

American

Sokol™



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JULY 1-7 - Over 300 American Sokol members returned to the birthplace of the Sokol organization to participate in the XIV All Sokol International Festival (Slet) in Prague, Czech Republic. The Opening Gala was held at the Sazka Arena, a state of the art stadium facility, much like the ones our Professional Teams play in. Our revered American Sokol Performance Team wowed the 17,000 spectators with their original and flawless program, "Flight of the Falcon". Team Director and Choreographer, Tom Pajer, said, "the team really showed the world what American Sokol has to offer"! "The crowd exploded at the end (with cheers), they were genuinely excited about everything that was happening." All 300 American Sokol members who traveled to Prague, were able to witness our appreciated gymnasts perform and represent American Sokol for the first time in many years. This event was a treasure to see. All types of sport were on display; artistic & rhythmic gymnastics, stunts, artistic bicycling, martial arts and even Czech sumo wrestling! What a grand Opening this was!

Story continued on Page 4

2006 MERIT AWARD WINNERS ON PAGE 6

AMERICAN SOKOL

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ASO Executive Board meets every 4th Tuesday (except July/Aug) at 7:30 PM.

ASO Board of Instructors meets every 2nd Wednesday (except July/Aug) at 7:30 PM.

Calendar of Events

August

1	Sokol West Gymnastics Season Begins
4-6	Annual Czech Festival – Wilber, NE
6	Sokol West Friendship Day
13	1 st Czech & Slovak Youth Day – Sokol LA
13	Sokol MN Camp Booya – Pine City, MN
16-19	National Gymnastics Congress – St. Paul, MN
19-27	Blue Rock Summer Camp, West Virginia – Sokol Washington DC
19	Luau at Sokol Island – Imperial MO
25	San Antonio Gala - TCHCC
26-27	Sokol Reunion at Sokol Woodlands, Barryville, NY
26-27	CS Rockfest – Yorkville, IL
27	Sokol/Sokolice Milwaukee Picnic at Whitnall Park

September

2-3	WestFest 2006 – West, TX
4	Labor Day
10	Vinobrani (Grape Harvest Festival) - TCHCC
10	Sokol Baltimore Annual Meeting
15	Fish Fry – Sokol Gr Cleveland
16	Sokol Little Ferry 110 th Anniversary Dinner-Dance
16-17	67 th Moravian Day Weekend – Countryside, IL
23	Vinobrani Dinner – Sokol Baltimore
29-Oct 1	Central District Weekend Instructor's Course
30	Eastern District Annual Meeting @ Little Ferry

October

8	Sokol MN Czech & Slovak Festival
8	Sokol Tabor Registration
15	20 th Annual CSHA Festival - Baltimore
20	Fish Fry – Sokol Gr Cleveland
22	Sokol MN Annual Pork Dinner
29	Sokol LA Fall Social

To assure your events appear in this Calendar,
please send them directly to:

Editor@American-Sokol.org

Many times, your Unit newsletters arrive too late to
be included. Thank you – Nancy

To submit information for the publication:

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From the President...

Bro. Larry Laznovsky

Sisters and Brothers:

The XIV All Sokol Slet is now history, but many fond memories will last a lifetime. For those of you that were unable to attend, you were represented very, very well. The Performance Team did an outstanding job and deserves the gratitude of our membership for being such great Ambassadors. Our other participants helped make the Slet performances a sight to behold. I am sure you will have many opportunities to read many accounts of this fine event. Thanks to all participants and spectators that took part.

Nazdar!



Strategic Planning Task Force

(back row) Jerry Milan, Tom Pajer, Mary Steinman, Bob Podhrasky, and Carlela Vogel (facilitator); (front row) Barb Vondra, Lori Laznovsky, Maryann Fiordelis/Chairman, and Flora Brewster (facilitator) (not pictured) Larry Laznovsky

Your American Sokol Strategic Planning Task Force has been working together since the end of last year to put together a viable 5-year plan to assist our organization in moving forward to become a stronger and a more recognizable organization. They are looking at what changes need to be put in place in such areas as membership, programs, marketing, personnel, technology, finance, volunteerism, and more. This team plans to meet with the Executive Board in the upcoming months to present them with a Strategic Plan. Many of you will be asked for assistance during the implementation phase of this plan. If asked, please be willing to volunteer your time so that this Strategic Plan is not just words on paper – but a workable plan for moving forward.

Nazdar,

Maryann Fiordelis
Strategic Planning Task Force Chairman



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

NAZDAR!

Hope you all had a memorable summer! If you went to the Prague Slet, you surely have great memories and pictures to share!

Now once more we have to get back to business: Signing up for our Sokol classes and attending our Unit and District administrative meetings. DO mark your calendars with all this pertinent information:

1. Times and days of classes
2. Times and days of Unit & District meetings
3. Times and days of special events conducted by your Units and Districts

Just as I have suggested to the District Educational Directors, why not start each class and each meeting with a march around the room to get the juices flowing and sing one of our great Sokol songs?

This will certainly bond us together again and help us to think more clearly so that we can work earnestly together for the good of our Sokol Organization.

NAZDAR!

Sis. EllenJeanne Schnabl
American Sokol Educational Director

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.

