



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

May 2013 | Volume 136 | Issue 4



2013 Sports Festival: Milwaukee, Wisconsin June 25 – June 30, 2013

Come Socialize with Us

Kick off Party

Tuesday, June 25th – 4:00pm

Rotary Performance Pavilion at Hart Park

Featuring live music and Milwaukee-style food and beverages.

Walking Food Tour

Wednesday, June 26th – Downtown Milwaukee

Experience Milwaukee's food, culture and history along the downtown river walk.

Brewers Baseball Game

Wednesday, June 26th – 7:10pm Miller Park

Watch the Milwaukee Brewers take on the Chicago Cubs.

Banquet

Thursday, June 27th – 6:30-12:00pm Hyatt Hotel

Join us at this formal dinner and enjoy performances and a live band. Or come post-dinner for drinks and dancing.

Farewell Event

Sunday, June 30th – 8:00-11:00am Hyatt Hotel

Grab a bite to eat and say your goodbyes before we part ways after a week of fun, games and entertainment.

Ice Skating Social

Friday, June 28th – 6:00-9:00pm

Pettit National Ice Center at State Fair Park

Join us for an open skate, inflatables and other fun activities.

Brewery Tour

Friday, June 28th – Miller Brewery

Experience over 155 years of brewing history at one of the country's largest breweries.

Discovery World

Friday, June 28th

Bring the kids to enjoy interactive science, technology and freshwater exhibits, learning labs and more at this museum.

Finale Party

Saturday, June 29th – 9:00pm-1:00am Hyatt Hotel

It's time to celebrate! Event includes snacks, DJ and dancing.

Learn more at www.american-sokol.org/2013sportsfestival

AMERICAN SOKOL

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*except in July and August

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From the Editor...

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 successful publication!

NAZDAR!



To Submit Items for Publication:

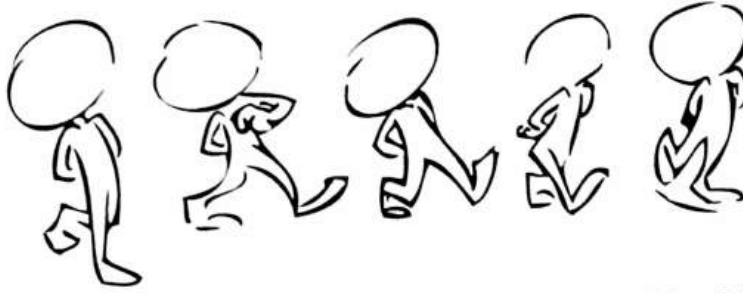
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2013 American Sokol Walking Challenge



“Wheelin’ to Milwaukee – A Sound Mind in a Healthy Body”

The Challenge: Webwalking 90 miles from Chicago to Milwaukee in 6 weeks.

- Walk at least – Adults 30 minutes/2,000 steps or goal 8,500 steps/day
– Youth 60 minutes/6,000 steps or goal 12,000 steps/day
- Minimum: 3 days a week
- Challenge runs for **any 6 weeks during the year.**

Will you be a Hart Park Greeter, a Miller Park Fan, or a State Fair Park Performer?

Check out the American Sokol BOI website www.american-sokol.org/boi for all the information needed to accept this walking challenge and stay healthy. Last year, Sokol Greater Cleveland members accepted our 2012 Summer Walking Challenge with 10 members participating (Gerri Silva, Suzy Bures, Jaclyn Roth, Jean Dusek, Barb Golias, Dolly Baca, Marian Peterka, Carolyn Huber, Jane Wise, Donna Bachna). Donna Bachna was the lead walker reaching a goal of 4,530 minutes and Suzy Bures took up our extra challenge by making a donation to the American Sokol BOI Proportunity campaign. Thank you to all who participated in our past years walking challenges and looking forward to seeing those names again and many more accepting this new 2013 American Sokol Walking Challenge. (S)

Nazdar! Juanita Lo Giudice/Barb Vondra, Walking Challenge Coordinators

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The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

MAY KVETEN

Older Americans Month — "Get Moving....Start Improving". Also, Military Appreciation Month — Be sure to fly the American Flag at all times; ship a care package thru the USO.ORG/donates; hire a veteran.

