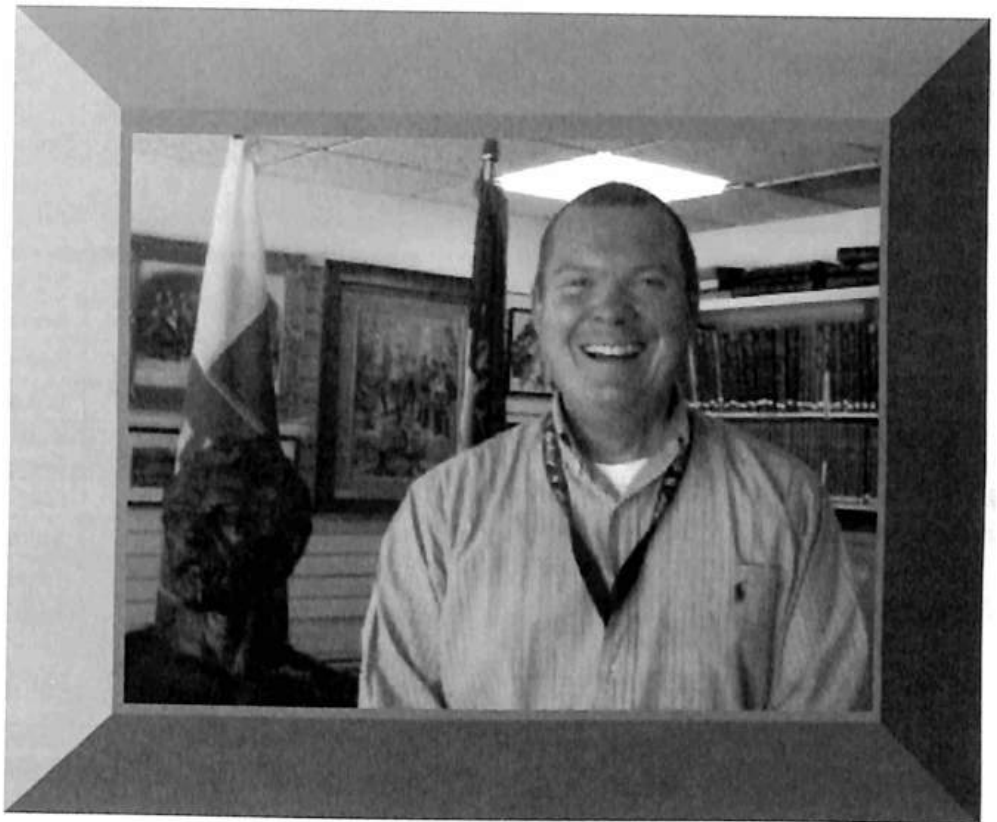


The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs



**Greg Harris  
New Executive Director  
American Sokol**

What we've all been waiting for ... American Sokol has a new Executive Director!

Please welcome Greg Harris who began his new adventure Monday, May 6.

A bit about Greg: He has non-profit experience working for several museums; his last position was as Vice President for Volunteer Services at National Building Museum in Washington, DC. he has revamped various volunteer services programs; and he has vast experience with the complicated grant process. Greg not only knows how to write them, he was on a grant review committee. Greg has considerable knowledge on the proper methods of submitting grants - not only get them through the front door but, more importantly, how to better get them accepted and approved.

Watch for more information on Greg and some of the first things he plans to do in his new position.

**Welcome aboard and Nazdar, Greg.**

**AMERICAN SOKOL**

ISSN 003-1259

Published 9 times each year. (Jan, Feb, Mar, Apr/May, June, July/Aug, Sept, Oct, Nov/Dec).

Periodical postage paid at Brookfield, IL and additional mailing offices.

**Subscription:** \$12.00 per year  
**Postmaster:** Send address changes to American Sokol at address on cover.

**Board of Governors**

Larry Laznovsky	Bohus Bata
Gary Masek	Richard Miller
Mary Cushing	Mary Steinman-Hargiss
Barb Kucera	Beverly Domzalski
Bob Podhrasky	One BOI Representative

**Executive Board**

Larry Laznovsky	President
Gary Masek	1 <sup>st</sup> Vice President
Paul Lebloch	2 <sup>nd</sup> Vice President
Bev Domzalski	Secretary
Meribeth Tooke	Treasurer
Mary Steinman	Financial Secretary
Chuck Kalat	Men's Director
Barb Vondra	Women's Director
Nancy Imbrone	Editor
EllenJeanne Schnabl	Educational Director
Mary Ellen Newsom	Membership Director
Roger Martanovic	Board Member
Jan Kalat	Board Member
Jerry Milan	Board Member
Maryann Fiordelis	Alt. Board Member
Allison Gerber	Alt. Board Member
Candace Short	Alt. Board Member
Bob Podhrasky	By-Laws Chairman

ASO Office Manager: Jean Hruby  
 Library, Archives & Museum Curator: Annette Schabowski  
 National BOI Office Secretary: Juanita Lo Giudice  
 Webmaster: Stephanie Valentine

ASO Executive Board meets every 4<sup>th</sup> Tuesday\* at 7:30 PM  
 ASO Board of Instructors meets every 2<sup>nd</sup> Wednesday\* at 7:30 PM  
 \*except in July and August

**To submit information for publication:**

**EMAIL** Editor@American-Sokol.org  
**MAIL** Editor, American Sokol  
 Nancy Imbrone  
 321 Dennison Ave.  
 Shoreview, MN 55126  
**PHONE** 651-481-7949

Mailed submissions cannot be returned.  
 Digital photos must be in .jpg, .tiff, or bmp format and a minimum of 2" sq., and 150 dpi.