AMERICAN SOKOL RETURNS FROM PRAGUE WITH MEMORIES OF A LIFETIME

AMERICAN SOKOL PERFORMANCE TEAM - FLIGHT OF THE FALCON

Submitted by: American Sokol National Office

Continued from Page 1

The following day, the Performance Team along with National Officers and members of American Sokol marched in the historic parade of all Sokols from around the world. The main streets of Prague were shut down and spectators lined the streets to support and cheer for all Sokols as they passed. There were so many participants that the parade lasted about 5 hours concluding in Old Town Square where everyone gathered to celebrate. Unlike a parade in the United



From the left, Barb Vondra, Nat'l Dir of Wom, Larry Laznovsky, President, Chuck Kalat, Nat'l Dir of Men

States, the spectators cheer loudly for you as you go by. One of the most memorable moments of this parade was to see someone weeping, choked up in tears, for their pride and memories of Sokol. This parade brought out many emotions from those who were affected by war and communism, recalling feelings of pain when the Sokol movement was smothered by communism, and pure JOY that Sokol was given back to them. Ladies waving towels out of their apartment windows as you march by were images one will never forget. It was a storybook event.

American Sokol Members spent many long and (hot) hours waiting to rehearse for the main Sokol Slet performances, which were held on two different days at the Evzen Rosicky Stadium built adjacent to the famous Strahov Stadium field, which was used for many All Sokol Slets in the past. Our members participated in several of the colorful numbers that were incredibly choreographed to show beautiful movements on the field. In most numbers the field was filled with participants from end-zone to end-zone. All-Sokol Slets have always been the highlight of Sokol activities. They have never been only gymnastic performances, because the cultural and social events have always been an integral part as well. Every six years the Czech Sokol Organization presents the results of its

work at the All Sokol Slet. Besides great mass compositions (calisthenics) the Slet program always includes other activities where the best Sokol theater, music, folklore and marionette ensembles present themselves. The fluidity of movement and simplicity of color together created a show of beauty in motion.

The American Sokol Performance Team continued their performances over several days at the stage area in Tyrsuv Dum, home of the Czech Sokol Organization. Again, the spirit and enthusiasm encouraged the team to perform their 20-minute number perfectly! The team uniquely ended each performance with stunts including volunteers from the audience. The audience loved it! The team was mobbed when passing out American Flags at the end. Children from every country wanted to keep a souvenir from our fabulous group. The American Sokol Performance Team even succeeded in getting the President of the Czech Sokols, Brother Bernard to assist in a stunt!

After the Czech and Sokol Flag, which flew over Evzen Rosicky Stadium, were taken down and carried out in Olympic fashion, everyone gathered back at Tyrsuv Dum for a final farewell party. The evening was most memorable for the American Sokol Performance Team as well as several other members, who stayed late into the night singing Czech songs and dancing to the piano playing of Miloslav Vrana, Director of Men for the Czech Sokol Organization. Another moment to remember...

The American Sokol members spent additional time in the Czech Republic touring with their groups visiting all of the fabulous castles, cathedrals and villages. The food was scrumptious, the weather was warm and everyone had a memorable time. It was amazing to see so many other Sokol Brothers and Sisters from all over the world. The event (and Prague) was hard to leave behind, knowing that it will be another six years before the Slet is held again. One thing is true: Sokol is here to Stay!

Special Thank You to the American Sokol Performance Team and their Contributors

American Sokol is extremely proud of the Performance Team and their outstanding representation in Prague. Many thanks go to all of the individuals who financially supported them, as this dream could not have been possible without their help. Thank you to Brother Tom Pajer and all of the team members for their time and efforts the past year to put on a Perfect performance that showed "The World" who American Sokol is. Long Live Sokol!

PRAGUE HOSTS THE 14TH ALL-SOKOL SLET

Excerpts of July 6, 2006 Interviews by [Linda Mastalir](http://www.radio.cz/en/article/80808) <http://www.radio.cz/en/article/80808>

If you can start by telling me where you're from?

"I'm Helen Shiftsu from the suburb of Chicago, and I belong to the Sokol Spirit in Brookfield, Illinois. I've been a member of Sokol since 1940, so I'm an old-time member. I'm not drilling this year, but I'm parading and I'm enjoying everything."

"I'm Marie Hynthaus from Los Angeles, and I have been a Los Angeles chapter member for 50 years already. But I was born in Czechoslovakia, and I came to the United States via Brazil."

Have you both attended the Sokol slets regularly?

MH: "Oh, yes. This is my third one after the communists left."

How many of you are here today?

MH: "Only four from the Los Angeles chapter."

HS: "There is a group of us. I don't know how many. Each Sokol has different members coming. Our own chapter has about twenty-some members, and our young team performed last night at the Gala Praha—there were ten members and they did a beautiful job. We're very proud of them."

What has made you keep this tradition alive for so long? Both of you have been Sokol member for over half a century.

HS: "Well, we're both proud of our heritage and Sokol is a part of our heritage."

MH: "There cannot be anything better than little ones practicing gymnastics and performing, as well as people who are 90 years old! You just don't find anything like that."

What sort of role does keeping Czech culture alive play in American Sokol? Is it still a Czech and Slovak organization, or has it become integrated as an American institution?

HS: "It has become integrated. Because of the laws you can't keep the Czech language in the classes, and our area has turned Latino a bit, so we've accepted the Latino children into the association. But we still have a lot of Czech people in the Sokol group."

MH: "My children grew up in Sokol Los Angeles, and they were both Olympians. My son was a pole-vaulter in 1980 and 1984, and my daughter was a gymnast in 1972. And that was Sokol!"

"My name is John Bazata, and I'm from Sokol Spirit, in a suburb of Chicago, Illinois."

How long have you been a member of American Sokol?

"I grew up in the program, from a little boy on and I've been a member for 32 years. It's a very important program—the physical fitness for the kids, especially

now in America with the TV and computers and video games, the children just don't have an opportunity to get that physical exercise. It's very important to maintain the gym and keep the program open for all the kids."

During the opening ceremony, I realized that the original concept of the Sokol movement has adapted to modern times. Could you explain to me what some of the most popular sporting programs are in your organization, and how you attract the American youth of today?

