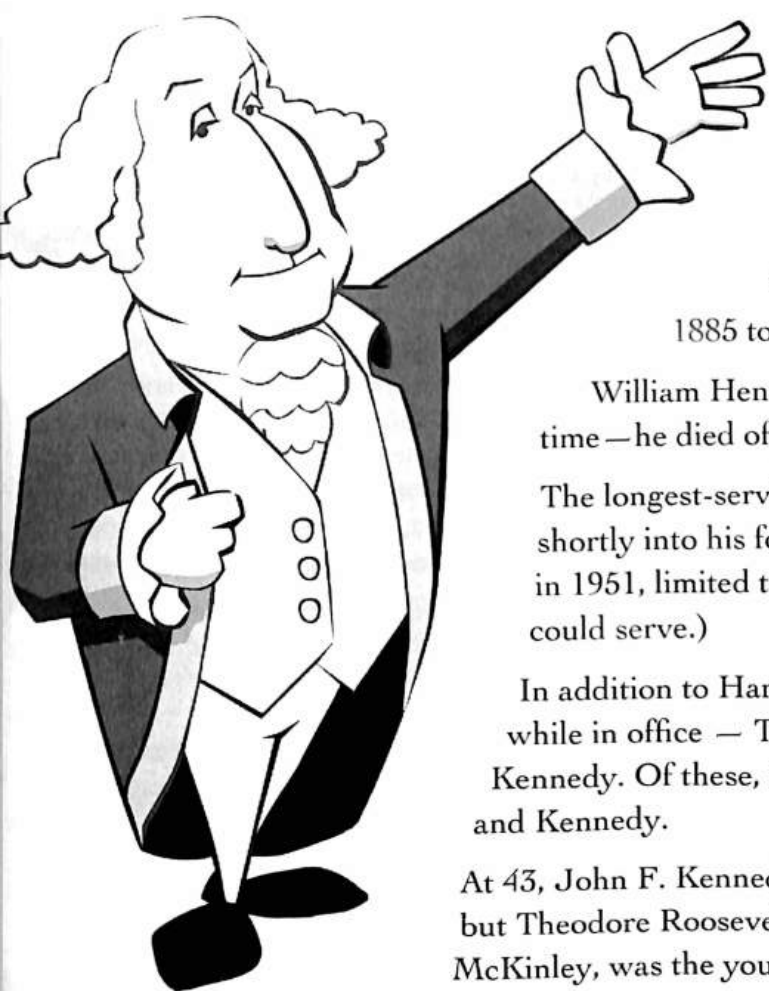


The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.



PRESIDENTIAL FACTS

There have been 44 U.S. presidential administrations, but only 43 presidents—Grover Cleveland served two non-consecutive terms from 1885 to 1889 and 1893 to 1897.

William Henry Harrison held the office for the shortest period of time—he died of pneumonia after about a month in office.

The longest-serving president was Franklin D. Roosevelt, who died shortly into his fourth term in office. (The 22nd Amendment, ratified in 1951, limited to two the number of presidential terms one person could serve.)

In addition to Harrison and Roosevelt, six other presidents have died while in office — Taylor, Lincoln, Garfield, McKinley, Harding and Kennedy. Of these, four were assassinated: Lincoln, Garfield, McKinley and Kennedy.

At 43, John F. Kennedy was the youngest president elected to the office, but Theodore Roosevelt, who was sworn in at age 42 after the death of McKinley, was the youngest ever to hold the office.

The oldest was Ronald Reagan, who began his first term at age 69.

Source: <http://www.history.com/topics/the-us-presidents>

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Meets every 4th Tuesday* at 7:30 pm

ASO Board of Instructors

Meets every 2nd Wednesday* at 7:30 pm

*except in July and August

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From the Editor...

In this issue, we want to share a couple new and important initiatives; The Mentoring Program that can be used to develop the skills and leadership for your unit or district and the Annual Fund Drive, a DVD filled with your memories over the last 150 years, that will be presented to the Czech Sokol Organization at the XV All Sokol Slet, in Prague. Read on to learn more details.

If you have an memory, article, newsletter or calendar of event, please send it to me via email at editor@american-sokol.org. This publication's content is driven by – YOU!

NAZDAR!



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The Sokol Mentoring Program

BE POSITIVE! START A MENTORING PROGRAM! INSPIRE OUR FUTURE LEADERS!