*Calendar of Events*

**JUNE**

<b>In June</b>	Sokol Washington Canoe Trip
<b>6-8</b>	Southern District Slet - Sokol KHB-Ennis, TX
<b>7</b>	Jitro Children's Choir, Nat'l Shrine in Wash DC
<b>7</b>	NE District Sokol Competitions - Hartland, MI
<b>7</b>	NE District Sokol Exhibition - S Lyons, MI
<b>7</b>	Sokol San Francisco Picnic
<b>12-18</b>	Sokol MN Culture Camp
<b>13-15</b>	Nat'l Traveling Instructor Camp at Sokol Tabor
<b>14</b>	Flag Day
<b>15</b>	Sokol Gr. Cleveland Duck Dinner
<b>15</b>	Father's Day
<b>20</b>	First Day of Summer

**JULY**

<b>In July</b>	Sokol Washington Soccer Tournament & Pig Roast
<b>4</b>	Independence Day
<b>7-21</b>	ASO Instructor School at Sokol Gr. Cleveland
<b>13</b>	Sokol Gr. Cleveland 85th Annual Cesky Den at DTJ Farm
<b>27-Aug 3</b>	National Summer Camp at Sokol St. Louis

**AUGUST**

<b>8-10</b>	Sokol Woodlands Annual Clambake Weekend
<b>16-24</b>	Sokol Washington Summer Camp

**SEPTEMBER**

<b>In Sept</b>	Sokol San Francisco Picnic
<b>5-7</b>	ASO Campout - Warren Dunes State Park See ASO Website for Details

**OCTOBER**

<b>5</b>	Sokol/Sokolice Milwaukee 140 <sup>th</sup> Anniversary Celebration
<b>11</b>	Sokol San Francisco Dinner/Dance
<b>28</b>	Den vzniku samostatneho ceskoslovenskeho statu - 1918 (Czech Independence Day)

*Is your important event missing from this list?*

**Send your Events to**  
**Editor@American-Sokol.org**  
**or add them to the Calendar at**  
**www.American-Sokol.org**



# The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

---

NAZDAR! Sisters and Brothers –

Even though our Sokol Season is winding down, there are still many competitions and Slety to attend. Don't forget to keep working out by doing something physical during the summer!

## JUNE

- |         |      |   |
|---------|------|---|
| 1       | 1862 | First public exhibition of gymnastic exercises  |
| 1       | 1862 | Unfurling of the first Sokol banner, designed by Manes, Praha Sokol Unit  |
| 8       | 1867 | Frank Lloyd Wright was born in Wisconsin  |
| 9       | 1369 | Jan Hus, Czech religious leader is born   |
| 14      | 1885 | FLAG DAY its first observance by the National Fraternal Congress of America was at a one room schoolhouse in Fredonia, Wisconsin.   |
| 14      | 1916 | The first National Flag Day was proclaimed by President Woodrow Wilson.   |
| 15      | 1862 | Sokol salute "NAZDAR!" adopted on a motion by Joseph Barak  |
| 18      | 1882 | First gymnastic meet held in Prague under the direction of Dr. Miroslav Tyrš.   |
| 20      | 1782 | Continental Congress chose the bald eagle to represent the fledgling country's spirit - the United States of America.   |
| 29      | 1793 | birth of Joseph Ressel, inventor of the propeller screw. He was denied the rights by the large ship builders of this invention but this screw, along with the steam engine, revolutionized the whole ship industry. |
| In June | 1937 | Inspired by folding chairs, Oklahoma grocer Sylvan Goldman introduced the SHOPPING CART.  |

## FATHER'S DAY

Tatinkovi darecek, k svatku pekny dame  
neb stejne jako maminku radi ho mame.

Vydelava penize, zivi nas a sati,  
ruce jeho mozolne - ctíme moji zlati

Proto tobe Tatinku pronasime prani  
ze Te velmi radi mame, nemas ani zdani.

Abys dlouho zustal zdravý, veselý a svezi  
Kez jen na Tve tvari stale usmev slunny lezi.

Best wishes and much happiness to all our Fathers.  
NAZDAR! EllenJeanne Schnabl

**Sokol Karel Havlicek Borovsky  
Ennis, Texas  
Celebrates 100<sup>th</sup> Anniversary**

Chuck Kalat – 100<sup>th</sup> Anniversary Planning Committee Chair

On the Weekend of April 18-20, 2008, Sokol Karel Havlicek Borovsky, Ennis, Texas celebrated its 100 year anniversary. The centennial celebration included a Friday evening reunion for past and present Sokol members and gymnasts. Almost 100 attendees participated in a large, interactive gym class and reunion photo. The rest of the evening was spent socializing – renewing old and forging new friendships and included refreshments, music, and karaoke entertainment. Sokol members returned to Ennis from Austin, Dallas, Ft. Worth, Corpus Christi, Houston, and as far away as Omaha, the Chicago area, Cleveland, and Baltimore to be a part of the celebration.