"Well, we do have programs throughout the course of the year. Early in the year, in September and October, we run track and field events, and then the girls have their rhythmic gymnastics and the boys work on basketball. Then we have volleyball, and usually in the winter months we learn our calisthenics, and at the end of the year we have our regular artistic gymnastics. So there are different segments throughout the course of the year."

How does it work for the members—does everybody participate in every sport?

"We encourage our children to participate year-round, in all of the sports, whether they can't do anything or whether they're very good. We want to get them to participate. The older members—the adults—they'll pick out the things that they like to do, and that's what they'll do. But everybody has to do calisthenics."

And what's your favorite aspect of Sokol?

"After class we go down to the club room and we have social, where we have food and drink until the wee hours of the morning. That's the bonding part—it's a lot of fun and it's important."

What kind of role would you say that Czech and Slovak heritage still plays in American Falcon?

"It's still very important to recognize the roots. The Sokol system was around way before we had physical education in our schools, so they have a long tradition in that type of discipline and development of character, and that's a good thing for everybody."

How do you go about attracting new members? Is it through advertising, or word of mouth—how does the word spread?

"Well, we try to get in the public eye. If we can perform somewhere, we march in our 4th of July parade, things like that. So that the people in the local community can see that we're actually doing something in the gymnasium."



Congratulations!

AMERICAN SOKOL 2006 MERIT AWARD WINNERS

Congratulations!



Megan Rosenow
Sokol Stickney



Kaitlan Short
Sokol Tabor



Jessica Rus
Sokol Spirit



Appa Hargiss
Sokol Fort Worth



Carly Vincentini
Sokol South Omaha



Kenneth Fron Jr.
Sokol Tabor

Nazdar!

Nazdar!

AMERICAN SOKOL GYMNAST

Pages 7-10 are specifically designed to be a benefit to the Gymnastics programs of American Sokol.

Please pull, copy and distribute to your participants as you see fit.

Kandi Pajer – 117 Oakland Grove – Elmhurst, IL 60126

KandiPajer@American-Sokol.org

AMERICAN SOKOL 2006 MERIT AWARD WINNER'S ESSAYS

Jessica Rus – Sokol Spirit

How Sokol Has Prepared Me for the Future

Sokol has prepared me for the future by giving me the self-confidence, self-discipline and determination I am going to need in the years to come. My confidence has improved by successfully succeeding in so many of our competitions. Since I started when I was so young, I began to believe in myself more and more each year. This of course, was because of the guidance of my many devoted Sokol instructors. I also learned from their intense rules about respect and consequences. I learned to respect many members of Sokol because of their determination and dedication to our organization. These things could only be accomplished by adhering to our many intense Sokol rules. The consequences of straying from these rules would be inevitable. From all of this, I have learned my determination. I've learned how to set my goals and stay focused. My instructors have inspired and motivated me to reach those goals, and with that realization I know I can accomplish anything I set my mind to do.

Carly Vincentini – Sokol South Omaha

Sokol has helped me prepare for the future in three ways. The first of which is how it has taught me how to work with different individuals. From working out in the gym to going to national instructor schools and slets, I have met a variety of people that have different ways of life and beliefs. Sokol has shown me that it does not matter who you are or where you come from but, what matters is, how hard you work.

The second way is the instructors I have been able to be guided by. Instructor school has given the tools not only for gymnastics but, how to live my life successfully. Everything from organization to just being there to talk to, they have always been there to help. Sokol instructors are not only coaches but they are also friends, counselors, and family. They have shown me that hard work and believing in myself pays off.

The third and final way Sokol has prepared me for the future is giving me my actual job. It has taught me to be on time, prepared, and ready to work. It has shown me that what I do and say does matter. I can make a positive difference and lend a helping hand in someone's life. Also it has given me the opportunity to become a leader, which will help me not only in my future plans but in my life as a whole. Sokol has been, and will continue to be the greatest experience of my life. I feel so lucky that I can be a part of this great big family.



Megan Rosenow – Sokol Stickney

Moving On

When people ask me about my life or what I did that week, the first thing that pops to mind is Sokol. Whether it's just a regular practice or an exhibition, there is always something going on in my life with Sokol. Not many people around Lyons Township High School and the surrounding area really know much about it, and it bothers me that they are missing such a great opportunity to get involved and active, so I try to advertise it as much as possible. Why does it matter so much? Well, I was pretty much molded around the organization, and I never really knew who I was or what I was capable of until I really started to embrace Sokol. My family isn't in Sokol, so it was just something for me, something I was doing independently, that my parents could be proud of. I've come a long way from that shy girl that hardly ever talked the one who was constantly tumbling around the gym at age ten. In the beginning I was no one of importance, and really didn't hang out with any of the other boys and girls from other gyms who were my age until I realized my potential. I almost stopped after my beginner year at Instructors School, but a couple of friends from another state encouraged me to keep going. I'm glad they did, because I would be far from where I am today. Through Instructors School I learned about myself, about others, and about how to work hard and execute a day's work sufficiently. Sokol has helped me reach goals and have fun on the way. It has shown me how to be responsible and understanding, especially when working with Second Class Girls. Life doesn't have to be black and white; those gray areas where here you are able to be creative and free. I am now prepared for whatever may come up in the college years. It will be an adventure, an experience where I will be ready to bite the bullet. Probably, and only because of being around the gym, with friends, and family. I am on my way to North Central College for Exercise Science and Math Education, both which I have come to learn a love, exercise and teaching, through Sokol. I just hope they are ready for me too.

