

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

The 40th International Houby Fest and Parade - Oct 4 & 5 in Cicero and Berwyn, IL. Central District had approximately 80 participants in the parade.

Full story on page 12



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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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Calendar of Events



January

- | | |
|----|--|
| 1 | Happy New Year! |
| 17 | Sokol Tabor Spaghetti Dinner |
| 19 | Martin Luther King Day |
| 20 | US Presidential Inauguration |
| 24 | Sokol MN Roast Duck Dinner |
| 27 | Remembrance of Victims of the Holocaust (Den památky oběti holokaustu) |

February

- | | |
|----|---|
| 12 | Lincoln's Birthday |
| 15 | Sokol Stickney Pancake & French Toast Breakfast |
| 20 | Sokol MN Sibrinky/Mardi Gras Dance |

March

- | | |
|----|---|
| 5 | Czech Uprising (Květnové povstání českého lidu) |
| 8 | Sokol Chicagoland Exhibition |
| 8 | International Women's Day (Mezinárodní den žen) |
| 14 | Sokol Tabor Exhibition |
| 20 | Sokol Naperville-Tyrs Exhibition |
| 21 | Sokol Stickney Exhibition |
| 22 | Sokol MN Flavors of Slovakia Dinner |

April

- | | |
|-------|--|
| 4 | Central District Special Number Competition |
| 5 | Sokol MN Spring Breakfast, Craft & Bake Sale |
| 16-17 | Sokol MN Garage Sale |
| 18 | Sokol St. Lewis Czech Festival |

May

- | | |
|----|---------------------------------|
| 8 | Liberation Day (Den osvobození) |
| 10 | Mother's Day |
| 22 | Bike to Work Day |

**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*

Message from Larry Laznovsky, ASO President

The Strategic Plan continues to move forward... (Not a step back!)

At the Directors and Presidents Conference in Omaha there were many opportunities to hear more about where we are with our strategic plan as Greg Harris and several of the Strategic Imperative team members did presentations. The Strategic Plan, as well as defining roles and responsibilities, were key topics at the Board of Governors meeting recently held in Ft. Worth, Texas. While our new Executive Director, Greg Harris is busy working on many critical projects we are proud to announce that Sister Maryann Fiordelis has agreed to take on more responsibility by focusing on the Strategic Planning teams, status updates and tracking expenses on a volunteer basis. In this capacity, Maryann's title will be Strategic Planning Task Force Director. With Sister Fiordelis working with Mr. Harris along with our dedicated Strategic Planning team members, we can expect the process of our Strategic Plan to run more efficiently and obtain better results. Thank you Sister Fiordelis for continuing your job on a volunteer basis and seeing us through the implementation of the Strategic Plan.

NAZDAR!

Larry Laznovsky



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

NAZDAR! Sisters and Brothers:

Each year, the winter solstice marks the low ebb of light in the northern hemisphere with almost 15 hours of darkness. Though we can appreciate the beauty of winter starlight, our Holidays bring us together at the time of the longest night to celebrate light, hope and new beginnings. While we're on the subject of winter, remember that as temperatures go down, food intake tends to go up. Weight gain? You can burn calories to warm your toes and whittle your waist by exercising which warms the body and the warmth lasts long past the physical activity.

December Days:

- 1 -- Chester Greenwood Day -- he's the inventor of earmuffs.
- 3, 1967 -- Christian Barnard performed the first human heart transplant.
- 9, 1863 -- first gymnastic exhibition of the first Sokol Unit in Prague in their own gymnasium.
- 9, 1871 -- Josef Manes died. He was a distinguished Czech painter, designed both the official banner and the uniform of the Sokols, and painted the tower clock on the city hall at Prague.
- 10, 1918 -- "Kde Domov Muj" and "Nad Tatrou sa Blyska" were chosen as the National Anthem for the newly formed Czechoslovak nation.
- 31, 1834 -- This song was sung for the first time in connection with a performance of the play "Fidlovacka" in Prague.
- 15 -- Bill of Rights Day. President F. D. Roosevelt began the annual commemoration of the document's ratification in 1941.
- 23, 1947 -- John Bardeen & Walter Brattain of Bell Labs created the first transistor.
- Sending Christmas cards began in England as early as 1842. By 1874, Louis Prang a Boston lithographer was turning out exciting new cards.
- 25, 1821 -- Clarissa Harlow Barton (Clara Barton) was born - founded the American Red Cross during the Civil War of 1861-2. She read a book by Henry Dunant, the founder of the Red Cross in Europe.