May 2, 1866: Premiere of Bedrich Smetana's opera "The Bartered Bride".

May 9, 1918: Tomas G. Masaryk was in Washington, D.C.

May 12, 1820: Josef Manes, Czech painter, born in Prague. He designed both the official banner and the uniform of the Sokols. He painted the famous tower clock on the city hall in Prague.

May 13, 1316: King Charles IV called "Father of his Country" born in Prague.

May 14, 1796: English physician Edward Jenner administered the first vaccination against smallpox to an 8-year-old boy.

May 14, 1804: Lewis & Clark expedition left St. Louis to explore the Louisiana Territory.

May 18, 1980: Mt. St. Helens in the state of Washington exploded taking 1314 feet off the volcano's top & shot ash 80,000 into the air. The 9-hour eruption killed 57 people and leveled 230 square miles of forest.

May 23, 1618: Defenestration of the vice-governors of Bohemia, Martinec & Slavata which was the beginning of the Thirty Years' War.

May 24, 1938: Oklahoma lawyer & newspaper publisher Carl Magee patented the parking meter. Today's meters have joined the digital age - in some cities you can feed the meter with a call from your cell phone.

Mothers' Day — 2nd Sunday of May. Idea came from Mrs. Julia Ward Howe in 1872; approved in 1914 by the U.S. Congress.

May 12th St. Panrac; 13th - St. Servac; 14th - St. Boniface; 15th - St. Sofie. The three Iron Men. It's usually quite cold on these days in the yearly calendar and also usually rains on the 15th. Because of "zmrzly muzi" (frozen men), it is wise not to plant anything in the gardens until after the 15th!

Step Mothers' special day is the last Sunday in September, since 1934.

May 24th — full moon also called Flower, planting, milk.

Memorial Day - the 4th Monday of May. The words to "TAPS":

Day is done...gone the sun...from the lakes...from the hills...from the sky. All is well...safely rest, God is nigh.

Fading light...dims the sight...and a star...gems the sky...gleaming bright from afar...drawing nigh...falls the night.

Thanks and praise for our boys neath the sun...neath the stars...neath the sky...as we go...

This we know...God is nigh."

THINK: T - is it true?

H - is it helpful?

I - is it inspiring?

N - is it necessary?

K - is it kind?

Woodrow Wilson said: "Every country is renewed out of the unknown ranks and not out of the ranks of those already famous and powerful and in control." ©

NAZDAR! Sis. EllenJeanne Schnabl, American Sokol Educational Director



SOKOL = Means Falcon in Czech
Sokolnik = Falconer
Sokolovna = Gymnasium
SLET = Sokol festival and a gathering of Sokols

To paraphrase an article written by former American Sokol Educational Director, Bro. James L. Cihak:

FOUNTAINS OF INSPIRATION

As pure and invigorating as a mountain stream are the Sokol Slety. The rushing water leaping over, against and around granite boulders, rushes down from the heights to fulfill its natural role. Clean, fresh and active, its song is one of joy, bringing new hope to mankind and a lesson we are too prone to forget.

It is in constant activity, carried on with a well-planned purpose, that we too, as individuals, can develop the characteristics of the mountain stream. Cleanliness, joy in action, faith, hope and the knowledge of the indispensable value of Sokol training can create miracles in our lives as well as that of our Nation.

The higher our ideals and goals, the greater the thrill of participation and accomplishment. From Socrates and his "Know Thyself", to the noble teachings of Tyrs, we know of millions whose lives were immeasurably enriched by striving to scale the heights to a finer concept of life.

