



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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From the Editor...

Don't forget to submit items for publication. Please send a memory, article, newsletter or calendar of event to editor@american-sokol.org. This publication's content is driven by YOU and I need your submissions to make this a successful publication!

NAZDAR!



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President Note – Heroes and Legends

It must be understood that what I write here only scratches the surface of what really needs to be said about the impact of a Sokol instructor and/or mentor.

How and when did it start? Were they a Junior ready to help out? Were they a parent sitting on the sidelines asked to watch a station? Were they a young adult back from college? However it started, it is this moment where history is made and legends begin. And more often than not, this moment is not planned. It is a moment that could start a one year stint as a Sokol teacher or a moment that could lead to a lifetime of service. However they started, however long they lasted, these members become the heroes and legends of Sokol.

I look back on my time in class. My life was shaped by those who took that brave leap into the fold and said, “Sure, I’ll help out”. From my Tots class to today’s Men’s class, I have been given a gift of something more than an education, something more than instruction on a skill and something more than a lesson. I have been given a gift of true dedication, true volunteerism...true passion. In a world that has been moving away from long term volunteer commitments, Sokol continues to inspire new leaders to come forward and make a difference. I cannot begin to list all of the Sokol members that have guided my life. But I can say that each and every one of them had an impact.

For those who jumped in and spent a year or two helping out, don’t think for a moment that your contributions are forgotten or overlooked. It takes but one instant for a person to make a difference. I remember the person who told me to push my feet in as I come out of my round-off allowing me to finally make that back handspring. I remember the person who amazed me with their ability to teach (by doing) a stunt during a stunt and pyramid clinic. I remember the person who taught her kids (40 of them at once) to stand still on a line at attention, reminding me the importance of good discipline. These are specific instances that can change a life. These are just some that changed mine.

And for those of you who spent a bit longer, perhaps a lifetime; did you realize in that historic moment where you volunteered to help out, that Sokol would become part of you? Did you think that you would touch hundreds of lives and create memories that will live forever? Did you understand that you would be the inspiration for many that came after you to volunteer their time and talents? You are the lifeblood of Sokol and your efforts are unparalleled. It is you that make Sokol different from most organizations around.

Think back in your own life and recall those who stepped in to help you become a better person. Who was there helping when you made some of the greatest memories of your life? Take a moment to thank them and remind them that they made a difference and that their efforts were truly appreciated.

To each and every one of you who has stepped in to teach and lead, you are someone’s hero or legend and will be forever remembered! 🇺🇸

Nazdar!

Tom Pajer

American Sokol President





The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

FEBRUARY

Here comes the month with a heart - the glow of love on Valentine's Day warms us as much as the lengthening rays of sunlight. About 70 minutes of daylight are added between the first and last days of February.

We'll be celebrating Presidents' Day, BUT did you know that Pres. G. Washington did not belong to a political party? He fervently opposed them. Also, Pres. A. Lincoln was a member of the Whig Party before the establishment of the Republican Party.

The Sokol movement was founded by Miroslav Tyrš and Jindřich Fügner in 1862 in Prague. It developed into one of the greatest physical culture organizations and the most influential forces in the national life and a dominant factor in the establishment of the Czechoslovakia in 1918.

The American Sokol adopted all the superb teachings of the founders in Europe - physical, moral and cultural development - based upon the ideology of Tyrš: "A sound mind in a healthy body."

The American Sokol is a progressive organization willing to accept open, frank, democratic exchanges of opinion and devote time and energy to systematic, physical, mental and moral training. The American Sokols attempt to bring every American of Czech extraction and other nationalities into the organization. Sokol St. Louis was the first Unit to be founded in the United States in 1865.

One obligation is expected from members - that they live their lives honorably to the best of their ability, to be faithful to the truth and be proud of being an American.

February 1, 1899: Inauguration of divisions for Women in the Sokol in Bohemia.

February 2nd: Hromnice – based on an ancient Celtic tradition when candles were to be lit if there was a thunderstorm. If the sun is shining, there will be 6 more weeks of Winter.

February 2, 1964: The Beatles began their U.S. tour arriving at JFK international airport.

February 4, 1719: Publication of the first edition of a Czech newspaper in Prague.

February 8, 1910: Boy Scouts of America was incorporated.