For those Units who did not have representation at either the BOI Development or Administrative Conference, I just wanted to share some information about the American Sokol Mentoring Program that has been launched. Books were distributed to those Units in attendance at the Administrative Conference and mailed out recently to the Presidents of the remaining units.

The Mentoring Team was developed through the National Board of Instructors. We are all members of the National BOI and have in some way worked with mentoring or have mentored in the work force or field of education, outside of Sokol. Our project was to develop a mentoring program that could be used by the Unit in their gyms with instructors or with Directors of the units/districts. It was later thought that this program should encompass more than just the gymnasium and physical portion of our organization but could be applicable to the Executive Branch and Board of Directors, Unit/District Officers, Committee Chairman, etc. This team moved forward with this concept by presenting the information at the Administrative Conference.

Getting underway we all could avidly identify the problem; it was simple: too many people were thrown into positions as instructors, directors or officers with little or no preparation for the job they agreed to take on. Most times, a handbook with some notes or meager job description

are handed over but by no means is a replacement for truly grooming the person for the job they are about to be thrust into. The solution was clear – more is needed! So we took on the challenge of putting together a mentoring program that could be used in your unit to develop a person's knowledge of their job before, during and once experienced at the level they were sought to fill. This could not only be used to develop a new person to a higher role, but also identifying potential protégés to develop for future roles. Another way this program can be utilized is for development of particular skills sets once a person is in their position and finds they need assistance in a particular area (i.e. leading a meeting, setting a budget or goals, etc.).

At the Administrative Conference, we presented this program in two parts. The first session was to familiarize attendees with what a mentoring program should entail laying the foundation of how it can be utilized in the units. During the second session, attendees broke into teams

by unit/district and actually worked on putting together a Mentoring Unit Action Plan to kick start this program in their units. We certainly hope those action plans will be refined and utilized. What if your unit wasn't at the Administrative Conference or didn't get a plan developed? What if your unit doesn't feel capable of starting this program? What if your unit doesn't feel they want to tackle something like this right now but you feel it is worthwhile or even want to be a Mentor or a Protégé? Or what if you just have some questions about mentoring? Please give any team member a call (contact information is in the Guideline Book) or send me an email at Mfiordelis@yahoo.com and one of us will get back to you. ☺

Good Luck and Nazdar,

Maryann Fiordelis, Team Lead

Team Members: Barb Vondra, Kandi Pajer, Kevin Fitzpatrick, Mary Cushing





The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

February is Presidents' month - not only the birthdays of Lincoln and Washington, but also Wm. H. Harrison, our 9th and Ronald Reagan, our 40th.

February may be an inside time, BUT the days are really lengthening.

February 2, 1865 – Founding of Sokol St. Louis, Missouri.

February 3, 1787 – Creation of the Northwest Territory which eventually became Illinois, Indiana, Ohio, Michigan and Wisconsin.

February 3, 1913 – Congress levied the first income tax “according to wealth”.

February 3, 1719 – Publication of the first Czech newspaper in Prague.

February 5 – Weatherman's Day - John Jeffries kept precise weather info for Boston from 1774 to 1816.

February 11, 1894 – Founding of the first Sokol Society in Lemberg, Lower Russia.

February 11, 1928 – Sokol Caldwell, Kansas was organized.

February 14 – Honors St. Valentine.

February 16, 1862 – First meeting in Prague and the founding of Sokol.

February 21, 1866 – Lucy Hobbs graduated from a Cincinnati dental school and became the first female dentist.

February 29 ? - Blame Julius Caesar in the year 46 BC now known as “the year of confusion”. He added 67 days to the calendar and every 4 years an extra day to keep on par with the earth year of 365 days, 5 hours, 48 minutes & 46 seconds.

February is also Dr. Seuss month. Theodor Seuss Geisel wrote the “Cat in the Hat” using only 236 words and rescued children from the boring Dick and Jane primers, but it took him year and a half to complete it.

Harvard Business School professor Robert Kaplan says: “half the time, asking the question is 90% of the battle”.

Remember: Good leadership is more about integrity than effectiveness. People won't go along with someone they don't trust.

More “found each other at Sokol”:

Sis. Mary Bubenicek (Town of Lake) and Bro. Tony (Tabor) They met at Town of Lake's Sokol camp.