Kaitlan Short – Sokol Tabor

How Sokol has Prepared Me for The Future

Sokol is friendship, love and loyalty. Sokol has given me many opportunities that I will treasure for the rest of my life - travel the country, make new friends, experience the physical, cultural and social aspect of the Organization and develop leadership skills.

Not only is the physical fitness aspect of Sokol rewarding, but the friendships formed in Sokol with people of all ages and different backgrounds are an important part of my life. Sokol has enabled me to relate well with people of any age 3, 25, 50 or 88. Sokol has taught me how to be a leader, which helps me to be more outgoing, confident and open to new ideas. For example, in high school when I had to tryout for a sport or a dance team, I would not be nervous

because of the confident attitude that I developed through my participation in Sokol.

Participating in the Sokol program throughout my youth laid the foundation for my high school extra curricular activities as I became a member of the Poms team and the Orchesis Dance Company. Through the Sokol program I discovered my passion for dance and choreography. This allowed me to choreograph Sokol special numbers, Poms routines and Orchesis dance performances. Next fall I will be attending Columbia College Chicago to pursue a degree in Dance.

Sokol has given me a strong desire to succeed athletically and personally. As I move forward in the next phase of my life - college -Sokol will continue to be an integral part of my life. I will utilize everything that I learned and experienced in Sokol to succeed in my professional career and my future endeavors.

Kenneth Fron Jr. – Sokol Tabor **How Sokol has Prepared Me for the Future**

The Sokol System is designed to help children grow into responsible men and women, and I believe that I am one of Sokol's successes. Simple motor functions were developed during Tots Classes and included crawling, walking, and eventually running. I also learned how to interact with other children.

First Class Boys taught me the hardest lesson. This class taught me that even if I try hard and put forth my best effort, I will not always succeed. It also taught me the only way I will ever truly fail is if I give up.

In Second Class Boys I started understanding who I am and began to develop as a person. This class taught me to stand up for who I am and never settle for anything less than who I want to be

Tots, First Class Boys, and Second Class Boys prepared me for Junior Boys, which is the most difficult and most rewarding of all the classes. The Junior Boys level is where a multitude of opportunities opened up for me and I was able to travel to many places with my Sokol and the TNT Team. I experienced Slets in different states and Canada, and the great camps and courses that Sokol has to offer. National Camp and American Sokol Instructors Kurz were two that I really enjoyed.

National Camp is where I learned how to overcome being a follower and learned how to lead my fellow peers. Although there were games and fun activities, some activities were very tough and cooperation and a solid structure of teamwork were needed. I enjoyed these activities immensely while at the same time I realized how beneficial they were for me to grow as a person. These activities have helped prepare me for the future because I learned how to become a leader from people I looked up to. These adults helped shape me.

American Sokol Instructor Kurz not only taught me how to become an instructor, but also taught me how to teach my fellow gymnasts. I came back from this experience with a lot of new ideas, some of which were implemented at my gym.

I am currently preparing to go to Prague with the American Sokol Performance Team. Czech lessons have been part of the training that I am receiving. I am very excited about all the new experiences I will have there and all the things I will learn.

Sokol has prepared me for the future because I have the confidence and know how to lead fellow coworkers on projects and teach them how to perform specific tasks. More importantly, Sokol has taught me that I can learn from my bosses and coworkers and that life is an educational journey.

Appa Hargiss – Sokol Fort Worth **How Has Sokol Prepared Me for the Future?**

For as long as I can remember, Sokol has been part of my life. I began gymnastics at the age of three and although I do not compete at this time, I am fortunate enough to keep Sokol as a part of my life. One of the most important ways I furthered my involvement at Sokol was by becoming an assistant instructor at the age of eleven. Sokol has prepared me for the future in many ways throughout my life. Coaching at Sokol has provided me the opportunity to experience a useful perspective of the "real world" at a safe distance. Being involved in Sokol, has taught me a strong sense of leadership and responsibility. As a coach and assistant director, I have learned valuable responsibility and leadership skills. Sokol has given me the privilege to attend many events like instructor schools, weekend clinics, camps, and Slets. At these events, I have great chances to experience first hand the best uses for my leadership and prove my marketable knowledge for instructing young children in gymnastics as well as becoming a quality role model. Sokol is also the avenue I have used to develop many friendships. I have found these friendships evolve so intensely, those who were once thought of, as mere close friends are much more like brothers and sisters. My experiences at Sokol have given such great preparation for my future, that I have chosen to further my coaching with a Kinesiology Degree. I feel this knowledge is priceless, and will provide me with a strong base to begin a successful collegiate career. In writing this, I realize, that Sokol has not only allowed me immense preparation for my future, but Sokol is my future

Merit Award Details

The XIIth American Sokol Convention (June, 1975) instituted Merit Awards to be paid from the American Sokol Future Leaders Fund. Youth or adult Sokol members who are planning a full time (at least two semesters of 12 hours per semester or equivalent) course or program in an accredited two-year or four-year college or who are already participating in such a course of study may apply. Application must be made in advance of the year of study. Applicants may be entering any year (not just 1st year) of appropriate studies.

