

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

Update from Cedar Rapids (August 14, 2008)

It amazes me how generous people are! One lady apologized that she couldn't send more. How very, very dear of her. Thank you everyone.

Dehumidifiers and fans are running to keep this awful humidity down in the building. We're having an architect look at it and see what his assumptions are. And then there's the delay with the city making the decision for whether the city will let us renovate. We're still considered to be in the flood plain.



We are still waiting to hear from the gym clubs in town if they have floor time that they could rent to us so we can start classes in September.

We are proceeding with recovering the vault table, pommel horse and beams. And checking with one member's "college buddies" to see if he can give us a deal on mats.

A committee has located a building for sale that would be nice – Although some

remodeling and upgrading would have to take place to have it accommodate our gymnastics classes and hall functions.

Fundraising ideas are developing.

New Mailing Address:

PO Box 10852, Cedar Rapids, IA 52410-0852

We are having the phone go to a voice mail answering system, which is checked.

We are planning a Unit picnic on Aug 24th and inviting the students and parents to attend so we can let them know what's been going on and what our plans are. Our building deed was recovered from our Safety Deposit box (which was also flooded) and has been sent with items from the Museum for "freezing".

Rudolph Novak's (Olympic athlete) Sokol uniform has been cleaned and is being stored at the hall **ON THIRD FLOOR!!!!** We have cancelled our Building's 100th Birthday Bash and hope to have a Grand Re-opening celebration instead. We are expecting a visit from the Counsellor of the CZ Embassy out of Washington DC on August 20. He'll be visiting the Museum also.

– Allison Gerber, Sokol Cedar Rapids

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.

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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



Calendar of Events



September

- In Sept
- 5 Sokol San Francisco Picnic
- 5 Sokol Tabor Registration
- 5-7 ASO Campout - Warren Dunes State Park - See ASO Website for Details
- 6 Sokol Detroit Grape Festival - Sokol Camp
- 6 Sokol Town of Lake 120th Anniversary Banquet
- 14 Sokol Detroit Rummage Sale
- 18-20 Sokol MN Czech & Slovak Fall Festival
- 21 Sokol Tabor Candlelight Bowl
- 27

October

- 4 Sokol/Sokolice Milwaukee 140th Anniversary Celebration
- 4-5 Central District / Houby Festival & Parade
- 11 Sokol San Francisco Dinner/Dance
- 19 Sokol LA Balboa Park CzechoSlovak Day
- 26 Sokol LA Heritage Dance
- 28 Den vzniku samostatneho ceskoslovenskeho statu - 1918 (Czech Independence Day)

November

- 1 Sokol Baltimore Annual Vinobrani Dinner & Dance
- 1 Central District Annual BOI Mtg
- 2 Central District Annual Mtg
- 11 Veteran's Day

December

- 6 Sokol San Francisco Annual Meeting & Children's St. Nicholas Party
- 24 Stedry den (Christmas Eve)
- 25 Svatek vanocni 1 (Christmas)
- 31 New Year's Eve

June 23-29, 2009 - International Sports & Culture Festival in Fort Worth, Texas
Is your important event missing from this list?

Send your Events to
Editor@American-Sokol.org

To submit information for publication:

email Editor@American-Sokol.org
mail Editor, American Sokol
Nancy Imbrone

916 Lawnview Ave. **NEW**
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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.



SUCCESS STORIES.....

American Sokol wants to hear all about it!!!

Please send us your Sokol Stories.....

Our new Executive Director, Greg Harris, has heard so many wonderful stories and knows that if he enjoys them so much - so will everyone else! Sokol has had such a fantastic impact on all who have experienced it. We want those stories heard! *Sokol is not the best kept secret anymore!*

We want the secrets out!

Everyone needs to know what a great organization we are!

Is there something you learned from Sokol that has affected you or your life?

Is there an instructor that was a positive influence?

Did you make a difference in a child's life?

Did you make a difference in an adult's life?

How has Sokol made a difference in your life?

