

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

September 2011 | Volume 134 | Issue 7

2011-2012 Merit Award Winners

These recipients have been selected by the American Sokol Merit Award Committee and approved by the Executive Board to receive a \$500.00 award for the 2011-2012 school year. Turn to page 11-13 to read their essays entitled, *How Sokol has Prepared Me for the Future.*



Alexandra Betik
 Sokol Ennis
 Southern District



Alyssa Carlozzi
 Sokol Greater Cleveland
 Northeastern District



Caleb Conrad
 Sokol Detroit
 Northeastern District



Jane Frances Malina
 Sokol Spirit
 Central District



Alexandra Mangia
 Sokol Tabor
 Central District



Rebecca Schoepke
 Sokol Milwaukee
 Central District



Hallie Souliades
 Sokol Tabor
 Central District

AMERICAN SOKOL

ISSN 003-1259

Published nine times each year: Jan, Feb, March, April/
May, June, July/Aug, Sept, Oct, Nov/Dec.

Periodical postage paid at Brookfield, IL and additional
mailing offices.

Subscription: \$12.00 per year

Postmaster: Send address changes to American Sokol,
9126 Ogden Ave, Brookfield, IL, 60513

Board of Governors

Tom Pajer	President, American Sokol
Gary Masek	Western District
Bohus Bata	Eastern District
Roger Martanovic	Northeastern District
Bob Podhrasky	Southern District
Lillian Roter	Pacific District
Barb Kucera	Central District
Maryann Fiordelis	BOI
Bev Domzalski	Secretary
Barb Vondra	Financial Secretary

Executive Board

Tom Pajer	President
Mary Steinman	1st Vice President
Bob Podhrasky	2nd Vice President
Bev Domzalski	Secretary
Barb Kucera	Treasurer
Barb Vondra	Financial Secretary
Maryann Fiordelis	Physical Director
Angela Hartford	Editor
EllenJeanne Schnabl	Educational Director
Lori Laznovsky	Membership Director
Christina Curran-Wurst	Public Relations
Jerry Milan	Foundation
Candy Short	Board Member
Howie Wise	Board Member
Mickey Dalton	Board Member
Marla Breidenbach	Alternate Board Member
Jane Wise	Alternate Board Member
Lillian Roter	Alternate Board Member
Jolene Dalton	By-Laws Chairman

Business Manager: Jean Hruby
Library-Archives, Museum Curator: Annette Schabowski
National BOI Office Secretary: Juanita Lo Giudice
Webmaster: Vacant

ASO Executive Board

Meets every 4th Tuesday* at 7:30 pm

ASO Board of Instructors

Meets every 2nd Wednesday* at 7:30 pm

*except in July and August

TABLE OF CONTENTS

From the Editor.....	2
Meet the Executive Board	3
The Sokol Educator.....	4
News from the Board	5
Woodrow Wilson Monument	6
American Sokol Gymnast.....	7-10
Merit Award Recipient Essays.....	11-13
Updates from around the Districts	14
Calendar of Events	15
Support our Advertisers	16

From the Editor...

This issue is filled with essays from the recipients of the 2011-2012 Merit Award. Reading the Sokol experiences of our young adult members reminds me of found memories growing up in Sokol. Do you have memories you would like to share?

If you have an memory, 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:
American Sokol, 9126 Ogden Ave, Brookfield, IL 60513



Meet the American Sokol Executive Board

Beverly Domzalski
Secretary



I am proud to be a member of the American Sokol Organization. I began my association with Sokol when the parents of a friend of mine convinced my parents to let me go to Sokol classes with their daughter. I was thrilled to go and I enjoyed every moment I spent at the gym making new friends and getting involved in activities that I didn't know were available to an 8 year old. I joined 1st class girls at Sokol Havlicek-Tyrs and continued through 2nd class. Unfortunately, I never attended junior girls' classes because I decided to explore other avenues including tap and ballet, jazz dance and advanced tumbling at the Chicago Park District. However, upon graduation from college, I decided to return as an adult member and joined Sokol Tabor. I took a break from Sokol Tabor classes to start a family and knew I would eventually be back in class when my children were old enough. That's when I enrolled myself and my daughters in classes at Sokol Chicagoland (formerly Sokol West Suburban).

From the time I left college, my life as a secretary in the working world began. So, with no surprise that I have gone from being a class member at Sokol Chicagoland to being the Sokol Chicagoland Executive Board Secretary, the Chicagoland Sokol Building Association Secretary, Central District Secretary, American Sokol Board of Instructors

Recording Secretary and American Sokol and Board of Governors Secretary. I never imagined that I would be this committed to the Sokol organization. Needless to say, I spend a lot of quality time working behind the scenes on the Sokol-side of things.

Sokol has had a big impact on my life and my family. My daughters have grown up attending classes and were definitely more involved with Sokol offerings than I had been as a child. Karyn and Stacey attended National Courses, Beginners through Advanced II, and Stacey participated in the first ASO International Camp in 2001. Karyn performed with the Central District TNT team and Stacey is the force behind the Central District GIJO Team. Vicariously through my daughters, I am able to experience Sokol life as a junior and young adult.