The amount to be awarded is \$500 to two students per year per district. If a district does not have 2 qualified applicants, the remaining merit award(s) for that district may be given to another qualified applicant(s) who did not receive an award because of the two awards per district initial limit in their district. These "extra" awards are given on an "at large" basis to the next most qualified applicant(s) regardless of district affiliation. There are NO Merit Award renewals. A transcript of grades indicating completion of a full year of fulltime study must be submitted to the American Sokol Merit Award Committee. If the recipient fails to submit such a transcript or fails to complete the full year of study for which the award was granted, the recipient is obliged to repay the Merit Award in full. The selections are made by the Merit Award Committee and approved by the American Sokol Board of Instructors and the American Sokol Executive Board. The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Regular attendance in Sokol classes for at least three years prior to this application. Juniors may be included but must become adult Sokol members at age 17.
2. Successful completion of Sokol Instructor School(s) - Unit, District, and/or National.
3. Teaching or assisting experience in Sokol gym classes.
4. Service to Sokol Unit, District, and/or National Organization
5. Recommendation of the Unit Physical Director
6. Recommendation of the District Physical Director

The recipient of the Merit Award and one parent or legal guardian will be required to sign a statement agreeing to the conditions under which the Merit Award would have to be repaid. Completed application form must be received the American Sokol Merit Award Committee by June 1 of the application year.

For application – go to www.American-Sokol.org

2006 Western District 2006 Competition Results

April 28 - 30, 2006

Cedar Rapids, IA

Designates Medal Winner

GIRLS

Level 1 Girls

1st	Jeriann Buras, South Omaha
2nd	Kyra Bollinger, Omaha
3rd - Tie	Crystal Lindemier, Omaha
3rd - Tie	Sophie Niemeier, Crete
4th	Wendi Haufle, Crete
5th	Tristi Smith, Crete
6th	Rachel Tolbert, South Omaha
7th	Emma Vertin, Crete
8th	Madison Pohlman, South Omaha
9th	Acacia Williams, Omaha
10th	Katlyn Artherton, Omaha
11th	Gabriela Centeno, South Omaha
12th	Briana Weihe, South Omaha
13th - Tie	Angel Changry, South Omaha
13th - Tie	Helen Walenta, Crete
14th	Nicole Terry, Omaha
15th	Cecilia London, South Omaha
16th	Estefania Gutierrez, South Omaha
17th	Kathy Fuller, Crete
18th	Sharon Rapiet, South Omaha
19th	Taylor Lorenz, Crete
20th	Atarich Keener, Omaha

Level 2 Girls

1st	Sarah Sullivan, Omaha
2nd	Makenzie Horak, Cedar Rapids
3rd	Meara Cline, Minnesota
4th	Amanda Crane, Cedar Rapids
5th - Tie	Alexandra Hewitt, Crete
5th - Tie	Sofia Williams, Omaha
6th	Mariah Hulse, Crete
7th	Emily Patak, Crete
8th	Bailey Adukas, Omaha
9th	Brook Foster, Crete
10th	Abbie Tuckner, Minnesota
11th	Jennifer Kuncl, Crete
12th - Tie	Anne Fish, Crete
12th - Tie	Fatina Hilal, Cedar Rapids
12th - Tie	Haley Jones, South Omaha
13th - Tie	Cassidy Lee, Omaha
13th - Tie	Dakota Gammell, South Omaha

14th	Madison Johnson, Crete
15th	Christian Norton, Cedar Rapids
16th - Tie	Laura Schmidt, Cedar Rapids
16th - Tie	Marissa Hall, Crete
17th	Emerson Adnelt, Crete
18th - Tie	Elizabeth Debo, Omaha
18th - Tie	Jessica Hess, Cedar Rapids
19th	Jenna Ijram, Cedar Rapids
20th	Brittany Bornstein, Cedar Rapids
21st	Brooklyn Keegenana, Omaha
22nd - Tie	Audra Mathews, South Omaha
22nd - Tie	Rabeakah Warga, Omaha
23rd	Shatel Nosal, Crete
24th	Kalie Uher, Crete
25th	Kayleigh Putnam, Omaha

Level 3 Girls

1st	Katie Kane, Cedar Rapids
2nd	Taylor Menke, Crete
3rd	Colleen Raylor, Cedar Rapids
4th	Hannah Brady, Minnesota
5th	Rosie Tuckner, Minnesota
6th	Kirsten Mitchell, Minnesota
7th	Megan Johnson, South Omaha
8th	Hanna Changry, South Omaha
9th	Brianna Prohaska, Cedar Rapids
10th	Hannah Vakant, South Omaha
11th	Breanna Bird, Omaha

Level 4 Girls

1st	Eileen Lee, Minnesota
2nd	MacKenzie Pohlman, South Omaha
3rd	Nicole Muff, Crete
4th - Tie	Danielle Miloe, South Omaha
4th - Tie	Angelica Torres, South Omaha
5th	Elizabeth Nekola, South Omaha
6th	Rachel Clark, Minnesota
7th	Rachel Reyes, Omaha
8th	Shelby LaBonne, Minnesota
9th	Ellen Sutton, Minnesota

Level 5 Girls

1st	Lilia Hutchinson, South Omaha
2nd	Kaitlyn Barnes, South Omaha
3rd	Alyssa Kuncl, Omaha

Level 2 Junior Girls - 12 - 14 years**1st** Cassandra Carson, South Omaha**Level 3 Junior Girls - 12 - 14 years****1st** Jordan Byrne, Minnesota

2nd Kelsey Jackson, Omaha

3rd Danifeigh Wolfe, Minnesota

Level 4 Junior Girls - 12 - 14 years**1st** Kristin Staude, Cedar Rapids**2nd** Brittany Winkleman, Omaha**3rd** Brittney Collett, Omaha

4th Skye Weihe, South Omaha

5th Ranell Sand, Crete

6th Mercy Thatcher, Crete

7th Jordan Small, Crete

Level 4 Junior Girls - 15 - 17 years**1st** Kristina Kane, Cedar Rapids

2nd Mindy Sattler, Minnesota

Team - Level 4**1st** Sokolice Crete**Level 5 Junior Girls - 12 - 14 years****1st** Vicki Dostal, Cedar Rapids**2nd** Jessica Thatcher, Crete**3rd** Tiffany Swarbrick, South Omaha