What Sokol event was the most fun to you?

How many friends have you made in Sokol?



We want to share your uplifting stories to everyone. They will be posted on the website and some will be put in the publication. **Let us know your name and Sokol unit, or if you would prefer to be anonymous, that is ok too.**

Tell us the story...

Please send to:

Greg Harris

Executive Director

Execdir@american-sokol.org

* we welcome your pictures too!

Central District Celebrates With The City Of Berwyn, Illinois
 Submitted by: Christina Curran-Wurst, Central District Marketing and Communications Director

The Central District celebrated with the City of Berwyn on their Centennial milestone. Festivities took place at Windsor Plaza/Morton West High School parking lot from Wednesday, June 18 through Sunday, June 22, 2008. The Central District had a performance time slot on opening night to show the public what Sokol has to offer. The performance schedule included:

- "Sokol Fit Club" – Sokol Tabor Junior Girls Special Number
- Apparatus Demo – Tots and Youth performed on low beam, bars and floor ex
- "Jump Jive & Wail" – Tumbling demonstration by Sokol Tabor Junior Girls
- "Diamond for II's" – Sokol Spirit Senior II Co-ed Class Special Number
- "The Mazurka" - Impromptu demonstration with the crowd to learn a Czech dance.
- "Let Loose" – Central District Juniors and Seniors performed the All Sokol Special Number for the 2009 Slet in Fort Worth.

There was a large, enthusiastic crowd which provided a thunderous round of applause at the conclusion of each performance. We were honored to be a part of this milestone event.



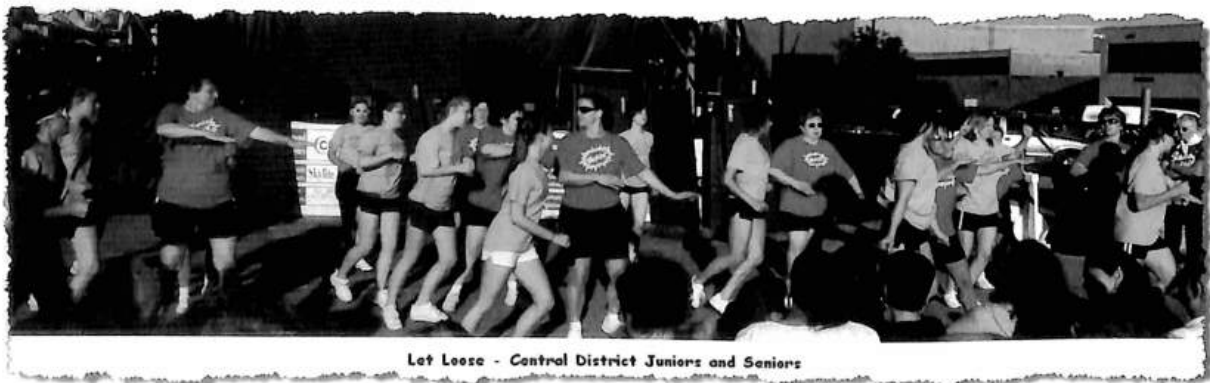
Sokol Fit Club - Sokol Tabor Junior Girls



Central District Group



Diamonds for II's - Sokol Spirit Senior Co-Ed Class



Let Loose - Central District Juniors and Seniors



Sandy Ptak - Miss Czech Slovak USA 2008



Sandy Ptak (C) Christy Kessler (P) Maria Cox (L)

Dear Friends of the Miss Czech Slovak US Pageant,

The 22nd annual **MISS CZECH-SLOVAK USA PAGEANT** is now history. As with each pageant there are many highlights stemming from all the contestants. Speech eloquence, poise and appearance and personality were outstanding among all 12 contestants.

The pageant was held at the Wilber Outdoor Theater in the heart of beautiful Wilber, NE. Twelve contestants competed for the title of Miss Czech Slovak USA. The contestants were evaluated on four categories: Private Interview, Introduction and Interview, Costume Modeling and Talent presentation. It was a warm weekend filled with many memories and excellent competition. The level of professionalism was outstanding.

