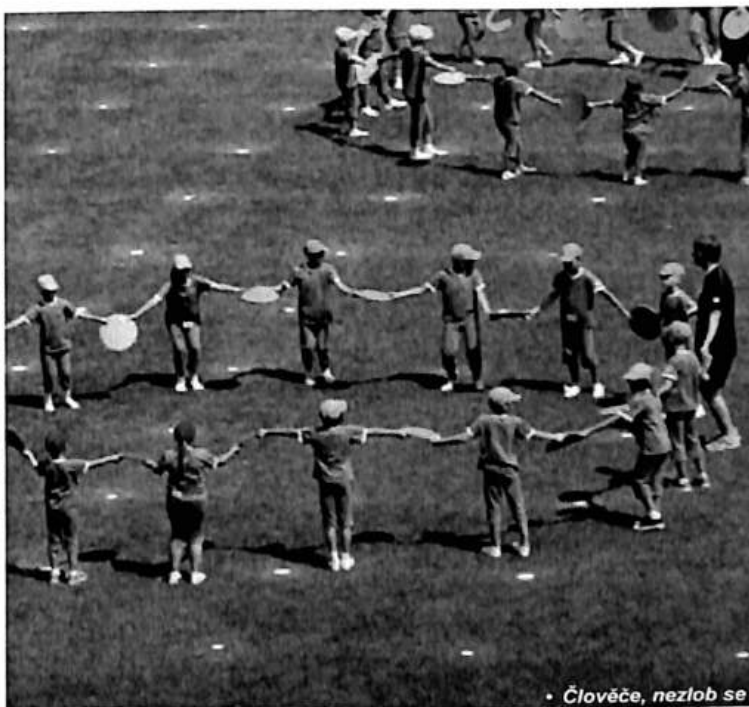


The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.

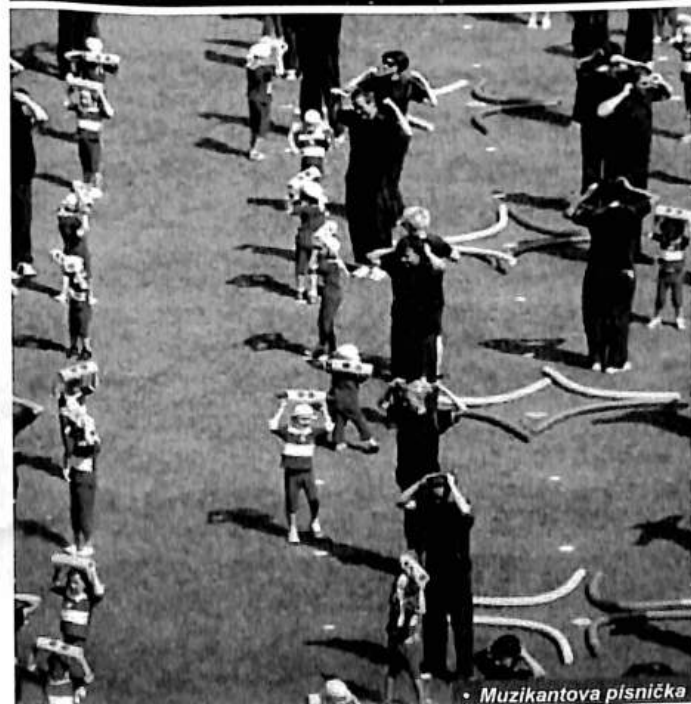
XV. Sokol Slet, Eden Stadium, Prague



• *Jen pro ten dnešní den*



• *Člověče, nezlob se*



• *Muzikantova písnička*



• *Česká suita*

As published in the 6-7-2012 electronic newsletter of the Czech Sokol, eSOKOL

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*except in July and August

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From the Editor...

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!

CORRECTION: Sincere apologies to Dan and Mary Bajek for
the incorrect spelling of your last name on the cover of the July/
August issue.