4th Kelsey Walton, Cedar Rapids

5th Karly Phipps, Crete

6th Brittney Rushcheinsky, Minnesota

7th Rachael Bittner, Minnesota

8th Sharmae Anderson, South Omaha

Level 5 Junior Girls - 15 - 17 years**1st** Dayona Barrett, Omaha**2nd** Carrie Stom, South Omaha**3rd** Rebecca McConnell, Cedar Rapids

4th Caitlin Rosenberger, Omaha

5th Mahala McGee, Omaha

Team Level 5**1st** Cedar Rapids

2nd Omaha

3rd South Omaha

Level 6 Junior Girls 13 - 14 years**1st** Amanda Bornstein, Cedar Rapids

2nd Melissa Houtse, South Omaha

BOYS**Level 2 Boys****1st** Henry Muhlana, Cedar Rapids**2nd** Rhett Harms, Crete**3rd** Kenyon Dolan, Cedar Rapids**4th** Mitchel Hulsa, Crete**5th** Austin Haufle, Crete**Level 3 Boys****1st** Eric Sindelar, Cedar Rapids**2nd** Codie Kraus, Crete**3rd** Jacob Arman, Omaha**4th** Rob Lee, Omaha**5th** Alex Lee, Omaha**Level 4 Boys****1st** Dillon Parks, Crete**2nd Tie** Chris Whitely, Omaha**2nd Tie** Jake Harms, Crete**Level 3 Junior Boys 12 - 14 years****1st** Brendan Teel, Cedar Rapids**Level 4 Junior Boys 12 - 14 years****1st** Kory Swarbrick, South Omaha

2nd Jacob Pesarchick, South Omaha

Level 5 Junior Boys 12 - 14 years**1st** Tyler Hamilton, South Omaha**2nd** Nick Buchta, South Omaha

3rd Ben Muff, Crete

SENIORS**Level 5 Women****1st** Ajisa Hollibush, Minnesota**Women's Tag Team****1st** Cedar Rapids

Annie Prohaska, Level 4 Floor

Leah Woodward, Level 6 Bars

Mary Dostal, Masters I Vault

Allison Gerber, Masters II Beam

Level 5 Men**1st** Buddy Benak, South Omaha**Championship****1st** Luke Gabriel, South Omaha**RHYTHMICS****Level 5****1st** Brittney Collett, Omaha**2nd** Dayona Barrett, Omaha**3rd** Mahala McGee, Omaha

4th Kelsey Jackson, Omaha

5th Brittany Winkleman, Omaha

Designates Medal Winner

Sokol Tabor 140th Anniversary Celebration



Saturday, November 11, 2006

Skylite West Banquets
7117 Ogden Ave, Berwyn, Illinois

Social Hour 6:00 p.m.
Program/Dinner 7:00 p.m.
Dancing following dinner

Reservations required:
\$55 per person or table of 10 @ \$550
Seating Assignments at Banquet entrance

Name(s) _____

(Please attach list with additional names.)

Phone No. _____

Number Attending: _____

Amount of Check Enclosed: \$ _____
(Make check payable to Sokol Tabor)

To reserve your seat(s) for the banquet, return
this form by Wednesday, October 25, 2006 with
your payment:

Sis. Jann Petkus
2515 Keystone Ave
North Riverside IL 60546

For more information, please call
Sis. Candace Short
708-387-1585

TEXAS HIGH SCHOOL GYMNASTICS

Submitted by Henrietta Milan

Anton "Tony" and Frances Tirk were Charter members of the Fort Worth Sokol in 1913. The old farm property is now a soccer complex and on May 13, 2006, there was an unveiling of this plaque.

Sokol members enjoyed decades of Easter picnics at the farm! Egg hunts, raw egg toss, sack races, tug-of-war over the pond, fishing, chasing cattle, accordion music and socializing was the agenda. Many years of great joy and camaraderie.

Sokol had a large part in starting high school gymnastics in the state of Texas. The two University of Texas graduates are Jerry and Emil Milan; their energy and inspiration came from Anton Tirk.

It's an honor to have this historical marker in the suburb of Colleyville, Texas.

The Tirks' daughter Lydia and husband Roy Alholm now reside in the: Wellington Retirement Home, 6150 Glenview Drive #209, North Richland Hills, TX 76180

Texas Public School Gymnastic Program

Tony and Frances Tirk, Sokol (Czech Athletic Club) members and gymnast boosters, claim this site as the founding home of the Texas high school gymnastic programs. The Tirks purchased this farm in 1924 and hosted Sokol picnics on this site for over 50 years. On many occasions, upward of 135 Sokol members gathered here to picnic, play games and advocate the idea of gymnastic competition among Texas public schools.

Two University of Texas graduates, local athletic coaches, took on the challenge of selling the idea to Northeast Tarrant County schools. Success came in 1965. As Sokol members and Colleyville citizens spread the word, other schools implemented similar programs.

Thanks to the dedication of the Tirk family, Tony served as a Sokol club officer for 12 years and dedicated his life to promoting school gymnastics. Today Texas is recognized nationally for its outstanding gymnastic programs.

Mary Hrabik Samal: An Agrarian odyssey

July 11, 2006 Talking Point by Linda Mastalir <http://www.radio.cz/en/article/80967>

Last week's 14th all-Sokol slet brought thousands of Czechs who now live abroad back to Prague, some as participants and others as observers of the gymnastics gathering.



Marv Hrabik Samal at the Sokol Slet

The daughter of Martin Hrabik, an interwar Agrarian Party member and activist, Mary Hrabik Samal now lives in Detroit, USA, and she was among the observers of the

Sokol slet. In this special edition of Talking Point, Mary Hrabik Samal remembers what life was like in the 1940s and 1950s, when the fate of the Agrarian Party of Czechoslovakia was forever changed.