Sandy Ptak of Anchorage, Alaska was crowned 2008-09 Miss Czech Slovak United States, along with winning Miss Congeniality, Oratory and Grand Talent Winner. Sandy will be a senior at Portland State University in Portland, OR. With the title Sandy will receive \$1500 cash, \$2500 towards a trip to the Czech or Slovak Republic and a special \$250 special scholarship award and much more. Christy Kessler of Choctaw, OK was 1st Runner Up and Talent Runner Up. Maria Cox of Stillwater, MN won 2nd Runner Up. Kelissa Kersenbrock of Ellsworth, KS won Americanized Kroj. Shandra Korbek of Fairmont, NE won Authentic Kroj. Sarah Nutt of Phillips, WI received the Spirit of Czech/Slovak Heritage award. Olivia Buydos of Seven Hills, OH received the Sokol talent routine award.

As of August 4, 2009 pageant name and title has changed to Miss Czech Slovak United States (US). Please see our website www.missczechslovakUS.com for more information. If you are interested in competing in the 2009 Miss Czech Slovak US pageant, please contact me or see our website for complete rules and regulations.

I look forward to the Miss Czech Slovak US 2009 pageant July 31, and August, 1 and 2, 2009 held during the National Czech Festival of Wilber, Nebraska.

MaryElizabeth Lackey
Miss Czech Slovak US Pageant Director,
mary_eliza@yahoo.com



**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

Nazdar Y'all!!!!

"The Big Texas Slet will be here sooner than a Rattlers bite!!!" We want all Y'all to **share** your fondest memories of past Sokol events! So come on Y'all!Find some old photos of you and yer friends on the trail drive to other Sokol events. This is gonna be a Big'n and we want a lot of you to show us what fun you had at other Slets. So send us some photos, portions of yer videos and even some art that you've made in honor of the Slet.

It's easy to do, Just go to our Website: www.Slet2009.com Then view the Photo Gallery and Video Gallery Page, then go to Art Gallery click on submit art to: romeparis@aol.com

Hey!!! Your art might be asked to be used at the Slet. There will be lot's of artists completing works that commemorate the event. Submit yours today.

We also want to announce that a My Space page is being set up for Sokol Slim and Talon the Falcon.

Nazdar Y'all!
SOKOL SLIM
"It's gonna be fun"

Sokol Town of Lake Celebrates 120 Years

The celebration will be held September 14, 2008. The social starts at 12:30 p.m. with a cash bar and luncheon at 1:30 p.m. The event includes a short program, luncheon and music. Invitations have been sent, but all are welcome. The cost of the family style luncheon is \$35. For additional information, please contact Sister Mildred Mentzer at 773-779-1272.

