

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

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At the stroke of midnight, party goers across the country mark the beginning of the New Year by singing "Auld Lang Syne" written as a poem by Scottish poet Robert Burns in about 1788. Auld Lang Syne literally means, in Lowland Scottish, "old long since", but can be summed up as "days gone by" or "once upon a time".

Did You Know?

- * Auld Lang Syne was originally sung at the end of a gathering, such as a dinner party or a dance, as guests bid each other farewell.
- * There are approximately 2000 versions of the song recorded by various artists, although it was popularized by Guy Lombardo and His Royal Canadians when they played it during a New Year's eve party in New York City in 1929.
- * Auld Lang Syne has five verses in addition to its chorus; however, today only the first verse and the chorus are sung.
- * The official version of the song does not include the words *the days of auld lang syne*.
- * Auld Lang Syne is the official song for the Kilties Drum and Bugle Corps.

Excerpt from "A Brief History of Auld Lang Syne" by Kenzy England, Yahoo! Contributor Network.

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*except in July and August

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From the Editor...

Happy New Year!

If you have a 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 and I need your submissions to make this a great year!

NAZDAR!



To Submit Items for Publication:

Email: editor@american-sokol.org

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President Note — Our Vision

The American Sokol is evolving! Through the tireless efforts of many committed people, the American Sokol is recognizing the need for change and taking it to the next level by implementing a series of critical adjustments that will (over time) bring us to the forefront of our communities and the nation.

So...what does that look like? When all of the strategic planning comes together, when all of our extraordinary efforts are at full steam, when all of the pieces of the puzzle fit just right....what does the picture look like? What is our Vision?

In celebration of this New Year, this first note will begin a series of articles that will further define the path we are taking to achieve our ultimate vision. This is not always a paved trail. At times, we will find ourselves changing course, building bridges, and sometimes even backtracking a bit in order to leap forward. This journey started with the creation and execution of our initial strategic plan. Using the results of that plan and with a clear vision of where we want to go, our Strategic Planning Task Force will be meeting in January to set the stage for the 2nd wave of strategy and success. We, as an American Sokol, are facing some major milestones and some clear crossroads. In the end, it is up to all of us to put on our hiking gear and walk long hours to take this journey and achieve our vision.


Today, I share an important milestone with you. With purpose, I want to let you see a vision of what we will become. I always hesitate to call it an "end state", because growth and evolution never truly end. Let's call it a "to be" state. We all hunger for the day when we can truly say that we have reached this "to be" state. Take time to ask yourself how you can play a role in this journey. Through diligent work, good planning, and excellent people, we have an opportunity to do great things! Please plan to be a part of this powerful evolution. You won't want to miss it!

American Sokol Vision

Statement

American Sokol will be a national leader in positively developing individuals by consistently providing a comprehensive and well rounded program of activities to everyone in our communities.

Goals

- Our Units shall be recognized as the place to go in a community for fitness in a social setting.
- The American Sokol shall be recognized at a national level as a leader in recreational fitness.
- Our supporters and peers shall recognize the American Sokol as a significant benefit to the health and well being of the nation and the communities it serves.
- Our Units and members shall commit to providing an overall sound mind in a healthy body through a comprehensive program of physical, educational, cultural and social activities. 



Nazdar!

Tom Pajer, American Sokol President



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

JANUARY

January (Leden) a Silence to Nature, the Earth's ornamentation has been stripped away in the Northern Hemisphere.

"Over the winter glaciers; I see the summer glow; And through the wild-piled snowdrifts; The warm rosebuds below"
— Ralph Waldo Emerson's "The World Soul"

Birthstones and all gems are pieces of the Earth which have been shaped over time. Garnets: the stone for January comes in many colors and can even be colorless. Most of the time they resemble the deep red of a pomegranate seed. This is the prized gem of the Czechs.

RESOLUTIONS good enough to renew (thanks to Ann Landers):

Call a forgotten friend.

