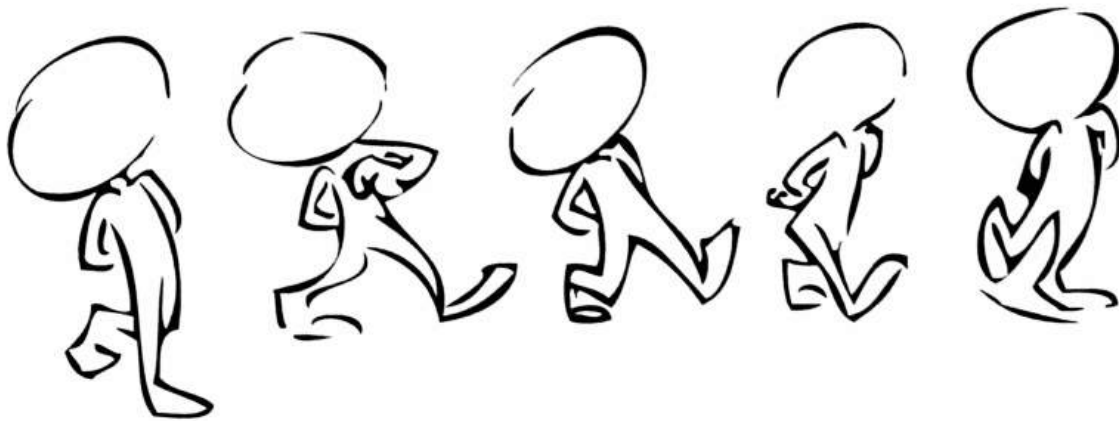


## 2011 National Walking Challenge



### The Challenge:

- Walk at least 30 minutes/day (Adults) or 60 minutes/day (Youth)
- Minimum 3 days a week
- Challenge runs for any 4 weeks between July 3 and Nov. 26, 2011

### The Challenge Incentive:

- Collect donations/pledges to help defray cost of Unit Programs and the American Sokol Board of Instructor Programs (Nat'l Sokol Instructor Schools, Camps & BOI Development Conferences)

See page 9 for details

## AMERICAN SOKOL

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#### ASO Board of Instructors

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

\*except in July and August

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### From the Editor...

The heat of summer is here! Keep cool with Sokol friends and activities. If you have an article, newsletter or calendar of event, please send it to me via email at **editor@american-sokol.org**. I love to hear what each Sokol Unit is doing and share that with the readers!

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

### Postmaster:

**Send Notice of Undeliverable Periodicals to:**  
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## Report to the World Sokol Federation (WSF)

### Introduction:

The American Sokol remains committed to our mission and to the philosophy and ideals of Sokol. The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs. All of our efforts are aligned with this mission and we intend to grow stronger as an organization. While we have challenges, our Executive Board continues to work hard and utilize the foundation of our current Strategic Plan. We continue to make both organizational and operational changes that will strengthen our Units, grow our membership, and spread the Sokol methodology throughout our communities.

The American Sokol is excited about the upcoming celebration of the 150th anniversary of Sokol. We are planning to attend and support the event with our American Sokol contingency. We are proud of our roots and remain loyal to those who live for and believe in Sokol. As we prepare for the celebration in Prague, we encourage all to begin their preparations to attend the 2013 Slet in Milwaukee. Our preparations are well underway and it is looking to be an event to remember!

Our current Executive Board has just recently entered its second year of a 4-year term. The American Sokol and the way we operate demands significant change. Change is difficult. Our Executive Board has many good ideas, but we are faced with numerous obstacles that slow implementation. We are hoping to better leverage our partnership in the World Sokol Federation to better achieve our goals and to make positive changes to begin to grow our membership once again. This year, I have tasked the organization with 3 very basic goals to help share our mission:

- 5% membership increase
- Increased community outreach
- Implementation of the outputs of the Strategic Plan

We are constantly working to give our Districts and Units tools to achieve these goals. As an example, the American Sokol has implemented our "Unit Growth Programs" initiative. With help from a generous donation, the American Sokol is offering grants to American Sokol Units that would like to start new programming in an effort to reach out to their communities and grow their membership. We strive to inspire our Units to seek additional programming that will not only attract new members but also serve as an additional revenue stream.