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4th of July Tribute

Speech given by President Tom Pajer at the Woodrow Wilson Monument in Prague, July 4, 2012

Thank you all for joining us here today on this wonderful and most historic occasion. I am extremely proud and humbled to be here in front of you in this great country of freedom and democracy, celebrating our liberty and our passions. How amazing is it that we can celebrate the organization we love, with the people we love, in a place we cherish, on a day that we will always treasure.

The bond between the Czech Sokol and the American Sokol is as true and solid as the common vision of freedom and democracy shared between the Czech Republic and the United States of America. Our continued efforts to strengthen and nurture this bond will most certainly bring us success in our quest to build sound minds in sound bodies. At the signing of our Declaration of Independence, it was Benjamin Franklin who said, "We must

all hang together, or assuredly we shall all hang separately." I firmly believe that our efforts to come together at events such as this will make us a single Sokol organization that will be remembered for not only the historic past that we know, but for the amazing future that we are about to create.

We are honored today to have flowers laid at the base of this memorial by the youngest granddaughter of the great Marie Provaznikova. Anna Polesny Bartoli joins us today to honor her grandmother, Sokol, and the principles and ideals shared between us all. In 1948, Sister Marie Provaznikova, Women's Director of the Czech Sokols, left the Czech Republic to come to the United States. Her legacy includes being the Olympic coach of the Czech National Gymnastics Team, President of Sokol

New York for 4 years, and wrote the rhythmic team gymnastic number for the 1952 Olympics. In the United States, she continued her passion of promoting Sokol ideals and principles and inspired the American Sokol. It is this desire and commitment that created our Sokol Organization as well as our great nation. Sister Anna Polesny Bartoli, we salute you and your grandmother.

Woodrow Wilson said, "There is no higher religion than human service. To work for the common good is the greatest creed." I know of no organization that works harder for the common good than our Sokol organization. For 150 years, we have been serving our communities, strengthening our people, and promoting liberty and freedom for all. To that, I salute all of you with a thank you, and a hearty NAZDAR!

This speech was delivered on the 4th of July at the base of the Woodrow Wilson Monument in Prague, Czech Republic by American Sokol President Tom Pajer. Special Guest Speakers included US Ambassador to the United States of America, Ambassador Eisen; Minister of Defense of the Czech Republic and Former Czech Ambassador to the United States, Minister Alexandr Vondra; Mayor of Prague and Vice President of Czech Sokol Organization, Mayor Oldrich Lomecky; and President of the Czech Sokol Organization, Sister Hana Mouckova. Sister Jean Hruby, American Sokol Business Manager organized and hosted the event which was attended by over 150 American Sokol Brothers and Sisters. Speakers gave tribute to the ties between the Czech Republic and the United States and our common goal of Freedom and Democracy. A Ceremonial Living Wreath Ceremony was made after the speeches. American Sokol President Tom Pajer was escorted by US Ambassador Eisen and the Granddaughter of Marie Provaznikova, Anna Polesny when laying flowers at the monument.

Continued on page 5



Anna Polesny, Grand daughter of Marie Provaznikova, Tom Pajer, and US Ambassador to the Czech Republic, Norman Eisen



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

SEPTEMBER

LABOR DAY is the 1st Monday of September. Founded in 1876 by Samuel Gompers of the American Federation of Labor. In 1894 Congress made it a Federal Holiday. The first parade was organized by The Knights of Labor in 1882.

September is self-improvement month, national piano month and classical music month.

The 2nd Sunday of Sept. is Grandparents' Day. Honor them and find out more about their youth, especially their days at Sokol.

Alex Haley said, "Nobody can do for little children what grandparents do. They sort of sprinkle stardust over their lives."

September 5, 1841: Antonin Dvorak born

September 12, 1822: Jindrich Fuegner born

September 12—National chocolate milkshake day

September 11th, 1941: Construction began on the Pentagon; completed in 1943 at a cost of 85 million. Accommodates 20,000 workers and has 175 miles of hallways

September 17—U.S. Constitution Day. A law passed in 2004 states that all schools observe this day.

September 17, 1832: Dr. Miroslav Tyrs was born

September 21—World Gratitude Day

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

September 26—National Good Neighbor Day

Mushroom hunting is becoming a lost art. There are 986 species. They can absorb toxins so even those from lawns treated with pesticides can sicken people. Puffballs and bird's-nest fungi have millions of spores which are scattered when disturbed.