NAZDAR! EllenJeanne Schnabl, American Sokol
Educational Director

May all of you have safe, happy, healthy Holidays with your loved ones -- and don't forget that Sokol is a family oriented organization. A gathering of the flocks of Sokols will be in 2009 in Ft. Worth -- by all means, plan to attend!

STRATEGIC PLAN UPDATE NOVEMBER, 2008

For those of you who did not attend the President's and District Directors Conferences held in Omaha in October I wanted to share some of the exciting sessions around the Strategic Plan that were held as well as cover any other updates around this plan. Greg Harris, our Executive Director, was certainly kept busy doing presentations covering not only the Strategic Plan itself but also communication and motivation. There were also several Strategic Plan team members who presented their team products.

Let me begin with the Strategic Plan status and updates.

PROGRAMS - All four core programs for physical, education, cultural and social are now completed. The CDs and Marketing materials will be mailed to District and Unit Implementation Team members before end of November. At the October Conferences, the Implementation Team decided that hard copy books need to be distributed to the Implementation Teams and Unit Presidents. These books will be mailed out later this year as we did not want to hold up the kick-off of the programs. The Implementation Team did presentation called "Getting Started" and went through steps and items that would be needed for implementation of these programs from a general perspective as well as specifics for each program. This presentation will be mailed out with the CDs and marketing materials. One recommendation from the Implementation Team is for a National and Unit Program Director; this recommendation will be forwarded to the Organizational Development Team for consideration. Tom Pajer, Program Team Lead also did a session on the new Sokol Fitness program. Here's brief recap from each of these programs.

Cultural - "A Taste of Sokol" features ethnic cooking recipes from various countries including a bit of cultural background. These sessions can be handled either by hands-on classes or demonstrations based on unit's circumstances. Recipes are included for specific age ranges and multiple ethnicities. It is suggested that the demographics of your community should influence

the types of recipes you include in your classes. Remember to check with your state on their health and safety requirements.

Education - "Safety and First Aid Education (S.A.F.E.) have received contract with our partner, American Red Cross (ARC) which has provided locations of local Red Cross Chapters in all unit locales for certified instructors. Our partnership with ARC provides us with standard pricing, promotional material and will track training sessions and provide feedback.

Physical - Sokol Fitness core toning working with age specific and ability exercises. Because of the vast number of exercises included in this program, they are available via our website at www.american-sokol.org/boi/sokolfitness.

Social - Sokol Nights including Family Activities for all ages such as Movie, Craft and Game Nights as well as Fun Nights geared toward specific age categories including activities for Open Gym, Hobby and Movie Nights. All these programs are detailed enough so that a unit can begin using right away.

PERSONNEL - Executive Director. Greg has been on board since May, 2008. He has traveled to many units and districts to get to know people and needs. He has worked with several units with business plans for continuation and success. Has applied for several large grants as well as some small ones; been more successful with the smaller ones. American Sokol needs to have more successes and programs being utilized especially in our communities to make us more attractive to donors. Greg is also working with the Slet Committee to obtain sponsorships. At the November BOG meeting the Executive Director's Responsibilities and Authority was discussed at length and approved. This information will be forthcoming to Unit Presidents.

PERSONNEL - Instructors. The Instructors Standards team presented their "*Guidelines For Developing A Successful Sokol Gymnastics Instructor*". All those in attendance at this

session as well as other Presidents and Directors at the conference received a book and CD. This book is geared not only for current and new instructors but also Directors and covers such topics as general qualifications and responsibilities as well as specifics for various level instructors from Class Helper, Assistant Instructor, Head Instructor and Elite Instructor including recommended wages. Other sections include hiring techniques, goals and performance evaluations, coaching tips, safety hints, mentoring, and a vast selection of forms for their use in the gym. Books and/or CDs will be distributed to those units not in attendance before the end of November.