### Other concepts that are important this year to the American Sokol are:

- Seeking grants and donations from organizations that support our program
- Continued work on our current Strategic Plan and creation of a new Strategic Plan
- Opportunity for National Insurance coverage
- 2013 Slet preparations
- Individual Unit attention to grow/save suffering Units
- Process improvements to decrease expenses and time
- Mentoring of young leaders
- Creation of an internal communication plan to better send and receive information
- Nutrition, Health and Wellness initiative
- Structured Educational age-based curriculum for students and members

**Current and past activities:**

- Annual American Sokol National Instructors School – July, 2010 – 2 weeks – Cleveland – beginner, intermediate, advanced, and advanced II levels
- Annual National Sokol Youth Camp as a joint effort of American Sokol, Sokol USA and DA Sokol – August 2010 – Sokol St. Louis Camp
- National BOI Sponsored Development Conference Weekend – Cleveland -October 2010. 30+ training sessions for director and instructor development.
- The annual National Gymnastic Skills month was held in December 2010
- Most units held annual exhibitions and local competitions in the Spring
- American Sokol show numbers were entered in the 2011 WSF “Show” Program
- Five districts held District Competitions and/or Slets in Spring/Summer 2011
- \$500 college scholarships were awarded from our Future Leaders Fund to college bound American Sokol youth.
- Sokol USA Sokolfest 2011, Cleveland. The American Sokol has a solid contingent that is participating in all activities including an American Sokol special number presentation at the Slet.
- Annual American Sokol National Instructors School – July, 2011 – 2 weeks – Chicago

**Upcoming events/activities:**

- National Sokol Youth Camp Reunion – Transition of the current National Youth Camp to a Leadership camp model
- National BOI Sponsored Development Conference Weekend – Fort Worth - October 2011. Training sessions for director and instructor development; this conference will also include calisthenics training sessions for the 2012 Slet in Prague.
- COS Sokol Slet Celebration in Prague. Will be participating in most activities.
- The American Sokol Strategic Plan continues to move forward:
  - The Finance Team has published their resource guide for fundraising.
  - The Organizational Development team is working through their five phase charter around our structure. Phase I of this structure is complete and is looking for approval from the membership.
  - The Leadership Development team has presented their plans for leadership training and are preparing pilot/test sessions in October.
  - Despite our intention to leverage the power of a paid Executive Director, we had to terminate his employment in April of this year due to lack of funds. It is now our job to better prepare our environment to fund and support further paid staff as we determine we need.
- National Administrative Conference will be held in early 2012 to assist our Units in proper and effective operation.
- **2013 Slet in Milwaukee – June 25-30, 2013**

In conclusion, we must speak loudly of how valuable the Sokol program is to our society and to the communities we serve. We must find a way to encourage our community leadership to assist with growth of our Units and inspire community members to attend and join our ranks. A sound mind in a sound body is a value that everyone can benefit from. We must work together to make major changes in the way we bring that benefit forward and share it with the world. (S)

Nazdar, Bro. Thomas Pajer, American Sokol President, June 2011



# The Sokol Educator

*Sis. EllenJeanne Schnabl, Educational Director*

## JULY

## AUGUST

### INDEPENDENCE DAY:

Patriotism is like a charity - it begins at home. (Henry James)

Ask not what your Country can do for you, ask what you can do for your Country. (John F. Kennedy)

Americans eat more than 150 million hotdogs every July 4th.

The birthstone for July is the ruby: Second only diamonds in hardness & comes in various shades of red, pink & deep, deep red. It is a symbol of wealth, health, wisdom, passion and the triumph of love.

**July 1, 1883** Sokol Crete, NE, was organized.

**July 1, 1888** Sokol South Omaha was organized.

**July 4, 1896** Slovak Gymnastic Union Sokol of America (Sokol USA) was established in New York

**July 4, 1905** Slovak Catholic Sokol was founded.

**July 12, 1866** Fuegner's gymnasium in Prague became the property of the first Sokol Unit.

**July 29, 1856** Karel Havlicek Borovský died - an excellent journalist & writer who courageously endeavored to secure their rights for the Czech people.