Saturday evening featured an elegant, catered banquet featuring a wine toast, delicious roast pork dinner, and anniversary cake. The banquet program featured a presentation of a "Centennial Days in Ennis" proclamation from the City of Ennis by Mayor Russell Thomas and remarks by U.S. Congressman Joe Barton. ASO 2<sup>nd</sup> Vice President Paul Lebloch made a presentation on behalf of the ASO National Executive Board. Cheryl Jarrett, Educational Director for the Gymnastics Association of Texas presented its 2008 "Pride of Texas" Award, given "in honor of our 100<sup>th</sup> Anniversary and for our promotion and love of gymnastics and a healthy active lifestyle for youth and adults". Other speakers included Bob Podhrasky, President of the Southern District of the ASO, and Larry Laznovsky, president of Sokol KHB. Larry Laznovsky was also honored

by the anniversary committee for his 28+ years of leadership as president of the Sokol unit in Ennis. He was presented an original artwork created by Sokol artist Rome Milan. The program also featured a DVD picture presentation showing some highlights of Sokol's rich history and honoring past contributors.

Entertainment included the Czechadees children's folk dancers, featured twirler Kindle Morris, and a hand balancing performance by members of Sokols Ft. Worth and Baltimore. The evening continued with dancing to the music of "Czech and Then Some".

The celebration weekend festivities concluded on Sunday with the Sokol's annual exhibition featuring 3-year old to 75+ year old participants in the various Sokol classes and presentation of membership awards for years of Sokol KHB membership ranging from 5 to 70 years. A delicious potluck lunch with BBQ preceded the exhibition.

The Sokol KHB 100<sup>th</sup> Anniversary Planning Committee would like to thank all the American Sokol districts, units, and individuals who recognized the significance of the 100 years of contribution to our community and helped to make our 100<sup>th</sup> Anniversary Celebration a huge success. We would like to thank all those Sokol supporters that sent messages and wishes for the 100<sup>th</sup> Anniversary Souvenir Book and especially those Sokols that traveled long distances to be with us.

**Sokol Cedar Rapids  
100 Year Building Bash  
June 28, 2008**

SOKOL Cedar Rapids began in 1872 by Czech immigrants bringing with them the SOKOL physiology of, "A Sound Mind in a Healthy Body," teaching gymnastics and the Czech traditions to all ages in our present building since 1908. Help us celebrate. Historical exhibit, building tours, Czech music, dancing and food.

For details, call Allene Pease 319-363-0335. email address: [tometalinc@imon.com](mailto:tometalinc@imon.com)  
SOKOL Hall, 417 3rd Street SE, Cedar Rapids, IA 52401

# STRATEGIC PLANNING - The Future of Sokol

The toll free phone number to call is (888) 284-7564, message code 22426.

Want to give you an update on our new Implementation Team that has met a couple of times. As you know, this team was to be made up of one representative from each district that would be in the know of what and how information and programs were going to be disseminated down to all the units and members. We still do not have representation from the Northeastern or Western Districts. Hopefully soon someone will step up to the plate but this team is going to move forward. Team members are Bob Podhrasky, Southern District, SPTF member and current team lead; Jerry Milan, Southern District, SPTF member; Jenny Polk, Central District, Rick Miller, Pacific District and Irene Wynnychuk, Eastern District. Right now they are concentrating on building their district implementation team so when they start rolling out programs or other information they have groups in place to help. This district team will also be responsible for providing feedback to the National team. Irene has already sent out emails to many of her district members regarding the three programs that have been approved and hard copies to Little Ferry. Tom Pajer, President of the Central District has been instrumental in helping to make sure all the units in his district has representation on the district team (so far 6 out of the 9 units have a representative). Tom and Jenny have already set a date in May with the new Executive Director for a meet and greet with their members, provide updates on what's happening with the teams and have a Q&A session. If you have not heard about either the National or District Implementation Teams and would like to help out, please contact Bob Podhrasky as pod@worldnet.att.net or your district representative.



The second message is on the Roll Call conferencing system. Please take the time to call in to (888) 284-7564, code 224246#. You can either listen to the first message for March or the April message by selecting 2 or 1 respectively. They do give you some playback features but I realize they say it so fast it hard to get it all. So hear they are for your future use: 1 - rewind 1 minute

- 4 - rewind 5 minutes
- 7 - rewind 20 minutes (won't need that as I keep message to fewer than 10)
- 2 - increase volume
- 5 - pause
- 8 - reduce volume
- 3 - fast forward 1 minute
- 6 - fast forward 5 minutes
- 9 - fast forward 20 minutes

My time as the Interim Strategic Plan Manager is quickly coming to an end. It has been my pleasure to work in this capacity for American Sokol.

Nazdar,

Maryann Fiordelis

Maryann Fiordelis  
Interim Strategic Plan Manager

# Teamwork Teamwork Teamwork



**2009 INTERNATIONAL  
SPORT &  
CULTURAL  
FESTIVAL  
JUNE 23-28  
FORT WORTH TEXAS**

**BULLETIN I  
MAY 15, 2008**

The Southern District of the American Sokol will be hosting the 2009 American Sokol Slet as part of the 2009 International Sport and Cultural Festival in Fort Worth, Texas. The event will take place June 23-28, 2009 and will include participation from USA Gymnastics, the Pan American Gymnastics Union as well as other sport and cultural groups. Participants from all over the world are expected to take part in the multi-sport and cultural activity.

