

*Sokol Kurs – 1942
Cedar Rapids, Iowa*



*Sokol Instructor School – 2010
Cleveland, Ohio*



American
SokolTM



September 2010
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Issue 7

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

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From the Editor...

One of my responsibilities as Editor is to provide a relevant, timely publication to American Sokol members. New reoccurring sections and designs have been introduced to add familiarity and consistency. If you have any ideas or sections that you think would be beneficial – send it my way. I look forward to hearing from you.

In an effort to continue down this path, the *American Sokol* publication now has a posted submission due date, send your articles, photos and more to me by the 15th of the month prior to the publication issue. For example, October issue items are due September 15th, but feel free to send along submissions at anytime, it may not be too late!

NAZDAR!



To Submit Items for Publication:

Email: editor@american-sokol.org
 Postal Mail: American Sokol Editor, Angela Hartford, 1652 West Grace #3, Chicago, IL 60613

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Meet the American Sokol Executive Board

Barbara Vondra Financial Secretary



Barb was practically born at Sokol. Her grandfather was a charter member of Sokol Stickney and helped construct the building that is still there today. Her parents met at a Sokol Valentine's Dance and eventually married right there in the hall!

She started Sokol as a first class girl, competed in gymnastics, played volleyball, attended two National Courses and one District Course. She taught classes from tots through juniors and upon graduating from college with an accounting degree, served as Treasurer of Sokol Stickney. She also served as the 1st Vice-President and the Director of Women for Sokol Stickney and the American Sokol National Women's Physical Director.

Barbara Kucera Treasurer



Barb would say she's a newcomer to this organization compared to most, but by no means is she new to Sokol. Barb has been involved in Sokol for over 25 years. She started at Sokol Slavsky

in 1985 as a class member and in 1991 transferred to her current Unit, Sokol Naperville-Tyrs. Barb has taught various Sokol classes, held positions at District Slets and has taken leadership roles in coordinating track & field and artistic meets and special number competitions. She's held various positions on the Unit, District and National levels, including Unit BOI Director and various positions on the District and National BOI.

It is an honor and a privilege to be elected to serve on the Executive Board of the American Sokol Organization. We want to thank the delegates to the convention for their faith and trust in us for the important positions of treasurer and financial secretary. Our tasks and duties for these positions will be both traditional and non-traditional. As part of our traditional tasks, we are charged with accepting quarterly membership reports and dues, preparing periodic financial reports, budget and cash flow reports and safeguarding the financial assets of the organization. What will be non-traditional for our positions will revolve around the strategic plan. With the implementation of the strategic plan, we will also need to create and develop systems so that we can accept donations, apply for grants, develop national fundraising campaigns, monitor and track our growth and progress related to our efforts and whatever else will come our way. That's the exciting part! We are looking forward to working with the entire board and organization to create, plan, implement and monitor the programs, events and resources necessary to keeping our organization alive and kicking for many years to come!

Not only does Sokol have financial assets and resources, we have a greater resource in our membership and our units. The people that have contributed their time and even their money are part of the reason why we are still around today. Both of us were involved in developing the American Sokol Volunteer Management Resource Book and one of us in the Financial Resource Guide. These two teams are very committed to helping the Units and Districts get and keep volunteers, acknowledge and recognize their efforts, answer questions regarding fundraising and continue to cultivate and grow these valuable resources. There is a lot of great material and resources in the books. We are hoping that as you use the material you will share with us and others what works for you or what other topics or issues you would like more information on. The more we help one another the more we help ourselves. This will play a very important role in the growth of our organization. In the numbers world, one plus one equals two. In the real world, one plus one equals the sky is the limit. By working together we have a much greater potential than if we try to go it alone. As Bro. Podhrasky said, "If you don't try, you can't achieve."

As we often say, "Sokol is the best kept secret". It is very exciting to be part of a team that believes that it's time to "Let the secret out"! We as an organization have so much to offer and provide to society and our communities. The more things change the more they stay the same. In the beginning, Sokol was the center of the community – a place where the neighborhood gathered to socialize, exercise, learn and bond with each other. It's time to go back to the basics—a sound mind in a healthy body. That is our true north. We're looking forward to all working together to do what we do best—provide fitness and community for individuals and families through physical, educational, cultural and social programs. (S)



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

SEPTEMBER

Classes all over the country have started, although many have been in session for a couple of weeks already. Marching bands have been practising with the flag and rifle people. The football players have finally been getting into shape and working scrimmages, looking forward to their first games.

Sokols have been registering and starting their classes as well.

The sapphire is the September gem which can be any color but red (the red corundum is a ruby). It is considered a symbol and guardian of purity.

This is national classical music month and Be Kind to Editors and Writers month.

September 6th – Fight Procrastination Day

September 28th – Ask a stupid question day

September 6th – LABOR DAY: Founded by Samuel Gompers, founder of the American Federation of Labor — Sept. 5, 1882

September 5, 1841: Antonin Dvorak born; died May 1, 1904.