We, as Sokols, have been unusually fortunate. It has been our good fortune to have been initiated at an early age into a philosophy and practical way of life whose benefits have outweighed the amount of effort we have expended to secure them. The more we have given of ourselves in our Sokol life the

more we have unwittingly gained. The rewards have been soul-satisfying. Where else can you find such a gleam of youth and happiness in elderly eyes than at a Sokol Slet where they view the disciplined performances of the young. Their faith and efforts have been vindicated. The Sokol is carrying on in the second century as it had in the past.

Yes, the Sokol Slety are Fountains of Inspiration, for every age, for every part of this great Nation. They are a declared inventory of past efforts and a pledge to the future. From the competitions of individuals and teams to the massed gymnasts in their combined calisthenics performances we witness the fulfillment of Tyrs's great dream, the physical, moral and spiritual training of everyone for a great democracy's future. Ⓢ

NAZDAR! - Sis. Schnabl



**Wednesday, May 29, 2013:
National Senior Health & Fitness Day**

“Think Healthy, Eat Healthy, Act Healthy...Be Healthy!”

American Sokol is inviting all Sokol Units, any clubs or other organizations to participate in this national event. On the same day across the U.S., 100,000 + older adults will participate in health promotion events at more than 1,000 local organizations. National Senior Health & Fitness Day (NSHFD), the nation’s largest older adult health and fitness event, is entering its 20th year. Last year on May 30th, five Sokol Units: Detroit, KHB, Spirit, Stickney and Tabor planned an event at their Sokol hall. Each organized a little different program but all worked on some physical activity/health fair while having a good time.

The goals for Senior Day are to make exercise fun, to increase awareness of the benefits of a regular exercise program for older adults, and to encourage all older adults to take advantage of the many health and fitness programs offered in their communities. Therefore, each unit should plan to encourage older adults at all levels of physical fitness in their communities and their own Sokol members to participate in an activity on this National Senior Health & Fitness Day.

For further information, visit www.fitnessday.com, email info@fitnessday.com or call 800-828-8225. If you plan an event on that day, please send information about your participation to Juanita at the American Sokol office Juanita@american-sokol.org for her report.



Sokol KHB held the 2012 National Senior Health and Fitness Day in Texas for a group of 30 Sokol members and friends.



Sokol Stickney held the 2012 National Senior Health and Fitness Day with activities and a health fair.



Sokol Tabor held the 2012 National Senior Health and Fitness Day with activities and a health fair.



Walgreens participated in both Stickney and Tabor's health fair.



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

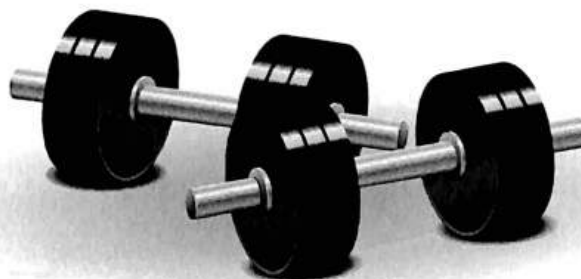
Why Exercise Matters

By-Blue Cross Blue Shield Of Tennessee

Exercise activity works your muscles – which in turn improves the way your body stores and uses energy. Exercise increases your heart rate, improves your blood flow, and sends oxygen directly to your muscles to build more power, strength and endurance.

Consider beginning or increasing your exercise routine if you or your family members want to:

- Lose weight
- Feel better
- Improve health
- Get stronger
- Be more confident
- Fight bone loss
- Improve flexibility
- Reduce chronic back pain
- Avoid (or better manage) diabetes
- Avoid heart disease
- Have fun as a family



How Many Calories Can You Burn?

Weight Lifting – 117	Stretching – 135	Walking – 148	Pilates – 176
Hiking – 202	Dancing – 202	Swimming – 207	Aerobics – 238
Jogging – 238	Bicycling – 297	Running – 391	

Estimates based on weighing 150 lbs. and exercising at a moderate-to-intense level for 30 minutes.

Make Exercise Your New Routine: How to find time for family fitness

By Blue Cross Blue Shield of Tennessee

When it comes to exercise and activity, you and your family members may have different ideas of what an exercise routine looks like. But whether you walk, bike, hike or head to the gym, the point is that the right amount of activity is good for your health. The key is to find the right level, mix it up to stay interested, and don't leave anyone behind on the couch!