It's been quite a ride with Sokol in my past, in my children's past, in the present excitement of new things to come, and hope for a long Sokol future for everyone to enjoy as my family and I have done. We have experienced firsthand the core programs of the American Sokol: physical fitness, cultural opportunities, social environments and educational programs. It makes me wonder where our paths would have gone if we did not journey with Sokol. ☺

Jolene Dalton
By-laws Chairman



I am honored to presently serve as Chairman of the American Sokol Bylaws Committee. My Committee, upon charge from the 2011 American Sokol Convention, has been working on separating out the Standard Operating Procedures from our National Bylaws. Our goal is to streamline the Bylaws and start work on a Standard Operating Procedures document. In the next few months, all Units will be sent copies of our work for approval. It has been a challenging but rewarding task.

I joined the Sokol gym at the "old" age of 16 and it changed my life! I spent many years serving on the gym side of our organization and have now moved to the administrative side. Sokol has enabled me to travel to numerous states and countries, to meet Sokols & make life-long friends from all over the United States and Europe, and to work with some of the most wonderful, giving people! ☺

With a background in Physical Education, Jolene Dalton has shared her talents as a gymnast, coach, leader and judge for various collegiate and private clubs and of course the American Sokol. Since her beginnings at Sokol, she has been highly involved in the Unit, District and National level. Sis Jolene has held various positions including Instructor, Unit President, Unit & District Treasurer and Director of Women and various Chairman positions. She has represented the BOI at all 3 levels.

Sis Jolene has been an ASO convention delegate for the last 8 conventions beginning in 1975 either representing her Unit, South Omaha or the Western District.



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

SEPTEMBER

September is many things to many people. It is a month for self-improvement; be kind to editors; National Courtesy; National Piano and Classical Music month.

It is also the time we celebrate Labor Day with the first parade in New York City on Sept. 5, 1882, when 10,000 workers assembled. It was actually a protest rally of union members who wanted an eight-hour work day.

The second Sunday, Sept. 11th, is Grandparents' Day — have any of them influenced you or your children? Talk to them to get their histories before it's too late.

In 1752, Sept. 3rd through 13th never happened because of the switch to the new Gregorian Calendar. It was to catch up with the solar system.

September 4, 1957: The Edsel car was unveiled but fewer than 64,000 were bought the first year.

September 5, 1841: Antonin Dvorak was born.

September 10, 1919: Independence of the Czechoslovak Republic established by the Treaty of St. Germain.

September 17, 1730: Baron Von Steuben was born — a drillmaster of the revolutionary army under General Washington.

September 23, 1880: Wm. H. McGuffey was born. His early readers sold 122,000,000 copies.

September 1857: *One Horse Open Sleigh*: was copyrighted by James Pierpont — renamed *Jingle Bells* in 1859 and now over 1500 versions exist.

CZECH HARVEST CELEBRATIONS

At the beginning of September the picking of hops, *sber chmele*, starts and ends with celebrations of Docesna - from *cesat chmel* or picking up hops. Dedications to the harvest and to the god of beer, *Gambrinus*, are celebrated

The middle of October calls for celebrations of the potato and sugar beet harvests.

Babi leto or summer of grandmothers is at the same time as our Indian Summer.

NOW is the time to register for all Sokol Classes for everyone to get fit along with your children and grandchildren.

Check out the book *Aztalan Mysteries of an Ancient Indian Town* at www.wisconsinhistory.org to learn about the attempts to explain Wisconsin's Stonehenge along the Crawfish River about 50 miles west of Milwaukee.

NAZDAR! EllenJeanne Schnabl, American Sokol Educational Director (S)

THE 2011 AMERICAN SOKOL BOI DEVELOPMENT CONFERENCE OCTOBER 22-23, 2011 AT SOKOL FT WORTH

The BOI Development Conference consists of 30+ individual training sessions (coaching techniques, class activities, spotting and progressions, etc) crammed into a day and a half. This year's conference will feature training sessions in some of the 2012 Calisthenics to be performed in Prague July 1-7, 2012.

The registration fee for this conference including 3 meals (Saturday lunch and dinner and Sunday lunch) is unbelievable. \$55/attendee or \$180 for up to ten per single unit. If you have more than 10 from your unit, contact Maryann Fiordelis for a very special discount.

Housing will be at the BEST WESTERN PLUS, 3920 Boat Club Rd, Lake Worth, TX 76135, Phone 817-238-1199, free shuttle to conference. Rooms: King/2Queens @ \$79.99 + 13% tax per night (1-4 per room) or King/2 Queen Suites @ \$99.99 + 13% tax per night rate (1-6 per room). Rate includes a hot breakfast buffet per person. Reservations are to be made directly with the hotel under the "American Sokol" block of rooms by October 6th. A limited amount of rooms are available. **Call 817-238-1199. A credit card will be needed to make the reservations.**

We have also contracted a block of rooms under "Sokol National Conference" at the HOLIDAY INN EXPRESS – LAKE WORTH NW LOOP 820, 3541 NW Loop 820, Ft Worth, TX 76106 Phone 817-744-7755 @ \$95 + tax King/2 Double Beds including breakfast.

