

# COUNTDOWN TO THE VANCOUVER 2010 WINTER GAMES!

FEBRUARY 12 - 28TH

## What Will You be Watching?



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American  
**Sokol**



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

## AMERICAN SOKOL

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Meets every 2nd Wednesday\* at 7:30 pm

\*except in July and August

**To Submit Information for Publication:**

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**CALENDAR OF EVENTS**

Get your event featured! Email editor@american-sokol.org

January	
8-10	Central District Skills Clinic, Sokol Tabor
13	Czech - Slovak American Club of Tucson Special Holiday Mikulas Fundraiser
15-17	American Sokol Winter Slet, Chicagoland area
23	Central District 3-on-3 Basketball Competition
30	Ceska Sin Exhibition
February	
7	Central District Sokol hosts GIJO Meet, Sokol Chicagoland/Elite, Downers Grove
13	Ennis Czech Music Festival
13	Little Ferry 7th Annual Beefsteak
14	Sokol Stickney Pancake Breakfast
20	Central District Co-ed Volleyball Competition
27	Eastern District Semi-Annual Meeting, Sokol Baltimore
27	Sokol Greater Cleveland Winter Exhibition
March	
13	Little Ferry Corned Beef and Cabbage Dinner
13	Sokol Tabor Exhibition
14	Sokol Chicagoland Exhibition
19	Naperville Exhibition
20	Stickney Exhibition
27	Spirit Exhibition

**Letter from the Editor**

Happy New Year and welcome to 2010! This year plans to bring many changes and improvements that will propel American Sokol's place in the community. Let's work together to keep Sokol's mission alive!

*"It takes a lot of courage to release the familiar and seemingly secure, to embrace the new...for in movement there is life, and in change there is power." - Alan Cohen*

NAZDAR!



Angela Hartford

P.S. Please send articles, photos and other noteworthy submissions to **editor@american-sokol.org**. This publication is driven with content from you!



# The Sokol Educator

*Sis. EllenJeanne Schnabl, Educational Director*

---

## LEDEN

Je to zima, tuha zima!  
 Pod nohama chrupe snih,  
 Zamrzla jiz cela reka  
 Na kluzisti zcervanji  
 tvare nam jak ruzicky  
 pro zahrati koupime si  
 kastany u babicky.

## JANUARY

It is winter, tough cold!  
 Under our feet crunches snow.  
 Frozen already the entire river.  
 On skating, red cheeks  
 we have like little roses  
 for fun we'll buy us  
 chestnuts at grandmother's.

- January 1, 1860:** First publication in Czech printed in America.  
**January 1, 1917:** Foundation in America of the Sokol Society, now known as the American Sokol Organization, created by merging the National Sokol Union and the District Fuego-Tyrns  
**January 7, 1990:** Re-founding of the Ceskoslovenska Obec Sokolska  
**January 13, 1464:** Bohemia & Moravia joined in perpetual union by the royal decree of King George of Podesbrady, Bohemia  
**January 25, 1759:** Scottish poet Robert Burns is born. His version of Auld Lang Syne is a staple at New Year's Eve parties.  
**January 30, 1933:** Who was that masked man? The Lone Ranger premiered on Detroit's WXYXZ radio.

Now's the time to get rid of all those leftovers - including some ideas which seem old-fashioned. However, we must think carefully before "dumping" stuff. It should be prudently considered whether its value is still relevant today. Remember and reflect that many times just because it's new doesn't necessarily mean it's better. Each idea must be scrutinized, analyzed and perhaps even dissected before it can be properly evaluated and accepted.

We have a New Year with us which usually brings resolutions -- so let's all resolve to be better Sokols and think about:

- what is good for ourselves
- what is better for our respective Units - and
- what is best for the whole Sokol organization.

Let's replace resolutions with achievements.

Let us reaffirm the oath we each took when we were installed as new Sokol Members -- re-read Page #63 of the American Sokol Constitution and By-Laws.

## A New Year Recipe:

Take 12 full-grown months and see that they are free from old memories of bitter feelings and jealousy.

Cleanse them from clinging small prejudices and pick off all specks of pettiness.

Cut the months into 28, 30 or 31 parts. Don't make the whole batch at one time, but prepare one day at a time. Put equal parts of faith, patience, courage, hard work, hope, kindness, rest and meditation into each day. Add a teaspoon of good spirits, a dash of fun, a sprinkling of play and a cup of good humor. Pour some love for your fellow Sokols. Mix with vim and serve with quietness, unselfishness and cheerfulness. ☺

NAZDAR!