Quick Quiz: A little exercise here and there can make a huge difference in your overall health. Let's see how on target you are with your workouts.

1. Workout time for me usually means.....
 - a. What workout time?
 - b. One hour of intense cardio and then weightlifting for about 30 minutes.
 - c. About 30 minutes a day, but I break it up into 10-minute sessions throughout the day.

2. The best way for me to exercise is to.....
 - a. Take out the trash or do a bit of housecleaning here and there.
 - b. Focus on one part of my body for a whole week.
 - c. Mix up my weekly routine by walking a couple of days and then jogging.

3. When it comes to exercise equipment.....
 - a. I never use it. Who needs it?
 - b. I have to be at a gym and have a membership to use it.
 - c. I like to have some free weights at home or attend a weekly exercise program.



If you answered mostly "a," it's probably time to add more physical activity to your daily lifestyle.

If you answered mostly "b," you could be making exercise harder than it really is.

If you answered mostly "c," you're on track with a workable routine of healthy exercise choices.

Good Things to Remember

1. *Check with your doctor.* Make sure the type of exercise you have planned is a good fit with your current medical condition.
2. *Drink plenty of water.* Eight glasses a day is the typical recommendation. But if you exercise in small sessions, you may need to drink an extra serving or two to stay hydrated.
3. *Don't overdo it.* Three great options for exercise are:
 - Moderately intense cardio 30 minutes a day, five days a week.
 - Vigorously intense cardio 20 minutes a day, 3 days a week.
 - Eight to 10 strength-training exercises, with eight to 12 repetitions of each, twice a week.
4. *Sneak things into your daily routine.* There are easy ways to sneak in more exercise each day. For example, park farther away from the store's entrance to walk a little more; take the steps instead of the elevator; or walk across the office to talk to a co-worker in person instead of using e-mail.

It's No Surprise... Walking Works

Just starting out? If you're looking for an exercise routine that's easy to work into your daily lifestyle, walking works in a lot of ways. A regular, brisk-paced walk can help increase your energy, lift your spirits and improve your health. A daily routine of brisk-paced walking can help you avoid serious health problems like heart disease, bone loss, Type 2 diabetes and arthritis.

No Excuses: It Doesn't Cost a Thing

Walking is the simplest way to exercise. (It's also perfect if high-powered gyms are not your style!) Ready to get started?

First, some tips:

If you have a health condition or have been inactive for some time, talk with your doctor before starting a walking program or any new exercise routine. Likewise if you are a woman over 50 or a man over 40.

1. Choose comfortable, supportive shoes, such as running, walking or cross training shoes – or even light hiking boots.
2. For long walks, be sure to warm up, stretch and cool down after your walk to reduce stress on your heart and muscles.
3. Keep up a brisk pace. You should work hard to keep up your pace but still be able to talk with walking.
4. Practice correct posture – head up, arms bent at the elbow and swinging as you stride.
5. Drink plenty of water before, during and after walking to cool working muscles and keep your body hydrated.

Track Your Success

Use a pedometer to count your steps, and track your success by using an online workout web site, such as the WalkingWorks online journal on BCBST.com or MapMyRun to record your steps each day. Start out with 500 steps a day and increase that by 500 every two weeks until you work up to 10,000 daily steps. No pedometer? No problem! Use the same sites online to record the minutes you walk, instead!

How to Burn Off Easy Calories

Togetherness counts. When you and your family make it a habit to enjoy outdoor activities and fun together, you burn off calories the easy way—without even trying. What does it take? Just 30 minutes of any of these activities will burn calories while building healthy habits. (These calories burned are based on a weight of 100 lbs.)

How many calories can you burn?