All Conference sessions will be held at Sokol Ft Worth, 6500 Boat Club Rd, Ft Worth TX 76135, Phone 817-237-5181

Have questions? Contact Maryann Fiordelis, National Physical Director, 248-478-8151

Tentative Session Topics

- ✓ Training for 2012 Prague Cals
- ✓ Mentoring Training
- ✓ New Female USAG Routines
- ✓ Social Media
- ✓ Wheels
- ✓ What Are We Doing Wrong?
- ✓ New Techniques for Warm Ups
- ✓ New additions to Core Fitness
- ✓ Lock Ins/Family Nights for Profits
- ✓ 2013 Slet
- ✓ Adult Class Activities
- ✓ Summer Camp in your unit
- ✓ Wellness and Nutrition
- ✓ Student/Instructor Relationships
- ✓ Volleyball skills
- ✓ Instructors Guidelines
- ✓ I want to be an Instructor
- ✓ 2012 Prague Slet
- ✓ Jazzercise
- ✓ Circuits
- ✓ Spotting & Progressions

Bright Ideas! New American Sokol Marketing Booth

Submitted by Christina Curran-Wurst, Public Relations Director



This past spring, I spent a lot of time researching marketing booth vendors, choosing an economical design for our needs and assisting the graphic design for this beneficial tool.

This is an indoor/outdoor promotional counter. The kit comes complete with strong, easy to clean plastic parts, handy carry bag, set of poles and an eye catching header. Graphic design courtesy of Sis. Julie Kaupert, Sokolice Tabor, www.jakofalltrades.org.

It was on display at the 2011 Sokol USA Sokolfest Thursday night social and the 2011 National Instructor School. Members of the 2013 Milwaukee Slet Marketing Committee engaged with visitors to provide their email address (for Slet Bulletins) and try their luck at "Sokol Shoot Out!" Simply shoot a hockey puck through a slot on a sign and win a prize of choice: a 2013 Slet beach ball, a lip balm or drink koozie. They also had the opportunity to pick up a 2013 Slet promotional postcard, as well as Milwaukee visitor guides and a pin and information on the 2012 American Sokol Trip to Prague.

The intention of the new American Sokol Marketing booth is to use at any and all internal events such as Slets, National Instructor School, National Camp, Development Conferences, and Convention. It is also intended for external events such as community events, fairs, and fests.

If you would like to use the new American Sokol Marketing booth, please contact Christina Curran-Wurst at 708-502-7442 or curran216@aol.com.



Reestablishment of the Woodrow Wilson Monument Prague, Czech Republic

Excerpt from the American Friends of the Czech Republic, www.afocr.org

American Friends of the Czech Republic (AFoCR), a Washington, DC, based non-profit organization, is rebuilding, in partnership with the City of Prague and the Metropolitan District of Prague 1, the monument to American President Woodrow Wilson at the main train station in Prague. The

Monument was built in 1928 but destroyed by the Nazis in 1941 during the occupation.

In 2002, AFoCR established a memorial in Washington, DC, to Tomáš G. Masaryk, the first president of Czechoslovakia. President Wilson collaborated closely with President Masaryk to secure the independence of Czechoslovakia in 1918, and the Czech people revered Wilson for his leadership and vision. The Wilson Monument in Prague, as the counterpart of the Masaryk Memorial, will complete the symbolization of the long standing Transatlantic ties of friendship and democratic values held in common by the American and Czech peoples. It will commemorate the rebirth of Czech democracy after decades of suppression.

The project was formally approved by the Prague City Council on August 14, 2007. Prague Lord Mayor Pavel Bém stated:

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

Prague’s main train station was built in the Art Nouveau style in 1909 and officially named “Wilson Train Station” in 1919. The name reverted to “Main Train Station” under both Nazi and communist rule, but the station was again officially renamed for Wilson in 1990. The current project is timely as the city of Prague, with the Italian company Grandi Stazioni, has underway a complete renovation of the station and the area around it, with completion planned for 2011.

The Wilson Monument originally stood facing the station’s Art Nouveau façade across Wilsonova Ulice (Wilson Street) in Vrchlicky Park. In the 1970’s the communist government

built a large one-story addition to the station in a functional style, taking a large portion of the park, including the area previously occupied by the monument. The original location is no longer feasible, so the rebuilt monument will face the center of the façade of the station addition, but it will again be in Vrchlicky Park.

The original, larger than life-sized statue was bronze and the base was granite and built by Albín Polášek. It was the first statue of an American president in Prague, and it was dedicated on the July 4, 1928. The message on the pedestal read: “The world must be made safe for democracy.” in both Czech and English. For historical and artistic reasons the new statue will be a replica of the original one. The size and design of the pedestal and the plaza, however, may vary from the original, in order to best suit the new location.