Sis. Vlasta & Bro. John Stribrny (Town of Lake)

Sis. Rose and Bro. Rudy Kluiber (Berwyn)

Sis. Blanche (Tabor) and Bro. Otto Polacek (Chicago)

Sis. Emily (Berwyn) and Bro. Bill Polacek (Chicago)

Sis. Rose & Bro Stan Barcal (Chicago)

Sis. Slavia & Bro. Frank Sula (Slavsky)

TALK SOUP in these dark, cold, snowy, blowy days of winter:

People used to place warm stones into bowls of liquid broth to cook their soup which was before pots were created. In 1897, Campbell Soup Company offered only 5 kinds of canned soup. Chicken noodle didn't come along until 1933. We've had soup since 6000 BC — our ancestors flavored their broth with hippopotamus bones. ☺

NAZDAR! Sis. EllenJeanne Schnabl, American Sokol Educational Director



Annual Fund Drive 150 Memories~150 Years in Motion

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

Can you believe it? This July, Sokols around the world will join together to celebrate **150 Years in Motion – 150 Years of Sokol** at the XV All Sokol Slet, where it all began, in Prague, Czech Republic. To honor this accomplishment, the American Sokol Annual Fund Drive will raise money to create a DVD Gift displaying 150 (or more) Memories from it's members and friends sharing how Sokol has shaped their lives making them better individuals and how the Sokol ideals have made a difference in their lives. This DVD Gift will be presented to the Czech Sokol Organization at the commemorative event in July. Have your Unit, Family or Personal Memory included! Your contributions will also support American Sokol Funds that help us continue to provide the Excellent programs we offer our members. Choose your donation level and submit a memory and/or photo! **Help us create 150 Memories of 150 Years in Motion DVD as a lasting gift to all.**

Donation	Level	For Your Donation You Will Receive:
\$1000+	Top of the Pyramid	Your Business flyer inside DVD package, logo on cover + benefit of all levels
\$500 - \$999	Upper Level	Written Memory (300 Words) + 5 photos + 5 copies of DVD + Name listed in Credits as an Upper Level Supporter
\$150 SOKOL UNIT ONLY LEVEL = 1 Unit Photo + Unit Memory (300 words) + Ground Support		
\$100 - \$499	Middle Tier.	Written Memory (50 words) + 1 Photo + Copy of DVD + Ground Support
\$25 - \$99	Base Support	Written Memory (50 words) + Copy of DVD + Ground Support
\$5 - 24	Ground Support	Name listed in the American Sokol Publication & on DVD

Of course you can donate at any level without submitting a Memory because You want to see this project happen!

Rules for Submitting Memories and Photos: - Deadline for Submittals—April 1, 2012!

- Memories and Photos must have appropriate content and approval of those in the photos for publication.
- **Ideas for your Memory and Photo:** Slet Photos, Family photos at Sokol events, Trips to the Czech Slets, performances, why you joined Sokol, What has Sokol meant to you and your family, Unit Memories...
- Please stick to the limited number of words in your memory based on your donation level.
- We will return any photos you send. We will accept digital photos and memories via email: 150memories@american-sokol.org

My gift of \$_____ is enclosed,
made payable to: American Sokol
9126 Ogden Avenue ~ Brookfield IL 60513

Donation Level: (circle one)
Ground Base Tier Unit Upper Top

I am also ordering extra copies of the DVD:
_____ DVDs @ \$20 each = _____ Total

Optional: This gift is made in (circle one)
Celebration ~ Honor ~ Memory Of:

Charge my (circle one):

Visa, M/C, Discover, Am.Ex.

Card # _____

Exp. Date ___/___ Security code: _____

Name: _____

Address: _____

Phone: _____

Email: _____

- I have included my Memory or Photo
- I will email you with my Memory or Photo
- I am happy to donate at a higher level, but all I want is a copy of the DVD, no story or photo to send.

American Sokol is a 501c3 organization; gifts are tax deductible in the U.S. to the extent allowed by law.

2012 MERIT AWARD

The American Sokol Merit Award is being handled by the National Educational Committee and is now accepting applications for the 2012 Merit Awards. Eligible students are those who are planning a full time (at least 12 hours per semester or equivalent) course program in an accredited two-year or four-year college or who are already participating in such a course of study. The amount to be awarded is \$500.00. There are no merit award renewals. The application process begins with the submission of the form below to obtain application forms and instructions.