### HOW WELL DO YOU KNOW YOUR CITY?

Recently I had the privilege of touring Downers Grove, IL, with our daughter, Sis. Diana Rhoades who teaches 2nd & 3rd grades. She was prepping for a field trip. I saw many historical places including the grave sites of Mr. Downer and his family. There are also a number of homes built from kits purchased through the Sears Catalog. Some areas are left as pristine fields with many native plants.

As a project for any class and members of your Sokol Unit, this should be investigated. The history of where you live is absolutely fascinating and would make great reading in your newsletters.

### DID YOU KNOW:

Berwyn is located in Illinois, Nebraska, Pennsylvania, Maryland and Alberta, Canada.

Brookfield is in Illinois, Wisconsin (suburb of Milwaukee), Connecticut, Missouri and New Hampshire.

Cicero is in Illinois & Washington.

Cleveland is in Ohio, Georgia, Montana, North Carolina & Virginia.

Baltimore is in Maryland and Ontario, Canada. ☺

### SRPEN

Prazdiny jsou

To je radost!

vlak nas veze k babicce;

u brehu se budem koupat,

budem jezdit v lodicce.

### AUGUST

Vacations are here

That is joyful!

The train we ride

to grandmother's --

at the beach we will bathe;

we will ride in the boat.

**August 4, 1879** First public exhibition held in conjunction with gymnastic contests in New York by the National Sokol Union.

**August 6, 1904** Gymnastic meet held by the American Sokols in St. Louis during the World's Fair exposition.

**August 14, 1909** First delegation of Czech Sokols sent to America.

**August 19, 1866** Founding of Sokol gymnastic Unit in Chicago; today known as Sokol Tabor in Berwyn, IL.

**August 23, 1851** Birth of Alois Jirasek, Czech writer of historical romances.

**August 28, 1872** Wedding of Dr. Miroslav Tyrš & Renata Fuegner.

This wedding reminds me of the many Sokol Sisters and Brothers who "found each other" in our Sokol Halls:

- EllenJeanne & Ed Schnabl (Berwyn)
- Marie (Tabor) & Dick Ptacek (Slavsky)
- Henrietta (Town of Lake & Tabor) & Jerry Milan (Ft. Worth)
- Louise & Emil Nekuda (Los Angeles)
- Sandy & Bud Benak (South Omaha)
- Jerry & Jim Kalivoda (Detroit)

I'm sure there are many, many more of you out there — let us know who you are — write via USPS, email or call & I'll add you to our growing list. Let's make it a L - O - N - G one !!

A cricket's chirp can help you determine the temperature outside. For 15 seconds, count how many chirps you hear -- then add 40 and you'll have a fairly accurate count. For example: 30 chirps in 15 sec. + 40 = 70 degrees. ☺

NAZDAR! Sis. EllenJeanne Schnabl, American Sokol Educational Director

## TRIPLE PLAY AMERICAN SOKOL WINS GOLD

American Sokol took its title back by winning gold at Sokol USA's Sokolfest in the relay race and tug of war.



Captain Kenneth Fron, Sokol Tabor; Ariana Heade, Detroit; Alex Zahrobsky, Spirit; Mark Beckerman, Greater Cleveland (SGC)



Mark Beckerman, SGC, Gary Dolezal, SGC; George Kulhanek, Tabor; Dave Stanko, Tabor; Captain Howie Maskill, Spirit; Pete Colagrossi, Tabor; John Bazata, Spirit; Ray Wodarczyk, Sr., SGC, Not pictured - Coach JJ Vencl, SGC

American Sokol submitted entries into the World Sokol Federation Show Competition. Sokol Tabor's *Insert Coin* won in the Original Design Theme category.