EllenJeanne Schnabl, American Sokol Educational Director

## STRATEGIC PLANNING TASK FORCE DIRECTOR UPDATE

*The following article is one I sent in last year but never made it in the publication. While some of the information is outdated, like I said in last month's article I feel it is important for everyone to see who has volunteered for these teams. I have added any updates in bold for the various team. Remember, we are still looking for volunteers for our new Communications/Marketing and Leadership Development Teams. Forms were in last month's publication and are also available on our website.*

It's been awhile since I've talked about membership involvement on the various Strategic Imperative Teams so I thought I'd take this opportunity to bring everyone up to date. I want to acknowledge our members who have been actively moving our strategic plan forward. I think it is important that we also see which units and districts are participating. As part of my expanded duties of SPTF Director, I attend all team meetings that I can. In alphabetical order, teams that are currently active, have completed their tasks or on hold include:

**Database Team:** Tom Pajer, Spirit, Team Lead, SPTF member; Brian Dolezal, Greater Cleveland; Mike Drobick, Spirit; Laura Kwak, Chicagoland; Rob Newcomer, St. Louis; Laura Weber, St. Louis. This team put together a project charter and investigated various databases. They presented their recommendation and received approval to purchase. Since this was around the time that we were actively seeking our Executive Director and wanted his input, this team was put on hiatus. With the recommendation from Greg Harris, pursuing the purchase of a new database is on hold for now.

**Finance Team:** Barbara Vondra, Stickney, SPTF member; Jean Hruby, Spirit, Stickney & KHB Ennis; Doris Marks, Stickney; Don Newsom, Chicagoland nonmember; Meribeth Tooke, Spirit. They have been busy working on their resource book; waiting for deadline dates so we'll know when we will be moving forward. **The team is now in it's final stages with this resource guide and should be going to Strategic Planning Task Force for review any day now. They plan to have updates in the future.**

**Implementation Team-National:** Maryann Fiordelis, Detroit, Team Lead, SPTF member; Greg Harris, National Office. This team is also composed of District Representatives. From the Central District – Judi Soulides; Eastern District-Irene Wynnyczuk; Northeastern District-Mary Cushing; Pacific District-no representative; Southern District-Bob Podhrasky; Western District- Brenda Kuncl.

The team developed a survey to gather information from the units regarding the Core Programs and their readiness to begin. Greg Harris was instrumental in distributing marketing and Core Program materials to all units. This team is now in the process of distributing and gathering information around the implementation status for the Core Programs and communication effectiveness. The National Implementation Team is working with Unit Representative on this survey as follows: Central District: Ceska Sin - Dot Kotlan, Chicagoland - Mary Ellen Newsom, Milwaukee - Jim Hron, Naperville - Judy Vierke, Saint Louis - Nancy Beasley, Spirit - Kathy Barcal, Stickney - Nancy Pajeau, Sokolice Tabor- Julie Kaupert and Julie Raine, Town of Lake - Jan DeValk. Eastern District: Baltimore - Leilani (Lee) Sain, Little Ferry - Blanche Bidnik, New York - Ethna Flaherty, Philadelphia - Ron Jaros, Washington - Anthony Bartos. Northeastern District: Detroit - Renata Greene, Greater Cleveland - Marie Hibler. Pacific District: No Representatives. Southern District: Corpus Christi - Jerry Sijansky, Dallas - Bob Podhrasky, Ennis - Thomas Betik, Ft. Worth - Jerry Milan, Houston - Tony Thayer, Yukon - Marilyn Berousek, West - No Representative. Western District: Cedar Rapids - Brad Hess, Crete Men - Bruce Cerny, Crete Women - Theresa Vernon, Minnesota - Joe Landsberger, Omaha - Gary Masek, South Omaha - Buddy Benak, Wilber - Brian Florian. **I'm asking District and Unit Presidents to review these names and let me know of any changes. For instance, we have a couple of new people on the National Implementation Team, Roger Martanovic from the Northeastern District and Jerry Sijansky from the Southern District. The team's focus will be on assisting with communications of team products and updates around our strategic plan.**

**Membership Types Team:** Mary Ann Sulz, St. Louis, Team Lead; Bo Bata, Baltimore; Nancy Beasley, St. Louis; Mary Ellen Newsom, Chicagoland; Bob Podhrasky, Dallas, SPTF member; Mary Steinman, Ft. Worth, SPTF member; Joyce Teserak, Minnesota. This team made a presentation to the Strategic Planning Task Force which covered several concerns and cross-over issues. The SPTF asked that this team be put on hold until the Organization Development Team reviews these cross-over items.

**Organization Development Team:** Greg Harris, Executive Director, Team Lead; Mary Cushing, Detroit, Maryann Fiordelis, Detroit, SPTF member, Tom Pajer, Spirit, SPTF member; Bob Podhrasky, Dallas, SPTF member. This team is currently developing their project charter, establishing

priorities and setting a timetable and deadlines, as much of their work needs to be done to meet current convention dates. **In October, this team attended the Presidents and BOG Conference and were excited to have the opportunity to dispel rumors, answer questions and concerns and have some good dialogue take place. This team continues to develop deliverables from Phase One of their project charter for readiness at the convention.**

**Personnel Team- Executive Director:** Mary Steinman, Ft. Worth, Team Lead, SPTF member; Maryann Fiordelis, Detroit, SPTF member, Larry Laznovsky, KHB Ennis, Executive Board Resource Person; Brenda Michalek, Chicagoland & Naperville Tyrs. This team successfully completed their goals with the hiring of Greg Harris.