September 10, 1984: As stated in his book, British geneticist Alec Jeffreys discovered DNA fingerprints.

September 12, 1833: Jindrich Fuegner was born.

September 14, 1959: Luna 2, a Soviet probe crashed into the moon.

September 17, 1832: Miroslav Tyrs was born.

September 17th: U.S. Constitution Day.

September 25, 1789: Bill of Rights drafted and submitted to the states for approval – the first 10 amendments to our Constitution.

September 3rd Sunday: Grandparents' Day - celebrate our heritage.


September 3rd through 13, 1752: Never happened. That's when in England and in America the switch to a new calendar was made -- called the Gregorian Calendar. The new system required Sept. 14 to follow Sept. 2nd because it had to catch up with the solar system.

NOW: Get ready for houby hunting — make sure you have a trained mycologist (mushroom expert) with you as some are very poisonous!

In Eastern Europe, some houby are pressed into felt for hats. (S)

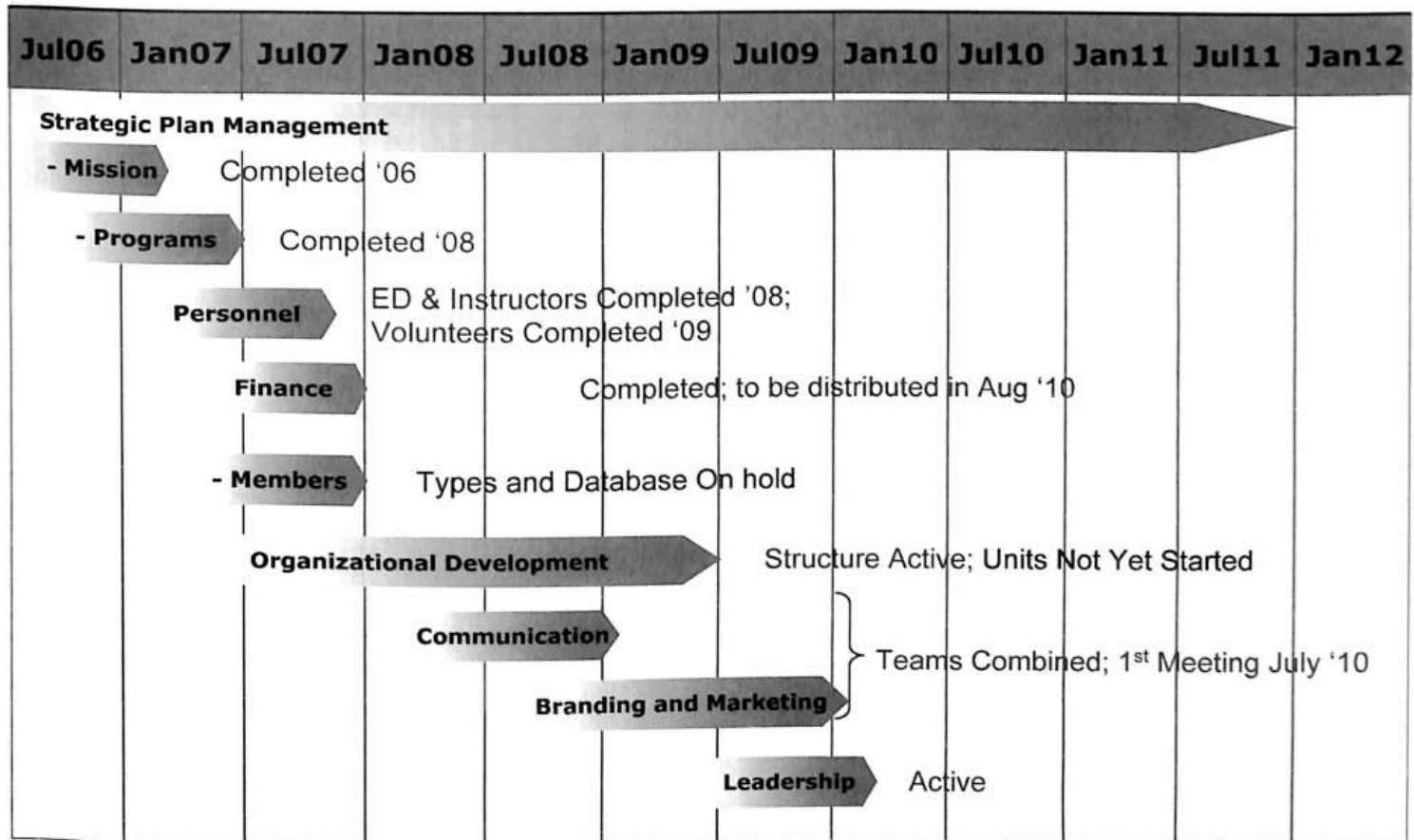
NAZDAR! EllenJeanne Schnabl, American Sokol Educational Director

STRATEGIC PLAN UPDATE

The following chart provides an at a glance update on all the Strategic Planning teams. A more detailed report has been disseminated to your District and Unit Executive Boards; please ask them to share it with you. 