**For the most up-to-date details visit [www.slet2009.com](http://www.slet2009.com)**

**Sokol Tabor held its 142<sup>nd</sup> Annual Exhibition on Saturday, March 8, 2008**

Wow – what a wonderful show! All gymnasts are to be congratulated for a job well done. This year we were honored to have the following guests in attendance - Consul Borek Lizec and Consul Katerina Kulhankova, from the Consulate General of the Czech Republic in Chicago, Bro. Larry Laznovsky, President, American Sokol and the Honorable Mayor of Berwyn, Michael A. O'Connor. Special thanks to all the parents for allowing your children to participate in the program - your support is greatly appreciated. Our theme for the evening was "Reach for the Stars". Sokol Tabor is fortunate to have such a devoted Board of Instructors who truly care for your children and encourage them to "Reach for the Stars" at every class. Their continued creativity and devotion to our Sokol organization is extraordinary. A special thank you to the talented Alan & Sharon Linhart, Loretta Merrill, Judi Soulides, Wilma



Swieciones, Peggy Tangney, Thomas Wurst and all instructors for creating such original and awesome props and costumes. Thank you Alan Linhart for the beautiful picture poster boards displaying all of our special numbers. Thank you to the United Moravian Society Dancers for providing an amazing ethnic dance for us to enjoy.

A wonderful time was had by all at the after party held in our lower hall. DJ Mario Mongello played our favorite tunes and the food, prepared by Mrs. Irena, was delicious. Thank you to our Ad Book and Exhibition Committees and to the officers and members of Sokol and Sokolice Tabor for making our Exhibition a success.

***First Class Boys & Women's Classes Pictured***



**Nazdar! Candace Short, Women's Physical Director**



# 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

## Good Luck and Happy Spring!

This time of year is hard because we are trying to wrap up the season in a positive light. Everyone is rushing to get routines and numbers learned and fighting the urge to “go out and play”. Well, why not do just that? For the warm-up take the class for a walk or light jog around the block or play 4 square at the end for a game. Get creative-you can even have a class project to beautify the gym by planting flowers and/or a Sokol Garden! Just remember, stay positive, have fun and get MOVING!! Enjoy the springtime weather!

Here are some positive sayings to help motivate you and your students. Some of these you can also use to inspire your athletes for competition. I found these from Successories Motivational Classics.

### *Achievement*

Unless you try to do something beyond what you have already mastered, you will never grow.

### *Dare to Soar*

Your attitude, almost always determines your altitude in life.

### *Positive Attitude*

A positive attitude is a powerful force-it can't be stopped!

### *Human Spirit*

Climb any mountain and believe without a doubt that you will succeed.  
This is the power of the human spirit.

### *Aim High*

More often than not, those who win believe they can.

### *Be the Bridge*

Problems become opportunities when the right people join together.

### *Attitude*

The greatest discovery of any generation is that a human being can alter his life by altering his attitude.

### *Excellence*

Excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skillful execution and the vision to see obstacles as opportunities

### *Contribute*

Great achievements are nurtured with the cooperation of many minds with a common vision working toward a common goal.

### *Believe and Succeed*

Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, “I will try again tomorrow”.

KP ;)

# Competition and Kids: It's Not About Winning

By Ted Villaire



Whether it's on the sports field, in the classroom, or out in the backyard, competition can provide kids with plenty of opportunities for having fun and learning new skills. As part of a sports team, for example, kids will likely learn about time management, self-discipline, and good sportsmanship. They'll also get in shape, spend time with friends, and learn that success can hinge upon how well they work with others.

While competition certainly has its perks, there can be a downside when winning and recognition become a child's only goals—thereby zapping the fun out of the activity. To help your child develop a healthy attitude toward competition, emphasize that enjoying an activity does not mean being the best at it and explain that you're not overly invested in who wins.

## **Emphasize fun...and effort**

The first priority when engaging in competitive activities—especially for kids ages 10 and younger—is having fun. "Younger kids are likely to lose interest in activities that are overly competitive," advises Susan Newman, a social psychologist and author of several books on parenting who teaches at Rutgers, The State University of New Jersey. To sustain younger children's enthusiasm when playing sports and games, toss out the scorecard and be ready to adjust the rules to fit the kids' abilities. In addition, Newman says, constant encouragement will help young children feel confident about their efforts. If parents emphasize fun and effort, kids will be less likely to make a fuss about winning and losing and more likely to continue the activity as they grow up.

As children get older, particularly at middle-school age, winning gains new appeal. Unfortunately, this newfound interest in winning prompts some kids to start dropping out of sports, observes Carleton Kendrick, a family therapist who is a featured expert on Family Education Network, an online resource for parents, teachers, and children. Kids often quit playing sports because they feel they can't satisfy their own or their parents' expectations. To prevent children from quitting sports altogether, "keep them playing sports they enjoy—if not in school or on [community] youth teams, then informally with friends," advises Kendrick.

Kids are more likely to stick with competitive activities and enjoy themselves if they don't have parents pressuring them. When discussing a competitive event involving a child, Susan Newman suggests, parents should keep the conversation general and refrain from addressing the child's individual performance or achievement. "When [a child's] performance is overanalyzed, it underscores the importance of winning," says Newman. "This is not the message you want to send." Newman recommends offering praise to a child whether he wins or loses, and keeping your enthusiasm in check when the child wins. If you're over-excited when your child wins, Newman explains, he may perceive you're disappointed when he loses.