Drop an old grudge.

Encourage a Sokol youth to do his or her best.

Apologize when you realize you are wrong.

Try to understand a point of view that is different from your own.

Read something uplifting, but don't abandon the old-fashioned principles. They never go out of style.

Resolve to listen more and talk less. No one ever learns anything by talking and no one knows it all!

January 1, 1860 – 1st publication in Czech printed in America.

January 1, 1917 – Foundation in America of the Sokol society, now known as the Americka Obec Sokolska created by merging the National Sokol Union and the District Fuegner-Tyrs.

January 1, 1660 – English naval administrator Samuel Pepys begins one of literature's most famous diaries.

January 6th – Epiphany - Three Kings make their appearance.

January 7, 1990 – Re-founding of Ceskoslovenska Obec Sokolska

January 7, 1789 – 1st American Presidential election

January 10, 1879 – First number of "Sokol Americky" issued in Chicago, Illinois

January 10, 1901 – In Beaumont, TX, was the first major gusher erupted at in initial rate of 100,000 barrels of oil a day.

All of January: National Radon Month

A colorless, odorless gas which is responsible for approximately 200,000 deaths in the U.S. It is the leading cause of lung cancer. Have your home checked ASAP. Test kits are available at Hardware stores, Health Departments & online.

January is a special month of: Volunteer Blood Donors; National monitoring; bird feeding; mail order gardening; soup.

Special January days:

4th – Trivia

7th – I'm not Going to Take it Anymore!

9th – Fruitcake Toss

11th – Clean off your desk

21st – Hugging

23rd – Handwriting (remember "cursive")

25th – Better Business Communication Day

In the introduction to Madeleine Albright's book "The Mighty and The Almighty", former President Bill Clinton said: "The Constitution of the United States created something truly new: a system of government in which the highest trust is placed not in the top officials, who are hemmed in by an ingenious system of checks and balances, but in the people as a whole". ☺

NAZDAR! Sis. EllenJeanne Schnabl, American Sokol Educational Director

Milwaukee welcomes you to the “2013 Sports Festival – Wheelin’ in Milwaukee”

The last time an ASO Slet was in Milwaukee was back in 1891. The four-day event consisted of a parade, calisthenics exhibitions, gymnastics, fencing, weight-lifting, and tug-of-war. Participation was not limited to just Sokol members; it was also attended by the German Turner organizations and Polish Falcons.

The XXIII ASO Slet named the 2013 Sports Festival will again be hosted in Milwaukee from June 25 through June 30, 2013. In between the opening and closing ceremonies will be artistic and rhythmic, volleyball, 3-on-3 basketball, golf, bowling, team calisthenics and marching, and many more social activities. We will again reach out to additional organizations to participate in our festival.

If you have questions or inquiries regarding the 2013 Sports Festival or Milwaukee, send an email to sportsfestival@american-sokol.org. Your email will be routed to the correct committee chairperson.

Fun Facts about Milwaukee

Milwaukee is known for its brewing traditions, however there is much more to the city. While Milwaukee is best known as the home to MillerCoors Brewery, we are also headquarters to Harley-Davidson, home of MLB's Milwaukee Brewers baseball team, and also proud to be known as the “City of Festivals” and nicknamed “Cream City.”

Brew City

Back in the day, Milwaukee was home to four of the world's largest beer breweries (Schlitz, Blatz, Pabst, and Miller), and was the number one beer producing city in the world for many years. MillerCoors is the only remaining macro brewery. Notable microbreweries in the area are Leinenkugel's, Sprecher, Milwaukee Brewing Company, and Lakefront Brewery.

Cream City

Not to be confused with the frothy head on your beer, Milwaukee also has the nickname “Cream City.” A local brickyard created a durable and distinct cream-colored brick that came out of the local clay beds. Because many of the city's buildings were built using this material it earned the nickname “Cream City,” and consequently the brick was called Cream City brick. Many of these buildings are located south of downtown Milwaukee.