**Personnel Team-Instructor Standards:** Maryann Fiordelis, Detroit, Team Lead, SPTF member; Allison Gerber, Cedar Rapids; Bob Kucera, Naperville Tyrs; Kandi Pajer, Spirit; Bryan Pracko, Sokol USA Lodge 306. This team successfully completed their goals with the presentation and distribution of *Guidelines for Developing a Successful Sokol Gymnastics Instructor*. This book is under the jurisdiction of the National BOI.

**Program Team:** Tom Pajer, Spirit, Team Lead, Strategic Planning Task Force (SPTF) member; Maria Breidenbach, St. Louis; Marla Breidenbach, St. Louis, Florence DelCarlo, Chicagoland; Candy Short, Tabor; Barbara Vondra, Stickney, SPTF member and BOI Resource Person. This team successfully completed their goals with the development and distribution of our four Core Programs currently in the implementation stage.

**Strategic Planning Task Force:** Maryann Fiordelis, Detroit, SPTF Director; Larry Laznovsky, Executive Board Sponsor; Lori Laznovsky, Ennis; Jerry Milan, Ft. Worth; Tom Pajer, Spirit; Bob Podhrasky, Dallas; Mary Steinman, Ft. Worth; Barbara Vondra, Stickney. This team continues to meet at least quarterly. They are responsible for selecting various team members, first-step in the approval process for team products and working with our Executive Director for forward movement of our strategic plan. **I asked for a recommitment from this group as working through our strategic plan is taking considerably longer than anticipated. The Task Force is now comprised of Lori Laznovsky, Tom Pajer, Bob Podhrasky, Barb Vondra and myself.**

**Volunteer Management Team:** Barbara Vondra, Stickney,

Team Lead, SPTF member; Kathy Barcal, Spirit; Barbara Kucera, Naperville Tyrs and Donna Sbriglia, New York. This team is finalizing their resource book and should be completed by end of first quarter. **Their resource guide has been completed and distributed in October 2009.**

As you read through team member names and units you notice that without the Central District our Strategic Plan would not be going anywhere. If you feel that your unit or district is not fairly represented, volunteer for one of upcoming teams listed in the first paragraph.

During these economically trying times, it is even more important that we, as an organization, look to new and profitable ways to grow and expand. I'm sure we've all heard of the saying that it takes a village to raise a child. I'm not looking for a whole village but a couple of enthusiastic, hard-working, cohesive teams with some different faces sure would be nice. ☺

Nazdar,

Maryann Fiordelis  
Strategic Planning Task Force Director

## Message from the Executive Director

This is great news from South Omaha...any other Unit who is interested in pursuing this idea, please feel free to contact me  
— Gregory T. Harris

### EXCITEMENT & ENTHUSIASM BUILDING AT SOKOL SOUTH OMAHA!

On Monday, August 10, 2009 the Executive Director of American Sokol, Mr. Greg Harris, spoke to approximately 30 of our members in attendance at Sokol South Omaha. He spoke of revitalization ideas he developed, several of which are already in the early stages of implementation in Units across the country. He emphasized the importance of our Unit being involved in the community, as well as creating a self-sustaining organization.

One idea he shared was to create a General Manager-type position who would be responsible for filling our building seven days a week with programs centered around the four core focus areas outlined by the American Sokol's Mission Statement. The Mission of the American Sokol is to provide fitness and community for individuals and families through Physical, Educational, Cultural and Social programs.

There was much enthusiasm about the possibilities presented at this meeting and the members got started right away by volunteering to serve on a team to develop a Job Description and a Recruiting & Selection Process for the new position. The team, led by Colleen Johnson and co-sponsored by Greg Harris and Jolene Dalton, launched on August 17th and soon proposed a Job Description and Selection Process for a position they decided to call the Director of Community Programs. The position was approved by the Unit Executive Board and the team presented the exciting plans to the membership at the Unit Meeting on September 17th. Everyone acknowledged that it would take time to develop the details and implement the plan to make Sokol South Omaha a vibrant place in the community once again; however, they agreed that "if we step out of our comfort zone and make some forward-thinking changes, the possibilities are promising and exciting!" Recruiting began, members volunteered and were encouraged to help and offer suggestions regarding programs to offer. Several members have taken a great interest in the new plans and have begun helping promote and support this new direction for Sokol South Omaha.

After receiving more than 50 resumes, identifying promising candidates, and interviewing several, the Unit Executive Board announced that they had hired Monica Kleinschmidt as the Director of Community Programs starting on December 7, 2009.

Monica brings outstanding marketing, project management and business experience to our organization in this role. During the interview process, Kleinschmidt and Harris helped draft a Grant Proposal from the City of Omaha for our Community Outreach plans, complete with a detailed description and logo. Monica will be working with our members and the community to develop and expand our program offerings and visibility within the community under the program's title, ReachOut.

