



*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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# American Sokol 2014-2018 Executive Board

Elected at the XX Americal Sokol Convention in St. Louis, Missouri



## AMERICAN SOKOL

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#### ASO Executive Board

Meets every 4th Tuesday\* at 7:30 pm

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\*except in July and August

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### From the Editor...

As I complete the last publication of my term, I am grateful for the experiences and the unique individuals I have encountered. I have learned so much about our amazing organization from truly amazing people. I encourage you to continue to share your memories with the next editor, your stories deserve to be heard!

Thank you for all your kind words and support during the last four years. I could not have done it without you – this is true. Continue to send in your items for publication; the next editor will need your support, too!

This publication's content is driven by YOU! Please continue to send a memory, article, newsletter or calendar of event to [editor@american-sokol.org](mailto:editor@american-sokol.org).

NAZDAR!



### To Submit Items for Publication:

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## 2014-2018 Executive Board

The following officers were elected at the XX General Convention, April 24-27, 2014

**Jean Hruby** Ⓢ PRESIDENT

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**Howie Wise** Ⓢ BOARD MEMBER

A big THANK YOU to the outgoing executive board for all your hard work, time and dedication. The American Sokol organization is here today because of you. Let's continue the momentum so that Sokol lasts another 150 years!



# *The Sokol Educator*

*Sis. EllenJeanne Schnabl, Educational Director*

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## MAY KVETEN

National Water Safety Month — prevent drowning by making sure that each member of your family knows how to swim and use a flotation device when in a boat!

Did you know:

You can expect about a 1 to 25 ratio of costs to benefits in a veggie garden started from seed. If you spend \$100.00 on seeds and fertilizer, you can grow \$2,500.00 worth of herbs and vegetables.

In 1787, 55 Americans came to the State House in Philadelphia to draw up plans for a federal government. This meeting was called "The Constitutional Convention".

May 6th: Every 5 years the town of Pilsen (Plzen) in the Czech Republic conducts a ceremony and parade with quiet reflective moments in honor of the Liberation of their city by Gen. George Patton's 3rd Army. 2014 will be the 69th Anniversary. This is also the crash site of Lt. V. P. Kirkham, the last recorded American USAAF pilot killed in Europe during WWII. Zdenka Sladkova now 80+ took on the responsibility to care for the site and memorial near her home.

May 11th: Mother's Day – honor your Mom, Gramma, Aunts and neighbors. Flowers account for over 70% of all Mother's Day gifts. Laskave slovo lepsi nez sladky kolac. (A loving word is better than a sweet kolache.)

May 12, 1720: Florence Nightingale, founder of modern nursing was born in Florence, Italy.

Zmrzly Muzi or Frozen (Iron) Men: 12th -St. Panrac, 13th - St. Servac, 14th - St. Boniface & 15th - St. Sofie — from Czech folklore. Moral of this story is not to put plants into the garden until after May 15th.

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

May 26, 1886; Asa Yoelson, born in Srednike, Russia. He was better known as Al Jolson.

May 26th: Memorial Day is celebrated. Please review the proper ways of displaying our American Flag.

RED: Symbolizes the sacrifices and courage of many Americans.

WHITE: Reflects the purity of purpose.

BLUE: Stars on a blue field represent unity of efforts by the States.

To all you devoted Sokol Sisters and Brothers:

As of this XX American Sokol Convention, I will no longer be sending you these columns. Our By-Laws state that an officer can serve only two consecutive terms and this is the end of mine. I thank so many of you for your kind words and encouragement. Best wishes to the new Educational Director. ☺

NAZDAR! Sis. EllenJeanne Schnabl, American Sokol Educational Director



## Sokol Memories

If you have a Sokol Memory or photo send it to [editor@american-sokol.org](mailto:editor@american-sokol.org). We look forward to hearing and sharing your special memory.

### Jr. Boys and Girls at the Slet in 1969 at Morton West

*Submitted by  
Julie Ann Barcal*

The following photo and paragraph and was published in the Chicago Tribune on June 30, 1969.