Harley-Davidson Motorcycles

Harley-Davidson was founded in Milwaukee during the first decade of the 20th century; it was one of two major American motorcycle manufacturers to survive the Great Depression. In 2013, Milwaukee will host the 110th Anniversary with various celebrations throughout the area from local dealer events to major national rallies.

Miller Park

Miller Park, home of the Major League Baseball team, the Milwaukee Brewers, opened its doors on April 6, 2001. The signature fan-shaped convertible roof, a brand new 5,940 sq. ft. scoreboard, and four choices of front-row seats on four different levels make Miller Park one of baseball's crown jewels. The proximity to the players, natural grass field, and a unique configuration separates this ballpark from any in the world. Attendance during the 2012 season was an astounding 2,831,385 baseball fans.

City of Festivals

Milwaukee is a popular city for sailing on Lake Michigan, windsurfing, kitesurfing, ethnic dining, and cultural festivals. Often referred to as the City of Festivals, Milwaukee has various cultural events which take place throughout the summer with the majority at Henry Maier Festival Park, situated on Milwaukee's 75 acres of lakefront. Summerfest is an annual 11-day music festival. Summerfest features 11 stages and 700 bands offering live music all day and night, plus a variety of food, shopping and children's activities. Summerfest began as a community event in 1968 and has grown to become the “World's Largest Music Festival.” Approximately one million visitors from around the world attend Summerfest each summer. 

Calling All Units (and Districts)!!

Are your members tapped out?
Could you benefit by having more volunteers?
Don't know where to start or what to do?

Let the American Sokol Mentoring Team come to your rescue!



In case you haven't heard, the American Sokol received a grant to help you find a Volunteer Manager. The Mentoring Team *will come to you* and *work with you* to make that happen! Just complete the application and submit it!

The Executive Board and Board of Governors recognize that our organization is run, for the most part, entirely by volunteers. They have also heard you say that volunteers are hard to get and keep – and it's getting harder and harder. This is why they feel that this program is very important and beneficial and they want you to apply!

A conference session and two webinars were held recently. Please go to the website www.american-sokol.org for a copy of the application, webinar handout and the document that captured some of the discussions around roadblocks, help and the benefits of having a Volunteer Manager. You can also contact us at aso@american-sokol.org or 708-255-5397.

The Mentoring Team is excited about helping you fill the position of a Volunteer Manager. Please complete the application and submit to aso@american-sokol.org. The deadline for submission is January 2, 2013. Even if you do not feel you are ready to add this position to your board in the near future, please still send in an application after you:

- Take some time to brainstorm with your officers and members on how this can benefit your unit/district now and/or in the future.
- Write your ideas on the application and send it in now!

While we cannot service everyone at once, we want to be able to move this program forward to help and assist in other ways and means in the interim – so it is very important to submit the application so you are kept in the loop!

If you have questions, please do not hesitate to contact the Mentoring Team at aso@american-sokol.org or 788-255-5397. We are committed to your success!



Nazdar,
Mentoring Team
Sis. Barb Vondra, Maryann Fiordelis, Mary Cushing, Kandi Pajer

P.S. If you or anyone you know is interested in learning more about a Volunteer Manager, please let us know.



AMERICAN SOKOL GYMNAST

*Pages 7-10 are specifically designed to benefit the Gymnastic programs of the American Sokol.
Please pull, copy and distribute to your participants as you see fit.*

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

Happy New Year

I would like to thank everyone for their kind and encouraging words based on my "Angels Here and Above Us" article in the last publication. So I have a question for you? What are you going to do that is positive? Do you have plans to do something special? Think about how you can make a difference and honor those that you have loved that have passed and how you can be an angel on earth! I would LOVE to hear your stories and ideas so please send them to me: kandi@pajer.us