February 11, 1827: Josef Ressel, a Czech, invented the steam propeller used in steam navigation.

February 17, 1817: A street in Baltimore became the first street lighted with gas from America's first gas company.

February 24, 1839: William Otis patented the first steam shovel.

February 24, 1942: Voice of America was on the air for the first time.


February 25, 1865: Prague Sokol held its first masked ball, suggested by Fügner — Sibrinky

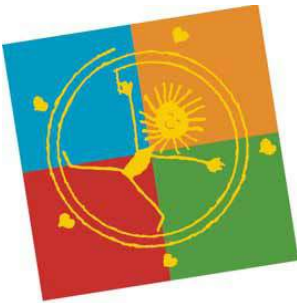
February 25, 1913: 16th amendment to the U.S. Constitution gave Congress power to levy and collect income taxes; declared in effect by Secretary of State Philander Chase Knox.

February 26, 1919: Congress established the Grand Canyon National Park.

February 27, 1878: First telephone directory is distributed to 50 subscribers in New Haven, Connecticut.

Stay alert! Attend your Unit & District meetings! Elect knowledgeable Sokol members as your delegates to the Convention coming at the end of April.

NAZDAR! Sis. EllenJeanne Schnabl, American Sokol Educational Director 



15th WORLD
GYMNAESTRADA
2015 HELSINKI

Make the earth move



Help Celebrate 150 years of Sokol in the United States by performing with all your Sokol friends at the 2015 World Gymnaestrada – July 10-19, 2015!

Helsinki will be the host of the World Gymnaestrada 2015 and we want you to perform with the American Sokol. The World Gymnaestrada is a global, non-competitive FIG Gymnastics for All event held every 4 years that attracts the largest number of active participants of any FIG event. Any gymnast is eligible to participate regardless of gender, age, race, religion, culture, ability or social standing. In 2015, we expect over 20,000 gymnasts from all over the world will come together to celebrate gymnastics.

How can I participate? The American Sokol will be organizing a group as part of the USA Gymnastics Delegation to the World Gymnaestrada. All Sokol participants will participate in an All Sokol Performance.

How do I sign up? We are currently collecting deposits. Please contact Barb Vondra at topinky1@aol.com or Lori Laznovsky at lorilaz4@yahoo.com if you are interested.

How can I get more information? To get more information on the World Gymnaestrada event visit www.wg-2015.com

How much does it cost? Everyone wishing to participate with the American Sokol as part of the USA Gymnastics Delegation must purchase the land package through National Travel Systems. Details regarding pricing can be found at www.usagym.org and by clicking GfA events. ©

Skoda Lasky (Tragic or Lost Love) — Beer Barrel Polka

Originally published in Sokol Baltimore's, *Sokoletter*, February 2011.



Love and Valentine's Day sounds appropriate even if it is tragic but we know this melody as the "Beer Barrel Polka." Going through pages of information, I found many discrepancies so I hope this information is correct. The melody was composed by a band leader named Jaromir Vejvoda from Zbraslav, a small town near Prague in 1927 or 1930. He called the melody "Modranska Polka" and shared the music with other band leaders. A leading Prague publishing house introduced the composer to a song writer, Vaclav Zeman, who added lyrics and altered the title to Skoda Lasky.

The song became popular all over Europe under many different titles; in Germany, for example, it was called "Rosamunda". Everywhere it went, "Skoda Lasky" gained the rare honor of belonging to the nation where it was played without asking about the composer. A German band, the Will Glahe Polka Accordion Orchestra, recorded an instrumental version of the song in Europe in 1935 or 1936; using the title "The Beer Barrel Polka". This recording with English lyrics by Lew Brown (on a Victor record label), met with good success in the US in 1938. Within years total sales exceeded one million copies.

During World War II the polka was by far the most popular melody of the Allied Armies in Africa, the Pacific, Britain and Europe. Soldiers sang it, danced to it and thrilled to its merry lilt. The fame gained further momentum in the USA by Sammy Kay and his orchestra, the Andrew Sisters, Lawrence Welk, and a swing version by the Glen Miller Orchestra. The Beer Barrel Polka, a reputed favorite with Gen. Dwight D. Eisenhower, sounded across Allied battlefields during WWII. After the war was over and Eisenhower visited Prague (October 1945), he called the composer Vejvoda to meet him personally and gave him a special citation, because "Vejvoda's Polka" helped much in winning the war.