**Sokol Spectacular** – Gymnastics pageant, featuring 3,000 gymnasts from throughout the United States, climaxes four-day American Sokol Slet at Morton West Sunday. Overflow crowd watched precision ballet-gymnastic exhibition, sponsored by American Sokol, a Czechoslovakian-American society. Champions in gymnastic competitions were crowned in ceremonies Saturday at the school. Tribune photo by Stan Policht.



### The Old Dallas Sokol on Carl St. — *Submitted by Joyce Adams Ehrenberger*

The young woman in the second row, center under the banner of stars is my mother-in-law Terezie "Rose" Dupala, who immigrated from Zadverice, Moravia in 1912. She met her future husband Frantisek Ehrenberger, who immigrated from Hradove-Strimelice in 1912, at the Dallas Sokol and were married in 1921.



## International Olympic Committee Honors Czech Sokol Organization

*Source: e-sokol-leden2014 Translated by Paul Lebloch*

The Czech Olympic Committee held a festive meeting at the Prague Castle on January 16th, 2014. The nominated Czech sportsman for the 2014 Winter Olympic Games were announced.

The International Olympic Committee honored the Czech Sokol Organization for its 150 years of promoting sports for all and the Olympic ideals.

Sister Hana Mouchkova, president of COS accepted a bronze bust of Pierre de Coubertin, founder of the Modern Olympic Games.

It is inscribed "Sport a School for Life".

Czech president, Milos Zeman and Czech Olympic Committee president extended congratulations to COS. They were joined by various sports federations and organizations who extended greeting. ©

## The Prague Vitruvius — [www.praguestory.com](http://www.praguestory.com)

*Submitted by Paul LeBloch*

Újezd 450/40 – These colossal bas-reliefs by the sculptor Jaroslav Brůha decorate the gymnasium wall of the Czech Sokol organization. The movement, which was founded to promote healthy living and physical fitness, was founded in 1862 by Miroslav Tyrš.

The organization played a strongly nationalist role in the years leading up to the First World War, and in 1925 President Masaryk officially opened its new headquarters here on the site of the renaissance Michna Palace. ©





# 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**

It is "Spring Cleaning Time!" Please see the article below to help with this daunting task. KP :)

## Declutter your life in seven steps

A few simple steps can make your day-to-day life run a whole lot smoother.

Are you a hoarder of old paperwork, receipts, make up and clothes? Follow these tips to clear the clutter and become super organized.

### 1. **START WITH BABY STEPS**

Pick a room in your house, set a timer for 15 minutes and work as fast as you can, cleaning, sorting and tidying as you go. Once the timer goes off, move onto the next room. After 45 minutes' working, take a 15-minute break, then simply start again.

### 2. **SORT YOUR PAPERWORK**

Tax documents need to be kept for five years after they are filed, while utility bills only need to be kept for one year. Credit card statements can be thrown out once you've checked the transactions and paid the bills. To streamline filing, choose paperless billing where it's offered.

### 3. **UPDATE YOUR WARDROBE**

Create four piles: one for clothes to keep, a pile for anything that needs mending, a pile for clothing to be thrown away and one for charity. Throw out what hasn't been worn in 12 months. Hang or fold the clothes in your closet, sorting them by color or item.

### 4. **EMPTY YOUR WALLET**

File receipts you may need for returning items, or for a tax return, and chuck the rest. Place cash notes in order of value and facing the same way - respecting money is the first step to financial freedom. Clear your wallet out weekly and don't take receipts for small things.

### 5. **CLEAR OUT COSMETICS**

Does your make-up bag harbor old tissue paper and gluggy mascara? Toss anything that's passed its use-by date, or is broken or separated. Wash your bag out and stick to basics, such as tinted moisturizer, concealer, mascara and a few eye and lip colors.

### 6. **PAY IT FORWARD**

Make room for new things by donating items you don't need to charity, or offer them for free on Freecycle ([www.freecycle.org](http://www.freecycle.org)). Yes, you could have a garage sale or put them on eBay, but donating them is quicker and easier, plus it's good karma.