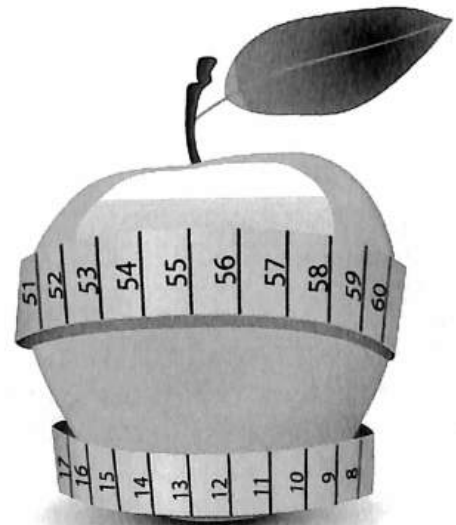
Cooking – 60	Housework – 66	Stretching – 90	Raking the lawn – 90	Walking (3 mph) – 99
Biking – 90	Shooting baskets – 102	Dancing – 135	Hiking – 135	Soccer - 159

Take a Family Approach To Better Health

When it comes to good health, a family approach to eating right and exercising often creates a built-in support system for every family member. It's an easy way to keep kids on track for a healthy future and get mom, dad and even the grandparents involved in making smart choices.

Quick quiz: How healthy are your family's habits? Take this test to see.

1. As a family, we exercise together.....
 - a. Never. Don't kids exercise in gym class?
 - b. A few minutes every other day.
 - c. 30 minutes every day.



2. I try to eat good foods as a role model for my children. I tend to eat....
 - a. A slice of apple pie after dinner. After all, it does have fruit in it.
 - b. A cup of vanilla ice cream while I watch the evening news.
 - c. Fruit and low-fat yogurt when I snack.
3. For lunch at school, my children eat.....
 - a. Leftover pizza from dinner the night before.
 - b. Whatever they get from the cafeteria.
 - c. The sandwich and veggies we packed as a family the night before.
4. After school, my kids.....
 - a. Head to the couch or computer to watch TV or play video games.
 - b. Get their homework out of the way and play outside for about 15 minutes.
 - c. Go to soccer practice for an hour.



If you answered mainly "c," congratulations! You're on track to having a healthy family! If you chose "b," the most, you have an idea what good health is about but don't always practice it in daily life. Mainly "a" answers? There's a lot you can do to create healthier habits for your family.

Tips to keep your family healthy:

1. **After school.** If you take your kids to run errands, park farther away from the store's entrance to add extra walking minutes.
2. **Snack time.** Make snacks an educational cooking event. Make simple, healthy snacks that kids can later make themselves or pull from the refrigerator or cabinet.
3. **During free time.** Kids need at least 30 minutes of exercise every day. As a family, try taking a bike ride or walk before or after dinner.
4. **Grocery shopping.** Take time to learn and check food labels. Then make it a game as you teach your kids how to compare labels and make the most nutritious choices.
5. **At the table.** Make dinner together as a family and coach children on healthy food group choices and portion sizes. Serve food on plates and keep the serving bowls and excess food out of sight to cut down on second and third helpings.
6. **Still hungry?** Eat a healthy dessert or low-fat snack like a fruit smoothies instead of ice cream or candy.

How to Watch Out for Sugar

To cut back on sugar intake, especially if you have a family history of diabetes or weight problems, check the nutrition labels of the food you and your family eat. A spoonful of sugar may have its place in a recipe, but you may be surprised by the amount of natural and added sugars that can be in your everyday foods.

IF YOU CHOOSE	IT WILL HAVE
Maple syrup (1 Tbsp.)	2 tsp. sugar
White bread (1 slice)	3 tsp. sugar
Canned fruit juice (1/2 cup)	4 tsp. sugar
Candy bar (regular)	7 tsp. sugar
Soft drink (12 oz)	9 tsp. sugar
Jelly (1 Tbsp.)	46 tsp. sugar

The USDA recommends that the average person eat not more than 10 teaspoons of sugar a day. Reading nutrition labels and making smart choices about the foods you buy and serve your family helps. Keep everyone in your household on track for a healthy future.