In an exciting discovery, the original plaster model of the full-size head and shoulders of the statue was found in the lapidarium of the National Museum in Prague in early 2008. This find ensures an exact copy of the most expressive part of the sculpture, and it connects the reproduction directly to the hand of Albín Polášek.

In July 2008, AFoCR received proposals from 13 Czech sculptor teams to recreate the statue. In February 2009 a selection committee comprised of the stakeholders in the project chose the team of Michal Blažek, Václav Frýdecký, and Daniel Talavera to receive the commission for the statue. The multi-generational team has extensive academic training and experience in sculpture and is underway in creating the full size clay model of the statue. The work, including the process of bronze casting, will take 18 months.

In April 2008, AFoCR formed a team of professionals in Prague to carry out the project, in the disciplines of architecture, law, and public relations. For AFoCR the project is being directed by Robert W. Doubek, who was the project director for the Vietnam Veterans Memorial on the Mall in Washington, DC. The total project cost is estimated to be \$725,000, and the monument’s dedication will coincide with the completion of the renovation of the station. ⑤

Together with individual member donations, American Sokol will have a granite plaque on “The Walk of Freedom” recognizing our contribution to rebuilding the monument. The dedication will be held October 5, 2011. Representatives from the American Sokol will be present.



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

Fun Back to Class Activities

From Family Fun Magazine-August 2011

Freckle Frenzy-Speckle your partner with freckles to win this game.

Before class, use a three-hole punch to make lots (hundreds, if you have a big class) of "freckles" from construction paper or paper bags. Pair up players into one freckle placer and one freckle wearer. Right before the game, dump a handful of freckles into small pails or bowls filled with water, one for each pair. The judge sets a timer to 30 seconds and at "Go", the placer begins sticking freckles on their partner. When the time's up, the judge counts to see which person is wearing the most freckles; the most freckled player's team wins.

Share a Pair-Give a friend the pants off your legs – and make it snappy!

You'll need several pairs of stretchy sweatpants for this challenge. Pair up players of similar size and have one player on each team put on sweatpants over their clothes. The teammates sit on the ground facing each other, with their legs stretched out in front of them and the soles of their feet touching. At "Go," the pants-wearing player must transfer the pants to their teammate, turning the pants inside out in the process, without their feet ever losing contact. The first team to get the pants' waistband around the second player's waist wins.

Stepping Stones-Cross a pretend stream in a race that requires both speed and skill.

Each player gets two stepping stones: old T-shirts, hand towels, or dish towels. At "Go," each player races to the finish line by standing on one stone, placing the second ahead of themselves, then jumping to that stone, without touching the floor. They then reach back to retrieve the first stone, places it farther ahead, and so on. Tossing the stone a long way may seem like the best way to move quickly, but if it's too far away, you'll have to leap to reach it – and struggle to grab the one you just left. If a player steps off his stone, he must return to the starting line. The first to cross the finish line wins.

Shoe-Pile Scramble-A challenge for kids: find your shoes and put them on – FAST!

Have players remove their shoes and place them in a pile. Someone scrambles up all the shoes and lines up the shoeless players side by side on the starting line a short distance away. When the whistle blows, players race to find and put on both of their shoes, then race back to the starting line. Ⓢ

Heart Healthy Exercise Activities

8 Exercise Activities for Busy People

From: <http://www.heart.com/heart-healthy-exercise-activities.html>

An exercise program should involve activities that get your heart thumping and your blood pumping. Exercise makes the heart beat faster and circulates blood quickly thru your body. Exercise helps to deliver the needed oxygen to your muscles.

A great exercise program should significantly increase this blood flow for extended periods of time, thus building your cardiovascular endurance and over all physical fitness. A good aerobic exercise regime may include activities such as walking, jogging, bicycling, aerobics, stair climbing, swimming, roller skating – basically any type of physical activity that is repetitive and challenges your heart, muscles, and circulatory system

If you are one of those people with a busy schedule and unable to commit to an exercise program, you can count in these activities as part of your weekly exercise routine. Exercise is very important in keeping you fit and healthy.