Every morning you wake up I challenge you to ask yourself, "how am I going to spread my wings today"? Are you going to simply share a smile? This has potential to generate smiles back or have people questioning what you are up to! Either way, you will be spreading a positive vibe and hopefully getting happiness back in return. Are you going to do a good deed, such as holding the door for someone entering a building behind you, or letting a car merge in front of you when you normally wouldn't? Are you going to tell your friends and family that you love them EVERY time you talk to them? Are you going to hug a person who

hugs you and squeeze just a little tighter to let them know you care? Or will you collect donations for those less fortunate? Once again, like I mentioned in the last publication, PLEASE try to be a positive light in the day. Be encouraging, be caring, be determined and be an inspiration! Share these ideas with others and please submit your ideas to me! Share your positive story and how you have helped spread your wings here on Earth!

I wish you all a new, exciting, positive and uplifting New Year! Kandi Pajer :)



How New Runners can Engage with the Running Community

By Patrick McCrann • For Active.com

As a new runner, it's easy to feel alone. You've made big changes in your life and left your old, comfortable lifestyle behind to become a runner. Changes you've made could include finding running routes and times to run that suit your schedule and are safe. They might mean purchasing a gym membership and figuring out an intimidating treadmill display, and the corresponding etiquette for training indoors. Whatever path you are on, it's full of new challenges. But, rest assured, you are not alone.

Every morning, there are countless people in your town waking up early to get in that morning workout. More people than you thought possible are running at lunch—however short that might be—to keep their fitness up. And even more are stopping at the gym on the way home to get that last-chance workout done.

Point is: As a new runner, you are not alone. You have joined the ranks of hundreds of thousands of runners. It's a fantastic, fun community, and your commitment to run is only the first step.

You've laced up those shoes and started running, but now it's time for you to start doing some social outreach to ensure that running becomes more than just what you do—it becomes part of who you are.

Here are some tips for how to connect with the broader running community to make your exercise more fun and effective.

But I'm A Newbie ... I'm Too Slow ... I Don't Know What I'm Doing ...

Excuses abound; there are plenty of reasons why you might feel like you shouldn't reach out to others. But let's not forget that every runner was once a beginner like you, and someone helped them out.



Almost every runner is happy to pay it forward, whether it's sharing advice, routes or race recommendations. They might even join you for one of your runs.

Finding running friends is critical because, as a new runner, you are trying to focus on doing everything right, yet you have almost zero information. You want to get the best possible shoes, train the right way, avoid all those bad injuries you hear about, lose that nagging weight, and not look like a crazy person out there.

At the same time, you are being bombarded with tons of information. Articles, Facebook posts, tweets, books, podcasts and much more are all full of information and coming at you 24/7.

An experienced runner can do more than just run with you. He or she can help guide you through all of this, and help find the best path for you. You can tap into the lessons that person learned, and do a markedly better job of finding the right thing to do.

It's a process of trial and error for everyone, but doing this with others will make the transition to becoming a consistent runner—and a better runner—that much easier.

Real World Social Options

Whether you are old-school or you simply shun technology outside of your work day, odds are you'll have a few different ways of connecting to your local running community.

Find A Training Partner

The simplest option is the most daunting, but it's also the most effective. You don't need someone for every single run, but you might find a buddy who enjoys running hills with you, or tackling the long runs. Sometimes even one social session a week is enough to keep you motivated and on track.

Start by sharing your running story with your friends and family, as well as local groups that your kids are part of (soccer teams, boy/girl scouts, etc). Even if they aren't at the same level of fitness, you'll find a creative way to connect, even if it's just for the warm-up and cool down portions of your run.

Find A Local Running Group

Almost every specialty running store has some form of weekly running ritual, so be sure to start there. If you are really lucky,

there will be a larger running club that has options for multiple speeds and ability levels. Again, ask at the local running store, do a quick search online, or stop one of those friendly runners you see on the open road.

Hit The Local Race Scene

A little more indirect, but this is still a very effective way to make some new friends. Find the local 5K race series in your area, and commit to running a few consecutive events. If you aren't the super outgoing type who makes friends instantly, running several races will help you identify a few familiar faces. You are only one post-race bagel comment away from making a new connection that could help you plug the local running community.