Some fungi live for centuries in undisturbed soil. A fairy ring is a circle of mushrooms that grows at the edge of a single underground fungus. At least 40 different species can form the rings. NEVER eat a wild mushroom until you are really sure what it is. Take a trained mycologist when you go hunting.

Thanks to Sis. Audrey Benda of Sokol Little Ferry for the following:

Not to be misled: Sokol was NOT founded in Czechoslovakia! That country did not exist until the next century — after World War I. Sokol was actually started in the Kingdom of Bohemia, Austria-Hungary. That's how many grandparents were listed as immigrants in the 1890's and 1905. Using the new country of Czech Republic is far more accurate. ☺

NAZDAR! Sis. EllenJeanne Schnabl, American Sokol Educational Director

4th of July Tribute, Continued from page 2

Following the event a reception was held at the AutoklubCZ with food, music and dancing. This event was made possible from contributions donated by The American Friends of the Czech Republic, The City of Prague, The Prague Committee of Sister Cities International in Chicago, CzechPR, The Kristyna M. Driehaus Foundation and private donations.

American Friends of the Czech Republic (AFoCR) led the effort to re-erect the Wilson Memorial in Prague as a follow up to its related initiative of establishing the Tomas Masaryk Memorial in Washington, D.C., completed in 2002. AFoCR Director Robert Doubek, who is Project Director for the Wilson Memorial, summarized the initiative: "The Wilson Memorial in Prague, as the counterpart of the Masaryk Memorial in Washington, will complete the symbolism of the long-standing ties of friendship and joint democratic values shared by the American and Czech peoples."

American Sokol was proud to be able to celebrate the United States Special Day of Independence while in Prague at the Woodrow Wilson Monument and continue strengthening the ties between our two countries and all the Sokol Organizations worldwide. 🇺🇸



Jerry Milan and Bob Podhrasky



Jerry Milan, US Ambassador Eisen, Bob Podhrasky, and Jean Hruby



American Sokol presented the Czech Sokol Organization with a beautiful framed painting by Henrietta Milan, Sokol Fort Worth. The painting of the Statue of Liberty was a gift in commemoration of the 150th Anniversary of Sokol and was given to Sister Hana Mouckova, COS President on the 4th of July at a Ceremony of Democracy and Freedom which American Sokol planned at the Woodrow Wilson Monument and Walk of Freedom in Prague.

ANNOUNCING

THE 2012 AMERICAN SOKOL BOI DEVELOPMENT CONFERENCE

OCTOBER 20-21, 2012 @ SOKOL TABOR & SOKOL SPIRIT

Preceded by District Directors Meeting on Friday Oct 19, 2012

The BOI Development Conference consists of 30+ training sessions to stimulate the brain and the body for directors, coaches, instructors and just interested parties of all ages.

The Registration fee for the conference, including 3 meals (Saturday Lunch & Dinner and Sunday Lunch) is \$55/attendee or \$180/group up to 8 attendees from a single unit.

******EARLY BIRD SPECIAL DISCOUNT****:**

Submit Registration Form with payment to AmSokol office by September 15th

Early Bird cost is only \$45 / \$155 respectively.

Have more than 8 attendees from a unit?

Contact Maryann Fiordelis for a special discount mfiordelis@yahoo.com

We will have three tracks. One will be for the 2013 Cals; one will be for new routines, spotting and progression, etc. and the other will be developmental / informational such as 2013 Sports Festival, leadership skills, etc. More information will be in the Director's Newsletters and registration forms will be on the web - www.american-sokol.org/boi/

Questions: Contact Maryann or the office Juanita@american-sokol.org

HOTEL:

Club House Inn, 630 Pasquinelli Dr, Westmont IL 60559 www.Westmont.ClubHouseInn.com

Reservations: Call Hotel directly 630-920-2200 Book room under "American Sokol "

Price includes complimentary hot breakfast buffet, Non-smoking facility

\$71 + 11% tax per night rate (1-4 per room) — Two Queen Beds or King Rooms

\$79 +11% tax per night rate — Business room /Courtyard view w/fridge & micro

A credit card will be needed to make the reservation. **Reservations must be made by September 26, 2012 or the rooms in the block will be released.**

Transportation will be arranged from airport to hotel and from hotel to Sokol Tabor & Sokol Spirit on the conference days.

