



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

The gym is on the right hand side - this is after the water level had lowered 12 inches

Dear Brothers, Sisters and friends of American Sokol,

By now, I'm sure you're aware of the devastation that has struck Sokol Cedar Rapids during the horrendous June flood. However, you may not be aware that Sokol Crete was hit hard as well – not by flooding – but during the times of turbulent weather with high winds and tornadoes. We do not have photographs of the damage to Sokol Crete, but within these pages, you will view extremely sad photos of the flood damage to Sokol Cedar Rapids, as well as the Czech Village and the National Czech & Slovak Museum.

An account has been established at the Village Bank in Cedar Rapids to receive donations towards the **Sokol Cedar Rapids Flood** damage.

Make Checks Payable to: *Sokol Cedar Rapids Flood*

If you would like to donate toward repairs to the roof at Sokol Crete:

Make Checks Payable to: *American Sokol Crete Roof Fund*

Mail Checks to: *American Sokol National Office
9126 Ogden Ave
Brookfield IL 60513*

If you would like to **wire transfer** money, please contact Jean Hruby at the American Sokol Office to obtain routing information. If you would like any other information, please call the American Sokol Office @ 708.255.5397.

All donations are appreciated.

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

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 Mailed submissions cannot be returned. Digital photos must be in .jpg, .tiff, or bmp format

Calendar of Events



JULY

In July	Sokol Washington Soccer Tournament & Pig Roast
4	Independence Day
7-21	ASO Instructor School at Sokol Gr. Cleveland
13	Sokol Gr. Cleveland 85th Annual Cesky Den at DTJ Farm
19 & 20	Sokol Detroit Czech & Slovak Ethnic Festival
20	ASO Instructor School Exhibition & Graduation Program - Sokol Gr. Cleveland
27	Czech American Congress Picnic - Brookfield, IL
27- Aug 3	National Summer Camp at Sokol St. Louis

AUGUST

2	Sokol Gr. Cleveland Golf Outing
8-10	Sokol Woodlands Annual Clambake Weekend
9	Sokol Detroit Grand Slam of Golf
10	Sokol Minnesota Camp Booya
16-24	Sokol Washington Summer Camp
24	Sokol Milwaukee Picnic
31	Sokol Detroit Camp Meeting & Pancake Breakfast

SEPTEMBER

In Sept	Sokol San Francisco Picnic
5-7	ASO Campout - Warren Dunes State Park See ASO Website for Details
6	Sokol Detroit Grape Festival - Sokol Camp
18-20	Sokol Detroit Rummage Sale
21	Sokol MN Czech & Slovak Fall Festival

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

Last issue's Rosters were incorrect - watch for reprint in July.

Update from ASO Executive Director – Greg Harris

(Note – this was written and submitted prior to the devastation to Sokol's Cedar Rapids and Crete.

Hi Everyone,

I have been here for about a month now, and what a busy month it has been! I have been overwhelmed with the kindness, generosity, friendliness and camaraderie of Sokol! The warm welcome I have received from everyone has made me feel like I have been a part of Sokol for a long time.

I thought I would use this column to introduce myself, keep everyone up to date on exciting things that are happening, and to let you all know that I welcome your constructive thoughts and ideas for programs, projects, fund raising ideas, etc. Member input will be very helpful in the process as we move ahead with the Strategic Plan and new program implementation.

Now, a little about me: I am originally from St. Louis and I have been in non-profit management for over thirteen years, for a number of Museums. Prior to that, I was in high-end retail management and training, was the Office Manager for a home health care company, ran a cable television company, and was a trouble shooter for a brokerage firm. I have also been on the Board of Directors for two non-profits (one of which I helped start) and was on the grant review team for the Institute of Museum and Library Services in Washington, D.C.

I have been a resident of Chicago for the past three years, recently moving back from Washington, D.C. where I was working for the past two. I am very happy to be back home in Riverside, IL. My commute now takes all of 3 minutes unless I get stopped by a train!