Try These Easy Exercise Activities:

- If you have a dog, walking is a great exercise –do it daily and count it in. It's good for you and your pet.
- Housework is nobody's favorite activity but believe it or not, count this as exercise especially if you vacuum briskly or mop the floors on a regular basis
- If you have a family, schedule walks after dinner or before lunch and get some quality time in, too.
- Take a few minutes of your break-time to take a walk around the block or around the campus. Or if you go out to lunch, consider walking to a park or a sandwich shop a block or two further away rather than the cafeteria or the closest lunch stop.
- Believe it or not, yard work is a great way to get some exercise in. Mowing the lawn, raking leaves, clipping bushes and pulling weeds is a great way to move those muscles and get some great exercise in.
- Elevators and escalators at the office, school and even the mall makes life convenient – but if you take just one flight of stairs instead of using this convenience, it's definitely considered exercise – try it. Start with just one flight and soon you'll be ready for more.
- If you ride the bus or subway, get off at one stop before or after your destination and walk the rest of the way – an easy way to fit a short jaunt into the schedule.
- Parking – we all want the front row but consider parking your car at the far end of the parking lot. A short walk here and there adds up, plus it can reduce the stress we sometimes feel when fighting for the front row spots. Ⓢ

3 Steps to Healthy Knees

By Margit Feury Ragland

Throbbing knees send about 20 million Americans to the doctor every year. The majority of sufferers are women, high heels the possible culprit. (But these exercises will help men with knee pain also.) The good news? Regular walks – at least 30 minutes, five days a week – along with some basic strength moves, can ease (and prevent!) aching, inflamed knees. Try these three exercises, designed by personal trainer Ellen Barrett, and be pain free.

Before Your Walk:

- **Seated Toe-Heel** – Sit upright in a chair and stretch your legs (hip-width apart) straight out in front of you, forming a 90-degree angle at the hips. Bring the toes together (pigeon-toed position) and then apart. Then tap the heels (first position in ballet). Alternate toe and heel touches at an up-tempo pace for a total of 50 (25 toes, 25 heels).

After Your Walk:

- **One-Leg Balance** – Stand upright and lift one foot off the ground, bending your knee, with thigh parallel to the ground. Try not to hold on to anything. If you're inside, do this move barefoot, as sneakers make it too easy. Balance on each leg for 60 seconds.
- **Quad Stretch** – Grab a chair back or fence with your left hand. Reach behind you with your right hand and grab your right shin, ankle or toes. Pull your foot toward your buttocks until you feel extension along the front of your thigh. Keep your left leg straight but not locked. Hold for 30 seconds then repeat on the other side.

While You Walk:

- Roll the foot from heel to toe. Knee pain is often the result of too much weight on the ball of the foot. Allow the whole foot to take the brunt of each stride.
- Focus on keeping your abs tight. This will make each step lighter and less taxing on the knees. You know you have an engaged core when there is no thudding noise as you step.
- Don't be a weekend warrior. Doing any sort of exercise intensely only once in a while can lead to injury and pain. When it comes to walking, move moderately and schedule jaunts on a regular basis.
- Hit the trails. Uneven terrain will condition muscle fibers in the knees that stay dormant on treadmills and paved roads. Switching things up regularly makes knees stronger and more agile.

These are good exercises to keep in mind when you are participating in the "American Sokol Walking Challenge". Make sure you take some time at the beginning and end of your walks for a few good stretches. Don't neglect your calves, hamstrings and quads when stretching for your walk. Remember, stretching needs to be done after a warm-up has been performed to get the blood flowing to the muscles. 🕒



Get focused - it's as easy as 1,2,3!

By Val Markovski - completefitness.com

Getting focused on what you want and how you'll achieve it can make or break your fitness program. Here's some tips on getting focused....

Being successful in life, health or fitness can be as easy as 1, 2, 3. Here are some simple yet powerful steps on getting more focus and success in your life!

1. Take time to plan. Taking the time to plan is one of the best things you can do to move forward in your life. It can be hard to find the time, and most people get caught up with the issues of the day such as work demands or paying bills etc. This is unfortunate because for most people this can be one of their biggest down falls, because they just keep treading water and don't even get started on the road to success.

If you don't start with a plan then you may never get started at all! If you don't take the time to plan, you are leaving success to chance. That means, your odds of success can be about as good as winning the lotto... ie one million to one or worse... which is not an ideal way to succeed.

So if you want to makes changes and really sharpen your focus, then you need to take the time to PLAN. Remember that plan means Produce a List of Actions Now! So get started, take some time out, and write a list of things that you need to do!

2. Sharpen up your focus: think big! So you have taken some time out, now how do you start planning? Start with a dream, or in other words: dream big things for yourself. By scheduling time to think about the best possible scenario for your life you are entertaining the possibilities of living life in a different way to your current reality. This sends a powerful message to your subconscious mind, it helps it to focus on those possibilities and work out ways to get there. Because the subconscious does not have the ability to differentiate between what is real and what is not, it can be used as a very useful tool to work for you.

Most people don't think of the subconscious mind as being a tool that they can use to their advantage. Yet, it is the subconscious that keeps everything going for you, from your heart beat and the oxygen that pumps into your lungs to your instant reflexes.

By dreaming big things you are creating the possibility of actually creating that thing for yourself in reality. You are directing your attention on a particular thing, just like that way you focus a camera just before you take a photo. Once you scope out the possibility of actual turning this dream into reality, it is usually a matter of planning your way to the finish.