Conference sessions will be held Saturday at Sokol Tabor, 1602 S Clarence Ave, Berwyn IL 60402 and Sunday at Sokol Spirit, 3909 S Prairie Ave, Brookfield IL 60513. ☎



AMERICAN SOKOL GYMNAST

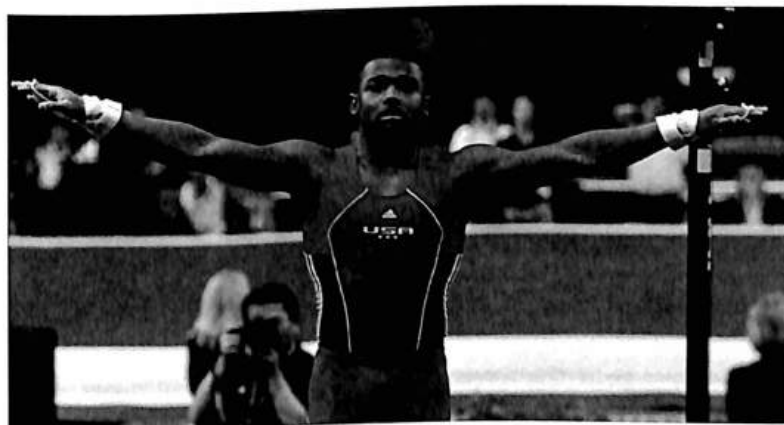
*Pages 7-11 are specifically designed to benefit the Gymnastic programs of the American Sokol.
Please pull, copy and distribute to your participants as you see fit.*

Kandi Pajer • 117 Oakland Grove • Elmhurst, IL • 60126 • Kandi@pajer.us

John Orozco: US Mens Gymnast Is A True Inspiration

From: People Magazine

John Orozco's lifelong dream had the possibility of coming true in London. His Olympic story began on TV with the broadcast of the men's gymnastics qualifications.



When Manhattan sanitation worker William Orozco signed up his 7-year-old son John for free inner-city gymnastics lessons back in 2000, he had no idea that he had an Olympian on his hands. Today, 12 years and countless hours of training later, Orozco, 19, is one of this summer's most compelling rising stars – and a gold medal favorite for the USA in gymnastics.

Orozco's journey to London hasn't been the easiest. Growing up in a blue-collar section of the Bronx, Orozco had more than homework and gym practice to juggle; he also had to avoid fights with local lawbreakers. But despite his rough surroundings (and having to share a bedroom with three older brothers), Orozco stuck with gymnastics and eventually switched to a Chappaqua, N.Y., gym for advanced lessons. That's where his coaches recognized he had major potential. "Around 13 years old, I realized I really wanted to get serious," Orozco tells PEOPLE. "So that's the time when I knew, 'Okay, I gotta turn my dreams into a goal.'" Six years later, he narrowly edged out high-profile teammate Danell Leyva at the 2012 Visa Championships and placed second in the Olympic Trials. This week, he traveled to London with the rest of the team.

Family Sacrifices

Orozco's Olympic dream has required a fair amount of sacrifice from his family; unable to afford his lessons in Chappaqua, his parents had to work out a financial arrangement with the gym.


"My whole family was working there at one point," says Orozco, who stresses how grateful he is for their help. He even plans to "get [them] out of the Bronx one day."

"I want to buy them a little house in Colorado near me," he says. "I like to stay close to them, have meals with them. Family means everything to me, so the closer we are, the better." In fact, Orozco's already done his family one huge favor; his corporate sponsor, Chobani Yogurt, is paying for their entire trip to London.