I am very excited to be a part of American Sokol. The Strategic Plan that we are beginning to implement is the fourth strategic plan of which I have been a part. The strategic planning process is a very long, very time intensive process and I have to say that the Strategic Planning Task Force has done an excellent job with the plan for Sokol. It is very well thought out, very clear in its message and will be easy to implement. It is the perfect springboard to take this organization through the next three to five years. Each section of the plan really allows for creativity with new program ideas, community outreach, engagement of our younger members, etc., and has all the tools we need to start moving into the future. It also allows us to measure the success of our Units, and programs, along the way to see what is working and where additional work will be needed.

As you can imagine, the past 3+ weeks have been pretty darn busy. Here are a few things I have been doing:

- I have attended nearly every strategic planning team conference call (4-5 per week).
- I attended Chicago Sokol Days on May 18th.
- I attended the Central Division meeting on May 10th.
- I attended the wreath laying ceremony and "T.G. Mazaryk Lecture on Democracy" with Sokol at the University of Chicago on May 13th.
- I wrote (with the help of a few new friends) and submitted a \$100,000 grant application based on our new American Red Cross program (submitted on May 19th for May 20th deadline).

I plan to visit as many Districts, and/or Units, as I can this year. I am planning to attend a different District meeting each month and I look forward to meeting as many of you as I can. While I am in your area, please let me know how the national office can assist you.

The future of Sokol is in all of our hands and I know we can have another, very successful, 143 years if we all work together as the caring, cohesive, national organization of which I am proud to be a part!

Nazdar!
Greg Harris
Executive Director

Sokol Cedar Rapids Sustains Terrible Damage from Flooding in June

The following updates were sent by Sis. Allison Gerber during the flooding to keep us informed...

June 16

I am overwhelmed with your concerns and prayers. Thank you from the bottom of my heart. We are still at a standstill here. They are not allowing anyone to enter the premises until it has been inspected by a Strike team consisting of electrical, gas, hazmat, fire and a couple of other experts. They are listing those properties that do get inspected today at 4 and you may enter tomorrow thru checkpoints.

By the photos I have seen on the TV, on Friday the water line was 8 - 12 inches from the top of the hall's front doors. So I would say somewhere in the 6 - 7 foot deep range.

Then yesterday, as the water subsided, another photo showed that one of the front door window panes is broken and perhaps the side pane next to it. But this is nothing compared to damage that some of the other buildings in the area have. Some places the whole front portion of their building is gone. It's down to the studs.

I can only imagine that our basement is completely full of water and I learned the crew plugged the drains on Wednesday night to avoid the water coming up. Sooo - well you can imagine what I'm imagining. You could say we have our pool back!!!! (CR used to have a swimming pool in the basement if you didn't know)

Once we can get in, there won't be any electrical power for the downtown area as a generator in the basement of Alliant energy is down. This is only two blocks away, and it got flooded also. They have hauled in another, but are saying it could be days or weeks before power is restored.

Again, from what I have seen on TV, it looks like the Czech Museum has been draining as you can now see the entire building. It was either this or the art museum downtown that they were allowed in to remove a couple semi loads of items. I'm sorry, I've been glued to the TV for a couple of days and my brain is overflowing.

I'll keep you informed and AGAIN THANK YOU

June 18 (news from Allison relayed by Jean Hruby)

Current condition:

Front door and windows are broken. The Taylor shop (part of the building) - that held all memorabilia - window is broken and everything in it is now on its way down the Mississippi. In the Lobby, large debris - (tables, etc.) were blocking the front door...she (Allison) had to climb over the large debris to get into the building. The gym door - all locks are jammed and bowed out about 6 inches. They had to break in to get into the gym. Making her way to the balcony, as you look down, it appears as if King Kong entered the building and simply destroyed the whole thing.