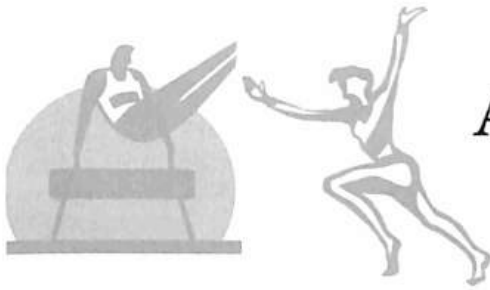


A native of West Virginia and Maryland, Monica has claimed Omaha as her home for the past 13 years. Gymnastics played a large part of her teenage years and she is enthusiastic about the chance to work closely with the Sokol Gymnastics program. She trained at "Arial Port" in Fairmont, WV (the home of Mary Lou Retton), and also cheered throughout high school and college. Bringing in new physical activities for the community is one of Monica's top priorities, as well as one of our main areas of concentration. "I truly look forward to working closely with the Sokol South Omaha members to bring the vision of community outreach to life. There is such a rich heritage that I am eager to learn more about and share with the surrounding community," says Monica.

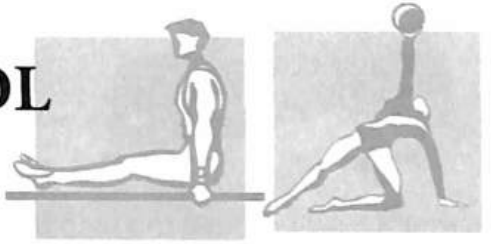
Monica was introduced to the membership on her first day at a Unit Meeting and met with Greg and some of the team members shortly after to dive right into the task at hand. She has since been meeting with members to learn their valuable ideas and community input. With Greg's direction, and the experiences of those in other Units who have already implemented these plans, along with member enthusiasm, support, and willingness to share their talents, we have set aggressive goals and timeframes in order to have the greatest impact in our community. We are in the midst of program development and plan to deliver these programs as early as the first quarter of this year! Wow!

And we've just received wonderful news! In December, the City of Omaha awarded a \$5,000 Grant to Sokol South

*continued on page 1*



# AMERICAN SOKOL GYMNAST



*Pages 7-10 are specifically designed to benefit the Gymnastic programs of the 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**

## 2010 MERIT AWARD

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates of the XII American Sokol Convention, held in Detroit in June, 1975 approved Merit Awards to be paid from the Sokol Future Leaders Fund. The Merit Award Committee is now accepting applications for the 2010 Merit Awards from students who are planning a full time (at least 12 hours per semester or equivalent) course program in an accredited two-year or four-year college or who are already participating in such a course of study. The application process begins with the submission of the form below to obtain application forms and instructions.

The amount to be awarded is \$500. Each district is allowed 2 merit awards per year regardless of membership. If a district doesn't have 2 qualified applicants, the remaining merit award(s) for that district may be given to another applicant(s) who did not receive an award because 2 awards were given in their district. These "extra" awards are given on an "at large" basis to the next most qualified applicant(s) regardless of district affiliation. There are NO merit award renewals.

Failure to submit a transcript of grades to the American Sokol Merit Award committee for the year of the award and/or failure to complete the year's course of full time study will result in a request for repayment of the award.

The selections are made by the Merit Award Committee and approved by the American Sokol Board of Instructors and the American Sokol Executive Board. The following points will be considered by the Merit Award Committee in selecting the candidates:

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

Although physical education study will not be a criteria, more consideration will be given to those training in the physical education field.

I desire to make application for the American Sokol Merit Award. Please mail an application form and other application materials to: Merit Award Committee, c/o American Sokol, 9126 Ogden Ave. Brookfield, IL, 60513

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zipcode: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

My age is \_\_\_\_\_ years. I am a member of Sokol \_\_\_\_\_

**APPLICATION REQUESTS  
SHOULD BE RECEIVED NO  
LATER THAN MAY 1, 2010**

**APPLICATIONS ARE DUE  
JUNE 1, 2010**



## How to Keep New Year's Resolutions

You know how to make the resolution, but keeping it is another matter entirely. It's a vicious cycle that thousands of us go through every year — making those New Year's resolutions and then breaking them a few short months, weeks, or days later. Here are a few tips to help you keep your resolutions and have a better new year.

**Be realistic** — When looking to make big changes in their life, many people go overboard. A guaranteed way to fall short of your goal is to make your resolution unattainable. Really think about the change you want to affect on your life. These resolutions aren't a task list, they're life changes and they should be well-planned, reachable goals. The more realistic and attainable your resolution, the better chance you have of sticking to it.

**Organize your plan** — Decide how you are going to achieve your resolution and break your goal down into smaller steps. Think ahead to the possible challenges that you will face and make a game plan on how you can overcome those challenges. If your goal is weight loss, decide ahead of time what your answer will be when you don't feel like going to the gym, or you have an overwhelming craving for the Chunky Monkey. Whether it's a friend "talking you down" or practicing positive thinking and self-motivation, finding the answer ahead of time will make it easier to fight off temptations when they appear.

**Write it down** — Write down your resolutions, why they are important to you and how you plan to achieve them. Keep your list in a place that you will see it. When your resolve wavers, refer to the list and remember why these changes are important — this can be an incredible motivator.

**Share your goals** — Don't keep your resolution to yourself. Tell your friends, family or coworkers about your goals. Let them be your built-in cheering section to help keep you on the path of resolution fortitude. You may even find a buddy who has the same resolution that can help you on your road to change.