PERSONNEL - Volunteers. The Volunteer Management team presented their resource guide to the SPTF and Implementation Team for their review. Several recommendations were made for this document and are back in the teams hands. Areas covered in this book include recruitment, training, recognition and retention of volunteers as well as what is needed to host a couple of sample fundraisers. Final document should be ready by year end.

FINANCE - Sources, Grants and Units. The Finance Team is putting together a resource guide covering all three areas. This is a huge undertaking. Team met with SPTF and Implementation Team to see if they were on the right track. This team submitted two surveys to the units; one covered unit property and rentals and the other was around fundraising. Results and executive summary will be part of their end product. Sections of this resource book including donor database, grants, direct appeals, fund raising events and activities, sponsorships, capital campaigns, marketing an event and more. They are also developing ideas for ongoing bulletins covering areas such as group discount for energy efficient lighting, air conditioners, insurance issues, upcoming conferences of pertinent topics, resource website, etc. Although the team has more work to finalize this book, it was decided that it would helpful to the units to get sections of the book as they are completed rather than waiting for entire book to be finished. Finance

Team will be getting back to SPTF and Implementation Team with deadlines for each section.

MEMBERSHIP - Types. Team continues to struggle with consensus on what the appropriate types of categories for membership should be as well as defining eligibility and rights of members. This team is not giving up and will persevere.

MEMBERSHIP - Database. This team is still on hold until the Membership Type team has defined membership categories and gets approval as it makes no sense to move forward until this piece is complete. The Executive Board has requested that Database Team come back to them when they are ready to move forward with purchase for re-approval.

Our next two teams ready to begin are Organizational Development and Communications. Information on these teams along with team interest forms are on our web as well as on Page 15.

It is imperative to get the Organizational Development team going as early as possible as they have lots to accomplish in preparation for the convention (new structure, job descriptions, reporting hierarchy as well as potential by-law changes). Please do not hesitate to volunteer for one of these teams. Up to today most members of our various teams have come from the Central District with just a smattering of volunteers for Eastern, Northeastern, Southern and Western districts. Do these districts not want to have a say in how our future will be shaped?

I have been given the assignment of periodic updates on the Strategic Plan and will continue to use our website and publication as the vehicle. If you have questions about status of this plan, please contact me at mfiordelis@yahoo.com or call (248) 767-7073.

Nazdar, Maryann Fiordelis, Strategic Planning Task Force Director.

140 Years of Sokol Milwaukee

Submitted by: Sis. Christina Curran-Wurst & Bro. Tom Pajer

On the evening of Saturday, October 2, 2008, the American Serb Hall in Milwaukee, Wisconsin was filled with camaraderie as members and guests celebrated the 140th Anniversary of Sokol Milwaukee. Upon arrival, guests were treated with the ritual shot of Slivovitz and bread dipped in salt. What a way to start this special event!

The evening consisted of a cocktail hour, followed by a delicious dinner and concluded with dancing to a live Czech band. Throughout the night, guests had the opportunity to view a magnificent historical display. The rich tradition and history of a 140 year old Unit radiated from the proud members of Sokol Milwaukee. Everyone who attended the celebration had a wonderful time and was able to re-affirm how the Unit maintains vibrant throughout the years. We wish Sokol Milwaukee the best as they get ready to embark upon another 140 years. Congratulations!





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

HAPPY HOLIDAYS FROM THE AMERICAN SOKOL BOARD OF INSTRUCTORS

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Preventing Children's Sports Injuries

Continued from Oct. Issue-

Common Types of Sports Injuries

Three common types of sports injuries in children are acute injuries, overuse injuries, and reinjuries:

Acute Injuries

Acute injuries occur suddenly and are usually associated with some form of trauma. In younger children, acute injuries typically include minor bruises, sprains, and strains. Teen athletes are more likely to sustain more severe injuries, including broken bones and torn ligaments.

More severe acute injuries that can occur, regardless of age, include: eye injuries, including scratched corneas, detached retinas, and blood in the eye; broken bones or ligament injuries; brain injuries, including concussions, skull fractures, brain hemorrhages; and spinal cord injuries.

Acute injuries often occur because of a lack of proper equipment or the use of improper equipment. For example, without protective eyewear, eye injuries are extremely common in basketball and racquet sports. In addition, many kids playing baseball and softball have suffered broken legs or ankles from sliding into immobile bases.