## **Provide excellent role models**

A child's individual personality will determine much of his attitude toward competition, but the adults in his life have a profound effect, too. Regrettably, some coaches and teachers serve as poor role models for kids when they compete. If your child's coach is encouraging the team to be overly aggressive on the field, Christine Ziegler, a psychology professor at Kennesaw State University in Georgia, suggests that you contact the league or the school administrators and let them know your child will be removed from the team if the atmosphere does not improve. "Parents have choices about what programs they want their kids to participate in," Ziegler says. "There are usually several options available."

If a child becomes angry or depressed when he loses, or if he attempts to cheat, tries to change the rules of the game, or refuses to play if he's losing, it's likely that the child has too much invested in winning. While you may identify factors outside the home that contribute to this behavior, more often kids pick up an obsession with winning from their parents. "If kids are overly competitive, parents need to look at how they may be unknowingly promoting the idea of winning as the most important thing," says Ziegler. "Parents should ask, 'What am I doing that may be misinterpreted?'"



### **Discuss the conduct of others**

Whether you're attending the school science fair or watching a professional baseball game, Susan Newman advises you to be on the lookout for opportunities to talk about examples of good and bad behavior surrounding competition. "When you see another child throwing a tantrum or misbehaving on the field before, after, or during a game, point it out." After you get home, Newman says, "Ask your child, 'Did you see that kid throwing his bat? That's dangerous.'" Also, when discussing inappropriate behavior, ask your child to think of a better way to respond to that particular situation, suggests Newman.

### **Involve children in cooperative activities**

Many parenting experts believe that children's activities focus too much on competition and too little on cooperation. They contend that cooperative activities such as playing music together, collaborating on science or art projects, playing games in which the goal is working together, and any number of other teamwork-oriented pursuits build valuable skills for kids. "Competition is important, but so is cooperation," says Christine Ziegler. "At times, a group's goals are more important than an individual's goals. Successful adults have learned that there is a time to compete and a time to cooperate."

Cooperative activities, says Ziegler, are ones that require participants to coordinate their efforts for a common goal. In noncompetitive activities, however, the goal is performing a particular task—whether it's bicycling, playing catch, swimming, or climbing on the monkey bars—rather than competing against another person. Ziegler says cooperative and noncompetitive activities and games are essential for all kids, but especially for those kids who are overly fixated on competition. Young children who generally have a hard time understanding winning and losing may gravitate toward these activities, as will kids who become frustrated and distressed and develop feelings of inferiority in highly competitive environments.

Above all, kids should learn to treat everyone with courtesy and respect whether they win or lose. Ideally, while engaged in competition, a child will learn that winning isn't important; what is important is putting forth the best effort possible. Then, as the child grows older and realizes that sustained effort leads to improved performance, she'll learn to compete against the worthiest opponent of all—herself.

\*\*\*\*\*

As I am learning personally with my own children-communication is the key! Talk to your children about how they should act in certain situations. Role play, ask them questions and let them know you are there for their concerns and questions. If you are available you are setting a precedence for them now as well as in the future. KP ;)

## The Olympic Games-

Are you ready? The summer games will be held in Beijing starting August 29<sup>th</sup>. What is the most watched sport during the Olympics? You guessed it- **GYMNASTICS!**

Here is a short excerpt from the Beijing website about the gymnastics events-

A perfect fusion of athletics and aesthetics, gymnastics ranks among the defining sports of the Olympic Games. Mixing strength and agility with style and grace, the high-flying acrobats have provided many of the most breathtaking Olympic spectacles of the past quarter-century.

Nadia Comaneci's perfect 10 score at the 1976 Montreal Games, the first ever awarded, remains the high-water mark for most gymnastics fans. The 14-year-old Romanian achieved the seemingly impossible seven times in Montreal, a feat so unexpected that the scoring technology was set up for only three digits. Her 10.00s were displayed as 1.00.

Gymnastics has a long, proud history. The sport can be traced back to ancient Greece, where such skills featured in the ancient Olympic Games. Ancient Rome, Persia, India and China practised similar disciplines, mostly aimed at preparing young men for battle. The word itself derives from the Greek word gymnos, meaning naked - dress requirements for athletes in those days were minimal, to say the least.

# Scoring High

From Gymbrooke Gymnastics-

## In Helpful Hints and Tips For All Gymnasts E-Newsletter

Of course, we all know that the most obvious component is hitting your routine, meaning each skill is completed smoothly and without falling.

Unfortunately, it's not enough to "just do a clean routine" if you want to get 9.00's or above from the judges. What the judges are looking for in a 9+ routine is a special spark. Every move, even those little insignificant gestures on beam, needs to be sharp and show that you're confident.

I saw many routines where the gymnasts simply went through the motions of their routine, without that "spark" aforementioned. Often, people underestimate the essential component of having an attitude that tells the judge, "Look at me! I'm confident at what I'm doing, and I'm having fun!" Now, while that may sound cocky or stuck-up, it's what the judges are looking for in a nine-worthy routine.

What does a confident routine look like? Especially on beam and floor for the girls, it means having sharp and sure movements, a smile on your face, keeping your chin up, straight legs, and extension all the way through your fingers and toes. If all these components are present at the same time, it will leave a positive impression on the judges. (Even if you didn't do as well as you would have liked, keeping a good attitude throughout and after your routine may save you a couple tenths.)

And this confidence comes from many repetitions in practice. When you've practiced well and to your full potential, you know that's the best of what you're capable of, and that should give you reason to be confident. Of course, we can't be sure of everything we do all the time, so once in a while you may have a new skill you haven't quite mastered, or one that's been giving you trouble. But even so, you shouldn't let that take away from confidence from the rest of the routine.