Jaromir Vejvoda remained a brass band leader throughout his professional life, following a family tradition that goes back several generations. In 1981, in what the composer says was the highlight of his career, he won a golden plaque from Radio Luxembourg and gave a concert heard by an estimated 230,000 listeners. ©



**RISING
STAR**
**GRACE
GOEDEKER**



*Submitted by
Heather Beasley,
Physical Director
of St. Louis.*

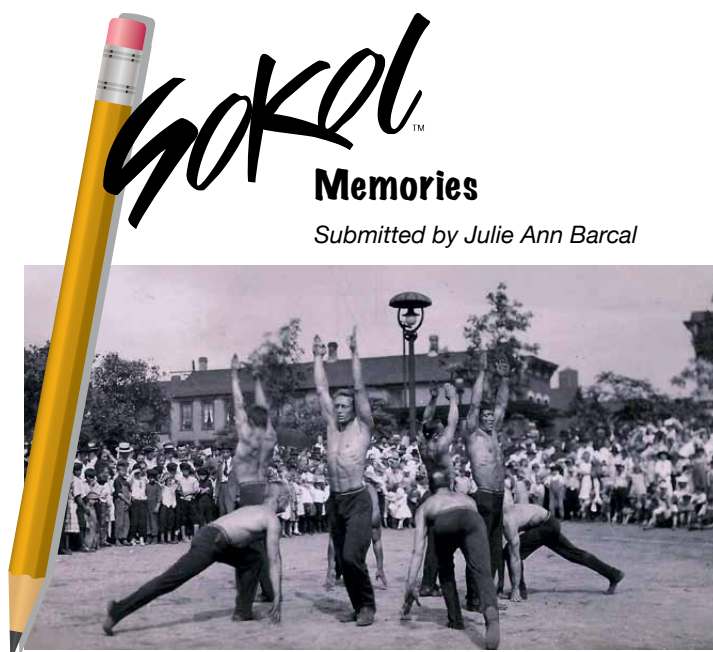
A Sokol St. Louis Rising Star, Grace Goedecker, started gymnastics at the age of 3 with our tots program. She has since continued with

the program and is now a junior girl. She has attended three ASO slets, 2005 Chicago, 2009 Texas and just recently the 2013 Milwaukee. For the past two years Grace has been an assistant instructor to the first class girls. Not only does Grace help out at Sokol, she also volunteers and coaches a grade school volleyball team.

Grace is currently a sophomore at Bishop DuBourg High School in Saint Louis, Missouri. She is a part of the Academy of Advanced Studies, an ambassador in Pro-life Club, Student Council, and concert band. While academics are a big part of high school, she still finds time to partake in cross country and swimming for her high school. Recently Grace traveled to Washington D.C. with her school for a Pro-life March; she truly enjoyed this event and can't wait to attend again next year.

Grace is always willing to step up to the plate when needed. Whether it is helping the Board of Instructors for our many events we do during the year or at our Sokol Camp with picnics or camping or at Sokol in general. In St. Louis we are very blessed to have someone like Grace to be a part of our Unit.

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. 📧



Submitted by Julie Ann Barcal



Czech Team, 1921 American Sokol Slet, Dvorak Park, Chicago



Women Drilling, 1921 American Sokol Slet, Dvorak Park



Pole Vault Competition, 1921 American Sokol Slet, Dvorak Park

If you have a Sokol Memory or photo you would like to share with readers, send it to editor@american-sokol.org. We look forward to hearing and sharing your special memory. 📧



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

February is National Heart Month

Below are a few steps you can take to make sure you are heart healthy.

Know your numbers and talk to your doctor. KP ;)

Heart Disease and the Doctor's Exam from www.webmd.com

Some standard and simple exam techniques provide your doctor with the first clues as to how your heart functions and whether you have heart disease. During your visit, your doctor will listen to your heart, take your heart rate, and check your blood pressure.

CHECKING YOUR HEART RATE – Your doctor feels your pulse in order to check your heart's rate, rhythm, and regularity. Each pulse matches up with a heartbeat that pumps blood into the arteries. The force of the pulse also helps evaluate the amount (strength) of blood flow to different areas of your body.