Overuse Injuries

Overuse injuries occur from repetitive actions that put too much stress on the bones and muscles. Although these injuries can occur in adults as well as kids, they're more problematic in a child athlete because of the effect they may have on bone growth.

All kids who play sports can develop an overuse injury, but the likelihood increases with the amount of time a child spends on the sport.

Some of the most common types of overuse injuries are:

- **Anterior knee pain:** Anterior knee pain is pain in the front of the knee under the kneecap. The knee will be sore and swollen due to tendon or cartilage inflammation. The cause is usually muscle tightness in the hamstrings or quadriceps, the major muscle groups around the thigh.
- **Little League elbow:** Repetitive throwing sometimes results in pain and tenderness in the elbow. The ability to flex and extend the arm may be affected, but the pain typically occurs after the follow-through of the throw. In addition to pain, pitchers sometimes complain of loss of velocity or decreased endurance.
- **Swimmer's shoulder:** Swimmer's shoulder is an inflammation (swelling) of the shoulder caused by the repeated stress of the overhead motion associated with swimming or throwing a ball. The pain typically begins intermittently but may progress to continuous pain in the back of the shoulder.
- **Shin splints:** Shin splints are characterized by pain and discomfort on the front of the lower parts of the legs. They are often caused by repeated running on a hard surface or overtraining at the beginning of a season.
- **spondylolysis:** Spondylolysis often results from trauma or from repetitive flexing, then overextension, twisting, or compression of the back muscles. This can cause persistent lower back pain. Spondylolysis is commonly seen in kids who participate in soccer, football, weight lifting, gymnastics, wrestling, and diving.

Overuse injuries can be caused or aggravated by:

- growth spurts or an imbalance between strength and flexibility
- inadequate warm-up
- excessive activity (for example, increased intensity, duration, or frequency of playing and/or training)
- playing the same sport year-round or multiple sports during the same season
- improper technique (for example, overextending on a pitch)
- unsuitable equipment (for example, nonsupportive athletic shoes)

Reinjuries

Reinjury occurs when an athlete returns to the sport before a previous injury has sufficiently healed. Athletes are at a much greater risk for reinjury when they return to the game before recovering fully. Doing so places stress upon the injury and forces the body to compensate for the weakness, which can put the athlete at greater risk for injuring another body part.

Reinjury can be avoided by allowing an injury to completely heal. Once the doctor has approved a return to the sport, make sure that your child properly warms up and cools down before and after exercise.

Sudden exertion can also cause reinjury, so your child should re-enter the sport gradually. Explain that easing back into the game at a sensible pace is better than returning to the hospital!

Treating Sports Injuries

Treatment of sports injuries varies by the type of injury.

For acute injuries, many pediatric sports medicine specialists usually take a "better safe than sorry" approach. If an injury appears to affect basic functioning in any way — for example, if your child can't bend a finger, is limping, or has had a change in consciousness — first aid should be administered immediately. A doctor should then see the child. If the injury seems to be more serious, it's important to take your child to the nearest hospital emergency department.

For overuse injuries, the philosophy is similar. If a child begins complaining of pain, it's the body's way of saying there's a problem. Have the child examined by a doctor who can then determine whether it's necessary to see a sports medicine specialist. A doctor can usually diagnose many of these conditions by taking a medical history, examining the child, and ordering some routine tests.

It's important to get overuse injuries diagnosed and treated to prevent them from developing into larger chronic problems. The doctor may advise the child to temporarily modify or eliminate an activity to limit stress on the body.

In some cases, the child may not be able to resume the sport without risking further injury. Because overuse injuries are characterized by swelling, the doctor may prescribe rest, medications to help reduce inflammation, and physical therapy. When recovery is complete, your child's technique or training schedule may need to be adjusted to prevent the injury from flaring up again.

Article From: <http://kidshealth.org> - website

Stay Fit During the Holidays~

The holidays are a time to celebrate, and boy, do we make the most of it. We eat, we drink, we indulge and then we end up feeling like bloated whales by the time it's all over. It's almost an unspoken rule that, with the holidays, comes unlimited eating and incomplete workouts, but this year, you have a choice.