Sources: U.S Food and Drug Administration; American Dietetic Association; National Institutes of Health.



2013 Sports Festival Event Pricing

Below is a listing of prices for competition events for individuals and teams, non-competitive events, socials, spectator tickets and three packages that provide a great value for a variety of events. Register for these activities, purchase tickets and pay right online. Don't miss out on any of the fun.

Registration deadline is **MAY 17, 2013** — www.american-sokol.org/2013sportsfestival

COMPETITIVE EVENTS*

Individual Gymnastics All-Around	\$45
Team Gymnastics All-Around	\$75/Team
Tag Team Gymnastics	\$60/Team
Sokol & Festival Rhythmics	\$15/Routine
Sokol Group Rhythmics	\$30/Team
Team Marching	\$60/Team
Team Calisthenics	\$60/Team
Wheels Competitions	\$15/Routine
Individual Fitness Challenge	\$20
Individual 5k Run	\$25
Volleyball	\$250/Team
Basketball	\$125/Team
Bowling Competition	\$25
Golf Tournament	\$100

NON-COMPETITIVE EVENTS*

Closing Ceremonies Participants (with T-Shirt)	\$20
Sokol Rhythmic Skills Testing	\$15
Wheels Testing	\$15
Fun Run	\$16
Bowling Just for Fun	\$15
Good Morning Workout	FREE!
Field Games	FREE!

SOCIALS

Kick-Off Party	FREE!
Banquet Dinner and Post-Dinner	\$75
Banquet Post-Dinner Only	\$25
Finale Party	\$15
Farewell Event	\$10
Ice Skating Social with skates	\$20
Youth Activity-Discovery World	\$15
Walking Food Tour	\$60
Brewers vs. Cubs Baseball Game	\$35
Miller Brewery Tour	\$12

SPECTATOR TICKETS

Opening Ceremonies Spectator	\$16
Closing Ceremonies Spectator	\$20
Ice Skating Social Spectator	\$5

SPECTATOR PASS PACKAGES

Weekly Transportation Pass (For those not staying at Hyatt)*	\$40
Platinum Pass (1)	\$95**
Gold Pass (2)	\$60**
Silver Pass (3)	\$35**
Individual Event Pass	\$5***

SPECTATOR PASS DESCRIPTIONS

Event	Platinum (1)	Gold (2)	Silver (3)
Kick-off Party	X	X	X
Opening Ceremonies	X	X	
Fitness Challenge	X	X	X
Rhythmics	X	X	X
Team Cal & Team Marching	X	X	X
Gymnastics	X	X	X
Wheels	X	X	X
Basketball	X	X	X
Bowling	X	X	X
Volleyball	X	X	X
Closing Ceremonies	X	X	
Finale Party	X		
Farewell Breakfast	X		

* Transportation point is between Hyatt Hotel and specific venues only.

** If purchased by May 17; after that date add an additional \$5 per package to cost.

*** Advance purchase price, higher price will be charged at the door.

Items may be subject to minor changes.

*Event pricing doubles after May 17th.



Support the 2013 Sports Festival

June 25 - June 30, 2013

Milwaukee, Wisconsin

Festival Trophy Fund

To help offset expenses associated with providing high-quality, unique awards to all of our competitors, we are seeking donations for the Sports Festival Trophy Fund. It is our hope that with your help, we can acknowledge the hard work of all the competitors by providing memorable awards. To reach our goal, we have established the Sports Festival Trophy Fund Program outlined below. Names will be engraved as a sponsor on the trophy and/or trophies for your level of sponsorship.

Please pass this information to employers, family, friends, community organizations, etc., that may have an interest in sponsoring the athletes. Any size donation will be accepted and is greatly appreciated.