**Take notes and be flexible** — Be sure to track your successes, whether large or small. If you are having trouble keeping a resolution, look at your list and see if you need to change your strategies to reach your objective.

**Treat yourself** — If you're making good progress, give yourself a reward. Celebrate your success by treating yourself to something that you enjoy. Choose rewards that are in line with your end goals. For instance, eating a whole cheesecake is not a good reward for losing 10 pounds.

**Keep at it!** — Don't worry or obsess over the occasional step backwards. Mistakes happen, and the best thing you can do is keep working at your goal. It takes, on average, about three weeks for a new activity to become a habit (and around half a year for it to become part of your personality). Resolutions aren't limited to January. If you do find that you've gotten off-track (or completely derailed) start over! You can make a resolution at any time during the year.

Article from-Apartmentguide.com

There is also a website where you can formulate a plan for your resolutions! MyGoals.com! Try it out and let me put your success story in the Gymnast! Good Luck and Happy New Year! 🍀

## Winter Olympics 2010

Are You Ready?

February 12 – February 28, 2010



- Alpine Skiing
- Bob sleigh
- Cross-Country Skiing
- Curling
- Figure Skating
- Freestyle Skiing
- Ice Hockey
- Luge
- Speed Skating
- Snow board
- Skeleton
- And much more!



What a better way to get excited about fitness or a new sport than watching the best of the best compete in the Winter Olympics!

## Helping Others – During the Holidays is a great time to start, but why not help others all year?

**Try to offer first.** When people need your help, they'll most likely ask you first, but if you have the chance, try to offer to help before they ask you. This will show that you were willing to help from the start. For example, if you see a friend struggling to carry groceries, offer to help. Or if you see them getting bullied, help stand up. Or if you see them getting pushed down or beaten, ask "Are you all right?" And help them up. Then try to cheer them up. Believe me, helping people will always make you feel better because it's the right thing to do.

**Put yourself in someone else's shoes.** Being compassionate can give you a strong reason to help someone else. It can also show people that you really do care about someone.

**Volunteer or donate.** Being in charitable organizations is a great way to help the less fortunate, like donating food or money to the poor.

**Listen.** You obviously can't know what you need to do if you're not even paying attention. Plus, people aren't going to rely on you very much if you act like you don't even care what they're saying.

**Think about what might happen if you don't.** More people will feel more miserable if you just leave them when they need you, and you don't want to see people unhappy, do you? Don't stress yourself too much, but it's always nice to lend a hand.

**Observe.** Find out what that certain person might like. For example: s/he is always folding up paper. You can buy a origami set and teach him/her your tricks. Or he/she seems bored a lot. Try spending time with them to play a board game or play cards. ©

## How to be an Empathetic Listener

By Kathy Bruis

Many people have a difficult time really listening to someone else. With such a busy life, so much information passes through the brain that being still and listening becomes difficult. Listening is very important in communicating with another, and to really listen and understand, you need to be an empathetic listener. Empathy is an action taken by a person to understand, be aware of, be sensitive to, and to get the feelings, thoughts, and experiences of another. Here are some steps to help you become an empathetic listener:

1. The empathetic listener projects their own personality into the personality of the speaker, so that they can better understand the speaker. They put themselves into the shoes of the speaker so they may fully understand where the speaker is coming from. It is easiest to understand when one person has experienced the same or similar situation of another person. That does not always happen though. It takes work from the listener to try and imagine what it would be like for the speaker to have gone through their situation.
2. Empathetic listeners try to adopt the emotions and feelings of the speaker. They listen for the meanings rather than just the words. Nonverbal communication is sometimes clearer than verbal. The pitch of the voice, look on the face, posture, tapping of foot, and more are all play a part in the communication process. This also gives the speaker an opportunity to open up to the listener and process the feelings they have. It is so important to pick up on the nonverbals for many people do not say the words they are truly feeling when they are upset about something for fear of loss of relationship, job, environment, or other.
3. Paraphrasing can be used in empathetic listening, which simply means to reword the thought or statement made by the speaker to see if it was understood or needs to be clarified. For example, if someone is telling you about how they made a mistake in life by marrying too young. You may say something like, "I'm sure it is difficult getting married at a young age." Reflecting feelings also is used in communicating the feelings the speaker is displaying. For example, you may say something like, "That must have been so painful for you," when they are telling you about the loss of a parent, and are obviously experiencing pain in talking about it.
4. Summarize the main theme and feelings of the speaker after a long period of conversation. This shows empathetic listening and helps the speaker sort out all that has been said. ☺

Take time with and enjoy conversations with your children. You will learn things about them that you never knew and you may open a new part of your relationship that you never thought possible. Try it and you may learn that listening is the best way to parent! Have fun and take some special "listen" time with your kids — KP ;)



## Aaron Shutway's Amazing Shot!!!!

*Aaron Shutway, is a member of the Sokol Greater Cleveland Jr. Boys class*

Submitted by Jane and Howie Wise

It all started on June 9, 2009 at Brecksville Broadview Heights Middle School.