You don't have to let every party become your own personal eating contest, and you don't have to let shopping take the place of your usual exercise routine. All it takes is flexibility, creativity and a new way of defining exercise.

Keep Moving

It's tempting to ditch your workouts as your days fill up with holiday preparations, parties and errands, but now more than ever, you need to stay active. Exercise will help you deal with added stress and give you energy for everything you need to accomplish. It will also help you manage your weight through the maze of parties and gatherings you'll be attending. If you have trouble sticking with your usual routine this time of year, come up with a new one.

Forget the rules, lower your standards and do whatever you need to do to keep moving:

- **Shorten Your Cardio.** Pare down your cardio routine to whatever time you have, even if it's only 5 or 10 minutes. Choose activities that are easy to do at a moment's notice: walking, running, jump roping or cycling. Get the most out of the time you have by working at a high intensity. This sample 10-minute workout is a great place to start:
 - 0:00 to 1:00 - Warm up with a brisk walk (outside or around the house)
 - 1:00 to 2:00 - Jumping jacks
 - 2:00 to 3:00 - Jump rope (pretend if you don't have a rope)
 - 3:00 to 4:00 - Run as fast as you can for 1 minute (in place or outside)
 - 4:00 to 5:00 - Ski hops: Stand with feet together, bend knees and jump a few feet to the right and then left, landing with bent knees.
 - 5:00 to 6:00 - Jumping jacks
 - 6:00 to 7:00 - Walk as fast as you can
 - 7:00 to 8:00 - Jump rope
 - 8:00 to 9:00 - Jumping jacks
 - 9:00 to 10:00 - Cool down and catch your breath

Remember to work hard. Keep your perceived exertion at 8 or 9 for the entire workout.

- **Exercise wherever you can.** You already know to take the stairs, park far away and so on to get more exercise. This holiday season, wear a pedometer as you're running around, and see how many steps you can accumulate. Use every opportunity to get in more movement, whether it's parking on the opposite side of where you need to be or chopping down your own Christmas tree.
- **Make it a family affair.** As you gather together with your family, plan active things to do. Walk around the neighborhood to look at holiday decorations. Play football before the big meal at Thanksgiving or Christmas. Plan contests with the kids to see who can run the farthest or who can do the most push-ups. Challenge everyone to a snow-shoveling contest, and then build a snow person out of the remains.
- **Don't forget strength training.** Maintain your muscle mass by paring down your routine to the basics. Choose compound, multi-joint movements to make sure you're getting the most out of your time. This new strength-training workout is a great place to start. It involves a variety of compound moves that target the large muscles of the body with plenty of core work thrown in as well.

Control Your Eating

Eating yourself into a coma seems inevitable during the holidays, what with all the yummy delights available. Treating every party as if it's an invitation to indulge, however, is a sure way to add pounds. Below are a few reminders for keeping the calories in check:

- **Eat Before You Go.** Rules to live by: never go grocery shopping while hungry, and similarly, never hit a holiday party on an empty stomach. You'll be less tempted to overindulge if your belly's full of something healthy.
- **Choose One Treat.** Once at the party, choose one thing to indulge in and make it good. No chips -- you can have those any old time. Pick something you only get during the holidays.
- **Control Your Drinking.** Alcohol is an easy way to consume more calories than you need, so avoid mixed or fruity drinks, and have a glass of water for every drink you consume. Also, definitely avoid the egg nog; it has up to 350 calories a cup.
- **Don't Skip Meals.** It's tempting to skip meals to make up for whatever nightmare food you'll eat later, but just like the empty-stomach rule, if you're starving, your rational mind will be unavailable for healthy food choices. Eat small meals all day to avoid going nuts at the buffet table.

However you deal with the holidays, make this the year that you don't gain extra weight. Make a decision to do everything you can to stay active and eat healthy while not depriving yourself of all the fun. Like everything else in life, it's all about moderation. Happy Holidays!

Article From: <http://exercise.about.com> - website

Important Request from our Librarian/Archivist - Sis. Annette Schabowski:

Please provide photograph of all Unit and District Flags, both old and new. Bro. Pete Dusek is compiling a book. These photographs can be mailed or emailed to Sis. Schabowski at the American Sokol Office (address on cover).