There is black soot covering the entire floor down, the wood floor is severely rippled, the bad odor cannot be described. They had a piano in the basement - which they brought to the second tier of the stairway (expecting it to be out of harms way) --- it was carried by the flood waters all the way up into the gym and toward the front door. There still was 6 feet of water in the basement last night. There is a void between the ceiling and the gym floor that is now completely filled with the contaminated soot from the flood waters. Apparatus had been lifted and left thrown all over the building...the tension uneven



Sokol Cedar Rapids - Flood Line on Gym Doors



bars had debris all twisted in the wires – condition of the apparatus does not look good at the current time – and may not be salvageable. Mats certainly have been contaminated by the waters.

What is happening now?

They have hired a company to pump the rest of the water out of the basement. They are in the process of talking to the “clean up crews/companies” – to quote and begin power spraying and do initial clean up. They are assessing the structural damage, if the building can be renovated or if it needs to be taken down. (If any of the beams and structure has been bowed too much or if the void in the floor can't be cleaned out...etc)

The Consulate Office in Chicago is working on obtaining assistance from the Czech government for these relief efforts as well as the Czech Museum and the Czech Village. (No guarantees – but it is the request that is first being made)

What is needed?

Cleaning Supplies! – (all of the local stores and suppliers are sold out of things like buckets, masks, rags, cleaning fluids, mops, etc)

Man Power – depending on the structural answer, they will need people to sort through dishes, items that can be saved, and to possibly help tear down plaster, carry appliances out to the trash, and of course people to clean.

Money – Mentioned on Pg. 1. If you have any friends or companies that you send this information too, it would be greatly appreciated.

Sokol Support – I think that Sokol Cedar Rapids is overwhelmed that so many Sokol members and friends of Sokol members are showing their support. Many people who just know of Sokol or are friends of Sokol have been offering assistance. This is great!

The Amazing part of this story...

The life size Tyrs Statue did not move. He stood strong through the whole ordeal! The Charter was found and had been protected in its



casing – that it can be salvaged! And Their Olympic gymnasts uniform (Rudolf Novak) – was found – dirty and wet – but is currently at the cleaners!

So --- a few of the most treasured things seemed to mysteriously remain. I hope this means that Tyrs was watching over them and standing guard – indicating that the gym will be staying there for many years to come! Let's just hope and pray that is the case.

Note: Sokol Cedar Rapids was to have held their 100-Year Building Bash on June 28 and had many items out in preparation.



Warping of Gym Floor

June 23

On Saturday, a wonderful crew helped pull out the debris from the gym floor, barber shop and what we refer to as the taylor shop. We filled up a large dumpster in 1/2 hour. Then we just started putting the

mats and such on the curb. We broke down the apparatus, carried them out to the alley where we power washed it down; WD 40'd the joints and am storing the bases in a POD.

The gym floor and sub floor need to be removed. We removed about a 6th of it. And with the basement ceiling being removed as well, we're going to have one BIG hole. We have hired a contractor to take over from here. They will finish removing the gym floor and sub floor

They will get air and lights into the basement. Clean up some of the muck on the floor. Get rid of all the debris - then they'll be stripping the basement walls down to the cement blocks. This will include removing the kitchen cupboards and cabinet. They will also remove the paneling and plaster from the lobby area, barber

shop, and taylor shop. All doors need to be replaced. Along with some of the steps that are made out of wood. Then they will seal up the building and super dry it for 4 - 5 days. Then they clean and sanitize. Should take 10 - 15 days they said.

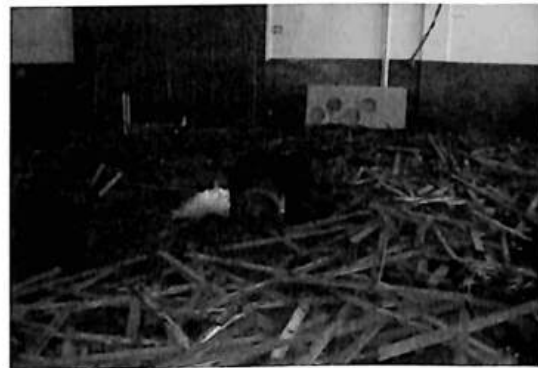
They predict somewhere around \$100,000.00

We'll have to call a unit meeting to see what our membership wishes to do about restoring it, but it will not have to be torn down unless the city inspectors find something we can't see. We're hanging in there. Tyrs has been moved to the second floor where he can overlook the process!