You can tell how fast your heart is beating (heart rate) by feeling your pulse. Your heart rate is the amount of times your heart beats in one minute. To measure your pulse, all you need is a watch with a second hand.

Place your index and middle finger of your hand on the inner wrist of the other arm, just below the base of the thumb. You should feel a tapping or pulsing against your fingers.

Count the number of taps you feel in 10 seconds.

Multiply that number by six to find out your heart rate for one minute (pulse in 10 seconds x six = ____ beats per minute)

When feeling your pulse, you can also tell if your heart rhythm is regular or not.

CHECKING YOUR HEARTBEAT – Your doctor listens to your heartbeat with the aid of a stethoscope. The opening and closing of your valves make a "lub dub" noise known as heart sounds. The doctor can evaluate your heart and valve function and hear your heart's rate and rhythm by listening to your heart sounds.

CHECKING YOUR BLOOD PRESSURE – Blood pressure is the force or pressure exerted in the arteries by the blood as it is pumped around the body by the heart. It is recorded as two measurements:

Systolic blood pressure. Pressure in the arteries during the period of the heart's contraction (the higher number)

Diastolic blood pressure. Pressure in the arteries when the heart is relaxed, between heartbeats (the lower number)

Blood pressure is measured in millimeters of mercury (mm Hg), which refers to how high the pressure in the arteries can raise a column of mercury in a sphygmomanometer, a device for measuring blood pressure.

Normal blood pressure for an adult, relaxed at rest, is less than or equal to 120 over 80. The 120 is the systolic pressure; the diastolic pressure is 80. Blood pressure may increase or decrease, depending on your age, heart condition, emotions, activity, and the medications you take. One high reading does not mean you have high blood pressure. It is necessary to measure your blood pressure at different times while resting to find out your typical value.

CHECKING YOUR HEART BY A PHYSICAL EXAM – Your doctor can also tell about your heart's function by examining other parts of your body, such as your eyes, arms, legs, and skin.

CHECKING YOUR HEART THROUGH BLOOD TESTS
– Your doctor may recommend a blood test to check your cholesterol and other markers that may indicate heart disease. ©

Sokol South Omaha Skills Clinic 2013



At twelve o'clock noon on Saturday, November 2 our gym at Sokol Hall became very active with forty-four gymnasts from the Western District ready to practice old skills and to learn new ones.

We began with group stretching and warm up and it was obvious by the end of the warm up that we were going to be working with a very enthusiastic bunch of gymnasts!

Even though this is a skills clinic for Sokol South Omaha gymnasts we always invite all the other units of the district to come and workout with us. It's much more fun that way! Each rotation is one hour long which gives each instructor enough time to work with each gymnast on a one to one basis. Speaking of instructors, here's who taught at our skills clinic this year.

Christina Curran-Wurst – Christina is the American Sokol National PR Director and a member of Sokol Tabor in Chicago. She has coached for many years and her creativity and spotting techniques are second to none.

Karyn Domzalski – Karyn is a member of Sokol Chicagoland and has taught many different age groups and levels. She has also coached level 3-8 gymnasts at the Illinois Gymnastics Institute. She specializes in floor and bars for women.

Jessica Burns – Jessica is a member of Sokol Ennis, Texas and Sokol South Omaha and has been an instructor at several national instructors schools. Gymnasts work hard for her because of her fun loving personality and enthusiasm.

Steven Kowalski – Steven is a member of Sokol South Omaha and has coached the boys class for many years. The boys learn a lot from Steven because of his easy going methods and demand for perfection.

Buddy Benak – Buddy is the president of Sokol South Omaha and has coached the 9-12 yrs. girls class for several years. Being an excellent spotter helps the girls learn bar skills quicker.