### 7. **KEEP IT UP**

Now that your home is clutter-free, ensure it stays that way. Use the one-in, one-out rule. For example, every time you buy a new dress, give an old one away. Spend five minutes each day sorting mail and paperwork and every night, do a quick tidy before going to bed. ☺



National School Board

**Please Adopt a Student or a Class!!!**

The American Sokol National Instructors School is looking for YOUR help. Costs for everything are going up! This is the first time in several years that we have had to raise the tuition fee for School Students by \$50 across the board. The National School is subsidized by the Future Sokol Leaders Fund! But in recent years the donations to that fund have been declining. The Students at the Kurz are “OUR FUTURE SOKOL LEADERS”!! So in conjunction with the National Board of Instructors and the National School Board we’d like to be proactive in a “fun(d)” way of securing some additional donations to help with the School expenses.

You can “Adopt a Student” in 4 different ways:

- Adopt a specific student (you may know who is attending)
- Adopt a student from your Unit who is attending
- Adopt a student from your District who is attending
- Adopt any student

All of our students are “up for adoption”! Besides supporting the school, adopting a student comes with the following benefits:

- 1 personal letters from your student during the School
- 1 personal letter from your student at the end of the School
- Picture of your student at the School

You can “Adopt a Class” in two different ways:

- Adopt a “specific” class from the list – (maybe something that’s near and dear to your heart ♥)
- Adopt any class at random

Any class from the curriculum list below is “up for adoption”! Besides supporting the school, adopting a class comes with the following benefits:

- 1 personal letter from that particular class
- Picture of the class in session
- Picture of the School

**“ADOPTION PAPERS”**

**Place an X in the box of your choice below. Donation - \$50 per box.**

A list of student names, for you to choose from, can be provided upon request.

**“ADOPT A STUDENT”**

- I would like to adopt (name specific student) \_\_\_\_\_
- I would like to adopt a student from (name specific Unit) \_\_\_\_\_
- I would like to adopt a student from (name specific District) \_\_\_\_\_
- I would like to adopt a student at random

**Place an X in the box of your choice below. Donation - \$75 per box.**

**“ADOPT A CLASS”**

I would like to adopt the following class:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Any class at random        | <input type="checkbox"/> Calisthenics             | <input type="checkbox"/> Marching           |
| <input type="checkbox"/> Games                      | <input type="checkbox"/> Practice Teaching        | <input type="checkbox"/> Singing            |
| <input type="checkbox"/> Spotting & Progressions    | <input type="checkbox"/> Apparatus Terminology    | <input type="checkbox"/> Rhythmics          |
| <input type="checkbox"/> Folk Dancing               | <input type="checkbox"/> Combative and Resistives | <input type="checkbox"/> Special Numbers    |
| <input type="checkbox"/> Warm-ups/Conditioning      | <input type="checkbox"/> Sokol History Lecture    | <input type="checkbox"/> Judging Lecture    |
| <input type="checkbox"/> Sokol Organization Lecture | <input type="checkbox"/> Teaching Methods Lecture | <input type="checkbox"/> Tots Class Lecture |

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 Your First Name: \_\_\_\_\_ Your Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Adoption of a Student only costs \$50. Adoption of a Class only costs \$75. Please fill out the separate form with all of your information and put an “X” in the box of the student or class that you would like to adopt. Then, send the form and a check made payable to “*American Sokol Instructors School*” to:

**Jane Wise – School Secretary  
 c/o “Adopt a Student or a Class”  
 5664 Dunedeen Circle  
 Brooklyn Hts., OH 44131**

**NAZDAR AND THANK YOU FOR YOUR SUPPORT!!**

## “The Power of 3”

### Lead With Collaboration, Passion & Positivity

By: Jon Schmieder, CSEE From: Sports Events Magazine

Leadership is the most studied subject matter in industry. There have been thousands of studies conducted on the traits that “all” great leaders possess. Of course, not every leader is cut from the same cloth, which is what most of the academic research inevitably concludes. Even within disciplines (such as rights holders, sports commissions, bureaus or national governing bodies) there are numerous styles of leadership that have proven successful.