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

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

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

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

2012 MERIT AWARD

Please mail this request to: Merit Award Committee, c/o American Sokol, 9126 Ogden Ave. Brookfield, IL, 60513

I desire to make application for the American Sokol Merit Award.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

My age is _____ years. I am a member of Sokol _____

<p>APPLICATION REQUESTS SHOULD BE RECEIVED NO LATER THAN MAY 1, 2012</p> <p>APPLICATIONS ARE DUE JUNE 1, 2012</p>
--



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

February is Healthy Heart Month-
Please read for some tips on how you can ensure yourself a healthy heart! KP:)

Healthy Heart Diet

From: The Franklin Institute - The Human Heart

If you want to have a healthy heart, you have to learn how to eat a healthy heart diet. All of the food you eat effects the health of your heart. Learn which foods are heart smart and try to include them as a regular part of your diet.

Consult your doctor for an eating plan that best suits your dietary needs. If you are of average health, you can probably follow the Food Pyramid eating plan.

No matter which eating plan you follow, the following guidelines are recommended:

- Total fat intake should be less than 30 percent of total calories daily.
- Saturated fatty acid intake should be less than 10 percent of total calories daily.
- Polyunsaturated fatty acid intake should be no more that 10 percent of total calories daily.
- Monounsaturated fatty acids make up the rest of total fat intake, about 10 to 15 percent of total calories daily.
- Cholesterol intake should be no more than 300 milligrams per day.
- Sodium intake should be no more than 3000 milligrams per day.
- Beware of chemicals in your food like caffeine, MSG, and other food additives.

Don't forget that you can enjoy the taste of eating right. Healthy heart foods can be delicious! For more information, consult your doctor. ©

The best way to ensure heart health is by participating in regular exercise, eat a diet such as the one listed above with low fat and sodium and by stress reducing techniques to keep stress at bay. KP:)

The Importance of Rehabilitation

From-Integrative Life Center

Why is rehab so important?

Rehabilitation is defined as a combination of methods that are focused in restoring the patient's useful life. Whether you have been in an accident or just experienced a medical problem, rehabilitation could help your body achieve the normal daily functions by different kinds of recovery techniques.

Rehabilitation is important whether a patient has just been out from a hospital due to cardiac problems, if a patient has just been in a tragic accident, or if a patient has been abusing drugs or alcohol.

Whether physical or psychological, rehabilitation from diseases, injuries or disorders is important to improve one's medical and mental health through different techniques, medication and support.

However, rehabilitation methods differ from one patient to the next. This is because patients of drug and alcohol abuse need to undergo withdrawal, behavior therapies, psychological support and other treatments to ensure immediate and long-lasting results. On the other hand, rehabilitation from injuries and diseases need constant care and supervision from health experts in improving function abilities and maintaining proper medical health.

Different Kinds of Rehabilitation

Any kind of rehabilitation strives to meet one goal - to improve the lives of those who have been diagnosed with a disease, who have experienced injuries or who have chronic drug addiction.

For patients who have been diagnosed with diseases, such as lung and heart problems, spinal disorders, cancer or other disease that may affect physical functions, rehabilitation can provide the needed help for the patients to return to work or home.

When a person undergoes rehabilitation after a disease, experts examine the patient by treating symptoms, addressing risk factors, providing counseling or family support and restoring the physical fitness.

If a person has gone through injuries from sports, accidents or other reasons, rehabilitation can help in improving functionality of movements and maximizing one's health. Through this kind of rehabilitation, not only are the physical aspects covered, but also the mental, psychological and sociological aspects in achieving full recovery.

Rehabilitation from injuries requires constant care by providing exercise therapies to regain muscles lost and recover from trauma experienced by allowing contact to other patients who have experienced similar injuries.

Patients who need rehabilitation from alcohol or drug abuse require treatment programs that are as complicated as rehabilitation from injuries and diseases. This is because each treatment is conducted individually to fit the patient's medical, physical and psychological needs.

Rehabilitation, regardless of cause and treatments needed, can help people in regaining their social status by enabling them to live normal and healthy lives. (S)

5 reasons you need to stop stressing out and how.

By: *Charlotte Andersen From Shape.com*

Stress already has a bad rap in our modern society, but the stress response is a normal, and at times beneficial, bodily response to our environment. The problem is when you become unbalanced and your brain stays in constant stress mode. Did you know that chronically stressing out can actually kill your brain cells? I'm sure that knowing this helps your stress levels considerably. You're welcome.