Online Social Options

If you are as much of a geek as I am, you'll enjoy being active online as well as off. If you are really introverted, then the online option might be your only means of making new friends. Here are a few ways to grow your social running circle online.

Track Your Running Online

These days there are plenty of online sites that will let you upload and track your running data. There are online training logs, such as Training Peaks, that allow you to track every single thing related to working out, including your nutrition. There are newer sites that allow you to track your runs and compare your performance against others such as Strava. If you purchase an online training plan, some of these sites offer training logs as an added bonus or for an additional fee.

Find Your Race on Facebook

Almost every major event is now online in the social space. Simply go to the top of your Facebook page and type in the race name. Most likely you'll find both the official race page as well as one or more informal training groups. Be sure to "like" the race so that you'll have access to post to the page's timeline and connect with other runners. If you have found some training groups, then you can request to join and connect with them. The best part is these groups don't even have to be in your area; you can still share information, training advice, and get ready for the big day.



Find Runners on Twitter

For the most diehard online folks, using Twitter is another option. After creating an account, you can update your personal profile to have a running-themed picture as well as a note about you being a runner. With your personal notes ready, you can then search Twitter to find other runners. You can start with using search terms such as "#running" or "#marathon" for example (without the quotes), or perhaps the name of your next race. You can follow the people you find there, and start building a relationship by sharing their comments, writing back and much more. 📧

I know we all have resolutions for the New Year and most of us have "Work Out More" or "Make Healthy Choices" or something to that effect at the top of our list! The article above is to help you get your feet wet (if you haven't already been running) and encourage you to try running! It is very good for your heart, lungs and gives you a sense that you are doing something good for yourself. Even if you are a seasoned runner, the article gives new insight on how to find races, how to find running groups or how to track your progress online. The goal is to get out there and make healthy choices. The article above gives good tips and tricks to help you get started or change your routine to make exercise more exciting! Enjoy and good luck on keeping your resolutions!

Remember, stay positive and don't give up!! KP:)

Good New Year's Resolution Ideas With Positive Thinking

By Christine Aldridge, eHow Contributor

Every New Year's, millions of people each come up with a resolution, or set of resolutions, that they hope to accomplish in the new year. However, setting unrealistic goals or approaching the resolutions with a negative outlook or lack of confidence can reduce your ability to accomplish the goals you set. Positive thinking can enable you to have more confidence, reduce the stress of working towards the end result and help you to maintain a realistic view of the changes you are trying to bring about. Does this spark an idea?

Positive Thinking

Positive thinking is the ability to approach a subject, task or goal with an optimistic outlook, rather than feeling as if it is impossible from the beginning. View your setbacks realistically and then address them with a positive attitude, rather than feeling like you failed. Using positive thinking will instill more confidence in your ability to accomplish the task and reduce the stress of trying to attain a certain resolution. Over time, positive thinking gives you skills to better cope with other issues in life and may increase your overall health.



Make Different Friends

Surround yourself with people that possess the traits that you would like to change in yourself. If your resolution is to lose weight or get more fit, then strike up a conversation with another gym-goer or join a running group. If you want to quit smoking, decide to spend less time with your smoker friends and more time with those who do not have this habit. You are much more likely to change your own behaviors and less likely to slip back into your old ways if you make a change in the people that surround you.



Start Each Day With a Pep Talk

Make a resolution to give yourself a pep talk each day. Use this time to go over what you hope to accomplish and the minor tasks that you will tackle to help you get there. Take a look at all of your positive traits and what you have to offer the others around you. The more you look at yourself in a positive way, the more others will see you in this same light.



Resolve to Meditate

Make a resolution to spend 20 to 30 minutes a day meditating and use this time to clear your mind of any negativity. If you have a hectic schedule or just a lot going on in your life, this is the time where you take a short breather from everything. Focus on the goals you set and see yourself accomplishing them.