When we sat down to talk about her family's history, she began by telling me about her relationship to Sokol.

"I come from a very patriotic family, and when I was a child going to Sokol was just as natural as going to school. When we were in the United States—where the Sokol movement is quite strong in Czech communities—I attended Sokol. My mother is very, very proud of the fact that she has a pin that attests to her fifty-year membership in Sokol. She participated in the 1932 slet, so [attending the slet in Prague in 2006] was a part of family heritage, and included a certain joy at the revival of something that is very, very Czech."

You have spent most of your life in the United States—you left Czechoslovakia as a very young child, and you belong to a family that has strong ties to the interwar Agrarian Party. Can you tell me a little about this family history?

"My father was very involved in the Agrarian Party. He comes from a small farm and for him, this was a way of helping his community and his village. He became involved in the Agrarian movement and he was asked by the leadership of the party to head the youth movement (the 'dorost') and he was an Agrarian all his life."

What happened to your father when World War Two broke out in Czechoslovakia?

"This is not well known, but a good part of the Agrarian Party activists went into the underground. My father, who had been the secretary general of the youth movement, had a cover-job: he was employed by some union of cattle farmers. This was very much a front, as he really worked in the underground against the Nazis.

One of the Agrarian meetings was betrayed and they were all arrested, including my father. Later he was tried for high treason against the Reich in Berlin. He was very fortunate because not all of his activities were known, and some people in his group were hanged. Though my father had a very clever German lawyer, who said 'let's make him as unimportant as we can.' He received five years, and I must say, he served every last day."

Now when the war ended and he returned to Prague, what do you remember about your father's political activities?

"My father did not go back into politics after 1945. He said that this [immediate post-war] climate was not going to last, and that Czechoslovakia was going to become part of the Soviet empire. He was asked by all political parties, with the exception of the communists, to stand on their list for parliament, but he refused. He said that he had always been an Agrarian and he wanted to stay an Agrarian." Why was loyalty to the Agrarian Party so important to him even after 1945? This was essentially a party that disappeared.

"Well, it didn't really disappear. It was abolished by the Kosice Program—it was outlawed, and to the end of his life my father carried a sense of injustice over this because the party was branded as a collaborator, but the reality is much more complex. A portion of the party stayed above ground and was part of the Second Republic, but many of its functionaries and its leaders ended up in the Nazi camps. And my father felt that all of this had been a great injustice, and he spent many, many years in exile trying to restore the honour of the Agrarian Party's name."

Let's return to February 1948. What happened to your father and to his close friends and associates?

"Well, my father found out from a gentleman who had been with him in the Nazi camps—and this man was, by the way, a communist—that there was a coup d'état and that my father was on the list of people due to be arrested. My father decided that he had tasted enough of Mr. Hitler's hospitality, so he wasn't going to stay around to taste what Stalin's hospitality had to offer, and he left the country on the day of the coup d'état. Many of his friends also left the country. My father's family comes from the border area, from a village between Domazlice and Klatovy, which is very close to the border, and he had a way of getting out. As a matter of fact, my aunt helped a lot of people to cross the border."

Now you were left behind with your mother and your two younger brothers in February 1948 when your father left for the west. How did you get out of Czechoslovakia?

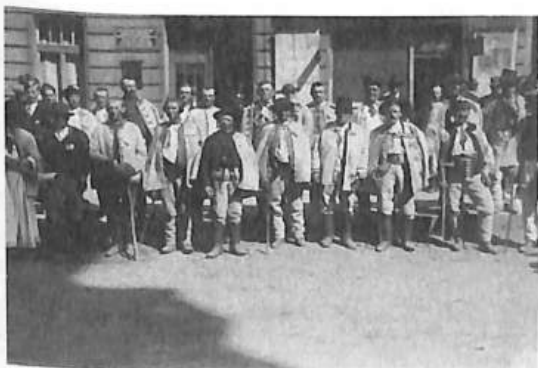
"My mother managed, via connections with the family who lived in the border area, to find a gentleman who lived close to the border and was a friend of my aunt's. He agreed to take us over the border. My mother drugged my two brothers with sleeping pills, and she carried one of my brothers, the man carried the other, and I got a backpack and I was told to be very quiet, that we were going to see daddy."

You ended up in exile in France for a period of time. We know a lot about the history of the governments in exile during WWII, but very little about the Agrarian Party in exile in the immediate post-1948 years. What was that time like in Paris?

"Again, it was a struggle for the Agrarians, a struggle to undo the injustices of the Kosice Program. There were many arguments with other parties, there was a lot of organizational work, but there was also a sense of trying to liberate Czechoslovakia. We stayed in Paris, France for three years while my father was very busy trying to liberate Czechoslovakia. After three years he decided that Czechoslovakia was not going to be liberated and that the family was going to starve and so we immigrated to the United States."

Let me return for a bit to the associations during the interwar era. The Agrarian Party is of course entirely wound-up around the name of Antonin Svehla, its interwar leader. Did your family have any close connections to the Svehla family?

"Not exactly directly to Antonin Svehla senior because he died during the early 1930s [in 1933], and my father was born in 1904, so he was a very young man. But my father knew the daughter of Antonin Svehla very well—Helena Svehla Cerny. Helena Svehla and her husband continued paying half of my father's salary during WWII while he was in prison, so that my mother would have something to live on. Of course later Dr. Cerny was also the leader of the Agrarian Party in exile, and after his death my father succeeded him, and they were very, very close collaborators."