Front Row (sitting) L to R: Jacob Breit, Danny Fron, Ally Mangia, Matt Fron, John Fron

Middel Row (bent over) L to R: Veronica Walinski, Clair Fron, Selah Oliver, Caroline Stanko, Kristen Pontarelli, Vanessa Fron, Alyssa Gonzalez, Hallie Soulides, Moria Bonadonna, Christina Curran-Wurst (author)

Back Row (standing) L to R: Katy Linhart, Taylor Klausner, Beverly Kunkle, Viviana Vasquez, Geanna Fedele, Elena Cerino, Desi Butler

Congratulations to all our winners.  
Nazdar, Maryann Fiordelis, National Physical Director



# AMERICAN SOKOL GYMNAST

*Pages 7-11 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**

## A Different Kind of Strength

*By Jenifer Fox, M.Ed. From-Scholastic.com/parents*

For years we've focused on trying to "fix" our children's weaknesses. But the key to helping them thrive-and to building a better world-may lie in doing just the opposite: promoting their strengths.

Imagine you wake up one day and everyone you encounter understands the ways in which you are unique and extraordinary. What if everyone recognized-and valued-your talents? Nobody wonders what things you can't do very well; they just focus on what you're good at. If that happened, you'd feel pretty darn good about yourself. You'd feel supercharged. You might even be psyched to jump out of bed every morning and get to work. You'd feel, in a word, strong.

Our children could benefit from a healthy dose of that philosophy, both at home and in school. A child whose strengths are recognized and encouraged, who has the opportunity to put them to use frequently, feels more energized and motivated. As he grows up, he has the insight he needs to pursue the opportunities in which he can flourish and find personal fulfillment. By contrast, a child whose weaknesses are constantly focused on can become drained and discouraged. This doesn't mean we should discard all remedial help children receive or praise them for every little thing they do. It just means shifting our attention to what they already own rather than what they lack.

There are three main strength categories: Activity Strengths, Relationship Strengths, and Learning Strengths. All children possess certain traits within each. Discovering which strengths come naturally to your child takes careful consideration, observation, and time. But once you and your child identify them, you can nurture each.

### Activity Strengths

Activity Strengths are the interests and pastimes that stimulate your child. Sometimes we confuse them with talents because they can be the things your child is good at. But a more useful definition of an Activity Strength is something that "feels right" to your child, something he feels naturally inclined to do. He may be a soccer star, for example, but if he's truly inspired by drawing, drawing is his strength. Children often thrive in the activities in which they have strengths because they stick with them and develop the discipline needed to succeed in them.

To help your child find his Activity Strengths, start a journal in which you record activities he gravitates toward naturally. You can also try a simple experiment: Invite him to join you in one of a few activities-creating a comic strip, playing catch, or building a city made of blocks, for example. Note which one he chooses first, what he does with ease, and what frustrates him. Try to isolate the part of the activity he most enjoys. You'll recognize this by the amount of time he devotes to a task or that sweet look of concentration on his face.

### Relationship Strengths

Relationship strengths are the ways in which a person most naturally relates to others. For many parents, the image of an outgoing child or a leader comes to mind here. But extroverted behavior is just one type of Relationship Strength. Quiet children who have a few select friends and are content not to be the center of attention are strong as well in a different way. Encouraging your child to exercise the Relationship Strengths she already has will make her more likely to derive satisfaction from social interactions and to be more effective in her personal-and later professional-relationships.

A great opportunity to observe your child's Relationship Strengths in action is when she's playing with other children. How does she interact? Does she usually take the lead or is she happy to follow? Is she a good listener? Does she empathize well? Does she like to help members of the groups solve problems? Ask her what she likes best about being with her friends.

### Learning Strengths

Learning Strengths are the ways in which a child best grasps information. Yours might be highly organized and easily identify patterns. Or maybe she learns best by doing-any activity that allows her to get out of her seat and move helps her absorb the lesson. When children understand their strengths in this area, they can be advocates for their own learning and choose activities in which they know they can succeed. If the teacher asks her students to create a play based on a lesson, for instance, an organized child might volunteer to write it because it allows her to determine the sequence of events, while a child inclined to movement would seem the natural to act it out.