Nazdar, Maryann Fiordelis, Strategic Planning Task Force Director

Team Tracking at a Glance



MARK YOUR CALENDARS!

American Sokol Deadline

Send your submissions, articles and photos to
editor@american-sokol.org for the *American Sokol*
 by the 15th of the month prior to the publication issue!

Pat Satek Honored as CSA Fraternalist of the Year

As printed in the CSA Fraternal Life Journal, September 2011.

Pat Satek is a member of Sokol Spirit.

Pat Satek has been a member of CSA for 54 years. She regularly attends monthly lodge meetings and contributes her time and talent to many lodge activities. She was a member of the planning committee for the recent Get-Together, is a member of District Council No. 12's Fraternal Family Division, as well as numerous other community organizations. She also attends Sokol Spirit's Czech language class, with the goal of speaking and understanding Czech conversationally. Pat has participated in many CSA events and held offices within CSA and her other organizations. She currently serves as a District Council delegate from the Fraternal Family Division, and is also the Division Treasurer. She contributes to CSA not only with her attendance, but also by using her special talents and ideas to design logos, make šunky pins, design and donate customized cards for various events, and numerous other creative ideas. She also uses these talents in the community by designing T-shirts for numerous Sokol groups, creating certificates for membership at Sokol Spirit and shirts for fundraisers, decorating classrooms and theme designing for Brookfield Relay for Life.



Outside of CSA, the Fraternalist of the Year contributes to many other community organizations. Within the American Sokol Organization, she has been the editor of the Sokol Spirit Newsletter for four years, and serves as secretary for the American Sokol Central District Executive Board, and the Sokol Spirit Board of Instructors (who oversee classes for ages three and above). She also has contributed by writing calisthenics exercises for Tots, 1st and 2nd class girls, and Juniors. She is also the author of numerous other award-winning special numbers for Juniors.

Pat has a great deal of passion and enthusiasm; she routinely goes the extra-mile when it comes to social and service projects. She is friendly, respectful, dedicated and generous. Since her transfer four years ago to Lodge Woodrow Wilson, her delightful and quirky sense of humor has been a welcome addition. ©

CSA's Kropik Scholarship Award Goes to Alix Wilt

As printed in the CSA Fraternal Life Journal, September 2011.

Alix Wilt is a member of Sokol Spirit.

Alix Wilt is the winner of the Kropik Scholarship this year. Born into a family extremely involved in CSA, Alix has been a member since birth and has grown up in the organization. A member of two lodges (R.T. Crane Jr. and Sionilli), Alix has been attending meetings for as long as she can remember, and currently serves as Guide for Lodge Crane.

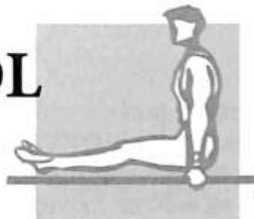
Along with her lodge activity, Alix has participated in many CSA events. From Halloween and Christmas parties to Bowl-o-Rama and Join Hands Day, she has fond memories of volunteering and participating in each event. Her volunteering also includes helping out at the annual picnic of the Czech American Congress, working at a local Ronald McDonald House, recording children's books on tape for school children, collecting canned goods for the homeless, and various other activities.

Alix has attended a total of 17 Get-Togethers, and has served on three Get-Together committees. She is a member of the District No. 12 Fraternal Family Division, as a member and an officer. In addition, she has danced with the United Moravian Societies and the Moravian Cultural Society since she was four years old.

The Kropik scholarship is an annual award, given in memory of CSA's former Vice President and General Counsel Charles T. Kropik. It is based solely on the applicant's level of activity in CSA functions, both local and national and perpetuated by the law firm of Kropik, Papuga and Shaw, in Chicago, Ill. ©



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 AMERICAN SOKOL INSTRUCTOR SCHOOL



- Row 1 - Steven Wise, Sonja Kreps, Jane Wise, Mary Cushing, Heidi Vencel, Gretchen Obrovac, Kevin Fitzpatrick
 Row 2 - Kati Payne, Valentina Aldrich, Gina Fuchs, Emily Bowden, Mary Bajek, Alix Wilt, Alexandra Betik, Dina Rini, Hannah Kreinek, Cole Sutter
 Row 3 - Veronica Walinski, Julie Bajek, Shyanne Meness, Cara Tuskey, Anne Marie Suchanek, Ethan Smith, Hevan Hartman, Peter Raymond, Sarah Goda, Alejandra Almanza
 Row 4 - Caleb Conrad, Hallie Soulides, Danielle Hedderman, Danny Bajek, Shaun Scott, Xavier Ramirez, Melanie Baronas, Jane Malina, Renee Fields, Nicolette Trojanowski

2010 American Sokol Instructor School Summary

By *Alix Wilt*

The 2010 American Sokol Instructor School was a successful two weeks filled with learning experiences for all who attended. As a member of the Advanced II class, I was greeted with familiar as well as brand new opportunities throughout the two weeks. With 30 students in attendance, 20 of which were beginners, the returning students had their work cut out for them when introducing the new students into the structure of Course.