After a great supper we continued with conditioning and games in the gym. Around 10:00pm we had pizza and began watching videos. This years clinic was the best we have ever had and we hope to see everyone back next year ! NAZDAR ! 🇸🇰

The picture and article about the Clinic at Sokol South Omaha 2013 was supplied and written by Bro. Vojmir Benak - Thank you! KP ;)



American Sokol
INSTRUCTOR
SCHOOL
JUNE 29 - JULY 13, 2014

Hosted by

Sokol Greater Cleveland

**Levels: Beginner, Intermediate,
Advanced, Advanced II**

Minimum age ⇨ 13

School Fee: \$325 for American Sokol Youth Members - Early Bird Discount - Postmarked by May 1
\$375 for Adults or other Sokol Organizations – Early Bird Discount - Postmarked by May 1
\$425.00 Postmarked May 2 – June 7
\$450.00 Late fee - Postmarked after June 8

For additional or immediate information contact:

Jane Wise 216-642-1429
or email: hjwise@sbcglobal.net
or www.american-sokol.org

For applications: Contact your District or Unit Director



Healthy Kids: How to Get Children Excited About Fitness

By Jason Sheridan | For Active.com

Kids today run slower and have less cardiovascular endurance than their parents did at the same age. A recent study presented at the American Heart Association's Scientific Sessions 2013 revealed that there has been a significant decline in the cardiovascular health of children over the past 50 years. According to the research, modern kids have approximately 15 percent less cardiovascular fitness than their parents did as children. That is certainly an alarming trend and one that the AHA says may suggest poorer health for tomorrow's adults.

However, while it's alarming, it probably isn't surprising. Most schools now provide very little, if any, physical education. The current state of educational priorities has resulted not only in more class time and homework but also, for many kids, more "free time" being utilized for things like test prep and extra tutoring. Meanwhile, computer technology has grown to fill progressively more of our recreation time—whether it's through video games, the internet, or TV and movies. Our culture increasingly values sedentary activities.

Naturally, this shift is a concern to many parents eager to make sure their kids are fit and healthy. To help get your children excited about fitness, try the following three ideas.



Model a Fit Lifestyle – Kids are brilliant imitators. It's one of their main ways of learning. If you want your children to be excited about fitness, you need to be excited about it. Take a look at your lifestyle and relationship with exercise.

Do you regularly pay attention to your own fitness? It can be as hard for adults as it is for kids. And are you often excited about exercise—do you engage in physical activities that you actually enjoy? Or do you usually think of exercise as a burden? Children use us as examples for how to live as adults. We want to live the lessons we are trying to teach.

Play With Your Kids – One of the easiest ways to get kids excited about something is to do it with them. Children love playing with their parents. Increase the value of physical activity for your kids by playing games of tag or catch with them—these games will become more meaningful for all of you.



Focus on Fun – To get a kid—or even an adult—excited about fitness, she needs to be having fun. An eight year old is unlikely to get much pleasure out of a long monotonous jog, but she may be thrilled to chase a soccer ball for hours. Find a sport that your child is excited to play. Then make sure you remember that it's all about her having fun.

A 30-year long informal survey of college athletes revealed that their worst memories of playing sports as children were receiving negative comments from their parents. As well intentioned as they may be, critical remarks from parents about a child's play ("You need to show more hustle", "You didn't have enough focus", "You know you're not supposed to do that") can be incredibly counterproductive. The same surveyed showed that the comment kids want to hear most from their parents is simply, "I love to watch you play." When you show them that the fact that they're playing is enough, they will love doing it even more. ©



Keeping it Real.

As published in the Central Federal publication; submitted by Juanita LoGiudice



Frank Saballus, co-owner of Klas, the historic Czech-American Restaurant in Cicero [Illinois].

At first glance you might not expect Frank Saballus to be the 'keeper of the flame' for the nation's oldest operating Czech-Slovak restaurant. But soon after meeting this energetic entrepreneur you'll feel his enthusiasm and share his passion for Klas Restaurant, Cicero's [Illinois] historic 91-year-old landmark for dining and unwinding.

Born and raised in the area, Frank's journey to keep it real has been interesting. "My great-grandmother

came to Chicago through Ellis Island in the late 1800s. Our family migrated to Pilsen, through Little Village, then to the western suburbs. My grandfather maintained a tool and die shop on 26th Street that specialized in veterinary instruments. He worked with excellent precision but he had a hard time keeping up with demand so after school I would help him," Frank recalled. "He was a great guy and he and my mother were big influences in my life."

"Growing up, dining out as a family was a very special event for us. There were a dozen or so Czech restaurants in the area, including Klas," he said, "and I have great memories of coming here."

After graduating from Lyons Township High School Frank attended West Virginia University before receiving a Culinary Arts degree from Washburn Trade School. He fine-tuned his cooking skills at the Beverly Country Club before moving to Hawaii where he learned about organic farming.