But despite how we may feel Friday at 4:55 after a really (really) long week, we do not have to be at the mercy of our hormones. Whether you take yoga, practice meditation, or work your feelings out on the basketball court, researchers have found five important reasons you need to keep your stress under control.

1. Adrenal fatigue.

While adrenal fatigue as a disorder is still under dispute in the medical community, most medical professionals will tell you that constantly stressing your adrenals—tiny little glands that sit atop your kidneys and produce cortisol, the stress hormone—leads to an imbalance that, left unchecked, can cause all kinds of problems from inflammation to depression.

2. Memory problems.

Studies examining memory have found one major constant that affects what and how well we can remember things. The more stressed out we are, the more our short-term and long-term memories are affected. Chronic stress has also been linked to Alzheimer's disease and dementia in the elderly.

3. Increased drug sensitivity.

The blood to brain barrier—the thing that decides what passes from your blood into your brain—is remarkably fine tuned. It normally does a great job of letting the good stuff in and keeping the bad stuff out, but something about stress increases the permeability of this barrier, which means that drugs that normally would only affect you in one way may become a lot more potent when they cross into your brain.

4. Aging faster.

Look at someone's brain scan and you can't tell their chronological age, but you can tell what age their body thinks it is. The more stress you are under, the "older" your brain looks and acts. All the wrinkle cream in the world can't help you if you are a die-hard stress case.

5. Gender-specific response.

Women react differently to stress than men. We veer towards a "tend and be-friend" response rather than the standard "fight-or-flight" reaction. This makes us slightly less vulnerable to stress (go ladies!), but it also means that we can't blindly accept stress-reduction tips based on research done on men. 🙄

How to Reduce Overall Stress

By: Nicky LaMarco

Stress can become overwhelming when it is not managed properly. Stress can cause problems with relationships of all kinds. We are all confronted with stress on a daily basis. It is how these things are interpreted and how we manage our stress that determines how much stress our minds and bodies endure. You can reduce your overall stress with these steps.

1

Take time to meditate or pray every day. It could be in the morning or before bed, or even on your break, but take about 5 minutes a day to meditate. Longer periods of meditations every day will have even better results. According to HelpGuide.org, daily meditation can help teach you how to stay calm in moments of stress. You can buy a guided meditation CD to help you get started in mediation.

2

Practice deep breathing on a daily basis. You can do this while you are cooking, working, or doing other activities. You should not practice deep breathing when you are driving because it is relaxing. You can keep your eyes open or closed. You could be sitting or standing. Breathe in slow and steady through your nose for as long as you can. Hold your hand on your belly to ensure it expands. Now purse your lips and breathe slow and steady out as far as you can. Do this for 5 minutes a day, or longer.

3

Practice yoga. Yoga uses deep breathing, as well as still poses and moving poses. Start with the Yoga for Stress Relief DVD (see Resources below), or join a Yoga class at your local gym. Either one can help you learn Yoga and start practicing it daily.

Some other ways to help manage stress are: (From KP ;))

- Exercise
- Play a game
- Find a hobby (knitting, scrapbooking, etc.)
- Read a good book
- Get a massage
- Go for a walk in nature (and observe)
- Write in a journal
- Play an instrument or dance to music
- Watch a favorite movie
- Socialize with friends

Reducing stress can be very fun and definitely has its benefits.

From mayoclinic.com

- Increased life span
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease and other chronic diseases
- Better coping skills during hardships and times of stress
- Lower rates of depression
- Greater resistance to the common cold (S)



Amazing Fact #14

Rosemary oils can be used as a natural meat preservative. It works better than chemical additives.

Although some people already use the popular herb rosemary for seasoning their meat, this combination may become more common in the near future as food manufacturers respond to consumer demand for more natural products. Currently, two of the most

common additives used to preserve meat are BHT and BHA. But studies have linked BHA with cancer and BHT with hyperactivity, causing some consumers to avoid products containing them.

In a 2006 study, essential oils of rosemary and sage performed better at preventing oxidative decay and loss of polyunsaturated fatty acids in meat than a combination of BHA and BHT. Researchers are encouraged by this success and are still investigating ways that essential oils could be used to replace additives in a more real-world setting. One hurdle that may need to overcome is that plant oils impart a distinctive aroma to meat, one that not all consumers may approve of. But if you like rosemary and sage with your meat, that "problem" may be no problem at all!

