a person's strengths. Gives positive recognition. Verbally recognizes any abilities of the athlete. Builds self-esteem, self-concept and feelings of self-worth.

I fit into this model:

Not at all

Somewhat

Very much so

The Intimidator

-Uses sarcasm as a coaching tool.

-Is concerned with prestige and status.

-Uses intimidation as a coaching tool.

-Does not accept the athlete and wants to change him/her into another model (usually similar to themselves).

I fit into this model:

Not at all

Somewhat

Very much so

No matter which style describes you best right now, there are some simple strategies that can help you become a more effective motivator. The following four strategies have stood the test of time.

Showing Faith: Encouragers have confidence in their athletes. These coaches believe in their athletes without requiring them to prove that the faith is deserved. This does not mean that coaches don't set limits and restrictions. It does mean, however, that once guidelines have been established, coaches consistently indicate to athletes that they expect the guidelines to be followed, and that they believe they will be.

Building Self-Respect: Encouragers avoid comparing athletes with siblings, teammates or even other athletes. Comparisons are often a slap in the face. Why mention how well another athlete is doing, or point out that someone is more assertive, more outgoing, more industrious, more helpful, or more anything? Comparison reduces self-respect and encouragers value their athletes' goals, efforts and endeavors.

Recognizing Effort and Improvement: It is easy to give recognition for such tasks as interceptions, home runs or game-winning goals. But no one achieves such outcomes everyday! If coaches restrict their encouragement to successful results, they'll have far fewer opportunities to encourage. By systematically encouraging their athletes' efforts rather than achievements coaches can help the athletes find value in work and improvement as well as in final accomplishments.

The coach's first step is to guide the athlete to develop realistic goals. These goals may be improving 30 pounds on the bench press, shaving 20 seconds off of the athlete's two-mile time, improving a grade-anything positive the athlete seeks to accomplish.

Focusing on Strengths and Assets: We live in a society that puts a great deal of emphasis on mistakes. Fault-finding rivals baseball as the national pastime! But instead of nagging and pointing out mistakes, encouraging coaches look for their athletes' strong points and comment on them. Encouragers are talent scouts, busy searching for positive behavior in their athletes. They encourage all sorts of strengths and assets to help their athletes become responsible individuals.

These four ways of encouraging athletes serve as the foundation of a coach-athlete relationship based on equality and mutual respect. They are tried and true methods that build self-esteem. Be honest with yourself and recognize how many times you actually encourage your athletes during any one training session. Even some of the very best athletes, Olympic champions and world title-holders, tell us that they wish their coaches showed them more support at times. Remember, a little encouragement goes a long way, but a lot of encouragement goes even further.



Start preparing now...

XXI AMERICAN SOKOL SLET BANQUET THURSDAY JUNE 23, 2005

To be held at the **Ashton Place**, Willowbrook, Illinois
Reception – 6:00 P.M. Dinner – 7:00 P.M.

Program and Dancing Following After-Five Attire Please

Reservations required – \$65.00 per person (Cash Bar)

Table assignments at Banquet entrance

Na Zdar! Slet Banquet Committee

INFORMATION WILL BE SENT TO UNIT SECRETARIES FOR THIS EVENT.

THIS OUGHTA FLY

As I periodically go through the stack of paper clutter next to our phone, there it still was. It had been there since May 8 and I should have thrown it out long ago. The mailing from the American Sokol Youth Committee that caught my son's eye read, "Build a Paper Airplane – all you have to do is fold, cut or paste some paper into an airplane-shaped object that will fly." My 8-year-old son, Garrett, sent one in by the deadline – June 16. Today was August 5 and surely the winner would have been notified by now. Since a person can only save so much "stuff," the mailing got tossed in the trash.

The next day, however, brought second thoughts. What if something became of his effort and we didn't have the rule sheet to show Babi? Reluctantly, I pulled it away from the gooey eggshells and banana peels, took it out of the garbage can and put it back by the phone. It became scratch and doodle paper and in a week's time, it was covered with clutter and forgotten.