Aaron's physical education teacher-Maria Ganim Schneider, saw Aaron try his front handspring with a basketball and then throw it across the entire gym into the basketball hoop at the opposite end of the gym.

Maria thought "I have to get this on video, because he is going to make it." So she set up her video camera and after around 30 tries, she captured the shot that went in at the end of class when the bell rang.

Aaron was excited to tell his mom what he had done that day in PE class. Fanny, his mom, gave the teacher permission to post it on YouTube so she could see the video for herself. Upon seeing the video Fanny said, "Wow"! and realized Aaron had combined his gymnastic, soccer and basketball skills in that one "amazing shot."

After only a week on YouTube, on 6/22/09 Aaron received national recognition on the Today show when his YouTube video was featured. Also on 6/22/09, he was interviewed locally, by Dan Coglein, of Fox8 News and was featured on the 10:00 PM News. On 6/23/09, Aaron and his mom were picked up by a limo and taken to the airport to fly to New York City to be featured on the CBS-Early Show. Aaron was on the set of the Early Show and was interviewed by Dave Price on the plaza. He met co-host, Harry Smith and guest, Bobby Flay shook his hand and said "nice shot."

Aaron has had a lot of phone interviews. One of them was on 6/24/09 with 790 AM Animal Sports in Houston, Texas and at the end of the interview Aaron gave a shout out to members at the Sokol National Slet in Fort Worth, Texas. Another phone interview was with Fox Sports Radio in LA.

He was featured in the Cleveland Plain Dealer, a local paper the Brecksville Gazette, and Fanny's work has featured him in the monthly newsletter at Marymount Hospital.

Aaron was also interviewed at home by October Films for a feature on a British series called Weird, Wonderful and Wow video's so he may even become internationally famous.

Recently, Fanny asked to have his video taken off of YouTube, because she was not comfortable with the comments posted, and didn't feel it was appropriate for kids. Before it was taken off he had 2.4 million views and over 2 thousand comments. Fanny said she can't believe how many people were interested and how many tags he received attached to his video. ©

## Message from the Executive Director

*Continued from page 6*

Omaha for our Reach Out program. Below you will find the project description submitted to the Grant committee. We are very proud to grow from our Czech roots, expand our legacy, and reach out to the community to fulfill the mission of Sokol and Tyrs' ideals of "a sound mind in a healthy body." We are excited for the opportunity to develop new programs and to touch the lives of those in our area. We wish to thank all of our members, volunteers, the Unit Executive Board, and Executive Director, Greg Harris, and we welcome Monica Kleinschmidt to the Sokol family. As we begin this New Year and this transition begins, we look forward to your continued support.

Project Description: Develop and expand program offerings and visibility within the community and to adopt the

current and ever-changing surrounding community. We will identify community needs, develop and offer a wide variety of daytime, after-school, and evening programs designed to help the underserved and keep kids off the street by offering alternatives, and create a sense of belonging and family through active participation in physical, educational, cultural and social programs.

SOKOL South Omaha Reach Out is committed to understanding the cultural differences and commonalities that build on rich cultural heritages and revitalize the Community Center to provide recreational and social activities in a positive and safe environment to address challenges faced in the Community. ©

## Sokol Town of Lake Camp Picnic Reunion

Willow Springs, IL – October 11, 2009

Submitted by H. Milan

The camp reunion group gathered again in October in Willow Springs. Campers came as far as El Paso and Fort Worth, Texas, Berwyn and the Chicago area. It was a crisp but cozy day. The afternoon agenda was the usual walks to Tuma Lake, exploring the grounds and reliving old memories.

There is now a wide trail leading down to the lake past the old mess hall. Thank you Park District! The views of the lake and fall colors were awesome and picturesque. Julie Barcal snapped one photo after another.

Our hope is to someday find the class ring of a camper lifeguard (in the 1950's) which was lost in the lake by the dock. The road has been cleared and the once eroded and broken dam is now rebuilt. Each year, information about the campgrounds is added, for example there was Lake 1 and Lake 2 at one time.

Group Photo: Some people had already left before the photo was taken. Annette Schabowski has been "Keeper of the Signs" and sign-up book since the beginning of these gatherings in 1990. She is pictured with the walker after having hip replacement twenty days prior.

Mark your calendar, next year the Reunion will be September 19, 2010. This is earlier and we will hopefully have warmer weather. Thank you to Vlasta Stribrny for keeping in touch with the Palos Headquarters.

In memory of Charles "Teach" Kolena, as he will remain to be known. He touched the lives of hundreds of young Sokols and Sokolice who cherish his teaching and memory to this day. His death in 1958 left a never-to-be-forgotten legacy, Nazdar! ☺



From left to right: Dan Farley, Henretta (Banfi) Milan, George Kozda, Annette (Banfi) Schabowski, Mil Mentzner, Bernie Babka, Julie Barcal, Ellie Babka, Mary Bubenek, Vlasta Stribrny.



"Teach" Kolena, care taken at camp, played classical music and taught nature classes.