But he's still proud of the Bronx, even after recalling incidents like the day when he was 10 and he and his brothers fought off a large group of knife-wielding men while on their way home from church. One of his brothers was beaten so badly that he was hospitalized for days, the gymnast remembers. "That's not the only time something like that happened, but it was definitely the worst," he says.

Screen Aspirations

His story was such an inspiring one that he became the central character in Gym Class Heroes's moving music video for *The Fighter* (<http://youtu.be/bxV-OOlamyk>). In it, Orozco performs gymnastics skills and routines in Bronx playgrounds and barbershops. It also features training footage from his childhood and today.

Ultimately, Orozco is modest about his top-tier Olympic status – and says he cares more about the USA team as a whole than his own personal success. "Team USA is going to stick together," he says. "We're always going to be together, helping each other out." 

It is stories like these that really are true inspirations to our youth. He not only thanks his parents and coaches constantly, but also shows great sportsmanship. Below are two stories that I had heard on the news and found as articles in *The Inquisitor*.

– Damaris (John's mother) recalled that John won his first gymnastics medal at age 9, but didn't hold onto it very long. Orozco noticed another boy in the competition who was in tears after being teased for a less than stellar performance. Damaris Orozco, who still chokes up when remembering the gesture, stated: "He (John) walked over to the kid that they were making fun of, and he said, 'Here you go,' and he took his medal off and put it around the kid and said, 'One day you'll be better than I am. Don't cry.'"

– John Orozco was quick to say that his Olympic dream was inspired by the Hamm brothers at the 2004 Olympic Games. He stated that: "The minute I stepped foot in the gym I just loved it. I knew it was what I wanted to do for a long time. I said I really want to have that one day – to put the gold medal around my neck, waving to the crowd, knowing that all my hard work has paid off and my dream has come true."

What an inspiration! After that last quote above from *The Inquisitor*, he then stated the above quote from *People Magazine* "Team USA is going to stick together. We're always going to be together, helping each other out!" He not only is a very skilled individual, but also has a very good heart! KP ;)

I am always getting asked by parents and students/gymnasts about proper nutrition. The following is some information on types of foods and why they are important. KP;)

Nutrition for the Athlete

by J. Anderson, L. Young and S. Prior colostate.com (Colorado State University)

- + Athletes achieve peak performance by training and eating a variety of foods.
- + Athletes gain most from the amount of carbohydrates stored in the body.
- + Fat also provides body fuel; use of fat as fuel depends on the duration of the exercise and the condition of the athlete.
- + Exercise may increase the athlete's need for protein.
- + Water is a critical nutrient for athletes. Dehydration can cause muscle cramping and fatigue.
- + Optimal nutrition is essential for peak performance.



Carbohydrates

Athletes benefit the most from the amount of carbohydrates stored in the body. In the early stages of moderate exercise, carbohydrates provide 40 to 50 percent of the energy requirement. Carbohydrates yield more energy per unit of oxygen consumed than fats. Because oxygen often is the limiting factor in long duration events, it is beneficial for the athlete to use the energy source requiring the least amount of oxygen per kilocalorie produced. As work intensity increases, carbohydrate utilization increases.

Complex carbohydrates come from foods such as spaghetti, potatoes, lasagna, cereals and other grain products. Simple carbohydrates are found in fruits, milk, honey and sugar. During digestion, the body breaks down carbohydrates to glucose and stores it in the muscles as glycogen. During exercise, the glycogen is converted back to glucose and is used for energy.

Water

Water is an important nutrient for the athlete. Athletes should start any event hydrated and replace as much lost fluid as possible by drinking chilled liquids at frequent intervals during the event. Chilled fluids are absorbed faster and help lower body temperature.

Fats

Fat also provides body fuel. For moderate exercise, about half of the total energy expenditure is derived from free fatty acid metabolism. If the event lasts more than an hour, the body may use mostly fats for energy. Using fat as fuel depends on the event's duration and the athlete's condition. Trained athletes use fat for energy more quickly than untrained athletes. Consumption of fat should not fall below 15 percent of total energy intake because it may limit performance.