June 27:

I met with the contractors last night and our worst fears have come true - as if they could get any worse - mold has been detected on the main support-beam structure of the entire first floor. As these are made out of 'native' wood - which is a highly condensed wood, the mold was not able to penetrate the wood; instead it multiplied by spreading on the surface. The removal process includes a spray to remove it, 4 or 5 more days of drying by their equipment which requires fuel, an inspection by a "certified" official, and if it passes - a coat of sealant. If not - we repeat the process.

This was all discovered - as they have done a remarkable quick job in removing the ceilings in the basement. Little did I know this last one was the 3rd ceiling to be installed. They have broken thru some inner walls to the shops on each side for ventilation and because of wet plaster. Gives you a sense of what it might have looked like as they were building the hall.



We are still having difficulties in getting the first dumpster picked up and am now occupying the sidewalk and half of the city street with equipment, trash, and a dumpster from another company. The pile of trash never seems to go away.

Electrical power is still off in the 'grid' we are located in. Our electrician is on call to stop by to inspect - had to wait till the basement floor was dry - and give his ok to the city, so we'll have power when the grid is turned on.

We're planning a unit meeting on the 7th to let the members know what's been done, what needs to be done, and discuss what we do next?

I am hoping for a quiet weekend to get some paperwork done.



SOKOL CRETE – Roof Damage from June Storms

Update from Br. Bruce Cerny

The Crete Sokol Hall which is on the National Historic Registry, recently suffered severe damage to the roof above the stage. Pieces of the roof above the stage (that were torn off) damaged the roof above the main hall. We have been working desperately every night since the first storm to replace this section of the roof above the stage because underneath is where all of our original curtains and backdrops are stored. Up until recently we had been raising funds to replace the roof above the main hall, unfortunately we had to spend those funds on materials to repair the storm damage to the roof above the stage. This was a large set back for us, and at this time we are accepting donations for the roof above the main hall.

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

Congratulations to all who participated! Here are the top three places in each division.

CENTRAL DISTRICT COMPETITION RESULTS

Place	Name	Unit	AA Score
Division: Girls (6-7) Level: Novice			
1	Elizabeth Campbell	Spirit	52.150
2	Kayla Johnston	Spirit	51.750
3	Rachel Lamont	Spirit	51.300
Division: Girls (6-7) Level: 1			
1	Payton Elliott	Stickney	51.200
2	Lucy Martinez	Tabor	51.150
3	Marilette Wentzel	Naperville	50.950
Division: Girls (8-9) Level: Novice			
1	Ruth Hruska-Kelley	Spirit	53.600
2	Marcella Bilotto	Stickney	52.550
3	Julia Luczak	Stickney	52.000
Division: Girls (8-9) Level: 1			
1	Amy Kucera	Spirit	53.550
2	Divya Jasthi	Naperville	51.600
3	Karina Saucedo	Tabor	51.500
Division: Girls (8-9) Level: 2			
1	Kristin Yuan	Spirit	52.600
Division: Girls (8-9) Level: 3			
1	Jessica Vierke	Naperville	51.900
2	Carrie Stoen	Naperville	49.850
Division: Girls (10-11) Level: Novice			
1	Ashley Nunez	Stickney	52.900
Division: Girls (10-11) Level: 1			
1	Elisabeth Klain	Stickney	52.850
2	Viona Lugo	Naperville	51.800
3	Hayley Prena	Spirit	51.600
Division: Girls (10-11) Level: 2			
1	Laura Meza	Tabor	51.950
Division: Girls (10-11) Level: 3			
1	Vanessa Fron	Tabor	51.700
2	Beatrice Makdah	Spirit	50.800
3	Carissa Campbell	Spirit	50.600
Division: Girls (10-11) Level: 4			
1	Katie Vondra	Stickney	53.450
2	Allison Yuan	Naperville	51.250