The school began with many of the core classes including games, calisthenics, marching, apparatus terminology, and spotting and progressions. Throughout the two weeks all of the students attended extra classes, some of which were safety, pyramids, judging and Sokol history. New this year, the returning students were given the chance to select electives that taught new information from other years, which could be brought back home with them. Some of these electives included volleyball, performance stunting, and a class on how to make Sokol Salsa.

The students were split up into three competitive teams during Course in which we challenged each other in contests including marching, pyramids, calisthenics, special numbers, and group skits. All of the teams incorporated something related to Sokol in their name to come up with the three team names — *The Royal Falconers*, *Operation 2010: Sokols Take Over*, and last but not least, my own competition team, *The Czechwreck*.

The students went on two outings during our time spent in Cleveland. The first outing was to play putt-putt at a small amusement park in the area. Afterwards, everyone went to the park near-by where we played field games and made smores. The second outing was to a pool where we swam and ate dinner at a park next door.

The School concluded with a graduation ceremony where all of the students showed off some skills that we learned over the two weeks. Three calisthenics routines written by the Intermediate, Advanced, and Advanced II classes were performed at the graduation. The students also presented a selection of folk dances as well as an all school marching number. Lastly, everyone sang a few of the Czech Sokol songs learned in singing class over the two weeks spent at Course.

Every year at the graduation ceremony one student is presented with the Bro. Robert Liptak Scholarship Award. I had the honor of being this year's recipient. Unfortunately, I never had the chance to meet Bro. Bob Liptak, but from what I have heard from past students and instructors, he was a very dedicated Sokol member and was very influential in making the Instructor School what it is today. I feel extremely honored to receive this award and become a part of keeping Bro. Bob's memory alive. It means a lot to me to know that I am considered as one who embodies some of the traits that it takes to be a good Sokol leader. I look forward to using the skills gained over my four years of attending Course in the future to keep Sokol going strong for many years to come. It has been a pleasure getting to know my fellow Sokols through Instructor School, which has made my bond to Sokol stronger than ever imagined.®



Alix Wilt-Recipient of The Brother Bob Liptak award



Staff Photo: 1st Row – Sonja Kreps, Mary Cushing, Jane Wise;
2nd Row – Gretchen Obrovac, Steve Wise, Kevin Fitzpatrick, Heidi Vencil

Strains and Sprains

Strains are injuries to muscles due to overstretching, while sprains involve a stretch or a partial tear of ligaments (which contact two bones) or tendons (which connect muscle to bone). Sprains and strains happen more often in teens than in younger children.



Signs and Symptoms

- Pain in the joint or muscle
- Swelling and bruising
- Warmth and redness of the injured area
- Difficulty moving the injured part



What to Do:

- Make sure the child stops activity right away
- Thank **R.I.C.E.** for the first 48 hours after injury:
 - **Rest:** Rest the injured part until it's less painful
 - **Ice:** Wrap an icepack or cold compress in a towel and place over the injured part immediately. Continue for no more than 20 minutes at a time, four to eight times a day.
 - **Compression:** Support the injured part with an elastic compression bandage for at least 2 days.
 - **Elevation:** Raise the injured part above heart level to decrease swelling.
- Give the child ibuprofen or acetaminophen for pain and to reduce swelling.

Seek Emergency Medical Care if the Child has:

- Severe pain when the injured part is touched or moved
- Continued trouble bearing weight
- Increased bruising
- Numbness or a feeling of pins and needles in the injured area
- A limb that looks bent or misshapen
- Signs of infection – increased warmth, redness, streaks, swelling and pain
- A strain or sprain that doesn't seem to be improving after five to seven days.



Think Prevention!

Teach kids to warm up properly and to stretch before and after exercising or participating in any sport and make sure they **always wear appropriate protective equipment.**