Think More Optimistically

Make the resolution to think more optimistically overall. Removing the word "can't" from your vocabulary and viewing challenges in a more positive light will help to change the way you think and enable you to face bigger goals in the future. View setbacks as a mistake and a way to learn. No matter whether or not you succeed at every task or resolution you set forth to accomplish, each is an opportunity to learn and grow.



Hopefully you are well on your way to a more positive and accomplished year — where you keep all of your resolutions! Even though you have already made your resolutions, you can change them and alter them as you see fit. Please try to set a positive example to those around you! Good luck and keep up the good work! KP ;)

2013 MERIT AWARD

The American Sokol Merit Award is being handled by the National Educational Committee and is now accepting applications for the 2013 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. Sokol member or Sokol Youth member.
2. Educational Activities – Sokol and/or other cultural activities.
3. Service to Sokol – Unit, District and/or National.
4. Participation in Sokol events and activities – Unit, District and/or National
5. Community involvement
6. Recommendation of the Unit Educational Director, Physical Director or President.

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

2013 MERIT AWARD

Please send this request by email: aso@american-sokol.org or
by mail: 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 APRIL 1, 2013</p>

<p>APPLICATIONS ARE DUE JUNE 1, 2013</p>

Sokol Fort Worth Notable

Submitted by Jerry Milan, Sokol Fort Worth

Sokol Fort Worth celebrated 100 years in January 2012 with three days of visiting past gymnasts, films, videos and exhibitions. 12 Notables were recognized during the event. Here is the story of the last two:

ROSE MILAN STEINMAN "ROSIE"

Rosie is a 65+ year member of Fort Worth Sokol (since records have been kept, but she's probably more like an 87-year member.) She has dedicated her life to Sokol and Czech traditions ever since her parents, charter Fort Worth Sokol members Joe and Anna Milan, started her in Sokol.

Rosie has served as an officer of Fort Worth Sokol for over 50 years. Before his death, her husband of over 60 years, Donald D. Steinman, Sr., served as president of Fort Worth Sokol for years. As a side note, while "Donnie" was serving in World War II, Rosie was a true "Rosie the Riveter" working at North Texas Steel Company in Fort Worth helping to make military equipment used during World War II.

Always present in her kroj, native Czech costume, Rosie has received numerous awards for her dedication to promoting Czech traditions throughout the state of Texas: Temple Czech Fest Ambassador; "perfect attendance" at the National Ennis Polka Festival; Texas State Fair Heritage Day in Dallas; WestFest; and received the Texans of Czech Ancestry (TOCA) Award. She never misses a Sokol state and local slet. (Just look for the camera, she's behind it!)

In 1990, just after the Czech Velvet Revolution in Prague, Rosie returned to Prague and her mother's hometown, Kunovice, Czech Republic with her Texas family to welcome her Czech family back to democracy and freedom. She actually performed at the 1990 Setkani gathering of Sokols in Prague and at the Sokols Abroad Slet in Paris, France. Tears of pride flowed as she, her sister, Jeanie Mason, her brothers, Jerry and Emil Milan, and her sister-in-law, Henrietta Milan "drilled" on the field with hundreds of Sokols from all over the world. If you were to Google Czech pride, preservation and promotion, you're sure to see Rosie's picture!



Editor's Note: Rosie Milan became ill in early December and passed away on December 12, 2012. She was a true Sokol and will certainly be missed.

Continued on Page 13

Sokol San Francisco in Prague



Otto Notzl leads us in exercise at the street car stop in Prague. Behind Otto are Lida, Paul, Abel, Elisabeth, Jara, Zelmira, Yvonne, Mike, Brigit and Teresa.



Prague, Old Town Square (Staromestske namesti): Proudly showing the new Sokol San Francisco flag are (from left) Paul Burda, Lida O'Donnell, Milos Zivny, Jara Dusatko, Zelmira Zivny, Teresa O'Donnell, Brigit Otero and Iva Prochazka.