So, if you've been hitting your routines, but are wondering why your scores are only in the mid-eight range, have someone carefully evaluate your routine, or even better yet, have someone videotape your routine, and see what you can do add a little "sparkle" to it.

Remember, have fun, and good luck!

-Remember, you can only score high if you PRACTICE! Concentrate on straight knees and pointed toes-extend from your fingertips to your toe nails! You should visualize your routines in your head and practice physically to perfection. If you believe in yourself you can go farther than you ever dreamed! KP ;)

# Central District Rhythmic Gymnastics "Instructors School"



Sunday, July 13  
and  
Sunday, August 24



## Schedule of Events:

9:00-11:00 a.m.	Beginner Rhythmic Instructors School (We will cover instruction for each apparatus, the new Basic Skills Testing for 1 <sup>st</sup> class girls and older, and additional rhythmic skills for Tots classes.)
11:00-11:30 a.m.	Level 3 Hoop Clinic (August 24 ONLY)
11:30 a.m.- noon	Level 4 Hoop Clinic
12:00-12:30 p.m.	Break for lunch (bring your own)
12:30 - 1:30 p.m.	Level 5 Hoop Clinic
1:30 - 2:30 p.m.	Level 6 Hoop Clinic
2:30 - 4:00 p.m.	Level 7 Hoop Clinic (Compulsory and Optional)

All Sokol instructors are invited! Identical information will be presented at each date, so plan on attending either July 13 OR August 24. Instructors School and Clinics will be hosted by Sokol Chicagoland at Elite Sports Complex, 6360 S. Belmont, Downers Grove.

To RSVP or if you have any questions, email Beth McCloskey at [rhythmicbeth@yahoo.com](mailto:rhythmicbeth@yahoo.com).



## Sokol Minnesota Receives Award

*From the Sokol MN SLOVO May 2008*

The American Heritage Preservation Commission (HPC) and the St. Paul Chapter of the American Institute of Architects has awarded Czech & Slovak Sokol Minnesota its **2008 Organizational Award for Community Education** for enhancing and celebrating St. Paul's cultural resources. This 18<sup>th</sup> annual award was presented to Sokol's BOD on May 13. The St. Paul HPC was created by city ordinance in 1976 to protect and promote the heritage of the City of St. Paul and became a Certified Local Government (CLG) in 1985. The citizen board is charged with protecting the City's historic resources. The Commission consists of thirteen members who are residents of St. Paul appointed by the Mayor with the advice and consent of the City Council. One of the members is a representative of the Ramsey County Historical Society, and at least three of the members are registered architects.

## DISTRICT AND UNIT ROSTER INFORMATION

This information is taken directly from the Official Records. If your listing is incorrect, please contact Jean Hruby at 630-368-0771 or email to ASO@American-Sokol.org. Remember - Current Roster information should be sent to American Sokol immediately following your annual meeting and with each Quarterly Membership Report. Thank you for your assistance in keeping our records up to date.

### CENTRAL DISTRICT

C/O Sokol Brookfield,  
3909 Prairie Ave.  
Brookfield, IL 60513  
President, Barbara Kucera  
Financial Secy, Meribeth Tooke  
Wos. Director, Lynda Bazata  
Men's Director, John Bazata

#### Sokol Ceska Sin

216-228-0027

4314 Clark Avenue, Cleveland, OH 44109

President Rick Smetana  
Vice-President Dale Kotlan  
Financial Secy. Pat Young  
Wos. Director Nadia Nakonecznyj  
Men's Director Don Kotlan

#### Sokol Chicagoland

630-852-3476

6360 S Belmont Ave, Downers Grove, IL 60515

President Mary Ellen Newsom  
Financial Secy. Andrea Scheirer  
Wos. Director Sally Bukovsky  
Men's Director Matt Kocek

#### Sokol/Sokolice Milwaukee

414-321-2637

Norway House, 7567 W Oklahoma Ave,  
Milwaukee WI 53219

President Jerome H Zelenka Sr  
Vice-President John Kozlik  
Financial Secy. Marcella Wenzel  
Wos. Director James Hron Jr  
Men's Director James Hron Jr

#### Sokol Naperville

630-717-1631

4401 Fender Rd., Lisle, IL 60532-3625

President Lynda Filipello  
Vice-President Judy Vierke  
Financial Secy. Karen Kucera  
Wos. Director Barb Kucera  
Men's Director Bob Kucera

#### Sokol Spirit

708-485-9663

3909 S. Prairie Ave, Brookfield, IL 60513

President John Bazata  
Vice-President Meribeth Tooke  
Financial Secy. Karen Frank  
Wos. Director Lynda Bazata  
Men's Director John Bazata

#### Sokol St Louis - Gymnastic Assn. Sokol

314-752-8168

4690 Lansdowne, St. Louis, MO 63116

President Mary Ann Sulz  
Vice-President Nancy Rericha  
Financial Secy. Marcella Milcic  
Men's Director Nancy Beasley  
Women's Director Heather Beasley

#### Sokol Stickney

708-788-9828

4131 S. Home Avenue, Stickney, IL 60402

President Rich Vachata  
Vice-President Leo Tirva  
Financial Secy. Audrey Austrevich  
Co-Wos. Director Patti Vondra  
Men's Director Paul Koc