SPONSORSHIP LEVELS

<input type="checkbox"/>	\$150	Sponsor any specified individual trophy (Age, Level and Gender specific)
<input type="checkbox"/>	\$500	Sponsor any competition (Girls Artistic, Men's V-ball, Basketball, etc.)
<input type="checkbox"/>	\$1,000	Sponsor any specified event (Team Marching or Cal, V-Ball, Golf, etc.)
<input type="checkbox"/>	Other \$	

Festival Program Book

The 2013 Sports Festival Events Program Book is treasured by our members and guests, as historical, as well as informative. Ad placements ensure a continuous reminder of support for the American Sokol.

This event will draw participants and spectators from across the United States, as well as internationally from the Czech Republic and Canada. The Festival Program Book will feature event activities, sokol memories and sponsors. Please consider placing an ad to help support this event and the participants. Refer to the level of support and ad page sizes below. Email graphics/logos/order form to Lyndafilello@aol.com

BOOK SIZE: 8-1/2" X 5-1/4" - BLACK AND WHITE

Selection	Page	Size	Price
<input type="checkbox"/>	Full	4.5 x 7.5	\$150
<input type="checkbox"/>	Half	4.5 x 3.5	\$75
<input type="checkbox"/>	Bus. Card	4.5 x 2.5	\$45
<input type="checkbox"/>	Benefactor	2" line	\$25
<input type="checkbox"/>	Supporter	1" line	\$10

Thank you in advance for making this event a memorable one and for your continued support!

Name, Business or Organization:		
Name of Authorized Representative:		
Address:		
City:	State:	ZIP:
Email Address:		Phone:
Signature:		Date:

Mail order form and payment by May 15, 2013 to:
American Sokol, 9126 Ogden Ave., Brookfield, IL 60513



Gain Exposure and Sell Merchandise at 2013 Sports Festival Events

A vendor booth at the 2013 Sports Festival will provide maximum exposure for your company and allow you to sell merchandise during the week-long festival. These events provide the greatest reach to both festival spectators and participants (and their families). Booths will be in prominent areas to ensure high traffic.

Choose to exhibit at one or all three events:

OPENING CEREMONIES — June 25, 2013 4:00-9:30 pm

Hart Park - 7300 Chestnut St., Wauwatosa, WI 53213

10' x 10' outdoor area

GYMNASTICS COMPETITION — June 27, 2013 9:00-5:00 pm

State Fair Park - 640 S. 84th St., West Allis, WI 53214

10' indoor area (*limited space available*)

CLOSING CEREMONIES — June 29, 2013 2:00-8:30 pm

Hart Park - 7300 Chestnut St., Wauwatosa, WI 53213

10' x 10' outdoor area

For an application and contract, contact Colleen at

colleenstransky@american-sokol.com or 708-255-5397.

Registration Deadline: 6/1/2013

Register by May 15th and your business will be named in the Closing Ceremonies event book!

*Sponsorship opportunities
are also available.*

To All Sokol Brothers and Sisters:

The damage to Sokol West and the households of its members due to the recent explosion of a fertilizer plant in West, Texas is significant. We are monitoring the situation and will continue to update all of you as we get any new information.

As Sokols, we are built to be strong and resilient to adversity. We are also built to be generous and giving. At this time, we ask for both in response to this tragedy. Please consider donating to the fund that we have set up below to support the restoration efforts from this event. We are committed to supporting each other and continuing our mission in the wake of any and all adversity.

Support the Sokol West Restoration Fund. Donate in 3 ways:

- **By mail:** Checks should be made payable to American Sokol denoting "Sokol West Restoration Fund" on the Notes line and sent to: American Sokol Office, Attn: Sokol West Restoration Fund, 9126 Ogden Ave, Brookfield, IL 60513
- **Online by credit card:** www.american-sokol.com/donate
- **By phone with a credit card:** Call the American Sokol office at 708-255-5397. ☎



Photo courtesy of Sokol West, Brother Israel Veselka

Nazdar! Tom Pajer, Americann Sokol President



Sokol Memories

My earliest memory of Sokol was at the age of 8. My father took me to my first class at Sokol Slavsky, a recently built building, also known as the Olympic building – about 1926.