The convention of the Agrarian Party in 1921, photo CTK

Czech by Numbers - Banknotes

[05-08-2006] By Pavla Horakova <http://www.radio.cz/en/current/abc>

The smallest Czech banknote is the 20-crown note - **dvacetikoruna**, also known as **dvacka** (as we mentioned last week in connection with the 20-crown coin). It is blue and features a portrait of Saint Wenceslas. The pink 50-crown note with a portrait of St Agnes of Bohemia is called **padesátikoruna**, in slang also **pade** or **pajcka**. The green **stokoruna** or 100-crown banknote features Emperor Charles IV, and is commonly known as **stovka** or **kilo**.

Next in value is the orange **dvousetkoruna** with the Czech scholar Jan Amos Comenius, also called **dvoustovka** or **dvoukilo**. Then there is **pětisetkoruna**, the pink-brown 500-crown note also known as **pětikilo** with a portrait of 19th-century writer Bozena Nemcova. Twice as valuable is the blue 1000-crown note - **tisícikoruna**, featuring the historian Frantisek Palacky, who was one of the leaders of the Czech national revival.

The note is referred to as **litr** or **talíř** or **tác**. Then there is **dvoutisícikoruna**, the 2000-crown note, with Czech opera diva Ema Destinnova. And finally the 5000-crown note - **pětitisícikoruna** with the first President of Czechoslovakia Tomas Garrigue Masaryk. Its colloquial name is **pětilytr**.



(from left) Jean Hruby, Miss CSA Michele Salkauskas, Juanita LoGiudice and John Bazata

CSA'S FLAG CEREMONY

Report by Sis. Jean Hruby

We attended CSA's Flag Ceremony on June 14th and had our photograph taken with Miss CSA – whose reign ends in August.

Brother John Bazata, Central District Men's Director, Sokol Spirit President and Unit Director, also attended the event in full American Sokol Uniform. Illinois National Guard presented colors and the Windy City Harmonica Band performed. It was a beautiful warm day in June to remember our flag.

Photo courtesy of Tim Burke, CSA Fraternal Life

Central District Weekend Instructor School
Fri. 9/29 – Sun. 10/1
Hosted by: Sokol USA Lodge 306

Purpose:

- To provide training to current Sokol instructors and assistants as well as develop new Sokol instructors and assistants;
- To be able to read, interpret and teach Sokol instructional materials;
- Obtain advanced knowledge of teaching, USAG routines and publications, and Sokol Programs.

Eligibility:

- Juniors and Seniors (12 years of age and over)
- Must be a registered gymnast or member of a unit.
- Authorization of Unit/Lodge Director

Curriculum: See attached

Location:

Sokol Community Center (Sokol USA Lodge 306)
4855 N. Elston Ave.
Chicago, IL 60630
773-685-1464

Hotel Information: If you are traveling from out of town or would like to stay somewhere close to Sokol USA Lodge 306 for the weekend, 10 rooms have been "reserved" at a rate of \$89.00 per night. Individual guest must call the hotel directly to make reservations. The rooms are being held under the organization name "Sokol Gymnastics" and contact name "Bryan Pracko."

Holiday Inn Select O'Hare
10233 West Higgins Rd. Rosemont, IL 60018
847-954-8600

School Fee:

- The cost for the entire weekend is \$50.00.
 - Hall rental
 - Food (Friday night snack, Saturday breakfast, lunch, dinner, snacks, Sunday breakfast)
 - Resource materials

Registration Procedures:

Send Student Application Form for Weekend Instructors School and \$50.00 School Fee to School Secretary by Friday, September 8, 2006.

Christina Curran
10920 Lancaster St.
Westchester, IL 60154

Cash or checks
payable to:
Christina Curran

Other Questions:
Bryan Pracko – School Director
847-690-9705 or
Bpracko@aol.com



**WEEKEND INSTRUCTORS SCHOOL STUDENT APPLICATION FORM
HOSTED BY THE CENTRAL DISTRICT FRI. 9/29 – SUN. 10/1**

Personal Information

NAME _____ M or F AGE _____ BIRTHDATE _____
(Circle One)
STREET ADDRESS _____
CITY, STATE, ZIP _____
TELEPHONE () _____ E-MAIL _____

Sokol Information

UNIT / LODGE _____ DISTRICT _____

Circle which instructor school(s) you have attended, if applicable:

Novice Beginner Intermediate Advanced Advanced II

Classes I have taught or assisted in and length of time at my Sokol Unit/Lodge: _____

Emergency Information

Name of Insurance Carrier: _____ Policy Number: _____

Physician Name: _____ Phone: _____

Emergency Contact: _____
Phone: _____

Please indicate any allergies (including antibiotics, aspirin, etc.), eye/ear problems, physical or other special needs, or any activities in which participant should not engage: _____

*I, the parent/guardian of _____, give permission for my child to attend and participate in the AS Central District Weekend Instructor School at the Sokol Community Center in Chicago, IL from Sept 29 to Oct 1, 2006, and for my child to receive emergency medical treatment if I cannot first be contacted.

(Parent/Guardian Signature) (Date)

*Home Phone: _____ *Cell Phone: _____ *Work Phone: _____
(* = required info for minors under 18 yrs. of age only)

Authorization

(Student Signature) (Date)

(Lodge/Unit Director Signature) (Date)

SCHOOL FEE: \$50.00 Checks made payable to CHRISTINA CURRAN. (Please DO NOT mail cash.)

Please return this application form and full school fee to the school secretary by **Friday, September 8, 2006** to:

CHRISTINA CURRAN 10920 LANCASTER ST. WESTCHESTER, IL 60154



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Oak Brook, IL 60523-1557

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Ronald Reagan



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