NEW ADDRESS FOR EDITOR PLEASE NOTE

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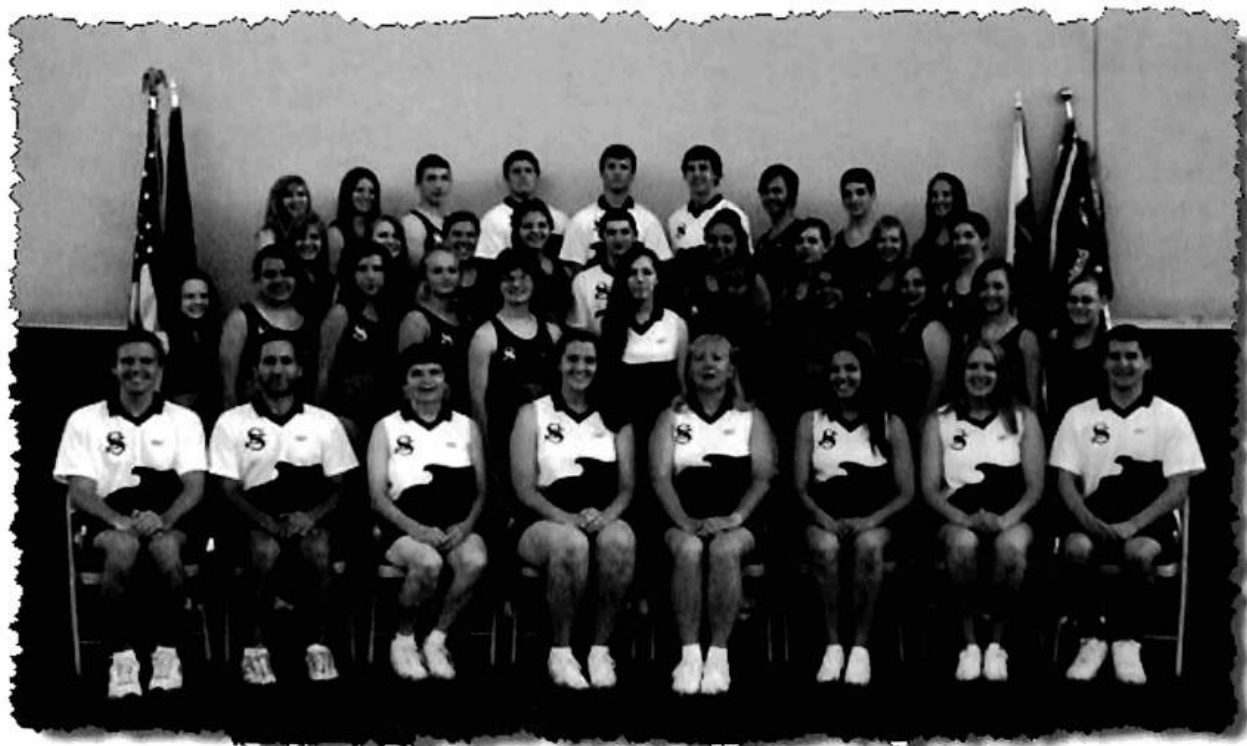
AMERICAN SOKOL GYMNAST

*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

Kandi@pajer.us

2008 American Sokol Instructor School



- 1st Row: Steve Wise, Peter Lattanzio, Jane Wise, Jessica Burns, Mary Cushing, Gretchen Vencl, Heidi Vencl, Kevin Fitzpatrick-Instructors
2nd Row: Stephanie Herlihy, Erica Bent, Savannah Quintanar, Bibiana Murcko, Frank Tudisco, Mary Bajek, Moises Rivera, Cindy Stevens, Kati Payne, Alyssa Kuncl, Amanda Goda
3rd Row: Alyssa Carlozzi, Alix Wilt, Rebecca Schoepke, Hallie Soulides, David Gurreri, Brittany Winkelman, Caroline Stanko, Brittney Collett, Caleb Conrad
4th Row: Danielle Hedderman, Anne Marie Suchanek, Danny Bajek, Shaun Scott, Zeke Scott, Ryan Breidenbach, Brett Newcomer, James Powers, Jane Malina

2008 American Sokol Instructor School Report-

Students from nine units of the American Sokol as well as students from two lodges from Sokol USA and from DA Sokol attended this year's American Sokol National Instructors School, hosted by Sokol Greater Cleveland. We began with 29 students and I'm happy to say ended with the same amount this year! There were 5 Novice, 10 Beginners, 7 Intermediates, 5 Advanced and 2 Advanced II students. All students passed.

It was another exciting year for me as School Director. It was a little easier with many things in place from last year. Returning students knew just what was expected of them and things ran very smoothly. We continued our "white elephant" sale as the positive behavior reward system again this year. New items were donated and the students enjoyed it, with everyone receiving something.

This is not to say that things remained stagnant. The curriculum continues to be evolving into what we hope will be an innovative and progressive Course that will benefit the students and their Units. The two outings we had were enjoyed by all. We repeated the evening of Cosmic Bowling that was such a big hit last year. And this year our swimming/cookout was at a Municipal Park outdoor pool with diving boards, slides and hot tub. We had our own pavilion where we had dinner away from the hall.