Sources:

<http://www.naturalnews.com/020721.html>

http://en.wikipedia.org/wiki/Butylated_hydroxytoluene

http://en.wikipedia.org/wiki/Butylated_hydroxyanisole



Amazing Fact #18

Sauerkraut is so full of vitamins and probiotics that ancient sailors would eat it on long voyages to keep healthy!

Raw, fermented foods are brimming with health-promoting

probiotics and have been staples of the human diet for thousands of years. One such ancient food is sauerkraut, produced simply by covering cabbage with water and letting it sit for several weeks. Naturally occurring bacteria on the surface of the cabbage leaves thrive in this environment, chemically changing the cabbage and increasing its B vitamin content. Perhaps as importantly, fermented cabbage takes much longer to go bad than fresh cabbage.

Ancient sailors took advantage of this superfood and brought casks of sauerkraut along with them on long voyages to stave off scurvy, the debilitating disease of vitamin C deficiency that was one of the main hazards of the profession. Shipboard records show that this condition was nearly absent on ships that carried sauerkraut.

You can get the nutritional and immune-boosting benefits of sauerkraut by buying it from the refrigerated section of your grocery store (pasteurization kills the probiotics) or simply by making it yourself.

Sources:


http://www.naturalnews.com/029213_sauerkraut_probiotics.html

<http://www.wildfermentation.com/resources.php?page=sauerkraut>

25 AMAZING FACTS ABOUT FOOD

Startling things you never knew about
the stuff you swallow.

Mike Adams & David Guiterrez

These facts are documented in the report, *25 Amazing Facts About Food*. This report is part of a series of educational documentaries and downloadable guides created by NaturalNews and Mike Adams, a consumer health advocate and industry whistleblower. **Download this report at www.naturalnews.com.** 

What a Sokol Membership Offers

Submitted by Lynda Filipello, President and Founder, Sokol Naperville Tyrs, Lisle Illinois, Central District Bylaw Chairman

At the January 2012 American Sokol Leadership Conference, we were asked, "What do we get for our membership as compared to other organizations?" I want to share with you a long, extended list based on my personal experiences of the past four decades.

First and foremost my membership gave my four children and nine grandchildren the best overall physical fitness program that included, but was not limited to, gymnastics, calisthenics, awards for actual achievements, social skills development, weekend activities, travel to festivals, meeting and interacting with people from other states, parties, volunteering with parents and grandparent serving refreshments, discipline, leadership development in the class, responsibility, commitment, respect for others and much more.

My personal experience includes, among other things, class instructor for over 40 years for all ages, safety and risk management, financial, secretarial, bylaws, meet director, entrepreneurial, community development, leadership development, director of a district, executive director, public relations, interpreting a calisthenics, judging, collaborating, and much more.

Yes, you may have acquired some of your skills outside of Sokol but if you are an active member you probably also acquired new skills because of your membership. Other organizations do not provide you the opportunities to achieve all of these accomplishments. We pay a small membership fee for a world of opportunities that open us up to learn and personally gain from the experience. We are a part of a team, and sometimes, we have to lead the team but we do it for the good of the whole. We do not have a boss and, for many, we do not get paid to do this. These are skills that we do not have to pay tuition to get. These skills are part of our resume and we should list them for all to see.

I venture to say that many of you can outdo my list. Make your list now as to all you have accomplished because of your Sokol membership. Your unit could not exist without you, the volunteer. ☺

American Sokol Leadership Meeting and Administrative Conference

Submitted by Marla Breidenbach and Candy Short

The American Sokol Executive Board and Board of Governors met for a face-to-face meeting on January 13th prior to the Administrative Conference. This was a rare opportunity for the members of these two boards to interact in the same room. The goals of 2011 were reviewed to track accomplishments of the past year. Goals and programs for 2012 were discussed and we can all look forward to further growth in the New Year.

Approximately 100 Sokols from across the country gathered for the American Sokol's first Administrative Conference. The conference was packed with many presentations to help unit leadership guide their units more effectively. Members of the American Sokol Executive Board, Board of Governors along with outside guests presented 22 different topics which included Financial Responsibility, Community Awareness, 501(c)(3) status Insurance, Public Speaking, Volunteerism, Human Resources, Social Networking and many others. Programs developed by the Strategic Planning Committees on Leadership and Mentoring were presented to the attendees. All of the presentations provided valuable lessons for those in attendance. The conference was a great success with the participants anxious to get home to their units and apply the knowledge they gained to keep their units moving forward and growing stronger. Thanks to everyone that contributed their time and talents to make this first effort a success. ☺

If you are interested in receiving a copy of the presentations from the 2012 Administrative Conference, please contact the American Sokol Office by calling 708.255.5397 or email aso@american-sokol.org.