One way to begin to identify a child's Learning Strengths is to provide him with options about how he would like to receive information. Given the choice of a map to look at or a list of directions to read, which one does he pick to help get him where he's going? When you provide your child with tasks that have options for mastering them, take note-these are clues to her Learning Strengths.

This brief look at children's strengths only hints at the deep well of unique qualities shining within each child. As we start to uncover their natural strengths, we provide our children with the roadmap to pursue their greatest opportunities for success, as well as the chance to glean the most joy out of life. ⑧

There is more information on this subject and others to help with the "Strengths Movement", that can be found at [strengthsmovement.com](http://strengthsmovement.com). Watching your own children at home and children in your classes will only help them become better athletes but also help them become more confident and content young beings. Explaining things in many different ways, and using multiple techniques to help them achieve a goal is a positive way to increase attention of the students and improve their skill level as well. Challenge yourself to observe the children you are in contact with and try to determine what their "strengths" are. This will not only help your children/students, but also make you a more efficient parent/instructor. Good luck and have fun with this assignment! I promise you will learn something! KP :)



## 2011 NATIONAL WALKING CHALLENGE!!!

“Sokol – 150 Years in Motion ~ *A Sound Mind In A Healthy Body*”

### THE CHALLENGE:

- Walk at least – **Adults 30 min/ day, Youth 60 min/day**
- Minimum **3 days a week.**
- Challenge runs for **any 4 weeks between July 3 and November 26, 2011**
- Record your minutes (honor system) on the log sheet (Page 2).
  - Example:*      30 min x 3 days x 4 wks = 360 min
  - 30 min x 5 days x 4 wks = 600 min
  - 60 min x 5 days x 4 wks = 1200 min
- Reach a level at your own pace.
 

<b>Level 1 – “Mood Buster”</b>	<b>360-599 minutes</b>
<b>Level 2 – “Stress Reducer”</b>	<b>600-1199 minutes</b>
<b>Level 3 – “Calorie Burner”</b>	<b>1200 + minutes</b>

### WHO IS ELIGIBLE?

- Sokol members, their families and friends of all ages- **EVERYONE!!**

### DONATIONS/PLEDGES: The Challenge Incentive: *Not a requirement for participation*

- Collect donations/pledges to help defray cost of Unit Programs and the American Sokol Board of Instructor Programs (Nat'l Sokol Instructor Schools, Camps & BOI Development Conferences). Pledge Sheet provided (Page 3)
- Donations distributed to one of the following
  - 50% American Sokol National & 50% Unit – *Please remit 50% directly to your Unit*
  - 100% American Sokol National BOI

### ADDITIONAL INFORMATION:

- Use extreme care and caution when walking
- Drink plenty of water
- Wear appropriate clothing and footwear
- Parents – please assist your children with this event
- As with any other exercise program, please consult with your physician before participation.
- A Certificate or an Award of Achievement will be issued at the end of THE CHALLENGE and upon receipt of the necessary documents.

Submit all forms and American Sokol BOI donations payable to:

**American Sokol BOI**

**9126 W Ogden Ave ~ Brookfield IL 60513**

Log sheet (page 2) can be sent by: Fax: 708-255-5398 or Email: [aso@american-sokol.org](mailto:aso@american-sokol.org)

*If you have any questions, please contact Juanita LoGiudice at [juanita@american-sokol.org](mailto:juanita@american-sokol.org) or Barb Vondra at [topinky1@aol.com](mailto:topinky1@aol.com).*



## 2011 NATIONAL WALKING CHALLENGE!!! LOG SHEET

“Sokol – 150 Years in Motion ~ *A Sound Mind In A Healthy Body*”  
Please print the following information.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE & ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

I, \_\_\_\_\_ accept this American Sokol National Walking Challenge.  
*(signature)*

Start Month & Date \_\_\_\_\_ Finish Month & Date \_\_\_\_\_

**MINIMUM:** 30 minutes/day for adults & 60 minutes/day for youth -- 3 times a week for 4 weeks

UNIT REP (IF APPLICABLE) \_\_\_\_\_

SOKOL UNIT (IF APPLICABLE) \_\_\_\_\_

The Challenge Incentive: \$ \_\_\_\_\_ in donations/pledges received.  
100% Donation to American Sokol BOI ~ or ~ 50% AS BOI and 50% to Unit

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MINUTES	MINUTES	MINUTES	MINUTES	MINUTES	MINUTES	MINUTES
						TOTAL MINUTES

Log in your daily **minutes** on the calendar above, then add up and record the **total minutes**.