3. Work your newly created plan. Once you have worked out the action steps to creating whatever it is that you want to create, it's a matter of changing course as often as it is needed and always, always, ALWAYS keep the end result in mind. Successful people are virtually obsessed about getting whatever it is that they want, that's why they adapt what I call the "guided missile principal" - it changes directions as often as is needed in order to hit the target! (S)

These above steps can be taken towards your approach to working out, but can be altered to fit any aspect of your life. Please take the above to improve yourself in some aspect of your life and ENJOY! KP;)

2011-2012 Merit Award Winners

How Sokol has Prepared Me for the Future

Alexandra Betik

Sokol Ennis, Southern District

The American Sokol Organization has taught me planning. It has helped me set up a personal system on how to organize my life, from school and homework, to gymnastics classes and Southern District Slets.

After the National American Sokol Slet in 2009 my dad approached me and asked if I would like to work at Sokol. Of course, I said yes. Even though I had been out of the gym since 2005, I had tagged along throughout the years and supported my dad and sisters at the Sokol Slets, so I was still sort of up to date on what was going on. By this time, I was already getting used to planning things on the calendar. Between planning football games, band performances, and other school activities in high school, I was becoming quite savvy working with and around multiple dates. When I started working at Sokol, more dates popped up. I added them to my calendar and really started to live only what was the beginning of my busy life.

Sokol has prepared me for the future by putting my mind to the test with planning for the future. As busy as the American Sokol Organization is, this was the perfect test for me. This way when I plan in college and in the future, I will not be overwhelmed. Ⓢ

Alyssa Carlozzi

Sokol Greater Cleveland, Northeastern District

Growing up, I have gone through a lot of different things in life. I have tried different sports, joined many clubs, and met a lot of new people along the way. Each of these endeavors has helped to shape me into the person I am today, and the person whom I have yet to become. I have been in Sokol since I was a young girl, and it is the only thing I have truly held onto. I've played softball, soccer, did cheerleading, joined Girl Scouts, but this is the only thing that I am still involved in. I can say with 100% certainty that the one thing in my life that has had the greatest affect on me is Sokol.

Sokol has taught me so much that I could go on for pages about all of the benefits I have reaped from this organization. There happen to be a few that stick out and really play a role in my life. One thing that I think it has given me that will help me in the future is the importance of volunteering. I grew up watching people take time out of their everyday lives to devote to Sokol, and run some amazing classes and programs. I also learned the importance of teamwork. From teams at Instructors School and National Camp to working with others to run a class, I learned how to cooperate with people to get things done and be successful together. I learned how to be a leader and how to take charge of groups and situations.

Volunteering, teamwork, and leadership are just a few of the qualities I have obtained from Sokol, and all of them I will carry with me into the future, and use them in my everyday life. I am so grateful to all that Sokol has taught me, and the things that it will continue to instill in me for many years to come. Ⓢ

Caleb Conrad

Sokol Detroit, Northeastern District

Looking back on my past, I am able to see what I have accomplished through the years. From this perspective, I can tell that I am ready for change, and ready for my future to change me as a person. The only reason I am ready for this is because I am prepared to take on whatever life throws at me, and one reason that I am so determined to succeed in life is because of Sokol. Sokol provides for me the opportunity to become a better, more experienced person. For instance, the summer before I entered high school, I attended my first kurz. This was foreign to me in so many ways. I have grown up with Sokol my whole life, yet I was staying in a different city for two weeks and was learning new things everyday. Being very different from my regular school environment, it allowed me to become independent and as a result I grew as a person.

Another instance is when I first started coaching the boy's classes at Sokol Detroit. I learned to be responsible and learned to be an appropriate instructor. This allowed me, for the first time in my life, to be able to empathize with my own teachers, and that taught me to see things from different view points. These characteristics, independence and responsibility, that I have acquired have ultimately prepared me to enter my next phase in life, college. College is my future, and will create a future beyond that, and I will learn many things there as well. However, it was Sokol, that taught me the characteristics to have a strong foundation in life, and as a result, has adequately prepared me for my future, wherever it may take me. NAZDAR Ⓢ

Jane Frances Malina**Sokol Spirit, Central District**

Sokol means the world to me. It has always been an enormous part of my life and now that I am graduating and an adult member I plan on keeping it that way. Sokol has taught, raised and formed me into the confident woman I am today, and for this I am eternally grateful.

More specifically, in Sokol, I have learned the values of discipline, honor, and leadership. Sokol has taught me obedience, teamwork and respect for others through working with my coaches and classmates. The most important life lesson I have received from Sokol, however, is how to love. I have learned to love life and others by the experiences I have gained and the people I have met over six consecutive summers at National Sokol Camp and I have learned to be a leader at the soon-to-be three Instructors' Courses I have attended. The experiences and friendships I gained over my years of traveling and competing in Sokol are some of those I count among the best times of my life.

Tyr's words, "Forward, forward, backward not a step," as well as the greeting, "Nazdar!" to which we Sokols respond "Zdar!", or, "On to victory!" inspire the utmost confidence and pride within me. Sokol has taught me to work hard and to play harder, to believe in myself, to hope, and to dream big. With this confidence I applied and won the title of 2010 Houby Queen for which I am extremely grateful and proud to honor my family, my heritage, my community, my gym, and the coaches and friends who got me here.