Upon returning to the mainland Frank found himself in the crossroads of a life transition. "I wanted to get involved in organic farming," he said, "and I never had any intention of owning a restaurant." But, when the opportunity came up to take over Klas Restaurant, he saw it as a way to merge his food skills and cultural heritage with his business skills.

"It wasn't until college that I became fully aware of the importance of my heritage," Frank said. He attended Masaryk Czech School to learn the language and would visit Czech venues to learn the authentic Czech lifestyle. "Many times I would just hang out and help the owners clean up. They would help me with language skills and customs," he said. "It was an invaluable learning experience."

A few years ago the restaurant and Central Federal received designations as historic sites in the area. "The Cicero community and Central Federal have been very supportive of us because we're more than a restaurant, a bar or a banquet hall," he said.

"We represent an important part of Cicero's heritage and an important part of the west suburban area. We've had (former Secretary of State) Madeleine Albright visit us with the Prime Minister of Czechoslovakia, we've hosted famous Czech and Slovak entertainers as well as other national and international dignitaries," he added proudly.

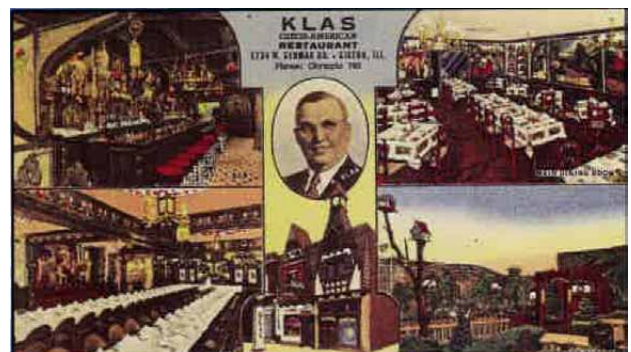
Frank is also very active in the community. He serves on the Board of the Czech-Slovak Heritage Association, is a CSA Member, a delegate to the Masaryk Czech School board, Goat Guardian Guild of Chicago, Cicero Lyons Club, and a member of Sokol Tabor. He is also a beekeeper and raises bees in a number of hives scattered around the western suburbs with honey from these hives sold at Klas. Now, drawing from his love of organic farming, Frank is looking to establish a local urban farm involving the youth of the community.

The biggest challenge is upholding the restaurant's strong history while building interest among newer, multi-cultural generations.

"We are looking to take Klas to the next level where we become a heritage site that promotes Czech and Slovak culture. But," he added, "Our approach is to assimilate the community into the restaurant instead of assimilating the restaurant into the community."

We know many people come here because it represents their heritage, but others come here because we represent something very different from their heritage - something unusual and authentic. That's what people like."

Keeping the flame at the 91-year-old Klas Restaurant at 5734 W. Cermak is a very busy job. So "dekuji" Frank for being one of our Great Neighbors. 🇸



Klas promotional card from the 1920s

Sokol Central District Rhythmic Competition

Submitted by Beth McCloskey, Sokol Chicagoland

Sokol Chicagoland recently hosted the Central District's annual rhythmic gymnastics competition "Rhythmic Is Out of This World" at the Elite Sports Complex in Downers Grove, IL. On December 8, nearly 100 girls and women from Sokol Chicagoland, Sokol Naperville-Tyrs, Sokol Spirit, Sokol Tabor, and Sokol Greater Cleveland competed in the sport of rhythmic gymnastics in levels 3-6 and group. The events contested at this year's meet included clubs, ribbon, and group floor. Younger gymnasts not yet ready for level 3 had the opportunity to compete in the skills testing competition. At that level, they are tested on 3 skills in four different events (floor, hoop, clubs and ribbon). Gymnasts competing represented a wide range of ages from 5 years to 60+ years!