Protein

After carbohydrates and fats, protein provides energy for the body. Exercise may increase an athlete's need for protein, depending on the type and frequency of exercise. Extra protein consumed is stored as fat. In the fully grown athlete, it is training that builds muscle, not protein per se. The ADA reports that a protein intake of 10 to 12 percent of total calories is sufficient.

Vitamins and Minerals

Increased caloric intake through a varied diet ensures a sufficient amount of vitamins and minerals for the athlete. There is no evidence that taking more vitamins than is obtained by eating a variety of foods will improve performance. Thiamin, riboflavin and niacin (B vitamins) are needed to produce energy from the fuel sources in the diet. However, plenty of these vitamins will be obtained from eating a variety of foods. Carbohydrate and protein foods are excellent sources of these vitamins.

Minerals play an important role in performance. Good sodium guidelines are to: 1) avoid excessive amounts of sodium in the diet and 2) beverages containing sodium after endurance events may be helpful.

Eating potassium-rich foods such as oranges, bananas and potatoes throughout training and after competition supplies necessary potassium.

Iron carries oxygen via blood to all cells in the body and is another important mineral for athletes. To avoid this problem, eat fruits, vegetables, whole grain breads and cereals.

Calcium is an important nutrient for everyone as it is important in bone health and muscle function. Choosing low-fat dairy products, provide the best source of calcium.

Lifelong good nutrition habits must be emphasized. Combine good eating practices with a good training and conditioning program plus good genes, and a winning athlete can result! 🏆

THANKS FOR THE (150) MEMORIES!!

Our venture in gathering 150 memories to present to COS for their anniversary was successful! Thank you to all who participated. Hopefully you had as much fun writing your memories as we had putting them all together. President, Bro. Tom Pajer, presented this DVD at the World Sokol Federation meeting at the culmination of the Slet.

For those who supported us at sponsorship levels of Base and above (see list below) your copy of the DVD should have already been received.

We do have some additional copies available for \$30. If you would like to order, please contact Jean at the National Office, aso@american-sokol.org

American Sokol Organization: 150 Years of Memories



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Wow what an impressive list. This was such a great way to capture what Sokol means to each of us. We even received a special message from Former Secretary of State Madeleine Albright that was included in the beginning of the DVD! While we always struggle to explain what Sokol is, watching this DVD will reaffirm Tyr's ideals upon which he built this organization. 150 years of American Sokol is right around the corner. We are planning to repeat this venture for our 150th so get ready to join us.

We could not have completed this project without the help of Jean Hruby, Pat Satek, and Lynnette Gilbert. ©

Nazdar! Barb Vondra & Maryann Fiordelis

RISING STAR

HALLIE SOULIDES


Proudly submitted by Maryann Fiordelis, National Physical Director

I've only known Hallie for a couple of years but I have to say she impresses me. Her big smile and enthusiasm is one of the first things I noticed about her. I had the pleasure of getting to know Hallie a little bit better at our 2011 National Instructor's School where her leadership abilities came through. Then I was fortunate enough to be able to spend time with her in Prague as we stayed in the same hotel and performed the same calisthenics (and we had lots of practices). She is a joy to be around but knows when it is time to have fun and when she needs to be serious and get down to business. Hallie just completed her first year of college yet when I asked her if she would be willing to be a counselor at our Summer Traveling camp that Central District wanted to host, she did not hesitate to say yes.

Here is just a brief run down on Hallie's contributions to Sokol: active class participant since Tots, assisted in Girls Class for three years, attended four National Instructors School, three National Camps and was counselor at two Summer Traveling camps, Junior Board President for 3 years and has helped out at multiple fundraising activities on a unit, district and national level.

Our 2012 National Instructors School just finished; Hallie attended as an Advanced II student. Part of their responsibilities is to write a short cal. Hallie taught it to all the students and they loved it. As one graduation attendee stated "I think we have our next National Junior Cal." Way to go Hallie!

Thank you, Hallie for your dedication to Sokol. Your commitment to Sokol is evident in everything you do! We look forward to hearing more of your accomplishments in the future.

Do you know of a young senior or junior member that exemplifies the Sokol spirit? Every month we 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, a photo and the reason you are nominating them to editor@american-sokol.org. 