RISING STAR STACEY DOMZALSKI



Submitted by Sokol Chicagoland



Stacey Domzalski is certainly a rising star within the American Sokol organization. Stacey joined Sokol Chicagoland (previously Sokol West Suburban) as a child and took part in tots class, 1st and 2nd class, and junior girls' class and currently women's class. During her childhood and into adulthood, she participated in Unit and District Skills Courses, ASO Development Conferences, Exhibitions and Slets and competed in Central District track and field meets, District and National gymnastics, rhythmic and volleyball competitions,

always staying involved and dedicated.

Stacey attended the American Sokol National Course, graduating from the four Levels available. She went on to coach 1st and 2nd class and junior girls at Sokol Chicagoland and continues to do so today as a member of the Sokol Chicagoland Board of Instructors.

Stacey was instrumental in introducing GIJO (Gymnastics of Illinois Junior Organization) competitive gymnastics to Central District and for the past 5 years has been coaching the Central District GIJO team of Sokol girls, introducing these girls to gymnastics competition with private gymnastics clubs, other than Sokol, in the State of Illinois. The GIJO girls always perform at the top of their level at all Sokol Central District competitions.

Nationally, Stacey is a camp counselor with the American Sokol Traveling Camp and in years prior attended the first American Sokol International Camp, as a camper. Stacey attended many National Slets all around the U.S., in Canada and the Czech Republic.

In Stacey's life outside of Sokol, she works for Potbelly Sandwich Works, swiftly climbing the ranks within this organization. Stacey attended Benedictine University and graduated with a Bachelor of Science Degree in Nutrition.

Stacey continues to stay very involved with Sokol on all levels and will definitely continue to rise as a star in life and within the Sokol organization.

Thank you Stacey for your hard work and dedication. Sokol is proud to have such a determined individual among us.

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. ☺

*Sokol Fort Worth Notable
Continued from Page 12*

JANET FULKERSON GUNN



"Sokol was one of the best things in my life! The groundwork that Sokol laid down for my life was life changing - the self esteem, ethics, and strength. Sokol paved the road for my whole life. "

As an eight-year-old gymnast in 1970, Janet was part of the Sokol team that traveled to Mexico on a cultural exchange program in conjunction with Sokol and the Dallas Athletic Club. After her gymnastics beginning, she went on to become a Dallas Cowboy Cheerleader, then an actress with roles in movies, television and commercials. She also modeled for In Style Magazine and others. Some of the television series you may have seen her in were: Siik Stockings, Eyes, Crossing Jordan, COI, Flipper, The Fugitive, Deadly Games, In the Heat of the Night, Guns of Paradise, Dark Justice and Muncuso FBI.

Janet also had roles in these television movies: Lost Voyage, Sweetwater, and A Killer Among Us. In 2012 Janet will appear with Dean Stockwell in the movie Lost on Purpose. Her previous movies include: California Quake with Jack Scalia, The Sweeper with Thomas Howell, The Night of the Running Man with Scott Glen and Andrew McCarthy, Evening Shade with Burt Reynolds and The Quest with Roger Moore. ☺

WE'RRRE BACK!! October 10, 2012



And again, I am writing the Sokol Town of Lake Camp Reunion report. It has been 22 years now that the faithful group "meets and greets".

Last year we found out that the well known "1950's" gymnast was in our presence, Lucille Eyth, "Blondie", wife of Laddie Lankas. This year she and others identified several people from photos of the ASO gymnast tour in 1950 to Texas and California. The photos were given to Jerry Milan by Michael Gallagher, son of Sister Lorraine Prevratil Zdenek. Jerry has collected Sokol memorabilia, artifacts (medals, pins, postcards, sculptures, paintings, posters, photos, uniforms, books, jewelry, art.), and even stage curtains, the concrete sign and Sokol emblem from Chicago's Sokol Havlicek Tyrs building, for over 40 years. He identifies and displays these items at events and museums. Thanks to all attendees that helped with identification on the photos. It looked like they were having a good time.