Executive Board members and Board of Governors at the Leadership Conference.

Updates from Sokol Los Angeles

Christmas Party at Consul General's Residence

Submitted by Marv & Lillian Roter, Sokol Los Angeles



Mr. Michal Sedlacek and wife Veronika hosted a Christmas party with carol singing at their residence in Los Angeles on Sunday evening, December 11, 2011. There were lots of "goodies" to sample from cheese and crackers, a special potato salad, fruit, Christmas cookies – all irresistible. Guests were greeted with hot spiced wine.

There was a special performance by award winning Czech born illusionist Vaclav Havlik. He performed several card tricks that amazed the audience. His final illusion involving a couple from the audience (Marv & Lillian Roter) was a mystical tap on the shoulder that was downright spooky. Vaclav asked for a married couple to volunteer. Check out Vaclav's website to read more about him, www.vaclavmagic.com.

Sokol Los Angeles members Peter & Antonia David, Marv & Lillian Roter, and Eva & Susie Riesner joined in the caroling, accompanied by our own Sokol brother Pavel Jordan on keyboard. We sang a total of 10 carols in Czech plus Silent Night in English. Ⓢ

Sokol Los Angeles President's Message

Submitted by Lillian Roter, Sokol Los Angeles

I am honored to be installed as President of Sokol Los Angeles for 2012 and look forward to a successful year. I want to thank our outgoing President Tim Kis for his leadership during the past 13 years and the Board of Directors for their dedication to our unit. I also want to thank the incoming board of directors for their commitment and enthusiasm to the well being of Sokol Los Angeles. I look forward to working together with our new board in 2012.

An important part of 2011 for me was the support to Sokol Los Angeles and the Czech community by our Czech Consulate. Consul General Michal Sedlacek and Deputy Consul Tomas Kara participated in Sokol activities throughout the year. This has been good for Sokol Los Angeles with potential to strengthen our position in the community and to grow our membership. Their commitment to continue working with us provides a potential for new membership in our unit.

The Consulate is proceeding with a children's Czech language class to be held at the consulate's office in Los Angeles on Saturday mornings. This class, at the request of the Czech Consul General, is sponsored by Sokol Los Angeles and includes one-hour sessions for three age groups. The first session was held on January 14 while I was attending the Administrative Conference in Chicago. I received a very uplifting report from the Sokol members who attended in my absence to meet with the parents. Kathy Hanken reported that the parents and children were enthusiastic about the class. Ⓢ



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Donald A. Otenasek, son of Albert and Blanche Otenasek, died on August 11, 2009 at the age of 78. Born in Baltimore, Maryland and raised on Ashland Avenue in the old Czech part of Northeast Baltimore, Donald was a well-known figure in Baltimore's Czech-American and financial communities.

Donald was for 25 years a reporter and the financial editor of the old News American which at one time was Baltimore's oldest newspaper. He was a graduate of Baltimore City College (actually a high school), he attended Loyola College in Baltimore and later graduated from Georgetown University in Washington, D.C.

In Memoriam...Donald A. Otenasek

Submitted by Michael G. Rokos, President, Sokol Baltimore

Donald served as a Board Member of Slavie Federal Savings Bank which was started in 1900 by Josef Klečka and his three sons all of whom were members of Sokol in Baltimore. The bank still continues to operate and is the oldest Czech-American bank in Baltimore.

For ten terms, Bro. Donald served as the president of Sokol Baltimore, which was founded in 1872 and is one of the oldest units in the U.S. Donald also served as president of the Eastern District of American Sokol, and was responsible for a highly successful Slet at Towson University outside of Baltimore in the late 1970's.

Bro. Donald was an active member of Sokol Baltimore and American Sokol for over fifty years. Not long before his death he was honored by the Unit and given his 50-year pin.