Sis. Schabowski also has several boxes of bound publications which will be put into sets. If any Unit or District is interested, please contact her at the American Sokol Office.

Sokol Minnesota Mystery Dinner raises \$2,000 for Sokol Cedar Rapids

By Joe Landsberger, President, Sokol Minnesota
The night was elegant, mysterious and fun as 55 dinner guests enjoyed a catered meal by Francesca while solving a murder aboard the "SS Ethelred." The audience-interactive play was produced by Denis Novak and his assembled cast of eleven, and the meal was organized by Joan Sedlacek and Joe Landsberger, and their cast of five kitchen crew/servers. Not only did the actors wear circa 1920's dress, but also many of the audience took advantage of the Halloween weekend to bring out their 20's-style costumes.

Georgiana Dolejsi awarded Černín Palace Memorial Bronze Medal and Diploma

Editor's note: on November 9, life-long Sokol Minnesota member Georgiana Dolejsi was awarded the Černín Palace Award of the Czech Republic "for her great and significant contribution to the progress of Czech-American relations." What follows is her acceptance speech, and a wonderful Sokol history:

One evening a few weeks ago, I received a phone call from my friend, Dr. Josef Mestenhauer saying, "Congratulations, Georgiana!" I hadn't the slightest idea why he was offering congratulations to me. I was certain he had made a mistake and had the wrong person in mind. After further explanation, I was emotionally overwhelmed by this joyous surprise. And so today, I am deeply honored to accept this prestigious Černín Palace Memorial Bronze Medal Award and Diploma which I will always treasure. I sincerely thank you for this great honor.

With the help of some of my dear Sokol friends, Dr. Mestenhauer compiled a very flattering "Bio" of my involvement and contributions made through my many years in Sokol. I would like to elaborate on some of the events that have been so special to me.

Reflections of my early years in Sokol and the Czech life I was introduced to as a child, dates way, way back in my book of memories. My grandfather, Josef Walla, was the first men's gymnastics instructor in Sokol way back in the 1800's, and my Mom and Dad, Bessie and Albert Smolik were also devout charter members in Sokol and played a very important role in its growth. **THEY WERE MY INSPIRATION.**

In my junior years as a *dorostenka prostna*, I had the privilege to attend Sokol Instructor's schools – some monthly, weekly and bi-weekly – to learn the gymnastic method of teaching formulated by Dr. Miroslav Tyrs. I tried to put it all into practice when I started teaching classes. It was a challenge, but I loved it.

The 10th Czechoslovak Sokol Slet in Prague in 1938 was a thrill of a life-time that I will never forget. As one of the representatives of our Unit and a member of the American Sokol Gymnastic team, I was one of 15,000 women participating in a mass callisthenic number at Strahov Stadium. Unbelievable!!! I was also one of 100 American men and women, performing in a precision special number. It not only rained but poured throughout the entire performance! The field was a sea of mud, yet our spirit never faltered. The tremendous standing ovation was our reward as our tears flowed with great pride.

I have been reminded about an incident that happened in the 1950's which has always brought laughter to those who were witnesses. At the time, I was pregnant with my daughter, Susie, and had to have a substitute replace me in teaching the prostna for an upcoming slet. She was having difficulty in teaching a part of the callisthenic so I got on the stage to help. You can imagine the picture I presented in this last stage of my pregnancy as I went through the difficult movements with the gymnasts breaking up in laughter.

Beside involvement in gymnastics, music, and singing were my next great interests. Sokol desperately needed a

new piano and with fundraisers and the generosity of members and friends, our mission was accomplished and a new Baldwin piano was purchased. Singing became a very important part of our program. The Sokol Czechoslovak Singers was formed in 1978, and we have been singing ever since. About that same time period, I compiled a songbook entitled *Sokol Minnesota Sings*, which contained popular Czech, Slovak, and Moravian folksongs as well as popular Sokol songs. This songbook is still used on a regular basis by our singing group. Another dream of mine was realized when I started an annual "Sing-a-long" with the Czech singers from Montgomery and New Prague. It was a great gathering for all of us. Unfortunately, with the passing years, health problems and death depleted our numbers and this event fell by the wayside.