Place	Name	Unit	AA Score
Division: Girls (10-11) Level: 5			
1	Kaitlyn Barcal	Spirit	42.950
Division: Girls (12-13) Level: Novice			
1	Carrie Boike	Stickney	53.000
Division: Girls (12-13) Level: 2			
1	Kayla Noffsinger	Tabor	52.950
2	Baylee Hussain	Tabor	51.550
Division: Girls (12-13) Level: 3			
1	Clair Fron	Tabor	51.950
2	Xena Ferrera	Stickney	51.900
Division: Junior Girls (12-14) Level: 1			
1	Tara Luczak	Stickney	52.200
Division: Junior Girls (12-14) Level: 3			
1	Jennifer Pilipchuk	Chicago	51.400
2	Jessica Majeske	Chicago	50.700
3	Alexis Chlada	Stickney	50.300
Division: Junior Girls (12-14) Level: 4			
1	Caroline Stanko	Tabor	52.000
2	Geanna Fedele	Tabor	50.900
3	Kate Lihart	Tabor	50.450
Division: Junior Girls (12-14) Level: 5			
1	Katie Baxter	Naperville	51.700
2	Julia Bajek	Naperville	49.350
Division: Junior Girls (15-18) Level: 2			
1	Cindy Stevens	Milwaukee	51.700
Division: Junior Girls (15-18) Level: 3			
1	Jane Malina	Spirit	50.600
2	Jenny Braun	Spirit	50.450
Division: Junior Girls (15-18) Level: 4			
1	Becca MacKenzie	Spirit	53.550
2	Anna Mangia	Tabor	53.050
Division: Junior Girls (15-18) Level: 7			
1	Taylor Vachata	Stickney	49.200
Division: Women (18-24) Level: 2			
1	Victoria Schoepke	Milwaukee	49.900

Place	Name	Unit	AA Score
Division: Women (18-24) Level: 4			
1	Melyssa Petkus	Tabor	54.900
Division: Women (25-34) Level: 2			
1	Irene Polashek	Tabor	52.650
Division: Women (25-34) Level: 3			
1	Julie Kaupert	Tabor	51.250
Division: Women (25-34) Level: 4			
1	Beth Kocek	Chicago	54.150
Division: Women (35-49) Level: 1			
1	Maureen Stanko	Tabor	54.800

Division: Boys 6-7 Level: 2			
1	Nikolas Colagrossi	Tabor	69.600
2	Neil Fajardo	Tabor	69.400
3	Brenden Hesik	Spirit	67.400
Division: Boys 6-7 Level: 3			
1	Griffin Klapp	Tabor	67.100
2	John Jaworski	Naperville	66.700
Division: Boys 8-9 Level: 2			
1	Jared Frank	Spirit	72.100
2	Kyle Johnston	Spirit	69.900
Division: Boys 8-9 Level: 3			
1	Andre Wentzel	Naperville	69.000
2	Sean Hussain	Tabor	67.700
Division: Boys 8-9 Level: 4			
1	Matthew DeMaso	Naperville	71.100
2	Seth Montanez	Tabor	69.700
2	Thomas McGill	Tabor	69.700

CENTRAL DISTRICT COMPETITION RESULTS

Place	Name	Unit	AA Score
Division: Boys 10-11 Level: 2			
1	Franky Hedderman	Spirit	71.600
Division: Boys 10-11 Level: 3			
1	Josh Lemont	Spirit	64.700
Division: Boys 10-11 Level: 4			
1	Cole Zrinsky	Naperville	70.900
Division: Boys 10-11 Level: 5			
1	Joe Bajek	Naperville	64.000
Division: Boys 12-13 Level: 5			
1	Danny Fron	Tabor	67.300
Division: Junior Boys Level: 4			
1	Matt Sanders	Spirit	72.200
Division: Junior Boys Level: 5			
1	Jacob Breit	Tabor	70.700
2	Dan Bajek	Naperville	69.100
2	Jonathan Janouch	Stickney	69.100
Division: Junior Boys Level: 6			
1	John Fron	Tabor	64.500
Division: Men Level: 4			
1	Mick Gerhardt	Tabor	66.200
2	Ken Nagel	Spirit	65.300
3	Ryan Breidenbach	St. Louis	63.600
Division: Men Level: 5			
1	Ted Polashek	Tabor	64.700
Division: Men Level: 6			
1	Ken Fron Jr.	Tabor	66.600

Playing it safe can reduce injuries from sports

There's no question that organized sports offer our children many benefits, from learning teamwork to helping improve coordination; from boosting self esteem to improving the children's physical fitness.