In my organization, we build recommendations and activation plans around what we call the “Power of Three.” We present our clients with three major initiatives, with no more than three action items for each initiative. We believe that in nearly all cases, focusing on more than three deeply rooted strategies will lead to diluted efforts-and results-in too many areas. Most often, by taking action in the three areas that need the most attention, all of the small issues disappear over time. Limit the areas of emphasis, stay focused, increase positive results.

Applying the “Power of Three” concept to the vast subject of leadership could lead to a very diverse list of responses. We offer here our opinion on the three most important traits of leadership in sports tourism and events:



**COLLABORATION** – Teamwork and the ability to work with others is THE single most important trait to successful leadership. If you are reading this publication, you likely

work in sports tourism and events. Our industry is a team activity. There is no place on earth where collaboration is more important than in sports, whether in a team game or in hosting a national championship.



**PASSION** – If you don’t have a passion for what you are doing, try something else. Leading anything with a lack of enthusiasm is difficult, even for the most accomplished

professionals. Most people punch the clock every day to go to jobs that they look upon as a way to make a living. We have the opportunity every day to work in and around sport. The mere fact that we get paid to do things others would volunteer to do is proof that we are truly blessed to work in this industry. Bring passion to your work and make the most of every opportunity to lead.



**POSITIVITY** – OK, so “positivity” isn’t a real word, but we all know it when we see it. Having a positive attitude toward a person’s surroundings, especially when things look

dire, serves as a great example to those around us. Who do you want to lead your organization/event/team when the chips are down? When things get tough, do you want the person who sulks or becomes a negative influence, or do you want the person who smiles and says, “We can do this, let’s go”? It’s a rhetorical question, but I’d suggest you choose the latter option.

Former General Electric CEO Jack Welch once said, “Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.” No matter where you are in life’s leadership continuum, you are either being impacted by others or mentoring someone yourself. And it’s likely that you are doing both simultaneously. While Welch offers great perspective, we believe we are all leaders and followers-at the same time.

It’s easy to fall into the trap of thinking “I’m not the director (or CEO), so I don’t lead anyone.” We all lead someone, even if that is only oneself. So, whether you subscribe to our proposed “Powers of Three,” or to Jack Welch, or to one of the thousands of other leadership models, one thing is certain: we have the ability to lead those around us in a very positive way.

Sometimes you might realize that you are leading others, sometimes you might not. But we must all be cognizant that our actions speak on our behalf. Working well with others, showing great passion, and exhibiting superior enthusiasm are three ways to lead.

You have your own style, your own “Power of Three.” Identify them, enhance them, unleash them, and as we go into a new year, lead with them. ©

## Brother Jerry Sijansky, Sokol Corpus Christi, Honored

*Submitted by Chuck Kalat*

Each year, the Texans of Czech Ancestry organization invites each its member groups to honor one of their members for outstanding contributions to the preservation of the Czech culture and service to the Czech Community. The Award Event takes place at the Texas Czech Heritage and Cultural Center in LaGrange Texas. This year, the Delegates to the 2013 Annual Meeting of the American Sokol Southern District chose Jerry Sijansky of Sokol Corpus Christi for recognition of his contributions to Sokol and the Czech Community. Below are the presentation remarks of Bob Podhrasky, Southern District President:



In 2006 Jerry was elected President of Sokol Corpus Christi and is currently serving in that position. He has also served on their building committee, helped host Sokol National Instructor Schools, chaired Slet Committees and has been a key figure in the success of Sokol in Corpus Christi, specializing in sweat equity. Jerry is also a delegate and current Membership Chairman of the Sokol Southern District.

“Jerry comes from a family who values the traditions of their Czech ancestors and unselfish contribution to community. Jerry’s grandparents settled in the Corpus Christi area where Jerry’s mother and father met at Sokol while participating in gymnastic classes. After marriage, Jerry’s parents continued their life long participation in Sokol with sons Jerry and Randy joining the gymnastic classes as preschoolers.