Several days later, Wesley (Garrett's younger brother), came through the front door saying: "Mom, the mailman drove in our driveway and gave the

mail and this package to me." I blurted out from the kitchen, "That dad, always ordering stuff from Cabellas! He doesn't need anything!" Wesley answered, "No, Mom, it's for Garrett." Garrett ran to see and said, "Yeah, it is for me!" I asked, "Who's it from? What's the return address?! It wouldn't be American Sokol, would it??" Garrett replied, "Yeah, it is!"

As I reminded him of his paper airplane entry a long time ago, I climbed over the dog gate and saw that sure enough it was from American Sokol. "Oh my gosh, let's open it, but don't shred the box," I ordered. Carefully with a knife we opened it, took out the puffy stuffy packaging bags and found what every 8-year-old boy would love—a bright red gumball machine complete with gumballs and on the clear plastic globe was the Sokol logo with the American flag. He was delighted! Also inside was a note that read "Your Duck Plane was the winner!"

Now this was big news and warranted a call to Babi. frantically, I went to the phone and saw the big pile of clutter and started digging. Yes, it was still there! At the bottom of the heap was the "Build A Paper

Airplane Contest" rules sheet. After dialing Babi's phone number and waiting through 35 minutes of "busy signal," I finally got through to share our fun news and of course she was pleased.

The plane was judged on design, creativity and flight distance. They were flown during the Sokol Canada Slet by the child entrant (if attending) or by a member of the Youth Committee if the designer was not going. After careful consideration, Garrett decided on the "duck plane" for its consistent flight pattern, stability and distance. And anyone can throw them with good results. He named it the Prokop Velky #137 and decorated it with dinosaur stickers strategically placed so as not to upset the balance of the aircraft.

As for the original rule sheet, we will keep it forever in a "treasure box" despite all the eggshell and banana peel goo and doodle marks.

*From Noviny Sokol Cedar Rapids by
Sis. Sharon Rigel (Garrett's Mom),
Sokol Cedar Rapids*

*Suggested for publication by
Bro. Frank Edmunds, President
Sokol Cedar Rapids*

FUTURE SOKOL LEADERS FUND

PURPOSE: To train and education young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.

In Memory of Blanca Vega from the Holland Family\$50.00
 In Memory of Mae Kozelka from Tony & Lorraine Faikus\$25.00
 In Memory of Bobby & Barbra Middlebrook from Sokol West\$50.00
 In Memory of Robert Drake Sr. from Ann Drake\$20.00

In Memory of Edward C. Linhart

From Sokolice Tabor\$250.00	From Mr. & Mrs. Martin Lukes\$100.00
From Chuck & Jan Kalat\$100.00	From Thomas Sotka\$100.00
From Len & Viv Navratil\$50.00	From Larry & Deborah Linhart\$50.00
From JoAnn & Vel Nair\$50.00	From Mildred Homolka\$25.00
From Dick & Marie Ptacek\$25.00	From Aniko Kulhanek\$25.00
From George & Vlasta Kulhanek\$25.00	From George & Jackie Kourim\$25.00
From Joe & Ethel Rus\$15.00	

In Memory of Irene Prines

From Sokol Stickney\$50.00	From Barb Vondra\$25.00
From Joe & Ethel Rus\$10.00	From Charles Malina\$10.00
From Albina Cernak\$10.00	

In Memory of Walter Hosek

From Jerry & Shirley Hosek\$100.00	From Libbie Kutcher\$25.00
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In Memory of Jarmila Marsiglio

From Sokol Stickney A.M. Vos. Class ..\$60.00	From Sokol Stickney\$50.00
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In Memory of Frances G. Malina

From Jan & Chuck Kalat\$100.00	From Thomas & Marilyn Vicker\$25.00
From Adele & Fred Ramquist\$10.00	

MUSEUM, LIBRARY & ARCHIVES FUND

In Memory of Edward C. Linhart

From Gale Hollinger (Gerhardt)\$25.00	From Jerry & Henrietta Milan\$25.00
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GENERAL FUND

The American Sokol Organization gratefully acknowledges receipt of a \$1,000 donation from

WESTERN FRATERNAL LIFE ASSOCIATION





American Sokol YOUTH PROGRAM Activities and Information

Check out THESE youth activities and share them with the young Sokols that you know!

CONTEST WINNERS

We had two contests in the last newsletter and we are excited to post the winners of these contests here.