**The American Czech Educational Center  
has a NEW website address. CZECH IT OUT.....**

**[www.acec-stl.org](http://www.acec-stl.org)**

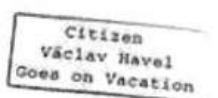
Submitted by the SOKOL Falcon C/O The American Czech Educational Center,  
4690 Lansdowne St. Louis, MO. 63116; Email: Sokol\_Falcon@msn.com

## Milwaukee Sokol/Sokolice Presents CZECH & SLOVAK FILM SERIES

As part of its cultural and educational program the Milwaukee Sokol/Sokolice gymnastics society will be showing a series of movies highlighting the history and culture of the former Czechoslovakia. The events are FREE and open to the public. The films will be preceded by short introductory remarks providing background for the film. A social hour will follow. All showings will be at the Norway House, 7507 W. Oklahoma Ave. For more information please call (608) 770-2153 or visit our web site at [www.sokol-milwaukee.org/events.html](http://www.sokol-milwaukee.org/events.html).

**Sunday, January 31 2010, 1:00 pm**

### CITIZEN VACLAV HAVEL GOES ON VACATION, 2006



In 1985 Vaclav Havel, dissident, playwright and future president of Czechoslovakia, decided to test the limits of his freedom to travel within his own country.

This documentary records some of the more absurd actions of the communist secret police at this time in contrast to the brutal Stalinist era repression.

1 hr. – 17 min. In English and Czech with English Subtitles. Not Rated.

**Sunday, April 11, 2010, 1:00 pm**

### ZELARY, 2003



Eliska is a nurse in Nazi-occupied Prague. Her Resistance activities are discovered and she is forced to take refuge in the remote mountain village of Zelary, where in order to hide her identity she marries a rough-hewn woodcutter, Joza.

Filed in the stunning Mala Fatra mountains of Slovakia, the story follows the stylish city dweller Eliska as she adjusts to life in the small village where nothing much has changed in 150 years. 2 hrs - 28 min. In Czech with English subtitles. Rated R for violence and some sexual content.

## 2010 Miss Czech Slovak US Scholarship Pageant

*Reprinted from the American Sokol Washington, DC Chapter newsletter, ASW Zpravodaj*

2010 Miss Czech Slovak US Scholarship Pageant is searching for candidates to represent states from the East Coast. This is a wonderful opportunity for a young woman to be able to represent her passion for her heritage, meet other young women with similar interests, and possibly win scholarship money or other prizes - over \$10,000 in cash and prizes will be awarded. The national pageant reaches over 40,000 Czechs and Slovaks.

General requirements:


- Contestant must be age 16-26 of Czech or Slovak decent
- Contestant must be a US Citizen (or have a valid Social Security Number)
- Contestant must be able to travel to Wilber, Nebraska August 7, 8, and 9, 2010
- Contestant must either live in or attend school in the state she represents

There are 4 competition categories: Private Interview, On-stage Interview, Kroj Modeling and Talent Presentation

Interested? MaryElizabeth Lackey would love to hear from you, please contact her at (785) 317-5010 or [nary\\_eliza@yahoo.com](mailto:nary_eliza@yahoo.com), and visit [www.missczechslovakus.com](http://www.missczechslovakus.com).

## Sokol Central District Rhythmic Competition

Sokol Chicagoland recently hosted Sokol Central District's annual rhythmic gymnastics competition at Elite Sports Complex in Downers Grove. On December 6th, girls and women of all ages competed in the sport of rhythmic gymnastics in levels 3-7 and group. The events contested at this year's meet included hoop, ribbon, and group ball. Younger gymnasts (age 6-9 years) had the opportunity to compete in the skills testing competition. At that level, they are tested on 3 skills in four different events (floor, hoop, ball, and ribbon).

Of special note this year is that we had seven parent/child pairs participating in various levels! Five mother/daughter pairs competed – Andrea and Jessica Scheirer, Irene and Danielle Hedderman, Florence DelCarlo and Angeli Rutkowski, Laura and Diana Kwak, and Laura and Ruth Hruska. What a treat to see mothers and their daughters competing in the same competition! Also participating was coach Joyce Spreitzer with her two daughters, Amy and Alena, who competed in skills testing. Finally, we had a father/daughter pair participate as coach and judge – Jon and Ami Bazata. This demonstrates how Sokol truly is a family organization! 

The following awards were given to the top places in each level and age division:

### Skills Testing:

Vanessa Arlowski (Stickney) – white ribbon  
 Natalia Cassata (Chicagoland) – white ribbon  
 Rhiannon Cassata (Chicagoland) – red ribbon  
 Ashanti Cunningham (Chicagoland) – white ribbon  
 Katie Evans (Chicagoland) – red ribbon  
 Kyra Geissler (Spirit) – blue ribbon  
 Mia Geissler (Spirit) – white ribbon  
 Apurva Iyengar (Naperville-Tyrs) – red ribbon  
 Diana Kwak (Chicagoland) – red ribbon  
 Snehal Mantri (Naperville-Tyrs) – white ribbon  
 Clare Podczerwinski (Spirit) – white ribbon  
 Victoria Richert (Stickney) – red ribbon  
 Catrina Rossetti (Stickney) – red ribbon  
 Alena Spreitzer (Chicagoland) – red ribbon  
 Amy Spreitzer (Chicagoland) – white ribbon  
 Alexis Suvetor (Spirit) – white ribbon  
 Amanda Suvetor (Spirit) – white ribbon  
 Mary Szalek (Chicagoland) – white ribbon  
 Andrea Udziela (Spirit) – blue ribbon



Chicagoland 1st class girls, from left to right: Katie Evans, Alena Spreitzer, and Amy Spreitzer.