A long time tradition for Sokol is the Slet. At the close of World War II as the soldiers came back to their families, Sokol activities resumed around the state. The first post war Slet in Texas was held in Corpus Christi and Jerry, at the age of six, had his first opportunity to participate. Since then he has seldom missed this annual event, although now he has graduated to the spectator division.

Jerry met and married Jill and together they raised four children, Wayne, Nancy, Laurie and Gerilyn. For the Sijansky family, going to Sokol as a family for gym classes, dances, meetings and other events was the norm. In 1970 Jerry was elected as head gym instructor, a position he held for sixteen years. His service during this time allowed him to lead, coach and mentor an entire generation of children and young adults. A sixteen year commitment to be at Sokol several times a week to help others with no compensation other than the satisfaction of helping others is commendable.

One of the highlights of

Jerry’s life was to travel in 2012 to Prague to participate with his daughter Gerilyn in the 150th year celebration of Sokol. He carried the District Flag while Jerry Lynn carried the Sokol Corpus Christi Flag in the traditional Slet Parade that is made up of over 10,000 participants, and winds through Prague. They also carried the flags in the opening Slet ceremonies with fellow Sokols from around the world.

We also want to acknowledge Jerry’s contribution to the community. Jerry is also an active SPJST member and has represented his lodge at several conventions. He served on the board of the SPJST rest home and is currently lodge vice president and sales representative. Jerry received the Jefferson Volunteer award presented by the Corpus Christi Caller/KRIS Channel 6.”

The Texans of Czech Ancestry is organized to improve and facilitate communication among the Czech founded organizations operating in Texas; to help member organizations to mutually assist one another in their pursuit of the preservation and promotion of the Czech language, culture, and heritage in general, citizenship, fraternalism, mutual aid, and other activities, services and products; and to encourage/conduct public relations activities which will acquaint all Czech Texans, their friends, and the public everywhere with the history, contributions, and present status of persons of Czechoslovak decent on the local, state, national, and world scenes. ©

## 2014 Central District Skills and Progressions Clinic Sokol Tabor – January 10–12, 2014

*Submitted by Christina Wurst*



40 students participated from 5 units: Lodge 306, Ceska Sin, Naperville-Tyrs, Spirit, and Tabor. Friday night began with a welcome greeting including introduction of instructors, roll-call, “By the Numbers” count off, and gym/building rules. Then it was time to get the gymnasts active through warm-ups and tumbling progressions. After a break, the gymnasts went through various conditioning drills. Friday evening concluded with the group being split into five teams (w/multiple skill levels), and each created a team name.

Saturday started with a hearty breakfast and group photo. This was followed by warm-ups, pyramids and stunting, and games. After lunch, the teams had a chance to compose and practice their pyramid & stunting performances. Apparatus rotations dominated the afternoon. Girl’s apparatus: bars, beam, floor, vault. Boy’s apparatus: mushroom/pommel horse, rings, parallel bars, vault. The gymnasts were weary at the end of the afternoon

from all their hard work and were treated to a cool down activity before dinner. Reverse apparatus (girls on boys apparatus and boys on girls apparatus), open gym (including learning to spot basic skills), youth activity, endurance training/burnout and team pyramid and stunting performances rounded out Saturday Night. The performances were very entertaining.

Sunday morning included breakfast, warm ups, and an obstacle course. With the bleachers filled with family and friends, the graduation ceremony began promptly at 11:00am. It included a grand march, introduction of weekend staff, each team’s pyramid and stunting performance, apparatus performance (three vaulting stations), tumbling performance, and presentation of awards. All students received a packet containing a graduation certificate, graduation program, and a gift bag filled with Sokol souvenirs. Students and families were invited for lunch following the graduation program. ☺