**Together in Motion, we can achieve the American Sokol motto:  
“A Sound Mind in a Healthy Body”.**

*If you have any questions, please contact Juanita LoGiudice at [juanita@american-sokol.org](mailto:juanita@american-sokol.org)  
or Barb Vondra at [topinky1@aol.com](mailto:topinky1@aol.com)*





**PRE-SLET TOUR: Itinerary \$750/person**  
**June 26 – June 30, 2012**

**\$300 – 1st Deposit Due NOW!**  
**\$250 – 2nd Deposit Due Dec. 1, 2011**  
**Balance Due March 1, 2012**

Includes 5 day tour, transportation by a comfortable big coach bus, guide services, hotel accommodations with breakfast, entrance to all visited places and dinners including the Wine Cellar and music.

### **June 26**

- Arrive Prague Airport and depart for Moravia, stop in Litomyšl, home of Composer Smetana
- Lunch on your own
- Check into hotel in Brno, Dinner together at Restaurant Moravska Chalup, with traditional Moravian accordion music entertainment.

### **June 27 (Tour Option Day)**

- Breakfast in hotel, Lunch on your own
- Option 1: Uherske Hradiste, Bata Cana boat trip to Veseli n. Moravou- Straznice, Hodonin-birthplace of Masaryk, Cejkovice-home of Masaryk.
- Option 2: Moravian Karst, boat the inside of Punkva Cave, ride a cable car to Macocha Abyss, Battlefield of the Battle of Austerlitz, Zuran Hill-headquarters of Napoleon, Peace Monument in Prace, Slavkov Castle where Napoleon stayed.
- Dinner both groups Restaurant Bohema, Brno

### **June 28 (Tour Option Day)**

- Breakfast in hotel, All depart together – check out of hotel, Lunch on your own
- Option 1: Ivancice-Birthplace of Alphonse Mucha, Znojmo-Royal town sightseeing, 10th Century round church, St Michaels' church, St Vencestaus church with Underground.
- Option 2: Ivancice-Birthplace of Alphonse Mucha, Znojmo-Tour Bitov Castle.
- Check into hotel (1 night), Dinner together at local wine cellar with live entertainment of dulcimer-cymbal music – joined by special guests from Sokols in Moravia, who came to Forth Worth in 2009.

### **June 29**

- Breakfast in hotel, All depart together – check out of hotel, Lunch on your own
- Sightseeing in Jindrichuv Hradec and Tabor, visit inside Orlik Castle, then to Pribram – with largest mining museum
- Check into hotel in Pribram (1 night), Dinner together in the hotel

### **June 30**

- Breakfast in hotel, All depart together, check out of hotel, Lunch on your own
- Special Surprise Sokol Tour in Novy Jachymov area, Jungmann's House-where the Czech Language was written, Sokol Rakovnic, home to Brother Walter Slavik.
- Arrive Prague, check into hotels, Dinner together at Hotel Kampa, Receive Sokol Slet Packages and Information

### **End of Pre-Slet Tour**



**SOKOL SLET WEEK in Prague**  
**Itinerary, Details & Additional Tours**  
**June 30-July 7, 2012**

**\$300 – 1st Deposit Due NOW!**  
**\$250 – 2nd Deposit Due Dec. 1, 2011**  
**Balance DUE March 1, 2012**

**BASIC PACKAGE - \$800/person**

- Choice of Hotel Kampa or Hotel Jalta
- Breakfast every day in hotel
- Arrival Day Dinner @ Hotel Kampa
- 4th of July Celebration American Style with Dinner
- Transportation to and from the Airport – only available to those traveling with the American Sokol Delegation Tours in this package and booking Airfare through Weber Travel, Arriving June 26 Prague Airport and Departing with Group on July 7. Any deviations are not included.
- Slet Tickets/Passes & Official American Sokol Delegation T-shirt

**\*\*\*ADDITIONAL OPTIONS Available To PURCHASE with the BASIC PACKAGE\*\*\***

Day Tours and Half Day Tours will be available to purchase and will be scheduled based on the Slet rehearsals and strength of interest. Please register for your Tours now. You will receive a confirmation of your reservation and final itinerary when the Slet schedule is finalized.