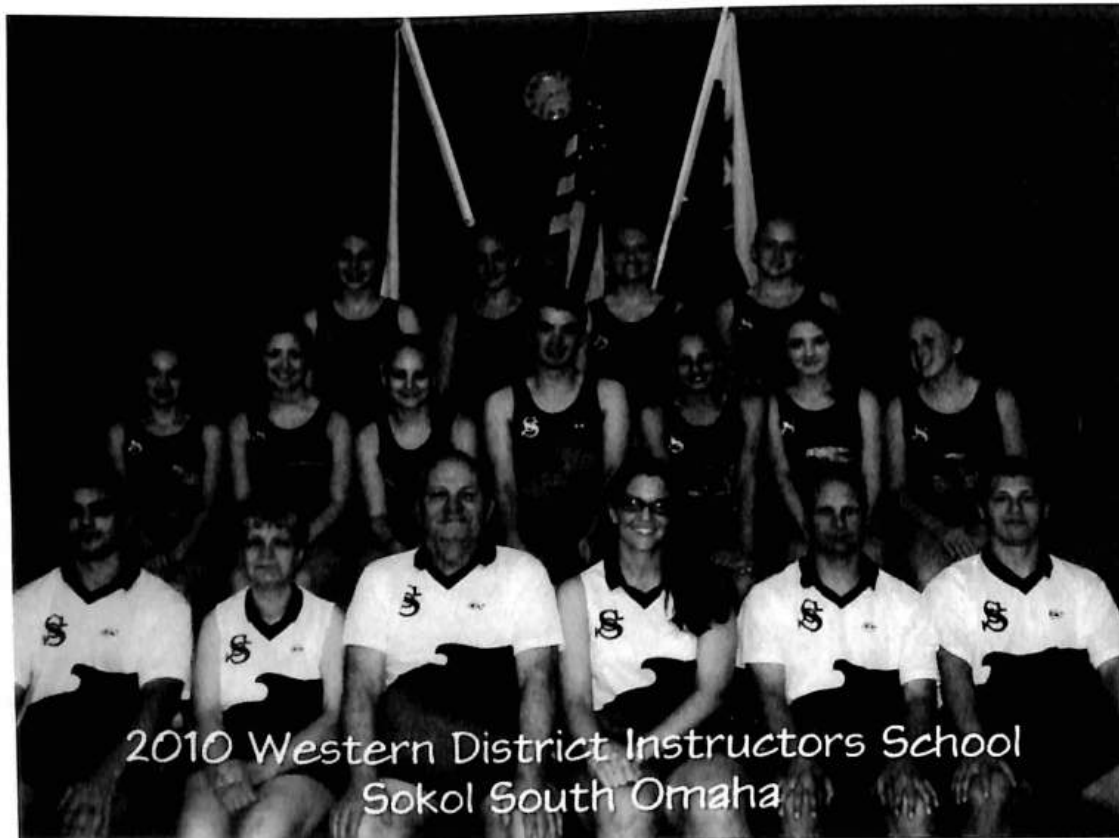
Western District Instructors School

On June 20, eleven Sokol students arrived at Sokol South Omaha for two weeks of training in the Tyrs system of physical education and gymnastics. They soon found that hard work was involved but hard work in a fun filled atmosphere with their new found friends and courteous and conscientious teachers. Over the two week period, marching tactics became one of their favorite classes. During any spare time they could be seen practicing their marching commands with a small group of two or three others, correcting each other and getting better day by day. After a few days went by it was obvious that we were dealing with an exceptional group of students. Their group competitions in the evenings showed great variety and

creativity even though their groups only numbered five or six gymnasts. Their exceptional ability was also shown in their final test scores. Everyone scored high in every class showing their retention of the information. From being hesitant upon arrival now the students were asking when they will be seeing each other again and will there be a school again next year! The graduation program, final flag lowering, and the usual Three Sokol "Zdars" ended two weeks of good Sokol camaraderie, new Sokol friends, and how to be a good Sokol instructor. 🇺🇸

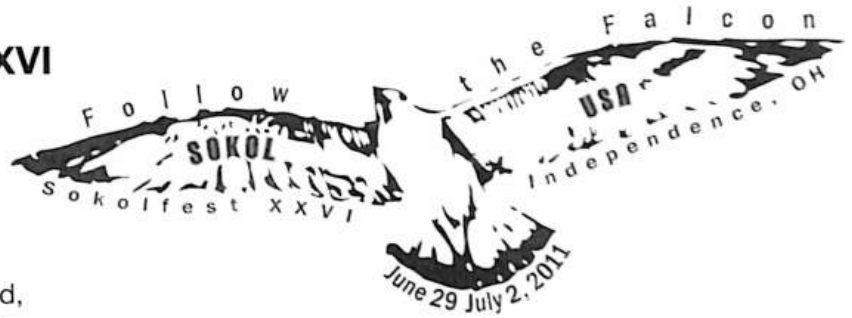
Nazdar!

School Director - Bud Benak



L to R. Top row: Makenzie Dockweiler, Madison Pohlman, Ellen Sutton, Makenzie Horak; **Middle row:** Carly Mark, Alyssa Kuncl, Amanda Crane, Joey Mark, Madeline Moser, Shelby LaBonne, Mackenzie Pohlman; **Front row:** Jon Rus, Sandra Benak, Bud Benak, Jessica Burns, Buddy Benak, Bo Benak

Sokol USA invites you to
“Follow the Falcon” to Sokolfest XXVI
Independence, Ohio
June 29 – July 2, 2011



Sokol USA has selected Independence, Ohio as the site for Sokolfest XXVI. Referred to as South Cleveland, Independence is a well-maintained suburban city with just the right mix of commerce and community life for its 7,100 residents. The city offers top-notch safety services, schools and recreational facilities, with retail and service establishments conveniently located.