My involvement in Sokol through the years in different areas has enhanced my understanding and love for the organization as a whole. I am currently serving my second year as the Sokol Spirit Junior Board Treasurer, a position at which I have learned basic skills that I can apply to my life. This experience has taught me not only how to manage money and prepare reports on my work, but also to be a leader and an example to my fellow class members through hard work. I have also acted as a teacher's assistant for the first class girls at my gym for the past two years, coming regularly to their classes and using my experiences from Instructor's Course and my own classes to teach and prepare them to carry on the legacy.

Looking back on my journey, from when I started as a tot, only three years old, at Sokol Tabor in Berwyn to my current status as an adult member of Sokol Spirit in Brookfield, I am proud to say that I have grown so much through my experiences, family, friends, and coaches. Not only has Sokol taught me discipline, respect, and to take care of myself physically as well as mentally, but most importantly Sokol has taught me to love life and the people I am so blessed with knowing. Sokol is my life and for that I am proud. ⑤

Alexandra Mangia**Sokol Tabor, Central District**

Sokol is a Czech organization that was founded by Dr. Miroslav Tyr's to create "A Sound Mind in a Sound Body." And that is exactly what it has done for me. I have been a member of Sokol Tabor for 15 years, along with my grandmother, aunts, uncles, cousins, mother, sister, and friends. Staying true to its motto, Sokol provides me with social, mental, and physical skills.

Every summer for the past six years I have attended the National Sokol Camp, a camp where teenagers can not only exercise their bodies, but also where they can socialize and exercise their minds. At these camps, we learn to work with other teenagers from different cities around the country and also learn to listen to our camp counselors. The bond between the campers and counselors becomes extremely strong throughout the week. I go back to this camp every year because of this bond and I cannot imagine going through a summer and not seeing all my Sokol friends. By learning about everyone's lives, Sokol has prepared me not to judge people by the place they live, the way they look, or their wealth in the future. Through the activities we do at camp, I learned to be a cooperative team member as well as a team leader which will not only help me in college but in the business world after I graduate from college. I know how to listen to others but also give my opinion. Working with these people has taught me many life lessons.

Not only did I learn all of this at camp, but I learned it at Sokol because this is what Sokol is all about. The Sokol experience has prepared me for life after high school. If my mother had never signed me up for Sokol when I was a toddler, I would not be the same person I am today. This is why I am so grateful for such an amazing organization and everything it has done for me. I plan to apply everything I have learned in Sokol to my social and academic life at college this fall. ⑤

Rebecca Schoepke

Sokol Milwaukee, Central District

Initially, I became involved in Sokol at the young age of 7. I started off as a gymnast, just doing Sokol to have fun and be active. However, it quickly became more as all of my sisters joined the gym program the following years. Soon after that my parents became a part of Sokol too. Sokol started as an enjoyable activity once a week and now my life would be incomplete without it and the friends I have gained through it.

Furthermore during the summer of 2006, I experienced my first Sokol Instructors School in Sokol Omaha. This two week course motivated me to become an assistant and teacher in my gym classes at home. I received training, but also made lifelong friends. My time in Omaha was spent wisely and proceeded to attend two more Instructors Schools in Sokol Greater Cleveland. My friendships grew each and every year, as did my knowledge as a teacher. I used this knowledge to become a better teacher for my own gym classes. But more importantly I learned life lessons that will be with me forever. Additionally, I am pursuing a degree in physical therapy and all my knowledge from Instructors school and Sokol people has prepared me for this career. Physical therapy involves patience and teaching. My experience as a Sokol instructor has prepared me to be able to successfully teach numerous kinds of people.

While I am going away from home to college I will already have friends because of Sokol. I will be attending St. Louis University and will already have friends in Sokol St. Louis ready to welcome me. It comes as a relief to know I will not be alone in this new phase of my life, because Sokol friends will be there for me. They are an extension of my family and have helped in me in difficult times and waiting for me to enter this new, exciting stage of my life in college. My life has been forever changed by the people and experiences I have had through Sokol and will be with me as I proceed into the future. I embrace the past it has given me and the bright future it will help me create. ☺

Hallie Soulides

Sokol Tabor, Central District

I have been an active member of the American Sokol for fifteen years where I have been influenced by many members and instructors dedicated to developing "a sound mind in a sound body" through cultural, educational, social and fitness programs. Sokol has taught me how to care for myself, and has inspired me to share my passion for gymnastics with others. It is for the purpose of sharing my passion with others that I will be attending my third year of American Sokol Instructor School this summer and I am completing my third year as an assistant coach for 1st and 2nd Class Girls at my unit, Sokol Tabor.