But as the number of children participating in sports rises, so do the number of injuries they suffer. In fact, each year, four million children are treated in emergency rooms for sports injuries and another eight million are treated at other sites, according to the American Academy of Pediatrics.

"Being involved in sports is, ultimately, great for kids," says Dr. James Kelly, an emergency medicine specialist at Children's Mercy Hospitals and Clinics with an interest in sports medicine. "With a little knowledge and a lot of common sense, you can help your child play more safely and avoid injuries."

Injuries can happen for several reasons. Muscles, bones and tendons don't always grow at the same rate. The result can be a physical imbalance. For example, while the bones in your son's pitching arm may be near physical maturity, the muscles may still have some growing to do.

Also, keep in mind that your child may become temporarily uncoordinated during a spurt of rapid growth. Even an exceptional athlete is more likely to injure himself during a time like that.

Another problem is overuse. These injuries occur when a child doesn't allow an injured body to recover fully before resuming activities. These injuries can include tendonitis, stress fractures and bursitis. Dr. Kelly says overuse injuries increase as athletic programs become more competitive,

playing seasons are longer and sports camps become more popular. Sometimes children deliberately play with an injury.

"In organized team sports, the kids don't want to appear weak or left out by a coach, so they play on. They've heard, 'No pain, no gain.' Well, that's just not true," Dr. Kelly says. "They need to listen to their pain and heed the warnings."

The first thing to do to lessen your child's chances of being injured is to make sure his/her abilities match the skills required by a particular sport. Other ways to reduce the chance of injury include:

- Warm-up, stretching and cool-down exercises. Playing should be preceded by five to seven minutes of warm-up exercises such as slow jogging, to get the blood flowing to the muscles and tendons. Stretching should follow to increase flexibility. After playing, cool-down exercises, such as stretching, helps reduce lactic acid, which builds up in the muscles during activity and can cause stiffness and soreness.
- Safety equipment. Young athletes must wear appropriate safety gear. Make sure it fits properly. Appropriate gear includes elbow or knee pads for some sports, goggles for racquet sports (except tennis) and helmets for baseball and football.
- A good coach will make sure that players are using appropriate safety equipment that fits properly, are playing by the rules and that the field is clear of debris. A good coach will also know first aid and have a first-aid kit and ice at all practices and games.

Still, some injuries are bound to occur. It's important to determine the cause of the injury and modify the behavior to avoid re-injury. Children also need to rest so the injury can heal. Any pain that persists or limits function should be checked out by your pediatrician.

"There is a risk to sports, but there's also a risk to most things in life. So you have to keep the benefits in mind," Dr. Kelly says. "Fortunately, the benefits for your child, and the fun he or she will have, easily outweigh the potential for injury.

"Just tell them to be careful ... and have a ball!"



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 1st 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.



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

To all Brother and Sister Educators - from the works of the late Bro. Jim Cihak in 1959. He was the American Sokol Educational Director at the time:

"The vacation period is here but for us there will apparently be no rest. Educational work has been held back so long that we will have to plan for the Fall Season, and as a matter of fact for the whole year. Though this may seem to be an imposition on your good nature, a well thought-out plan for the year will ease the tension during the active months. As a suggestion you could assign specific subjects to various individuals, giving them plenty of time to prepare themselves."