This centrally located city sits at the crossroads of I-77 and I-480, just 15 miles west of Cleveland Hopkins International Airport, 10 miles north of the City of Cleveland and 20 miles south of the city of Akron. Independence offers first-class office space, presently housing over 1,300 businesses and employing approximately 25,000 people.®

Accommodations

- Holiday Inn Hotel & Conference Center
Independence, OH, 216-524-8050
www.ihotelsgroup.com/h/d/hi/1/en/hotel/clein

Competitions & Slet Venues

- Independence High School Gymnasium and the Indy Fieldhouse
- Cloverleaf Bowling Center
- Sokol Greater Cleveland
- Downtown Cleveland

City dismisses proposed demolition of Strahov Stadium

Written by Jan Velinger on 06-08-2010, Czech Radio 7 – Radio Prague; www.radio.cz/en/article/130511

The City of Prague has wasted no time reacting to a proposal made public this week that the famous Strahov Stadium, overlooking the city, could be demolished to pave the way for new development. The idea was floated by the Czech Sports Association, which owns ten percent of the stadium and underlying buildings and grounds. But the city, which owns the rest and was not consulted, says flat out it is not going to happen.

Strahov Stadium, located in Prague 6, is the biggest in the world, seating a whopping 220,000. But the purpose it once served – massive synchronized gymnastics displays during the First Republic and the Communist periods, has long been left in the dust. Briefly it enjoyed a resurgence when it was used for rock concerts – most famously the Rolling Stones' show in 1990 shortly after the revolution, but today the huge arena (which houses eight soccer fields) is used mainly as a training ground for football club Sparta Prague.

This week, representatives of the Czech Sports Association (which owns ten percent) suggested the stadium, which is a protected historic site, could be demolished in order to sell the grounds for new development – a project that would no doubt be worth billions of crowns. But paradoxically, the association (which wants to raise more funds for Czech sport) consulted no one, not even the city of Prague, the majority owner of the remaining 90 percent. City officials

– including the mayor – have already written off the idea as “nonsense”. Mayor Pavel Bém in the past strongly backed Prague bidding for the summer Olympics and some have suggested that Strahov would be perfect for a new Olympic village.

Still, it isn't the first time specialists have imagined the city without Strahov: one Prague architectural firm won an urban planning competition two years ago, with a proposal suggesting the city pull the stadium down. Matyáš Sedlák is one of the architects who took part: “The competition was a visionary one and we soon came to the conclusion that Strahov stadium was in many respects a barrier. The stadium, as is, no longer serves a practical purpose: you no longer have massive Sokol or Spartakiáda displays and that means that if it stays it will have to be converted: into apartments or something else. But since it would no longer be a stadium either, we thought it would be best if it were demolished. There is huge potential there for the city.”

Mr Sedlák suggests that the grounds could be used for new homes, cultural activities, green space, and much more, although such a massive project would require clear direction and supervision, taking ten – 15 years to fully complete. As it stands, without city hall's support, the idea will never get off the ground.®

World Sokol Federation – Top Honors

Submitted by Christina Curran-Wurst

The American Sokol is proud to announce the following awards:

2010 World Sokol Federation Physical Fitness Program and Competition

- Events: Set with Bar, Sit-Ups, Shuttle Run, Broad Jump, and Push Ups
- 1st Place – Kandi Pajer, Sokol Spirit
- Out of approximately 300 competitors, Kandi came out on top beating out all males, females, not only in her age group but all age groups!
- Total Points earned: 96



Kandi Pajer

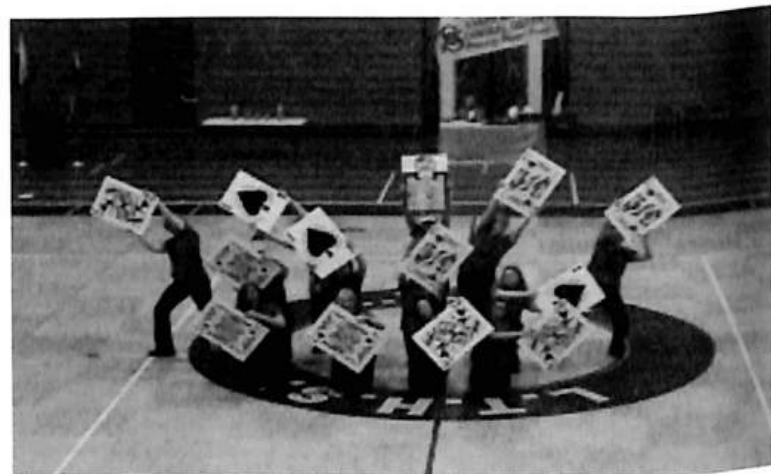
2010 World Sokol Federation Videoshow of Stage Compositions

The American Sokol participated in the 3rd World Sokol Federation Videoshow of Stage Compositions in the spring of 2010. There were a total of 78 performances with 21 submitted from the American Sokol. Each organization received a DVD of the performances and chooses 7 compositions they liked most based on certain criteria. When all the results were tallied, the following American Sokol performances received top honors!