I teach conditioning exercises to build muscle strength, I lead warm up and stretching exercises and I was able to assist with teaching Calisthenics and gymnastics compulsory routines and had an opportunity to co-author a portion of their Special Number routine. Although I have learned how challenging it is to work with children, I have enjoyed every opportunity and I know now that I have a future working with children, athletes in particular.

Coaching has taught me the importance of safety, responsibility, and knowing your limits. Through coaching and caring for injuries, including many of my own, I have discovered that I want to pursue a career in physical rehabilitation and sports medical therapy. By studying sports medicine, I will be able to study the human body, how it works, and its limitations. By increasing my understanding of how the body works, how injuries occur, how to treat an injury, and most importantly, how to avoid them, I will be better able to protect my students from injury.

I will also be studying sports psychology to better understand how the mind of an athlete works. I believe that being able to get inside the head of your student and to communicate on their level is the only way to coach effectively. It is my dream to continue coaching gymnastics and promoting good health and gaining my education in physical therapy and rehabilitation. A degree in sports medicine will allow me to do just that.

I look forward to beginning my college studies at Loyola University in Chicago.

Not only will I be studying topics that I am interested in, but I look forward to bringing the knowledge I obtain back to Sokol and using it to benefit the organization and my future students, for whom I will continue my efforts to keep both their mind and bodies sound. ☺

Southern District Slet

Submitted by Henrietta Milan



Sokol Fort Worth dedicated the 2011 Southern District Slet to these two very special members.

Lydia Tirk Alholm – Age 91



- Sokol member for 65 years (Washington DC, St. Louis, Fort Worth)
- Parents were charter members of Sokol Fort Worth in 1912
- Navy WAVES 1943-46 (women accepted for volunteer emergency service)
- Retired school teacher - 30 years

- Sokol Easter picnics held at her family farm for 50 years
- All around volunteer for kitchen, bingo, meetings ... everything
- Attended Senior class until 1994
- Participated International Slet - Prague, Czech Republic 1994

Frankie Milan – Age 89



- Sokol member for 65 years
- Parents were charter members of Sokol Fort Worth in 1912
- World War II Veteran (France, Belgium, Germany, Austria)
- Retired car dealership - 55 years
- Umpires Association - 52 years

- State Umpire and Chief - 38 years
- Hall of Fame - Texas Amateur Athletics Association 2004
- Current Sokol Fort Worth Vice President
- Former Men's Director, instructor, and other positions
- Domino player extraordinaire



Mark your Calendar

Events around the American Sokol

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

September

- 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.
- Sept 25** **Sokol Greater Cleveland Dinner** – Roast Pork; For more details visit www.sokolgreatercleveland.org.

October

- Oct 8** **Sokol Detroit Hayride & Haunted Walk** – 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 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.
- Oct 23** **Sokol Greater Cleveland Dinner** – Svicova (pickled beef); For more details visit www.sokolgreatercleveland.org.
- Oct 23** **Meat Shoot at Sokol Camp, Imperial MO** – Meat Rounds, Pot Shots, Food, Refreshments, Kids Rounds from 12 noon to 5:00p.m. info@sokolstl.org
- Oct 28** **Halloween Party and Haunted House at Sokol Camp, Imperial, MO** – Chili Dinner, Hay Rides, Games, Haunted House at 6:00 p.m. info@sokolstl.org

The American Sokol is still taking reservations for the 2012 Sokol Slet in Prague



Pre-Slet Tour
June 26 – June 30, 2012

Sokol Slet Week Tour
June 30-July 7, 2012

Contact 708.255.5397 or aso@american-sokol.org

Download registration forms at www.american-sokol.org



PERIODICAL

9126 Ogden Avenue
Brookfield, IL 60513
www.american-sokol.org



Is it time to review your insurance program?

CSA Fraternal Life offers an excellent portfolio of affordable life insurance and retirement annuity plans.

As a fraternal Society, our members are also eligible for Special Benefits that give added protection.

CSA also offers Final Expense plans. Final Expense is affordable, permanent whole life insurance designed to meet unexpected financial demands due to death and can help to preserve the estate you intend to pass on to family members.

Our dedicated sales professionals are available to assist you. Please contact Roberta at 800-543-3272 or visit us at www.CSAFraternalLife.org to learn more about our Partners in Planning — Partners in Life commitment.

Advertise with American Sokol

Reach over 4,000 people of Czech and Slovak descent.

1/4 page \$200
1/2 page \$300
Full Page \$500

To place your ad, contact Jean Hruby at the National Office, 708-255-5397 or email jeanhruby@american-sokol.org

Weber Travel Agency
Worldwide Travel
(800) 886-7012 ♦ jrabas@webertravel.com

Consider a Sales Career with **wfla**

Health Insurance Pension Up To 120% on Whole Life

Call or Email us today! Rudy A. Pino info@wflains.org

Licensed in: CA, CO, IL, IA, KS, LA, MI, MN, NE, ND, OH, OK, OR, SD, TX, WA, WI

western fraternal life association 1900 First Ave. NE, Cedar Rapids, IA 52402 1-877-WFLAINS