Also this summer, another camper Betty Endlicher, contacted the AS Publication editor, and gave her photos of camp, Sokol classes, and Pilsen Park. She went to school with us Banfi's. Betty now lives in Michigan and hopefully will join us at the reunion next year.

The day was gloomy and threatening a bad storm – But – the sun came out with blue skies 2, 3, or 4 times. All brought snacks and desserts, the old stories and memories went on and on. This year we had 4 of the (not so terrible) "Terrible Six"; Laddie Vanek, Laddie Lankas, Ray Hemzacek and Len Navratil, and their wives. Laddie Vanek lead us in several Camp Songs. We missed a few words here and there, but oh what FUN we had. A whistle was blown 2 or 3 times to call us to "attention".

Thank you! Vivian Navratil, ex camp counselor, who was the whistle blower.

It was another great day together with real friends. Of course, we couldn't end the day without a walk through trails to the Mess Hall and down to the lake. Laddie Vanek brought photos, and we learned of the "Divadlo v Lese" meaning "Theater in the Woods" where the elder Vaneks and other Sokol families acted in Czech plays. (We didn't know about that building and events performed there, it was before our time.)

The autumn leaves were beautiful and here is Julie Barcal skipping down the path. 17 were in attendance. A few left before the photo, as rain was starting. Next year for the photo we plan to do a 3 high pyramid to change the format...well, maybe 2 high.... Let's make that a lunge –left.

"ANOTHER SUCCESSFUL CAMP DAY!"

NAZDAR! H. Milan, camper 1949-1956

P.S. The big rain storm came just as we left the camp grounds. ☹️



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Events around the American Sokol

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

January

- January 13** **Sokol Milwaukee Czech Film: DIVIDED WE FALL**— Norway House, 7507 W. Oklahoma Ave; 1:30 pm
- January 18** **An Evening of Czech Language/Sausage/Soup-Cultural Series** — Sokol Spirit, Brookfield, IL; 7-10 pm
- January 20** **Parallels of World and SOKOL History Presentation** — Sokol St. Louis will be marking points of historic events and Sokol events around the World from the founding to present day. Starts at 2:00 PM. Come join us at The American Czech Educational Center. Learn more at www.acec-stl.org.
- January 26** **Ceska Sin Winter Exhibition**
- January 26** **Sokol Tabor's Spaghetti Dinner** — Berywn, IL 5 pm-8 pm
- January 27** **Sokol Greater Cleveland Sunday Dinner** — Goulash & Dumplings, 1-2:30 pm
- January 27** **Sokol Milwaukee Winter Picnic** — Norway House, 7507 W. Oklahoma Ave; Bring Dish to Pass; Noon
- January 27** **Sokol Milwaukee Pork / Jaternice Dinner** — Norway House--7507 West Oklahoma Ave; Three (3) seatings. 11 am, 12:30 pm, 2:00 pm; Reservations required, call (414)483-6799; Adults: \$14.00, children: \$7.00

February

- February 1** **Sokol Spirit Czech Film Series ROMAN PRO ZENY** — Starts at 7 pm; \$4/person, 1st round free.
- February 3** **GIJO meet: SuperTumbleDown: Central District Host** — Naperville North High School, Ogden Ave, Naperville, IL
- February 9** **Cal & Marching Competition**— Host: Lodge 306
- February 10** **Sokol Stickney Pancake Breakfast** — Stickney, IL
- February 10** **Sokol Milwaukee Czech Dinner** — NORWAY HOUSE, 7507 West Oklahoma Avenue, Milwaukee; CZECH OBCHOD (Bazaar) 10:30 am - 3:00 pm. Reservation Deadline: Friday, January 25, 2013. For more information call Cheryl LoCicero at (414) 732-8508

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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