The winners of this year's Christmas Coloring contest are:

Ages 4-5	Megan Garrett, Sokol West
Ages 6-7	Kaitlyn Barcal, Sokol Spirit
Ages 8-9	Zoe Katsamakias, Sokol New York
Ages 10-11	Maya Pruitt, Sokol New York

The winner of the "Name the Conductor" contest is Drew Baker, Sokol Baltimore. The winning name: TICKSTER!

We would like to thank everyone for participating in the contests. We had a record number of participants and all those who participated received a prize.

FEBRUARY NEWSLETTER

Most of the youth members have the newsletter in their hands at this time. Please help promote the following activities:

- Essay Contest for Camp or Course Scholarships
- Trivia for Teens
- Otter Game for Kids

Don't let your kids pass up the opportunity to win a scholarship to the National Camp or Instructor's School. All that they need to do is to write an essay for the contest. It could be worth FULL tuition to the camp or course!

If you want more information about Youth Activities or have ideas for programs we can do this year or in the future, you can contact your Unit youth ambassador or call or e-mail Tom Pajer at 630-833-6916 or tompajer@american-sokol.org.

Please encourage the SO-KOOL kids that you know to read their newsletters and participate in the contests and other programs. We give out some really cool prizes.

NA ZDAR! The American Sokol Youth Committee

XXI AMERICAN SOKOL SLET 2005
June 21-25, 2005
LODGING INFORMATION

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For more information, contact: Bro. Ted Polashek ~ 708-670-2172
Or: American Sokol National Office ~ 630-368-0771

WE NEED UNITS TO VOLUNTEER

How can you keep your students involved over the summer?

Try the TRAVELING SUMMER CAMP!

In an effort to find ways to keep our students interested in Sokol and not lose them over the summer, the American Sokol Keeping Our Kids committee is considering organizing a Traveling Summer Camp. Based on the success of the National Camp and the need to keep kids thinking about Sokol throughout the summer, we are asking for interested Units or Districts to step forward and help pilot this valuable program.

The Traveling Summer Camp will come to your Unit or District and run a weekend's worth of programs and activities for any of your Sokol kids! The program will be a joint venture between the Traveling Summer Camp (TSC) staff and your

Unit/District. Starting on Saturday morning and ending on Sunday night, the TSC staff will run physical, mental, cultural, and artistic activities that will keep your Sokol kids interested and happy to be part of the Sokol program. Units/Districts will generally be responsible for meals and lodging of the students, but when it comes to the schedule and program, the TSC staff will take care of everything.

Please contact tompajer@american-sokol.org or 630-833-6916 if your Unit or District may have an interest in this kind of program. We find GREAT value in this and hope that you will take advantage of this opportunity.

AMERICAN SOKOL

Change of Address

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AMERICAN SOKOL

is a multi-faceted organization guiding its members throughout life, from early youth through maturity, to physical and moral health, good citizenship and responsible patriotism, combined with continuous self-improvement. This goal is pursued through general physical fitness activities, gymnastics and sports, as well as varied cultural and social activities.



EDUCATIONAL & B.O.I. MATERIALS, MEMBERSHIP PINS & KITS

EDUCATIONAL MATERIALS

"Sokol and the Sokol Ideal"
"Our Task, Aim and Goal"
"Dr. Josef Scheiner"
"Highlights of Czech History"
A.S.O. 125th Anniversary Book
"American Sokol Sings" Songbook
Gymnastic Activities w/Hand Apparatus
Sokol Gymnastics Manual
Unit ID Ribbons

BOARD OF INSTRUCTORS

Director's Newsletter Subscription
Instructors' Digest (Vol. I, II, III, IV, V)
Unit Directors' Handbook
District Directors' Handbook
Girls'/Boys' Skills Program Materials
 Large Packet (25 Participants)
 Small Packet (12 Participants)
Tots' Skills Program Materials
 Large Packet (25 Participants)
 Small Packet (12 Participants)
Separate Cards, Patches, Bars and Ribbons Also Available
Birthday Ribbons

MEMBERSHIP PINS & NEW MEMBER INFORMATION

Membership Kit
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For information on all items, contact:

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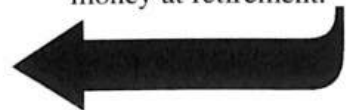
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