**DAY TOURS & COST:** *Prices include bus, guide, lunch & entrance fees*

- \$70/person Karlovy Vary–Spa Town, Castle Locket
- \$100/person Karlstejn Castle–built by Charles the IV & Pilsen – Pilsner Urquell Brewery Tour
- \$70/person Stara Boleslav–church where Patron St. Vaclav was murdered 935, Brandys nad Labem: Castle, Melnik city tour, Nelahozeves: birthplace of composer Antonin Dvorak, and Levy Hradec

**HALF DAY TOURS & COST:** *Prices include bus, guide & entrance fees*

- \$45/person Lidice–village wiped off the map by Nazis on 10 June 1942 – wreath laying
- \$40/person Lany–Castle chosen by President Masaryk as his weekend home, later his residence, Masaryk Museum, Cemetery, visit his grave and wreath laying
- \$40/person Rip–sacred mount, where “great grandfather Czech” stood on his way to the North and chose. This place as the “home” for his tribe, Round Church of Saint George
- \$50/person Krivoklat Castle – (just outside of Prague)
- \$35/person Nizbor – Glass Factory Tour and Shopping

**For more information contact:**

**Jean Hruby at 708.255.5397 or [aso@american-sokol.org](mailto:aso@american-sokol.org)**

**Download registration forms at [www.american-sokol.org](http://www.american-sokol.org)**

**Click the News Flash story link in the right side bar**

*\* Tours are subject to change based on Slet schedule and interest. Tour Packages are Land only - Air Travel should be made through Weber Travel, 1-800-886-7012. Cancellation Fees Apply – see Terms and Conditions. Insurance NOT Included in these Tour Packages.*

*In Memoriam...***Sister Nancy (Novy) Chlodnicki (1936 - 2011)***Submitted by Blanche Bidnik, Sokol Little Ferry*

With profound sorrow, we announce the passing of the former President of Sokol Little Ferry, Sister Nancy (Novy) Chlodnicki. Little Ferry lost a loyal and dedicated member—a person who was highly respected by all of us.

Sister Nancy began her association with Sokol as a gymnast when she was five years old. She progressed through the ranks and became an outstanding gymnast and instructor. As an instructor she was proud of her gymnastic teams and individual gymnasts who entered district and national competitions and received trophies and other awards.

Sis. Nancy joined the Ladies' Division in January, 1954, at age 17. Her love of Sokol was evident by the manner in which she served our organization.

After raising her family, she became active as an officer. She was President for 18 years; Treasurer for 12 years, and Financial Secretary for 7 years. During this time, she also taught Sokolads and Sokolettes and attended our weekly adult gym classes. In 1994 she received a diploma from the Sokol Woodlands Instructor School, Barryville, New York. From 2002 to 2009 she was ASLF's Director of Gymnastic Classes.

In addition, Sis. Nancy performed a myriad of services. She was involved in all our fundraising events from the Corned Beef and Cabbage Dinners to Pirogi Sales, Annual Anniversary parties, etc. She was Sokol's chief chef at the Annual Pork Dinners and through her endeavors, we were able to continue this Czech and Slovak tradition that is our most popular and lucrative fundraiser.

As a delegate to the Eastern District meetings, Sis. Nancy not only represented our unit, but also prepared the luncheons when they were held at our hall.

With Bro. John, they joined ASLF's folk dance group and performed the Beseda for which she made an attractive Czech costume called a kroj.

Through Sister Nancy, we were introduced to her husband John who immediately became an active member and worked side-by-side with her. Together they kept Sokol Hall well maintained, painted, and clean; and the grounds were always in great shape.