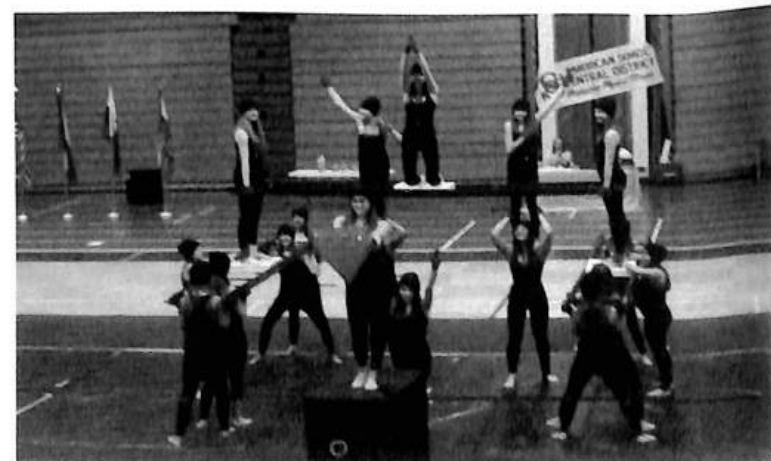
- **Not Dealing With A Full Deck – Sokol Stickney, Senior Mixed**
- **Partners In Crime – Sokol Tabor, Juniors**

Award: Creation of an original idea with use of hand implements

Award: Creation of an original idea and use of apparatus in the performance



Not Dealing With A Full Deck – Sokol Stickney, Senior Mixed



Partners In Crime – Sokol Tabor, Juniors

2010 National Sokol Camp

By Lori Laznovsky


From August 1st through 8th, twenty-six youth members age 11-17 and seven staff members enjoyed activity and friendship at National Camp. 2010 marks the ten year anniversary of the National Camp Program. This year's camp was held at the Sokol St. Louis Camp facility in Imperial Missouri, a favorite location for many of our returning campers.

The campers took part in a variety of activities including arts and crafts, cooking, sports and games, swimming, team building, singing, etc. Some of the special events at camp this year included a day at the Raging Rivers Water Park, a night at the nation's oldest and largest outdoor theatre, The Muny for the musical, *Footloose*, a hoe down complete with a professional square dance caller, a masquerade ball, and an evening at the roller skating rink. Campers also enjoyed a team diving contest, tree identification, make your own pizza lunch, wacky Olympics, capture the flag, kickball, sketching, water games, National Camp's Got Talent, a small boat Regatta and much more.

Campers always enjoy exploring new activities and experiences. Life long friendships are made and many campers enjoy seeing each other every summer to recount old memories and make new ones.

The mission of the National Sokol Summer Camp is to provide the youth members of Sokol USA, D.A. Sokol, American Sokol and the community with a comprehensive summer camp program through Sokol ideas and methods, focusing on socialization, education, cultural awareness, physical fitness, and fun. The program is open to youth members ages 11-17. The program is also available to non-sokol members of the same age range. Look for information regarding National Sokol Camp 2011 in upcoming issues!

A special thanks to the members of Sokol St. Louis for their hospitality and generosity in making the 2010 National Sokol Camp a huge success.

For more pictures and complete information regarding National Sokol Camp visit www.sokolnationalcamp.org. 



USA Gymnastics Inducts 2010 Hall of Fame Class:

Sokol Little Ferry Member Wins Lifetime Achievement

The USA Gymnastics Hall of Fame Class of 2010 was inducted in a ceremony at the Marriott Hotel Ballroom in Hartford, Connecticut on August 13, 2010. The Lifetime Achievement Award recipient, Ellen Garlicki Nyemcski is a member of Sokol Little Ferry, New Jersey.



Ellen Garlicki Nyemcski has been instrumental in the growth and organization of U.S. rhythmic gymnastics. She has been involved at all levels (athlete, administrator, coach, judge).

In 1973, Nyemcsik became the first rhythmic Region 5 chairperson when rhythmic officially became a discipline of the U.S. Gymnastics Federation (now doing business as USA Gymnastics). In addition to organizing the region, she started a member newsletter about the region's activities, while competing, coaching and judging rhythmic. She attended her first international judge's class in 1976 and went on to earn her international Brevet status.

Nyemcsik, who served on several national rhythmic committees, proposed developing written rules, which resulted in rhythmic's first operating code and rules and policies in the early 1980s. She has judged many domestic and international events, including the 1996 Olympic Games. An artistic gymnast in high school and college, Nyemcsik first learned of rhythmic gymnastics in 1971, while she was both competing and teaching artistic gymnastics. She decided to switch to rhythmic and competed in the first National Championships in Downers Grove, Ill., in 1973.