"At least 90% of the members in our Sokol are perfectly capable of preparing a short lecture on a subject that appeals to them. Try especially to get individuals for this work whom you know have the ability but are not regular in their attendance of your meetings. They, in turn, will naturally bring their particular friends with them and so help enlarge your meetings. It will surprise you how many people are well versed in some particular subject and will be honored if you ask them to speak. Example: bankers, heads of various industries, other civic organizations. Public utilities have exceptionally fine speakers and films of same. Ask them personally and officially."

This was so true then and is still relevant today in 2008.

JULY - Important Dates

- 1 1917 Czechoslovak Legion won distinction for its bravery at the battle of Zborov.
Independence Day for the United States of America - declaration of independence from Great Britain.
- 4 1776 *(What happened to the 56 men who signed the Declaration of Independence? Five were captured by the British as traitors; 12 had their homes ransacked & burned; two lost their sons who served in the Revolutionary Army; another had two sons captured; nine fought & died from wounds or hardships. What kind of men were they? Twenty-four were lawyers & jurists; 11 were merchants; nine were farmers & plantation owners. All were men of means & well educated.)*
- 4 1807 Garibaldi, a fighter for liberty in South America & Italy, was born. The Sokols' red shirts of old honor his deeds and ideals.
- 5 Cyril & Methodius Day - A celebration of Czech culture, commemorating the arrival of Saints Cyril and Methodius, who brought Christianity to the Czech Lands in the 9th century, along with the written word.
- 6 1415 Jan Hus, the great religious reformer, was burned at the stake at Constance.
(An early proponent of holding Mass in local tongues made him an enemy of the Church and a national hero in the Czech Lands.)
- 9 1834 Jan Neruda, Czech poet and writer was born.
- 15 St. Swithin's Day - Bishop of Winchester, England and patron saint of Winchester Cathedral.
The following myth persists:
*St. Swithin's day if thou dost rain, for forty days it will remain;
St. Swithin's day if thou dost be fair, for forty days twill rain na mair.*
Karel Havlicek Borovsky, great Czech journalist, writer and poet, dies.
(Havlicek was, politically, a "liberal nationalist." However, he refused to allow a "party line" to inform his opinions. Often, he would criticize those that agreed with him as much as those that disagreed. He excoriated [denounced] revolutionaries for their radicalism, but also advocated ideas like universal suffrage--a concept altogether too radical for most of his fellow liberals. He was a pragmatist, and had little patience for those that spent their time romanticizing the Czech nationality without helping it achieve political or cultural independence. He used much of the space in his newspapers to educate the people on important issues--stressing areas like economics, which were sorely neglected by other nationalist writers.)
- 29 1856
- 31 1854 Renata Fuegner, daughter of Jindrich Fuegner & wife of Dr. Miroslav Tyrs, was born.

NAZDAR! EllenJeanne Schnabl



Madeleine Albright visits Chicago – June, 2008

Sis. Jean Hruby thanks fellow Sokol's for their service during the event:

Dear Tom, Teddy Andrew, and Kenny; *(Brothers Tom Pajer, Ted Polashek, Andrew Bucek and Ken Fron*

Thank you so very much for all of your talent and effort in preparing and executing a wonderful Honor Guard for the Madeleine Albright event.

I received many compliments from everyone attending the event. Your precision and display of patriotism set the most appropriate atmosphere for this occasion. Thank you for taking time off of work and off of your daily routines to represent American Sokol. It is honorable that the Czech Embassy and Consulate Office turn to American Sokol to assist in such patriotic events. You did a fabulous job and I personally thank you for doing this for American Sokol. Teddy Polashek organized an outstanding Honor Guard and his passion for this group is evident in the work that he did. Thank you to Teddy for making this an important task and making it happen.

I also want to extend my gratitude to all Central District members who participated, (even last minute creating a nice aisle for our dignitaries), and attended in their Sokol Parade Uniform. Special thanks to Kennan Seda who continues to help make this happen. Without Kennan's efforts in organizing the bus trips, we would not be able to bring so many people out to these events. Moreover, I was very happy everyone was able to attend the reception following the lecture. I believe I saw the room filled with navy blazers and Sokol crests! Our new Executive Director, Greg Harris, has jumped right in and was able to get acquainted with more Sokol members. I thank him, too, for participating and supporting this event. Despite it was his very first week of work, one would think he was a longtime member of Sokol.