My thoughts go back to 1935 when I was seventeen at which time I was of age to officially join Sokol—one of my proud moments. In 1998, I received a totally unexpected surprise—an award as an honorary member of Sokol MN for my service throughout my lifetime. From 1987-1990, I proudly served in the office of President of Sokol Minnesota. During my term as president, I had the privilege of presenting a gift of honorary membership in Sokol MN to a distinguished visiting Slovak dignitary Dr. Alexander Dubcek in the beautiful rotunda of the State Capitol. I served eighteen to twenty years as Physical Director of Women in which I was deeply involved in the workings and challenges of this position, not only at the local level, but at the District and National levels as well. The teachings of Sokol founder Dr. Miroslav Tyrs certainly served me well. Over the years I helped with receptions held at our Sokol Hall for visiting dignitaries. A special highlight for me was the 1999 visit of the then-President of Czechoslovakia Václav Havel. Among the many events surrounding his visit was a Sokol program as well. I was pleased to organize the singers from the Czech communities –Montgomery, New Prague, and St. Paul—in the singing of the national anthems and our beloved Czech song, *Ta Nase Pisnička Česka*. This took place at the University of St. Thomas.

As I look back on my Sokol years, I realize the important role Sokol has played in my life. It became an integral part of my life and still is to this day. In closing, may I add that none of my contributions and accomplishments could have materialized without a strong support system of faithful Sokols, my dear family, my parents, and both of my deeply loved husbands, Al Buzicky and John Dolejsi, all of whom have passed on. I am proud of being a Sokol, I am proud to be an American, and so very proud to be a Czech in my heart. Thank You!

High Flyin' Houby Fest Success

(Continued from cover)

Submitted by: Sis. Christina Curran-Wurst

The 40th International Houby Fest and Parade was held the weekend of October 4th-5th in Cicero and Berwyn, IL. Berwyn Main Street brought back a piece of cultural heritage by transforming a portion of Cermak Road into a Czech Oasis, with vendors serving Czech specialties, featuring live entertainment, artists and offering family activities. Visitors to the Central District booth really enjoyed the unique feature of button making and children liked hopping on the "mushroom" apparatus for a picture. The pictures were sent to them via email a couple weeks later. Also, video footage of our National Camps, Courses and the upcoming Slet in Fort Worth, TX was on a loop for all guests to view. Other businesses and craft vendors were located along Cermak Road, including a food booth by Sokol Stickney.

The Central District had approximately 80 participants in the parade performing such activities as carrying flags, banners or signs. Our youth showed off their track & field skills with broad jumping across the street lines and running around our entire group. Tots waved at the crowd from the comfort of their wagons. Juniors and Seniors thrilled the crowd with stunting and high flying flips off the mini tramp. We had approximately 1,000 Central District flyers on hand and ran out of them around Austin Blvd. At one point, we even managed to stretch our group for well over a block! At the end of the parade, members of the crowd requested information about Sokol. We handed out phone numbers on the spot and encouraged them to visit our booth at the Czech Oasis where we had more flyers and promotional materials at the table, along with other historical Sokol information.

We certainly made an impact with the public at the Houby Fest and Parade. We look forward to successful coordination and participation in upcoming parades this year.



I want to help ...



Yes! I want to help support the American Sokol 2009 International Sport and Cultural Festival!

Dear Family and Friends,

Any donation you can make will help to insure a successful event and will allow American Sokol to continue providing, and developing, valuable fitness and social activities for our families, friends and communities.

Please accept my donation in the amount of \$ _____

Please charge my credit card for the above amount:

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(Visa, MC, Amex, Disc) - we may contact you if we need the 3 digit code on the back of your card for processing.

Signature _____ Date _____

**Please mail this form to:
American Sokol
9126 Ogden Avenue
Brookfield, IL 60513**

2009 International Sport and Culture Festival Committee:

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Jerry Milan
Chuck Kalat
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2009 International Sport and Culture Festival

Sponsorship Levels and Benefits

\$250,000 and up: Platinum Sponsor

- ❖ Hi-lighted on the American Sokol's Slet 2009 website as a major event sponsor - will include a link to your website.
- ❖ Recognition, with graphic identity, throughout the event, at the Convention Center and all other events, and in the program brochure.
- ❖ Featured in the American Sokol Slet 2009 advertisements.
- ❖ An article in the American Sokol Newsletter featuring your company and graphic identity.
- ❖ Invitation, for your Senior Officers, to attend VIP events and use VIP facilities.
- ❖ Opportunity to set up a booth in the Exhibit Hall.
- ❖ A Total of 20 Gold Level access passes to all of our events for your employees.