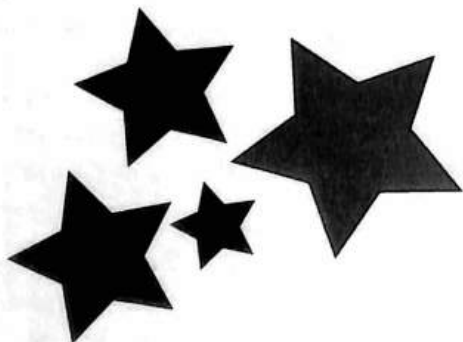
Sokol, the historic Bohemian National Cemetery of Baltimore (Český Národní Hřbitov where Donald, his parents and many other Sokols are buried), the Czech and Slovak Heritage Association of Maryland were among organizations that meant a great deal to Bro. Donald.

In his will and trust, Donald remembered these organizations among others. Sokol


Baltimore received a bequest from Bro. Donald in the amount of \$ 50,000. American Sokol received \$ 10,000. As there was money left over after the original bequests were made, the remainder of the money was divided according to Bro. Donald's wishes. An additional \$128,680 was given to Sokol Baltimore and the same amount was sent to American Sokol in Chicago.

Bro. Donald Otenasek typifies what is outstanding in Czech and Sokol character. He remembered to provide for the people and groups that meant a great deal to him, and in so doing sets the bar high for those of us who share Donald's priorities to do the same. Hopefully Bro. Donald's example will help us to provide for the future of Sokol by making similar provisions in our estates.

Brother Donald Otenasek: Nazdar! Well done, good and faithful servant! Nazdar!



RISING STARS

Do you know of a young senior or junior member that exemplifies the Sokol spirit? Next month, a new column *Rising Stars* will highlight a young adult member in the Sokol organization that is an aspiring leader in your Sokol, Unit or District. To make this column a success we need your help. Send the name of a Rising Star and the reason why you are nominating them to editor@american-sokol.org. 



Mark your Calendar

Events around the American Sokol

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

February

- Feb 12** **Sokol/Sokolice Milwaukee Pork Jaternice Dinner** — Norway House, 7508 W. Oklahoma Ave, Milwaukee, Three Seatings: 11 a.m.-12:30p.m.-2:00pm; Advance Reservations Required. Call (414) 2819382 or (415)4836799; \$14.00 Adults, \$7.00 Children under 12.
- Feb 18** **Sokol Spirit Quiz Night Fundraiser**
- Feb 25** **Sokol Greater Cleveland Winter Exhibition**
- Feb 26** **Sokol Greater Cleveland Sunday Dinner** — 1:00 - 2:30pm Chicken Parmesan; Bohemian National Hall, 4939 Broadway Ave., Cleveland, OH 44127; All dinners served with coffee and dessert \$13.00; For reservations call Olga Nemecek (216) 447-0264

March

- March 10** **Sokol Tabor 146th Annual Gymnastic Exhibition** — 6:00pm, Please note change from the previous years.
- March 10** **Sokol San Francisco Walk for your Health** — Around Mt. Diablo, Walnut Creek.
- March 11** **Sokol Chicagoland Exhibition** — 2:00pm; Elite Sports Complex, Home of Sokol Chicagoland, Downers Grove, IL
- March 24** **Sokol San Francisco Spring Dinner and Dance** — Taragon Restaurant, Sunnyvale
- March 24** **Czech Festival** — American-Czech Ed. Center, 4690 Lansdowne Ave St. Louis, MO; Great Czech meals, pastries, Pivo, Music, booths. Free Admission. Call 314.752.8168 for more information.
- March 25** **Sokol Los Angeles Spring Social** — Knollwood Country Club
- March 25** **Sokol Sunday Dinners** - Sokol Greater Cleveland; Bohemian National Hall, 4939 Broadway Ave. Cleveland, OH; Rostenky (beef slices with special Czech gravy) & Dumplings; Served 1:00 - 2:30pm
- March 31** **Sokol Spirit Exhibition** — 6:00pm; George Washington Middle School

April

- April 15th** **Sokol/Sokolice Milwaukee Movie The Lives of Others** — Norway House, 7508 W. Oklahoma Ave., Milwaukee, 1:00pm. German with English subtitles
- April 19th** **Sokol San Francisco Lunch** — El Torito Restaurant, San Leandro, with an after-lunch walk at the Marina.
- April 21** **Central District Special Number Competition/Exhibition** — Lyons Township North High School
- April 28** **Sokol St. Louis Gymnastics Exhibition**
- April 28-29** **Western District Slet** — Cedar Rapids, IA

American Sokol Deadline

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



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