Na Zdar - A Special Sokol Greeting

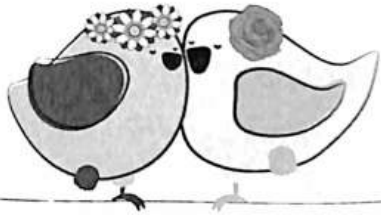
Sis. Alena Vyterna, Sokol New York, Originally printed in Sokol New York Newsletter, July 2011

"Na zdar" is wrongly interpreted as "Nazdar". In the Czech language there are two different meanings for the two expressions.

"Nazdar" is a greeting which translates as hello. It is an older word in Czech and a bit forgotten. You use it to greet your close friends. It's not used as frequently as current "Ahoj".

"Na zdar" translates as toward (na) success (zdar). From my own experience as a gymnastic student in Prague this phrase has been used for a long time as a sportsmen greeting in group sports - at schools and during after school sports and social activities. An instructor would shout "Na zdar!" before a class to wish participants a success and the class would respond with three loud cheers "Zdar, zdar, zdar!" The same was repeated after the class.

Don't say just hello to your fellow Sokols but you wish them success. 



Found Each Other at

Sokol™



**Blanche Travicek and Joe Masek, Jr
(deceased)**

Past and present member of Sokol Omaha

Submitted by Blanche Masek

Joe was my first date, age 16. We met on Sunday mornings, when we all attended gym just to work out.

He was also my last date on August 25, 1945, when we married. He was on his way from Europe to the Pacific area during World War II and fortunately, he was in New York City when V-J Day (Victor over Japan) occurred.

Then it was rush, rush — we're getting married before he had to leave for Wyoming. I went, too where he was eventually discharged.

Did you or your parents meet at Sokol? Share the story with *American Sokol* readers by sending a short note to editor@american-sokol.org. We look forward to hearing about your special memory. Ⓢ

FAMILY USA[®]
HEALTH & FITNESS
D A Y USA

SATURDAY, SEPTEMBER 29, 2012

Thousands of adults and children are expected to participate in the 16th Annual Family Health & Fitness Day USA (FHFD) on Saturday, September 29, 2012. The purpose is to promote family fun involvement of regular physical activity, one of the goals of the U.S. Surgeon General's Report on Physical Activity and Health.

Organizations throughout the country will host family-related health and fitness events at schools, park districts and other community locations. Your Sokol Unit can host an event. Activities will be non-competitive and may include family walking events, exercise demonstrations, open houses, health fairs or just making available educational information about health and fitness topics.

American Sokol has signed up to participate in this event and free registration is available. Please email Juanita@american-sokol.org if your unit is interested. This would be a great way to introduce your new year of Sokol programs to your members and the community.

We thank all the units who participated in the Senior Health and Fitness Day on May 30th. For updated information visit www.fitnessday.com/family. Ⓢ

Maryann Fiordelis, American Sokol National Physical Director

Barb Vondra & Juanita Lo Giudice, American Sokol BOI fitness day coordinators




American Sokol Funds

American Sokol depends upon private contributions to fund many of its programs throughout the year. Your gifts will help ensure that the American Sokol is able to continue its tradition of excellence in the community and accomplish its mission: *To provide fitness and community for individuals and families through physical, educational, cultural and social programs.* The mission is accomplished by providing a diversified program for members and our communities which guide youth through maturity, to physical and moral health, good citizenship and responsible patriotism, combined with continuous self improvement. These goals are pursued through general physical fitness activities, gymnastics, and sports, as well as through a variety of cultural and social activities.

Foundation Fund – This Restricted Fund provides new programs and activities to perpetuate the organization for our members and expand the Sokol traditions of Education, Fun, Friendship and Community.