The following awards were given to all skill testing participants and to gymnasts who placed in the top 1/3 in levels 3-6 for each age division:

Skills Testing:

(20-29 points=yellow ribbon, 30-39 points=white ribbon, 40-49 points=red ribbon, 50+ points=blue ribbon)

Chicagoland: Abby Heavrin (white), Maya Raczyk (red), Betty Smith (red), Violet Smith (red), Elizabeth Szalek (white), Monica Szalek (red), Angela Wang (white)

Naperville-Tyrs: Lauren Collins (red), Mia Gordon (white), Lily Kucera (white), Lauren Kulawiak (red), Shannon Murphy (white), Tia Nanninga (red), Victoria Schiro (red)

Spirit: Rylie Conway (red), Lucy Daugherty (white), Laura Geisert (yellow), Emma Gerasche (white), Hannah Gillette (white), Kaitlin Gillette (white), Theresa Lemont (red), Kaitlyn Mazgay (white), Madisyn Mazgay (white), Jenna Noga (yellow), Julianne Noga (white), Scarlet Pajer (red), Jenna Pennington (red), Aryana Perez (white), Ashly Roberts (white), Emily Roberts (red), Julie Roberts (white), Vilma Vesely (white)

Tabor: Celeste Alvarez (yellow), Jessica Alvarez (white), Mikaela Colagrossi (red), Anahi Garcia (white), Adriana Hernandez (yellow), Alexa Hernandez (white), Camila Hernandez (yellow), Jennifer Hernandez (white), Zoe Hernandez (white), Yarezi Mondragon (white), Gia Morrelly (white), Nina Morrelly (white), Sumara Pena (yellow), Madison Polich (white)

Level 3 (age 9):

1st place in Clubs – Isabel Gutierrez, Tabor

Level 3 (age 10-11):

1st place in Clubs – Valeria Fuentes, Tabor

Level 3 (age 25-34):

1st place in Clubs – Mary Sedivec, Tabor

Level 3 (age 35-49):

1st place in Clubs – Judi Soulides, Tabor

1st place in Modified Ribbon – Kristine Schiro, Naperville-Tyrs

Level 3 (age 60+):

1st place in Modified Clubs and All-Around – Chyral Becka, Greater Cleveland

1st place in Modified Ribbon – Lynda Filipello, Naperville-Tyrs



Sokol Chicagoland Skills Testing Gymnasts



Sokol Tabor Gymnasts

Level 4 (age 9):

- 1st place in Clubs – Samantha Bachara, Chicagoland
- 1st place in Ribbon – Victoria Kosteck, Naperville-Tyrs
- 2nd place in Ribbon – Mya Nanninga, Naperville-Tyrs

Level 4 (age 10-11):

- 1st place in Clubs – Larissa Hernandez, Tabor
- 1st place in Ribbon – Alexis Schiro, Naperville-Tyrs
- 2nd place in Ribbon – Jenna Biancofiore, Naperville-Tyrs
- 3rd place in Ribbon – Julie O’Heron, Chicagoland
- 1st place in All-Around – Julie O’Heron, Chicagoland

Level 4 (age 12):

- 1st place in Ribbon – Gianna Chimino, Naperville-Tyrs

Level 4 (age 12-14):

- 1st place in Ribbon – Michaela Rakos, Chicagoland

Level 4 (age 25-34):

- 1st place in Ribbon – Ami Bazata, Spirit

Level 4 (age 35-49):

- 1st place in Clubs and All-Around – Andrea Scheirer, Chicagoland
- 1st place in Ribbon – Nicole Marchluk, Naperville-Tyrs

Level 4 (age 60+):

- 1st place in Modified Clubs – Mary Ellen Newsom, Chicagoland

Level 5 (age 10-11):

- 1st place in Ribbon – Kristina Huda, Chicagoland

Level 5 (age 12-14):

- 1st place in Ribbon – Isabella Smith, Spirit
- 2nd place in Ribbon – Lilly Smith, Spirit

Level 5 (age 25-34):

- 1st place in Ribbon – Cassie Croft, Spirit

Level 5 (age 35-49):

- 1st place in Ribbon – Christina Kuckie, Spirit

Level 5 (age 60+):

- 1st place in Clubs, Ribbon, and All-Around – Florence DelCarlo, Chicagoland

Level 6 (age 35-49):

- 1st place in Ribbon – Laura Kwak, Chicagoland

Group Floor (Masters Group):

- 1st place – Sokol Chicagoland (Florence DelCarlo, Laura Kwak, Andrea Scheirer, Anny Moravec) 🏆



Level 4 gymnasts Julie and Nina (Sokol Chicagoland) with an “Out of This World mascot



Sokol Naperville-Tyrs Gymnasts



Sokol Naperville-Tyrs 1st Class Girls



SOKOL WEST RESTORATION FUND

In late December, the American Sokol presented Sokol West a donation of \$3,281.21 which included a donation of \$1000 from the American Sokol BOI to be used towards rebuilding the Sokol gymnastic program.