I was so fascinated by the gymnasium. It was so huge with so many unfamiliar things such as a balance beam, parallel bars, various ladders, hanging rings, mats and other things that caught my eye.

I was so taken by all this and came back to attend classes almost every Monday and Thursday whenever possible. My class is now on Tuesday mornings, and I still love it.

It was also here that many of us met our future husband or wives – and this includes me.

– Sister Slavia Sula
Sokol classes since 1926

My memories of Sokol life began when I was 4 when my sister brought me to a big gym on 61st Ct. in Cicero. Up a long set of stairs with a red railing, down a mural of President Masaryk on a horse above the doors. I can still remember drilling in Soldier Field in the tan "pumpkin" uniform my mother made me and then being lost behind the vast stands, clutching my cousin Ellie's hand.

Now mega years and 4 moves later, in the Sokol Brookfield building that houses Sokol Spirit and the Sr. II Co-Ed class we're a part of.

– Sister Ellie Babka
Sokol classes since 1938

Memories compiled and submitted by Ellie Babka on behalf of the Sokol Spirit Senior Adult Co-Eds.

If you have a Sokol Memory you would like to share with American Sokol readers by sending a short note to editor@american-sokol.org. We look forward to hearing about your special memory.

Congratulations to Kandi Pajer of Sokol Spirit who made the USA Women's Gym Wheel Team.

This qualifies Kandi to compete in the World Championships which will be held this summer in Chicago, July 8-14, 2013. American Sokol is a supporter of this World Championship. Wheels competition is a new event at our 2013 Sports Festival in Milwaukee this June so if you have never seen this sport, drop by on Thursday, June 27 at Nathan Hale High School and say hi to Kandi and wish her luck for the World Championships!

For more detailed information on Wheels visit:
[facebook.com/usawheelgymnastics](https://www.facebook.com/usawheelgymnastics)





Mark your Calendar

Events around the American Sokol

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

May

- May 3** **Sokol Spirit Czech Film Series** — TMAVOMODRY SVET to be shown starting at 7pm \$4 per person with 1st round free
- May 7** **WFLA sponsored Pizza Party** — for Sokol Milwaukee gymnasts and their families at the Norway House
- May 17** **Sokol KHB Ennis Friday Night Movie Watch Party** — Clubroom; 7pm-11pm
- May 18** **Northeastern District Competition at Sokol Greater Cleveland**
- May 18** **Central District Men's Artistic Competition** — Sokol Spirit
- May 18** **Central District Women's Artistic Competition** — Lyons-Township High School-North
- May 18** **Central District Awards Presentation and Social**
- May 19** **Sokol Little Ferry Annual Pork Dinner & Raffle**
- May 21** **Sokol Milwaukee Exhibition, Norway House** — 7509 W, Oklahoma Ave. 7:00pm
- May 25-26** **National Polka Festival** — Sokol KHB Ennis Hall
- May 26** **Sokol Greater Cleveland Sunday Dinner, Rostenky** — 1-2:30pm
- May 26** **Sokol Detroit Sokol Camp Pancake Breakfast** — Serving from 8:00-10:00am; Sokol Camp Dining Room Adult \$3.50 Children \$2.50 (under 12)

June

- June 2** **Sokol Greater Cleveland Summer Exhibition** — Odd Fellows Fresh Air Camp
- June 8** **Sokol Detroit Summer Exhibition** — Sokol Detroit Camp, South Lyon, Michigan
- June 8** **Sokol Milwaukee Spring Fling and Recognition Dinner** — Venice Club, 1905 Calhoun Rd., Brookfield, 6:00pm.
- June 21** **Sokol KHB Ennis Vecirek** — Clubroom/Patio 7:00pm-11:00pm
- June 23** **Sokol Greater Cleveland Duck Dinner and Polka Dance** — with Hand Haller Ensemble
- June 25-30** **2013 Sports Festival** — Milwaukee, Wisconsin. Visit www.american-sokol.org/2013sportsfestival

American Sokol Deadline - Please note 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! For example, send items you want included in the October issue no later than September 1st





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