The staff did an excellent job again this year. Most of this young and energetic staff also taught last year. This included Bro. Kevin Fitzpatrick and Sister Gretchen Vencl from Sokol Greater Cleveland and Bro. Steve Wise also from Sokol Greater Cleveland, by way of Miami, Florida. Also we had Bro. Peter Lattanzio from DA Sokol and a new addition this year, was a returning staff member Sis. Jessica Burns from Sokol KHB in Ennis. We had one Instructor In Training (IT), Sis. Heidi Vencl from Sokol Greater Cleveland, who did an outstanding job! Our School Secretary, Sis. Jane Wise, once again did a terrific job, handling everything from applications, travel arrangements to daily school tasks including errand running and laundry. Our kitchen ran smoothly once again under the guidance of Sis. Mary Hrcncir. No one goes hungry, believe me! There were many volunteers from SGC, Ceska Sin and even Sokol Spirit.

We did have a couple of guests at the school again this year. Bro. Howie Wise, our on call handy man, also taught a First Aid class. Another guest was Sis. Jan Kalat, who is always a big help to Sis. Wise. And our new Executive Director, Greg Harris, came for a few days at the end of the school. Greg not only was able to observe some classes and attend the Graduation, but I invited him to address the staff and students as well. He gave a presentation to the staff at one of our nightly meetings, as well as two separate sessions for the students. One was with the Novice/Beginners and another with the Intermediate, Advanced and Advanced II students. Greg was able to give the students an overview of the Strategic Plan and his newly created position. The students asked some good questions as well.

The Graduation Program demonstrated many of the activities learned over the previous two weeks, most of which the students choreographed themselves. There were close to 100 spectators, a few from outside the Cleveland area, as well as many local supporters. The program concluded with the presentation of diplomas and special awards. The Leadership Award is given to the one student from each school level that the staff feels were outstanding in this area. The Novice Leadership Award went to Stephanie Herlihy from Sokol New York, the Beginner Leadership Award went to Shaun Scott from Sokol St. Louis, the Intermediate Leadership Award went to Caleb Conrad from Sokol Detroit, the Advanced Leadership Award went to Mary Bajek from Sokol Naperville-Tyrs, and the Advanced II Leadership Award went to Ryan Breidenbach from Sokol St. Louis.

Our 2008 Sokol Instructors School officially concluded with our final flag lowering and the usual three Sokol "Zdars"!! This was followed by a last night of social activity for the students, with a dance and movie, pizza, packing and tears. Many students vowed to see us all next year at the 2009 Slet as well as another Sokol School. New this year, Bro. & Sis. Wise put together a DVD of all school activities, including the graduation, which was sent to all attending students.

Thank you to the staff and all the extra helpers, the hosting unit, the students, and once again to the American Sokol for continuing to support this important and worthwhile venture!!

NaZdar!

Sister Mary Cushing-2008 American Sokol School Director

2008 Robert Liptak Memorial Scholarship Award Winner



This was the fourth year awarding the Brother Bob Liptak Memorial Scholarship Award.

Of special note, with the exception of one returning student (from 2003), this is the first year that no other students have had the opportunity to be taught by Bro. Bob. This year's recipient was

Ryan Breidenbach from Sokol St. Louis



2008 Bridgestone/Firestone Scholarship Recipients



Sokol Students Receive Instructors School Scholarship

Through the efforts of the American Sokol Finance Team, part of the SPTF, a Grant was received from Bridgestone/Firestone Trust Fund for nearly \$4,000. Part of the money was designated for Student Scholarships. We were able to award seven \$225 Scholarships to the following students:

From: Central District	Sokol Spirit	Alix Wilt
	Sokol St. Louis	Ryan Breidenbach
	Sokol Tabor	Brett Newcomer
		Hallie Soulides
Northeastern District	Sokol Detroit	Caroline Stanko
	Sokol Greater Cleveland	Caleb Conrad
		Alyssa Carlozzi

Any student who was planning to attend the 2008 Instructors School was eligible to apply for this scholarship. Unfortunately, only two districts took advantage of this opportunity. The remainder of the grant money was used for our Instructor In Training (IT), Heidi Vencl, and other educational school materials, as specified by the Grant.