#### Sokol Tabor - Men

708-387-1585

1602 S Clarence, Berwyn IL 60402

President Joe Placek  
Vice-President Michael Mc Gill  
Financial Secy. Mike Kulhanek  
Wos. Director Candace Short  
Men's Director Ken Fron Sr

#### Sokolice Tabor - Women's

708-387-1585

1602 S Clarence, Berwyn, IL 60402

President Joan Curran  
Vice-President Juanita Logiudice  
Financial Secy. Val Husak  
Wos. Director Candace Short

#### Sokol Town Of Lake

773-779-1272

C/O M. Mentzer 11358 S Hamlin, Chicago IL 60655

President Janice Devalk  
Vice-President Ray Hemzacek  
Financial Secy. Vlasta Stribrny  
Wos. Director Michael Dropka  
Men's Director Michael Dropka

## EASTERN DISTRICT

212-861-8206

420 East 71st St., NY, NY 10021

President, Bohus T. Bata

I Vice-President, Irene Mergl

Wos. Director, Carrie A. Baker

Men's Director, Joseph Balogh

### Sokol Baltimore

410-276-9798

P. O. Box 4126, Baltimore, MD 21205-0126

President Bohus T. Bata

I Vice-President Ann C. Huber

Financial Secy. Frank H. Huber

Wos. Director Carrie A. Baker

### Sokol Curtis Bay

410-859-0723

634 Timothy Dr, Linthicum, MD 21090

President William Zaruba

Vice President James Blahut

Financial Secy. Norma Zaruba

### Sokol Little Ferry

201-641-3330

14 Garden Street, Little Ferry, NJ 07643

President Nancy Chlodnicki

Vice President Joyce Nasta

Financial Secy. Al Glaser

Wos. Director Nancy Chlodnicki

### Sokol New York

212-861-8206

420 E. 71st Street, New York, NY 10021

President Norma Zabka

Vice President Irene Mergl

Financial Secy. Myrtle Doubek

Wos. Director Donna Sbriglia

Men's Director Brian Flaherty

### Sokol Philadelphia

President Ronald Jaros

Vice President Patricia Jaros

Financial Secy. Richard Swanker

Wos. Director Patricia Jaros

Men's Director Ronald Jaros

### Sokol Washington, D.C.

703-759-1500

8808 Old Dominion Drive, Mclean VA 22102

President Miroslav Neovesky

Vice President Anthony Bartos

Financial Secy. Tibor Bartalos

Men's Director Pavel Klein

## NORTHEASTERN DISTRICT

c/o Sokol Greater Cleveland

4939 Broadway Ave.

Cleveland, Ohio 44127

President, Mary Cushing

Vice President, John Dusek

Wos. Director, Maryann Fiordelis

Men's Director, Howard Wise

### Sokol Detroit

313-278-2558

23600 W. Warren, Dearborn Hgts., MI 48127

President Renata Greene

Vice President Carol Brandon

Financial Secy. Carolyn Sabados

Wos. Director Maryann Fiordelis

Men's Director Martin Eisenstein

### Sokol Greater Cleveland

216-883-0675

4939 Broadway Ave., Cleveland, OH 44127

President John Dusek

Vice President Marie Hibler

Financial Secy. Geri Sliva

Wos. Director Jane Wise

Men's Director Howie Wise

## PACIFIC DISTRICT

559-299-5807

113 2nd St, Clovis, CA 93612

President, Cheri Riddle

Vice President, Tim Kis

Wos. Director, Lynn Miller

Men's Director, Richard Miller

### Sokol Fresno

559-299-5807

113 2nd St, Clovis CA 93612

President Helen Holecek

Vice President Larry Duba

Wos. Director Cheri Riddle

Men's Director Richard Miller

### Sokol Los Angeles

C/O Tim Kis, 20929 Franwood Dr,  
Saugus CA 91350

President Tim Kis

Vice President Don Hauser

Financial Secy. Lillian Roter

Wos. Director Libby Pelc

Men's Director Otto Notzl

### Sokol San Francisco

PO Box 4006,  
Menlo Park, CA 94026-4006

President Frank Dlask

Vice President Georgina

Teyrovsky

Financial Secy. Paul Burda

Wos. Director Ivanka Linhart

Men's Director Peter Linhart

## SOUTHERN DISTRICT

P.O. Box 205, Ennis, TX 75120

President, Robert Podhrasky

Vice President, Larry Laznovsky

Financial Secy., Mary Steinman

Wos. Director, Lori Laznovsky

Men's Director, Rome Milan

### Sokol Corpus Christi

361-854-8423

PO Box 7847, Corpus Christi TX 78467-7847

President Jerry Sijansky

Vice President Wilber Hermis

Wos. Director Cynthia Duff

### Sokol Ft Worth

817-237-5181

6500 Boat Club Rd, Ft Worth, TX 76135

President Jerry B Milan

Vice President Darrell Williams

Financial Secy. Jeanne Mason

Wos. Director Melissa Dunlap

Men's Director

### T. J. Sokol Houston

713-861-2828

1314 West Patton, Houston, TX 77009

President Charlie Petrzelka

Vice President Tony Thayer

Financial Secy. Ronnie Merecka

Wos. Director Claudio Carugati

Men's Director Claudio Carugati

### Sokol Karel Havlicek Borovsky

PO Box 205, Ennis, TX 75120

President Larry Laznovsky

Vice President Bill Snodgrass

Financial Secy. Sylvia Laznovsky

Wos. Director Stephanie Lager

### Sokol Karel Havlicek Yukon

405-324-8073

10312 Sunnymeade Pl, Oklahoma City OK 73120