\$100,000 to \$250,000: Gold Sponsor

- ❖ Listed on the American Sokol's Slet 2009 website as a major event sponsor.
- ❖ Recognition in the program brochure as a major event sponsor.
- ❖ Recognition in the American Sokol Slet 2009 advertisements.
- ❖ Recognition in the American Sokol newsletter as a major event sponsor.
- ❖ Opportunity to set up a booth in the Exhibit Hall.
- ❖ A total of 10 Gold Level access passes to all of our events.

\$10,000 to \$100,000: Silver Sponsor

- ❖ Listed on the American Sokol's Slet 2009 website as an event sponsor.
- ❖ Recognition in the program brochure as an event sponsor.
- ❖ Recognition in the American Sokol newsletter as an event sponsor.
- ❖ A total of 2 Gold Level access passes to all of our events.

Up to \$10,000: Bronze Sponsor

- ❖ Recognition in the program brochure as an event sponsor.
- ❖ Recognition in the American Sokol newsletter as an event sponsor.

If you would like to sponsor the 2009 International Sport and Culture Festival please contact Rome Milan at: RomePARIS@aol.com

Strategic Planning Team Interest Forms

Organizational Development

ASO is looking for highly motivated team players with experience, knowledge and expertise in business or non-profit hierarchy. This team will be responsible for reviewing, revising or recreating American Sokol's structure at all levels to ensure the new structure fits in with our strategic plan. Another area of responsibility is developing a Unit handbook with standards for operation. Some computer research work will be required. It is expected that this team will begin early in the 1st Quarter of 2009 with completion by end of 3rd Quarter of 2009 (in time for convention review). Weekly time commitments for independent work and teleconferences will be required to stay on track. If interested, please complete these items:

Name _____ Unit _____
Email _____
Address _____ Phone _____

Please provide some information regarding your experience and knowledge around developing organizational structure plans in profit and non-profit arenas as well as creation of "help book" for creating, maintaining and running a successful unit/business. Please share your strengths and expertise in designing organizational structures.

Are You Interested in Leading this Team? [] Yes [] No If yes, please provide us with your experience with being a leader as well as indicating what your leadership style is:

Leadership Type: _____

Experience: _____

If submitting more than one team interest form, please rank your interest in this team. _____ (1=Lowest, 10= Highest and I am interested in these other teams: _____)

I understand that submission of a Team Interest form does not automatically mean placement on the Team. I am willing and able to make the necessary time commitment to ensure that the responsibilities of the team are handled in a timely manner.

Signature: _____

Communication

ASO is looking for highly motivated team players with experience, knowledge and expertise in creative writing using various communication vehicles. This team will be responsible for developing standards and effective methods for communicating within our organization. Some computer research work will be required. It is expected that this team will begin the 1st Qtr. of 2009 with completion in approximately 6 months. Weekly time commitments for independent work and teleconferences will be required to stay on track. If interested, please complete these items:

Name _____ Unit _____
Email _____
Address _____ Phone _____

Please provide some information regarding your experience and knowledge around effective writing methods, various formats to ensure message gets to appropriate level in a timely manner and process flow for effective communications.

Are You Interested in Leading this Team? [] Yes [] No If yes, please provide us with your experience with being a leader as well as indicating what your leadership style is:

Leadership Type: _____

Experience: _____

If submitting more than one team interest form, please rank your interest in this team. _____ (1=Lowest, 10= Highest and I am interested in these other teams: _____)

I understand that submission of a Team Interest form does not automatically mean placement on the Team. I am willing and able to make the necessary time commitment to ensure that the responsibilities of the team are handled in a timely manner.

Signature: _____

Submission of the forms can also be completed through American Sokol website, email to mfiordelis@yahoo.com or mailing to Maryann Fiordelis, 31680 Norfolk, Livonia, MI 48152.

Candidates will be informed of status within 30 days.

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9126 Ogden Avenue
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