The American Sokol National Instructors School would like to take this opportunity to express our appreciation for the generosity of the Bridgestone/Firestone Trust Fund and the efforts of the Finance Team on our behalf.

NaZdar,
Sister Mary Cushing-2008 American Sokol School Director

DISTRICT AND UNIT ROSTER INFORMATION

This information is taken directly from the Official Records. If your listing is incorrect, please contact Jean Hruby at 708-255-5397 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.

Reprinted with corrections from June issue.

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The American Friends of the Czech Republic in partnership with the
Capital City of Prague and the Metropolitan District of Prague 1

Rebuilding the WOODROW WILSON MONUMENT in Prague

A monument to American President Woodrow Wilson was built in 1928 at Prague's main train station, but the Nazis destroyed it in 1941. With your help, it will soon be rebuilt.

President Wilson collaborated with Tomáš G. Masaryk for the independence of Czechoslovakia in 1918, and the monument, built by Americans of Czech descent, was dedicated on July 4, 1928. The inscription read, in both Czech and English:

**THE WORLD MUST BE MADE SAFE
FOR DEMOCRACY.**

In 2002, the American Friends of the Czech Republic (AFoCR) established a memorial in Washington, DC, to Tomáš G. Masaryk. In 2007, Prague's City Council designated AFoCR to work with the Capital City of Prague and the Metropolitan District of Prague 1 to reestablish the Wilson Monument. The renovation of Prague's main train station, officially named "Wilson Train Station," will be completed in 2009, and the rebuilt Wilson Monument will be dedicated then.

The re-created statue will be an exact replica of the original, but the pedestal and base may be changed because the original location is no longer feasible.

The statue was created by Albín Polášek (1879-1965), born in Frenštát, Moravia, who taught at the Art Institute of Chicago for 30 years. The full-size original plaster model of the head and

shoulders of the statue was found in Prague in January 2008. A sculptor will recreate the rest of the statue.

The project leader for AFoCR is Robert Doubek, who was the project director for the Vietnam Veterans Memorial in Washington, DC. The total project cost is estimated at \$500,000.

"We want to rebuild the monument for many different reasons. Firstly, because of our respect for Woodrow Wilson, and secondly, because of respect for our friends in the United States and for our emigrants."

—Pavel Bém, Lord Mayor of Prague

To permanently recognize major contributors, a "Walk of Freedom" is planned as part of the monument. The names of individuals and organizations that contribute \$2,500 or more will be inscribed on paving stones leading to the base and pedestal. All donors —of any amount—can name an organizational affiliation. If the total for an organization exceeds \$2,500, its name will be inscribed on the "Walk of Freedom." And, every individual and organization donor, whatever the amount, will be recognized in a Wilson Monument Book of Honor presented to the City of Prague.

For more info please visit: www.afocr.org



Wilson Monument, Prague 1928-41



Wilson Train Station and Wilson Monument, 1928-41



Robert Doubek with casting of original plaster model of head of statue

The restored Wilson Monument in Prague, as the counterpart of the Masaryk Memorial in Washington, will complete the symbolization of the long standing ties of friendship and joint democratic values shared by the American and Czech peoples.

But - it cannot be rebuilt without your help!

Your tax-deductible contribution will make it happen.



Masaryk Memorial, Washington, DC

Your support is greatly appreciated, and your gift is tax deductible. The IRS has ruled that AFoCR is tax exempt under Sec. 501(c)(3). EIN: 52-1921393

PLEASE SEND TO:
**American Friends of the Czech Republic
Woodrow Wilson Monument
c/o Harleysville National Bank
1804 North Broad Street
Lansdale, PA 19446**

My check is enclosed, payable to
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