The Sokol West Restoration Fund was started by the American Sokol to help support the reconstruction of the Sokol West building. The American Sokol understands the tremendous undertaking it takes to build a new facility and continues to wish Sokol West the best during this transitional time. ©

DONATIONS TO THE SOKOL WEST FUND

A big thank you to all that have donated to the Sokol West Restoration Fund. In addition to the names mentioned in the October 2013 issue, we would like to recognize the following for their donations.

Sokol Tabor Junior Board

Vera Devlin

American Sokol Western District

Thank you for your support!

American Sokol depends upon private contributions to fund many of its programs throughout the year. Your gifts help ensure that the American Sokol is able to continue its tradition of excellence in the community and accomplish its mission.

American Sokol Donation

You can Donate directly online at <http://www.american-sokol.org/donate>

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Mark your Calendar

Events around the American Sokol

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

February

- February 2** **GIJO Super TumbleDown** – Naperville Central High School
- February 7** **Sokol KHB Ennis Pre-Party jam session** – Clubroom 7:00pm
- February 8** **Ennis Czech Music Festival** – Sokol KHB Ennis 1:00pm-10:30pm 5 bands
- February 8** **CD Cal & Marching Competition** – Lodge 306, Chicago
- February 9** **Sokol Stickney Pancake & French Toast Breakfast** – 8 am to 1 pm Adults:\$ 7, Children 6 to 12 years: \$3, Under 6 years: free
- February 9** **Sokol/ Sokolice Milwaukee Pork Jaternice Dinner** – Norway House, 7507 West Oklahoma Avenue, 3 seatings: 11:00am, 12:30pm, 2:00pm; For reservations call (414) 313-3063
- February 14** **Sokol St. Louis Valentines Day Dinner & Czech Grape Vine Bunch Gathering** – 7pm. Contact Czechcenter.stl@gmail.com for more information
- February 16** **Czech and Slovak Sokol Minnesota Family Fun Activities** – 4 pm; Potluck supper, fun for all ages.
- February 19** **Sokol San Francisco Walk for Health** – Muir Woods

March

- March 1** **Sokol Greater Cleveland Winter Gymnastic Exhibition** – 6:00pm pre-exhibition concert, 6:30pm program; Cuyahoga Heights High School Gymnasium, at 4820 East 71st Street.
- March 1** **Sokol KHB Ennis 10K Building Fund Benefit** – 6:00pm
- March 2** **Czech and Slovak Sokol Minnesota Mardi Gras Tea Dance III** – 1-5 pm; Music by the Southside Aces, Cajun cuisine, merriment, and your costumes. \$15 entry; cash bar and menu a la carte.
- March 8** **Sokol Tabor Exhibition** – Sokol Tabor Hall, 6pm.
- March 9** **Sokol Chicagoland Exhibition** – Elite Sports Complex, Downers Grove IL, 2pm
- March 15** **Sokol Spirit Exhibition** – George Washington Middle School, Lyons, IL, 5:30 pm
- March 16** **Czech and Slovak Sokol Minnesota Flavors of Slovakia** – 12:30 pm; Cabbage rolls, pierogi, dumplings, and more. \$16 adult; \$8 child 9 and under, cash bar.
- March 21** **Sokol Naperville-Tyrs Exhibition** – Naperville Central HS, Naperville IL, 7pm
- March 22** **Czech and Slovak Sokol Minnesota Šibřinky** – 4-10 pm; Supper and Dance: Cathy Erickson Band, children, teen, and adult folk dancers. \$10/advance (by 3/15) \$12/door.
- March 23** **Sokol LA Spring Social** – Knollwood CC, Granada Hills, CA
- March 29** **Sokol Stickney Exhibition** – George Washington Middle School, Lyons, IL, 6:30 pm
- March 29** **Sokol San Francisco Lunch and Dance** – Crowne Plaza Hotel



American Sokol Deadline

Send your submissions, articles, events and photos to editor@american-sokol.org 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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