## Sokol Member Restores Chip Box

Submitted by Frank Michalek,  
Sokol Chicagoland



Brother George Krajcovic a member of Sokol Chicagoland, a unit in Central District takes on the task of restoring a 100 year old Chip Box. Sokol Chicagoland which resulted from a merger of; Sokols Chicago, Sokol Havlicek-Tyrs, and Sokol West Suburban and now conducting classes in the Elite Sports Complex is the proud owner of this facility it acquired in 2004. At one time there were over 20 Sokol units in Chicago, and Havlicek-Tyrs itself was the result of two units merging many years ago. Havlicek-Tyrs had one of the largest Sokol Buildings in Chicago, and because of its size was called the Lawndale Ballroom. It held many large social functions and rented the building out to the community for large affairs. It had a large stage, second floor balcony with a large ballroom below. Concerts and theatrical shows were performed there, as well as large weddings and Debutante Balls.

In years past, cash was not used at the many social functions such as the Masquerade Balls (Sibrinky), and therefore printed paper chips in denominations of five and ten cents were bought and used in place of money for food and beverage purchases. Volunteers working the bar and kitchen would collect the chips and put

them into a box or container to be counted later to determine how much money was spent for these purchases.

Several Sokol members who were tradesmen in various jobs decided to make an elaborate metal container for collection and storage of the chips. It was a joint effort and the final product was a work of art. When the Sokol Havlicek-Tyrs building was sold in 1972, many of the properties of this old Sokol unit were left and many such as trophies, plaques, apparatus, and hand apparatus, and special number equipment and artifacts including the old chip box were taken home by members to be returned when a new building was built or acquired. After 40 years an old tarnished, weathered and badly in need of repairs and tender loving care chip box was returned to its new home. Some suggested to just throw it away, but it was a historical treasure. That's when brother George Krajcovic volunteered to go to work to restore the box and put it into its original pristine condition. Thanks to brother Krajcovic we now have an artifact of value with many historical memories and stories revolving around its use. ©

## Sokol NY on Late Night



On March 20, The Tonight Show starring Jimmy Fallon shot a little segment in the Sokol Hall.

This shoot took place

on the stage in the big gym, featuring the High Bar. The five-second segment features a gymnast spinning on the high bar and originally aired Friday, March 21.

"A special thanks to all Sokol members who helped make this possible. It was a great experience for Sokol working with the NBC Studios."

Watch the clip online now: Search *Kevin Bacon's footloose entrance*. ©

### ADVERTISEMENT

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## RISING STAR: NIKKI LOAYZA

*Submitted by Sister Donna Sbriglia*



Nikki Loayza is a Sokol New York rising star. At age seven, Nikki took her first Sokol class—not as a gymnast, but as a ballet student. But her mother quickly realized that she was much too active for ballet and enrolled her the following season in gymnastics classes. During her formative years at Sokol, Nikki was a very active youth member. She competed as a small girl in the 1991 Slet in Indianapolis and as a junior in the 1992 Toronto and 1993

Chicago Slets. When she speaks of having attended these Slets, her face lights up. She talks about the memory of carrying the Sokol New York flag onto the field in Toronto and how exciting that experience was for her.

Nikki began teaching at age 10 as an assistant instructor in our Tots classes. She has told me how teaching 3-4 years old definitely taught her patience. In the summers of 1992 and 1993, Nikki attended beginner and intermediate Kurz courses hosted by Sokol USA in Barryville, New York. She continued to coach our Small Girls classes until she left at age 14 due to her commute and activities in high school.

I asked Nikki how being part of Sokol when she was young influenced her life. She said, “Most of my childhood memories are from the gym. Being an active child, it was a good outlet for me. Sokol taught me structure between learning to march, memorizing routines, and learning how to read and write calisthenics. It also taught me responsibility—not only from coaching, but also from all the babysitting jobs that were offered to me by parents of the children I coached.” Some of Nikki’s fondest memories are from the Saturday Roller Nights.

After high school, Nikki attended Union College in Schenectady, New York, where she majored in Electrical Engineering and minored in French. She currently works as a Senior Electrical Engineer in a New York City consulting firm and has worked on projects throughout the world.