Future Sokol Leaders Fund (FSLF) – Established in 1960 by member Jos. L Cihak, this Restricted Fund provides financial assistance for the training and education of members to become able administrators, advocates and instructors of American Sokol. The FSLF has contributed to the success of the American Sokol National Instructor School, National Sokol Camp and has funded many Merit Awards, which has provided over \$150,000 of financial assistance toward College Educations. A new project of the Future Sokol Leaders Fund is the efforts to raise money for a year round National Leadership Camp. Our members have organized marathon events and have raised over \$8000 for the National Leadership Camp. Anyone can donate to this effort or organize an event to support this fund.

Library & Archives Fund – The 150 year history of Sokol is a treasure that few organizations can truly understand. This Restricted Fund was established to financially support the cataloging, preservation and display of archival documents, photos, art, books, collections, merchandise, technical material and articles that are inherently valuable and significant to Sokol, its founders, members, history, culture, philosophy and creed. We are excited to announce our NEW “Preservation Project” – This program is being developed to digitally catalogue as an on-line resource, all of American Sokol’s library and archive items into a nationally recognized system that will be available to the National Archives in both Washington D.C. and the Czech Republic, as well as the world wide web!

Wings Fund – Annual Appeal - At the Core of the American Sokol Foundation’s funding priorities is American Sokol’s most treasured asset: our Members and our Units. Your Unrestricted Gift, as part of the Annual Giving Program, enables the Governing Board flexibility to respond to emerging needs of the communities we serve. By Supporting the Wings Fund, you make possible the General Manager Program, American Sokol’s educational, leadership and member-development programs and Community Outreach Programs. These funds can be used in the General Fund. 

DONATIONS TO THE AMERICAN SOKOL

*Thank you for your
continued support!*

Sokol Spirit
In Memory Of Marie Vladic
Future Sokol Leaders Fund

Sokol Spirit
In Memory Of Marie Jensen
Future Sokol Leaders Fund

Sokol Spirit
In Memory Of Mary Jane Navratil
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Sokol Spirit
In Memory Of Penny Leece
Future Sokol Leaders Fund

From The Friends of Sharon Nykolyshyn
In Memory of Marion Louise Ondrovic
Future Sokol Leaders Fund

*The American Sokol Organization is a non-profit,
501(c)(3) organization.*



Mark your Calendar

Events around the American Sokol

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

September

- Sept 2** **Sokol Detroit Pancake Breakfast** — Sokol Detroit Camp; Serving from 8:00 am -10:00 am; Adult \$3.50, Children (under 12) \$2.50
- Sept 7** **Sokol Tabor Book Sale** — Berywn, IL 6-8pm
- Sept 15** **Sokol Greater Cleveland Dumpling Workshop** — Bohemian National Hall kitchen; Want to learn/help make Sokol dumplings? To help, or for more information contact Viola Jaros 216-921-8916
- Sept 16** **Czech/Slovak Festival International Institute** — 1694 Como, Saint Paul 11 - 4 pm For more visit: www.sokolmn.org
- Sept 22** **National Gymnastics Day Saturday** — www.usagym.org
- Sept 23** **Sokol Greater Cleveland Sunday Dinner** — Sliced Roast Pork, Dumplings & Sauerkraut, \$13 1-2:30 pm
- Sept 29** **Family Health & Fitness Day USA** — www.fitnessday.com/family

October

- October 6** **Sokol Detroit Haunted HayRide/ Halloween Party** — Sokol Detroit Camp
- October 6** **Sokol St. Louis 1st Inaugural Teen Trivia Nite** — The American Czech Center, 4690 Lansdowne Blvd, St. Louis, MO; Ages 12 - 17; \$10 per teen; Doors open at 5:30; RSVP 314-497-3447
- October 12-13** **Sokol Tabor Fall Rummage Sale** — Berwyn, IL 9am-2pm
- October 13** **Central District Track & Field Meet** — Sokol Tabor
- October 14** **22nd Annual Sokol Town of Lake Camp Reunion** — Willow Springs, IL
- October 20-21** **BOI Development Conference** — Sokol Tabor & Sokol Spirit
- October 27-31** **Sokol Little Ferry Haunted House**

American Sokol Deadline - Please note NEW date!

Send your submissions, articles, events and photos to editor@american-sokol.org for the American Sokol by the 1st of the month prior to the publication issue!





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708.255.5397

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