I was very proud of our participation, representation and display of Sokol support as we honored the 90th Anniversary of Tomas Garrigue Masaryk's trip to Chicago which resulted in tremendous support in creating the first independent Czechoslovakia. Sokol members were present 90 years ago at the event and Sokol members were present yesterday. This brings to mind a song we all know, "Like lions in their strength we go...."!

Thank you again for everything. I hope you all enjoyed the evening.

Nazdar!

Sis. Jean Hruby



Central District members Ted Polashek, Tom Pajer, and Ken Fron performed an Honor Guard ceremony at the Monument and also at the lecture during Madeleine Albright's visits.

Sokol Fort Worth – Lake Worth Monster Dash 5K Race

Submitted by Lesli Milan

On May 31, members of Sokol Fort Worth participated in the Lake Worth Monster Dash. The inaugural 5K race was organized by the Lake Worth Alliance to raise funds and awareness for the revitalization of beautiful Lake Worth. Sister Deanne Kearney was one of the race organizers and her parents Bill and Annette Schabowski of Sokol Tabor traveled to Fort Worth to assist with the race preparation. The race was a huge success with over 400 runners. Sokol Fort Worth members ranging in age from 4 to 70 ran in the 5K and the 1K Fun Run!

Pictured (below left) Sokol Fort Worth Members; (upper right) Members Sydney Milan, Sophie Milan, Athens Milan, Angel Pace begin the 1K Fun Run; (below right) Melissa and Kyler Dunlap finishing the 5K hand-in-hand



National Czech & Slovak Museum, Czech Village and Cedar Rapids devastated too.

NATIONAL CZECH & SLOVAK MUSEUM & LIBRARY

Flood of 2008



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Damage assessment and clean-up are well underway at the National Czech & Slovak Museum & Library. Click [here](#) for the latest update.

Iowa Festival Chorus to Give Disaster Relief Concert for NCSML July 2. Click [here](#) for details.



The National Czech & Slovak Museum & Library on Thursday June 19, 2008. Library (left), Heritage Hall (center), Window looking into Grand Hall (right)



Museum Petrik Gallery June 18





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

Tentative schedule for the 2009 International Sport and Culture Festival:

Monday 22, 2009

7PM.....Coaches/VIP reception

Tuesday 23, 2009

12PM Coaches Meeting
3PM.....Fun Run/Walk
5PM.....Opening Ceremony Rehearsal
7PM.....Opening Ceremonies
10PM.....Evening Social

Wednesday 24, 2009

8AM.....Volleyball
10AM.....Team Marching
5PM.....Sokol/ USAG Gala Rehearsal
7PM.....SOKOL/USAG Gala
10PM.....Awards Ceremony Social

Thursday 25, 2009

7AM.....Golf Tournament
7AM.....Artistic Gymnastics Comp. Children
11AM.....Artistic Gymnastics Comp. Jr/Sr
3PM.....Artistic Gymnastics Comp. Opt. Lvs
5PM.....Pan American Gymnastics Rehearsal
5PM.....Archery Competition

7PM.....Junior/Children Social
7PM.....Pan American Gymnastics Gala
10PM.....Awards Ceremony Social

Friday 26, 2009

8AM.....Downtown Main Street Parade
12PM.....Fitness Challenge, Female
12PM.....Archery Competition
12PM.....3 on 3 Basketball
12PM.....Artistic Gymnastics Special Olympics
2PM.....Fitness Challenge, children
4PM.....Fitness Challenge, Male
7PM.....Slet Program Rehearsal
10PM.....Awards Ceremony Social

Saturday 27, 2009

8AM.....Artistic Gymnastics Comp. Children
8AM.....Archery Competition
12PM.....Bowling Championships
7PM.....Slet Program Performance
10PM.....Final Awards Ceremony Social

Sunday 28, 2009

8AM.....Farewell Texas Social Sokol Ft. Worth



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