Because of her love for Sokol, Sis. Nancy worked diligently. She was blessed with devoted, caring children and above all, a supportive husband whom she cherished. Together they made a great impact on our Sokol Organization. She often told me she wanted to "give back to Sokol what it gave me" – good times, great memories, and lasting friendships. With support received from her family and members, she succeeded, creating an old-fashioned community in a modern society. She demonstrated by example the true meaning of a Sokol.

The members of American Sokol Little Ferry are grateful to Sis. Nancy for her outstanding service to our organization throughout the past fifty-seven years.

To her husband John; her children, Jerry Schafetz, Sue Richards, Donna Schafetz, Kenneth Chlodnicki, Donna Sheridan, Peter Chlodnicki, and their families; her brother Tom and his family, other relatives, and friends, we extend our deepest sympathy. ☺

**DONATIONS TO THE  
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For more information about American Sokol Funds contact the ASO at 708-255-5397 or [aso@american-sokol.org](mailto:aso@american-sokol.org).



## Mark your Calendar

### Events around the American Sokol

Get your event featured! Email [editor@american-sokol.org](mailto:editor@american-sokol.org)

## August

- August 19-21 National Camp Reunion, St. Louis, Missouri** – Send an email to [reunion@sokolnationalcamp.org](mailto:reunion@sokolnationalcamp.org) to receive information as it is released and reserve your spot at camp!
- August 20 Sokol Detroit Golf Outing – Fox Hills Golf Course**
- August 28 Sokol Greater Cleveland Dinner** – Grilled Steak, Salad, Baked Potato, Sweet Corn, Dessert & Coffee; \$15. Reservations Required. Call Olga Nemecek 216-447-0264.
- August 31 - Sept 5 2011 Sokol Hume Lake Reunion** – Aspen Hollow Campground. For more visit [www.sokolla.org](http://www.sokolla.org).

## September

- Sept 4 Sokol Camp Pancake Breakfast** – 11633 Sokol Camp Drive South Lyon, MI; Serving from 8:00 AM-10:00 AM Adult \$3.50; Children \$2.50 (under 12). Bring your friends and family to enjoy the day.
- Sept. 9-10 Sokol Detroit Rummage Sale** – Sokol Hall, Dearborn Heights, MI. Friday 9-5, Saturday, 9-Noon. Come, shop or bring us items to SELL!!
- Sept 16-18 Sokol Detroit Fishing Tournament**
- Sept 18 Czech and Slovak Fall Festival, Sokol Minnesota** – Highland Park; 11- 5 p.m.
- Sept 25 72nd Moravian Day** – Lithuanian World Center, 14911 127th Street, LEMONT, IL. 60439; Holy Mass: 10:00 am Program: 2:00 pm; Donation \$20.00 per person. World Renowned MORAVANKA Brass Band! For more information visit: [www.UnitedMoravianSocieties.org](http://www.UnitedMoravianSocieties.org).
- Sept 25 Sokol Greater Cleveland Dinner** – Roast Pork; For more details visit [www.sokolgreatercleveland.org](http://www.sokolgreatercleveland.org).

## October

- Oct 8 Sokol Detroit Hayride & Haunted Walk**
- Oct 9 Czech-Moravian-Slovak Heritage Celebration** – Knollwood Country Club, 12024 Balboa Blvd. Granada Hills, CA.
- Oct 14 Sokol Tabor Rummage Sale**
- Oct 16 Sokol LA Cottages Bus Trip** – Sokol LA will be going to San Diego once again to visit the House of Pacific Relations Cottages in Balboa Park. There will be a special Czech/Slovak program in the afternoon. Food, including many homemade pastries, will be sold.
- Oct 26-29 13th Genealogical/Cultural Conference of the Czechoslovak Genealogical Society** – St. Louis, Missouri; Sokol members are among the presenters. For more details visit [www.cgsi.org](http://www.cgsi.org).
- Oct 23 Sokol Greater Cleveland Dinner** – Svickova (pickled beef); For more details visit [www.sokolgreatercleveland.org](http://www.sokolgreatercleveland.org).



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