President Mary Polasek

Vice President Nick Pivrnec

Financial Secy. Mary Polasek

Wos. Director Elaine Benda

### Sokol West

254-826-3381

1203 N Davis, PO Box 124, West, TX 76691

President Wade Durbin

Vice President Marybeth Dulock

Financial Secy. Lil Matus

Wos. Director Amy Jackson

Men's Director Mary Beth Dulock

### Sokol Zizka

214-368-5608

7448 Greenville Ave., Dallas, TX 75231

President Robert Podhrasky

Vice President David Podhrasky

Financial Secy. Bertha Podhrasky

Wos. Director Tricia Hambrick

Men's Director Joe Ehrenberger

## WESTERN DISTRICT

402-346-9802

Sokol Omaha - 2234 S 13th St, Omaha NE 68108

President, Gary Masek  
Vice President, Joseph Kohout  
Financial Secy., Jolene Dalton  
Wos. Director, Allison Gerber  
Men's Director, Allison Gerber

### Cedar Rapids

319-362-1632

417 3rd Street, S.E., Cedar Rapids, IA 52402

President Frank R. Edmunds  
Vice President Bruce Marolf  
Financial Secy. Marj Nejd  
Wos. Director Leah Woodward  
Men's Director Kevin Sindelar

### Sokol Crete - Men

402-826-9922

C/O Lester Bruns, 1705 Ivy, Crete, NE 68333

President Bruce Cerny  
Financial Secy. Devon Jurena

### Sokolice Crete - Women

402-826-9922

12th & Norman, Crete, NE 68333

President Theresa Vernon  
Vice President Tonya Brown  
Wos. Director Theresa Vernon

### Czech & Slovak Sokol Minnesota

651-290-0542

383 Michigan Street, St. Paul, MN 55102

President Joe Landsberger  
Vice President Jay Fonkert  
Financial Secy. Nancy Imbrone  
Wos. Director Alisa Holibush  
Men's Director Norman Petrik

### Sokol Omaha, Inc.

402-346-9802

2234 S 13th St, Omaha NE 68108-1029

President Gary Masek  
Vice President Dan Rannells  
Financial Secy. Doreen Raur  
Director Tina Valentine  
Asst Director Gary Masek

### South Omaha

402-731-1065

2021 U Street, Omaha, NE 68107

President Thomas Barber  
Vice President Karel Foreman  
Financial Secy. Connie Barber  
Wos. Director Sandy Benak  
Men's Director Bud Benak

### Sokol Wilber

402-821-9905

317 S. Wilson, Wilber, NE 68465

President Brian Florian  
Vice President Lawrence Roesler  
Financial Secy. Joni Oliver

## 85th Annual Cesky Den July 13, 2008 - DTJ Farm Taborville, Auburn Township Ohip

Several musical groups and brass bands will play for entertainment and dancing, including the Sokol Greater Cleveland Concert Band, the Swinging Bavarians, the Bill Hronek Czech Band; Joe Hanslik & Don Hunt Combo; and Frank Morvacik. Music from 11am to 7pm.

Pork, Sauerkraut and dumpling dinners, tripe soup, grilled wieners and goulash dinners are some of the featured Czech foods available. Dinners are served from 11am.

Admission is \$5 and all proceeds go towards supporting three Czech cultural centers: Bohemian National Hall, home of Sokol Greater Cleveland, Ceska Sin Sokol, and the DTJ Pavilion in Taborville.

For Additional information contact festival Chairman,  
Richard Smetana at 330-722-5474 or  
Bruce Marek 440-543-8494.



PERIODICAL

9126 Ogden Avenue  
Brookfield, IL 60513



CSA Fraternal Life offers an excellent portfolio of affordable life insurance and retirement annuity plans. As a fraternal Society, CSA also offers member benefits that give added protection.

CSA has recently introduced **Final Expense** insurance plans that are now available. **Final Expense** insurance is affordable, permanent whole life insurance designed to pay down immediate expenses, such as medical, funeral and other legal costs, incurred when a loved one passes.

Our dedicated sales professionals are available to assist you. Please contact Roberta at 800-LifeCSA (800-543-3272) or visit our website [www.CSAfraternalLife.org](http://www.CSAfraternalLife.org) to learn more about our Partners in Planning — Partners in Life commitment.

## Advertise with American Sokol

Reach over 4,000 people of Czech and Slovak decent.

¼ page \$200  
½ page \$300  
Full Page \$500

To place your ad, contact Jean Hruby at the National Office, 708-255-5397 or email [JeanHruby@American-Sokol.org](mailto:JeanHruby@American-Sokol.org)

Weber Travel Agency  
Worldwide Travel

(800) 886-7012 ♦ [jrabas@webertravel.com](mailto:jrabas@webertravel.com)

## Consider a Sales Career with **wfla**

Health Insurance Pension Up To 120% on Whole Life

Call or Email us today! Rudy A. Pino [info@wflains.org](mailto:info@wflains.org)

Licensed in: CA, CO, IL, IA, KS, LA, MI, MN, NE, ND, OH, OK, OR, SD, TX, WA, WI

western fraternal life association 1900 First Ave. NE, Cedar Rapids, IA 52402 1-877-WFLAINS