Chicagoland 1st class girls, from left to right: Rhiannon Cassata, Natalia Cassata, Ashanti Cunningham, Diana Kwak, and Mary Szalek

### Level 3:

Marcella Bilotto (Stickney) – red ribbon in the ribbon event  
 Irene Hedderman (Spirit) – red ribbons in both hoop and ribbon  
 Laura Hruska (Spirit) – red ribbons in both hoop and ribbon  
 Ruth Hruska (Spirit) – red ribbons in both hoop and ribbon  
 Natalie Lapetina (Stickney) – white ribbon in the ribbon event  
 Rachel Lemont (Spirit) – red ribbons in both hoop and ribbon  
 Beatrice Makdah (Spirit) – red ribbons in both hoop and ribbon  
 Mary Ellen Newsom (Chicagoland) – red ribbon in hoop and blue ribbon in the ribbon event  
 Isabella Smith (Spirit) – red ribbons in both hoop and ribbon  
 Jessica Sullivan (Stickney) – red ribbon in the ribbon event  
 Lena Tirva (Stickney) – red ribbon in the ribbon event  
 Veronica Walinski (Tabor) – red ribbons in both hoop and ribbon

### Level 4 (age 9):

1<sup>st</sup> place in Hoop – Angela Bajek, Sokol Naperville-Tyrs  
 1<sup>st</sup> place in Ribbon – Snigdha Mantri, Sokol Naperville-Tyrs

### Level 4 (age 10-11):

1<sup>st</sup> place in Hoop – Jessica Vierke, Sokol Naperville-Tyrs  
 1<sup>st</sup> place in Ribbon – Marie Dix, Sokol Naperville-Tyrs

### Level 4 (age 12-14):

1<sup>st</sup> place in Hoop – Danielle Hojnicky, Sokol Chicagoland  
 1<sup>st</sup> place in Ribbon – Zuzana Sulc, Sokol Tabor



Spirit's level 5 gymnasts

**Level 4 (age 15-18):**

1<sup>st</sup> place in Hoop, Ribbon, and All-Around – Tessa Tagney, Sokol Tabor

**Level 4 (Masters division):**

1<sup>st</sup> place in Hoop, Ribbon, and All-Around – Andrea Scheirer, Sokol Chicagoland

**Level 5 (age 10-11):**

1<sup>st</sup> place in Hoop and Ribbon – Viona Grace Lugo, Sokol Naperville-Tyrs

**Level 5 (age 12-14):**

1<sup>st</sup> place in Hoop – Staci Dabrowski, Sokol Spirit  
1<sup>st</sup> place in Ribbon – Renee Field, Sokol Chicagoland

**Level 5 (age 15-18):**

1<sup>st</sup> place in Hoop, Ribbon, and All-Around – Alix Wilt, Sokol Spirit  
1<sup>st</sup> place in Hoop – Jenny Braun, Sokol Spirit  
1<sup>st</sup> place in Ribbon – Jane Malina, Sokol Spirit

**Level 5 (age 25-34):**

1<sup>st</sup> place in Hoop and Ribbon – Cassie Croft, Sokol Spirit

**Level 5 (Masters):**

1<sup>st</sup> place in Hoop, Ribbon and All-Around – Emily Napolitano, Sokol Tabor

**Level 5 (Masters II):**

1<sup>st</sup> place in Hoop and Ribbon – Florence DelCarlo, Sokol Chicagoland

**Level 6 (age 12-14):**

1<sup>st</sup> place in Hoop – Kristen Grivas, Sokol Chicagoland

**Level 7 (age 25-34):**

1<sup>st</sup> place in Hoop (TIE): Beth Kocek, Sokol Chicagoland and Angeli Rutkowski, Sokol Chicagoland

1<sup>st</sup> place in Ribbon – Beth Kocek, Sokol Chicagoland

**Group Ribbon (2<sup>nd</sup> class/Junior Mixed Group):**

1<sup>st</sup> place – Sokol Naperville-Tyrs (Marie Dix, Nika Ilavska, Viona Lugo, Jessica Vierke)

**Group Ribbon (Junior/Senior Mixed Group):**

1<sup>st</sup> place – Sokol Tabor (Emily Napolitano, Zuzana Sulc, Tessa Tagney, Veronica Walinski)

**Group Ribbon (Senior/Masters Mixed Group):**

1<sup>st</sup> place – Sokol Chicagoland (Florence DelCarlo, Beth Kocek, Laura Kwak, Beth McCloskey)



Tabor gymnasts, from left to right: Veronica Walinski, Emily Napolitano, Tessa Tagney, and Zuzana Sulc.

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