Nikki had never forgotten about Sokol and had been thinking about coaching again when in September 2012, while searching Craigslist for a tutor for her 12-year-old cousin, she came across an ad for a coach at Sokol New York. When she saw the ad, she thought about how Sokol had influenced her and had been such a huge part of her childhood...and she applied.

I was so excited to receive her response to our ad and quickly hired her. She told me, “If I can give back to some child a portion of what I got from Sokol, then I’m happy.” Giving back is what she has been doing since walking back through Sokol New York’s front doors. After only a few months of coaching the Juniors, she offered to fill the vacant BOI Assistant Director position. She attended the Milwaukee Slet as both a coach and participant, performing the special number with the juniors. This season, she is still coaching Juniors and was elected into one of our Physical Director positions. In her new role, she has been involved in the hiring of new instructors and the day-to-day activities of running our busy programs. She’s doing an amazing job!

If you ask Nikki what she has experienced or gained since being back, she’ll tell you that Sokol has become a huge part of her life again and that she can’t remember not being part of the organization. In Nikki’s words, “I get so much from my girls that I coach. They are such great kids, so sweet and respectful. I learn a lot from them striving to improve themselves. You feed off their energy when they accomplish a skill. I have almost cried once or twice when they get that one skill they have been struggling with for months when it matters (like a cartwheel on the beam at the Slet competition).”

Watching Nikki coach and seeing the respect and bond she has formed with the juniors it is apparent that she is giving to them as much as she is receiving. As one of Nikki’s former coaches, I too feel pride and feed off her energy and enthusiasm as I watch her coach our juniors and become a leader in our gym.

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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](mailto:editor@american-sokol.org). 



## Mark your Calendar

### Events around the American Sokol

Get your event featured! Email [editor@american-sokol.org](mailto:editor@american-sokol.org)

## May

- May 7** **Sokol San Francisco Walk for Health** – Filoli Gardens in Woodside
- May 15-16** **Czech and Slovak Sokol Minnesota Garage Sale** – Thursday: Noon - 7 pm and Friday: 10 am - 2 pm  
Drop off: Wednesday, May 14, 10 a.m. - 6 p.m.
- May 18** **Minnesota Regional Dinner Dance (Czech and Slovak Sokol Minnesota)** – 1-5pm; Native American cuisine by Jason Champagne, Shakopee Mdewakanton Sioux Scholar. \$15 entry; cash bar and la carte.
- May 18** **Central District Sokol Day**
- May 18** **Sokol Little Ferry Annual Pork Dinner and Raffle**
- May 18** **Sokol St. Louis Meat Shoot at Camp** – Noon; 6270 Hwy 61-67 Imperial, Missouri, Meat Rounds, cash rounds, Pot shots, Food and Refreshments
- May 20** **Sokol Milwaukee Gymnastic Exhibition** – Norway House, 7507 W. Oklahoma Ave; 7:00 pm
- May 25** **Sokol Detroit Pancake Breakfast** – Sokol Detroit Camp
- May 25** **Sokol Greater Cleveland Sunday Sokol Dinner** – Cottage Ham, 1-2:30pm
- May 23-25** **National Polka Festival (Sokol Ennis)**
- May 31** **Northeastern District Competition** – Sokol Cultural Center, Hartland MI

## June

- June 1** **Northeastern District Summer Gymnastical** – Sokol Detroit Camp, South Lyons, MI
- June 9-13** **Czech and Slovak Sokol Minnesota Children's Cultural Day Camp** – For boys and girls ages 7 to 14. Ethnic cooking and crafts, Czech language, n gymnastics, and more. Questions: 651-452-6240. Registration forms at [www.sokolmn.org](http://www.sokolmn.org)
- June 13-14** **Southern District Slet**
- June 22** **Sokol Greater Cleveland Sunday Sokol Dinner** – Duck, 1-2:30pm
- June 26-29** **Sokol Canada Mini Slet**
- June 29 – July 13** **American Sokol Instructor School** – Hosted by Sokol Greater Cleveland; Contact your District or Unit Director



### American Sokol Deadline

Send your submissions, articles, events and photos to [editor@american-sokol.org](mailto: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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