Nyemcsik became a member of the first USA Group National Team, competing in both the 1978 Pan Pacific Championships and 1979 World Championships. After performing in exhibitions for a year, she retired and established her own business selling rhythmic gymnastics apparatus. Nyemcsik graduated from William Paterson College of New Jersey with a Bachelor of Arts in health and physical education. She continues to be very involved as a judge and is a technical representative to the National Rhythmic Administrative Committee.

Sis. Ellen competed in the National Rhythmic Championships in Fort Worth, Texas. She also represented Little Ferry at the 2010 American Sokol Convention.

Excerpts taken from usa-gymnastics.org

DONATIONS TO THE AMERICAN SOKOL

Thank you for your continued support!

Sokol Chicagoland
In Memory Of John Budilovsky

Sokol Spirit
In Memory Of Gloria Klir

Sokol Spirit
In Memory Of Christina Fina

Sokol Spirit
In Memory Of Jim Ravnic

Sokol Town Of Lake
In Memory Of Bessie Oplatek

Jerry and Henrietta Milan
In Memory Of Anna Spirek

Sokol Town Of Lake
In Memory Of Blance Kostner

Sokol Town Of Lake
In Memory Of Svoboda

Jorseph And Ann Harahan
In Memory Of Blanche Kostner

Sokol Spirit
In Memory Of Silvia Hovorka

Ellen Nyemcsik
General Donation

Agnes and Leo Pajer
*In Honor Of Anne Turek's 100th
Birthday*



Mark your Calendar

Events around the American Sokol

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

September

- Sept 17-19 Sokol Detroit Fishing Derby Sokol Camp, South Lyon, MI** — Prizes for Largest Bass, Bluegill, Crappie and Pike. Entry fee: Adults-\$20, Kids under 18-\$10; Includes fish dinner.
- Sept 17-19 Sokol St. Louis Weekend Camp** — Sokol Camp, Imperial MO
- Sept 19 21st Annual Czech-Slovak Festival** — Highland Park Pavilion, St. Paul, MN. 11am – 4:30pm. Featuring the German-Bohemian Band, folk songs and dancers, cuisine and beverages and Sokol fitness. To help or join in the fun, call 651-297-9000 or email festival@sokolmn.org.
- Sept 19 Sokol Town of Lake Camp Reunion** — Willow Springs, IL. Camp Picnic Reunion 11am
- Sept 25 Sokol Camp 75th Anniversary Picnic** — Sokol Detroit. Noon to 7 PM. We're going back in time... Admission 75c (12 & under free). Food, Beer, Pop, Snacks - 75c Live Polka Band in our Dance Hall. Photo History, walk through the years. Roots Map and membership info.
- Sept 26 71st Moravian Day** — Lithuanian World Center, Lemont, IL. 14911 127th Street. Holy Mass 10am, Program 2pm; Donation \$15 per person; Polkas, Waltz, Modern, Disco. Adult & Children Groups Performing. For more information call (708) 795-7790 or visit www.UnitedMoravianSocieties.org.
- Sept 26 Sokol Los Angeles: Czech-Moravian-Slovak Heritage Celebration** — Knollwood Country Club, Granada Hills, CA. 12024 Balboa Blvd. As posted on www.sokolla.org.

October

- Oct 5 Sokol Detroit: Hayride/Haunted Walk** — Sokol Camp 9 Mile & Marshall, South Lyon. Cost is \$7 per person. Includes hayride, haunted walk, costume contests, FUN. Gate opens at 6 p.m. Food and beverages available to purchase.
- Oct 16-17 American Sokol Development Conference** — Sokol Greater Cleveland; For more information, visit www.american-sokol.org/boi
- Oct 17 Sokol Los Angeles: San Diego Bus Trip** — Balboa Park Czech Day
- Oct 22-23 Sokol Tabor Rummage Sale** — 1602 South Clarence Ave, Berwyn, IL 9am – 2pm
- Oct 24 24th Annual Czech and Slovak Festival** — Baltimore 45 Association Hall, 2501 Putty Hill Ave. Admission \$5. Baltimore Sokol gymnasts, pork and sauerkraut dinner, hot dogs, beer and more. For more information visit, www.czslha.org as posted in the Sokol Baltimore *Sokoletter*
- Oct 24 Sokol St. Louis Meat Shoot** — Sokol Camp, Imperial MO
- Oct 29 Sokol St. Louis Halloween Party** — Sokol Camp, Imperial, MO
- Oct 30 Sokol South Omaha: Gymnastics Skills Clinic – Skills, Chills and Halloween Thrills** — Sokol South Omaha 2021 "U" Street, Omaha, Nebraska 68107, 402-733-8704. Come and take your gymnastics to the next level and have fun doing it!!! Boys & Girls age 7 and over; Clinic Begins at 12 noon, Sleep over, Activities Begin At 9:00pm. Cost: \$35 for both the Clinic & Sleep over.



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