



*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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CATCH SOKOL FEVER!



1865-2015



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**From the Editor...**

Do you feel it? I know I do. The Sokol season is just under way. Have you caught the fever? Beyond registration, fund-raising planning, cal teaching and special number writing for those that do. Also, volleyball, basketball, wheels, track & field and a number of other sports and programs across the nation.

I mean the *fever!* That WOW, this season begins our 150th year in the United States. I am so proud to be a part of this once in a lifetime event. Let's make this a great start to an historic season!

It all starts in St. Louis with their 150th Anniversary Kickoff on Valentine's Day 2015. More information about this event will come, but SAVE THE DATE NOW! Fall in love with Sokol all over again in the city that spawned the Sokol Movement in the U.S.

Once you catch it, you gotta feed the fever!

NAZDAR!



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Hello Everyone!  
I have some  
exciting news for  
you! I am thrilled  
to introduce you

# Dobrý den!

to Ms. Pavlina Dropka, (*pictured right*) our new Office Manager in the National Office. Pavlina is a member of Sokol Spirit where she has been developing and teaching the Czech language school program. She is excited and looking forward to speaking with all of you (in Czech or English). Please join me in welcoming



her with open arms. I also want to recognize and sincerely thank Mary Cushing for her willingness to help us during this period of transition. Mary picked up the necessary duties while we worked to hire a new Office Manager. Thank you all for your patience these last few months. In addition to working diligently to find a new Office Manager, I have been busy preparing a Membership Drive, applying for grants, working with our Treasurer on Financials and locking in some dates for our 150th Anniversary Gala to be held in the 4th quarter of 2015. We have had several visitors from Southern District, including the Kalats and the Milans. It is great to see you all when you are in town! Please continue to stop in and make us a part of your Chicago itinerary.

My Sokol networking schedule is always full for the summer! So, what do you get when you have a hot sunny summer day and a park full of Czech American organizations? Yes, you guessed it...a Czech Picnic! I spent eight hours over a hot grill cooking for the Czech American Congress Picnic in Brookfield, IL. The CAC is a conglomerate of all Czech Organizations in the Chicago area. This is a tradition for me. Sokol Spirit, Tabor, and Town of Lake members were among the volunteers working the tents as well. In fact, many of those who organize this event are Sokol members. It is great to see our people volunteering for the good of all the Czech organizations. I was able to talk with some of the organizations' leaders and we all will be meeting soon to see how we can help each other and find ways to support each other's membership. Working together and combining efforts will strengthen all of our organizations. The United Moravian Societies will be holding their picnic on August 9th in Brookfield and I plan to man the grill there as well. I am also very honored and excited to have been asked to judge the Miss CSA Fraternal Life Insurance Company Pageant in early August. Many of our Sokol members also belong to CSA lodges so I am thrilled to be able to be a part of this organizations' annual event.

We say farewell this summer to our Consul General in Chicago, Ambassador Dana Hunatova, who has given her endless support to American Sokol and our local Units. She has worked personally with me on several projects and was integral in our effort to obtain grants and assistance for our 2012 Sokol Slet trip to Prague. I would like to bid her a fond "Nazdar" from all of us and wish her the best in her endeavors.

At the same time, I welcome an old friend of American Sokol, Borek Lizec, who is back in Chicago as the new Consul General. He served four years in Chicago from 2006-2010 as the Deputy Consul General and I was fortunate to work with him on many occasions. Consul General Lizec is already working with me on our 150th Anniversary and we are very excited about our future collaborations.

I am honored to be able to attend the 110th Anniversary of Sokol San Francisco on September 6th. This is an exciting time for the Pacific District and American Sokol. I am so pleased to share this moment with them.

As always, know that my email and phone number are open to each and every one of you. If you ever want to talk about something or share an idea, I am here for you. Until next time, keep the grills hot and keep making connections and networking the Sokol name.

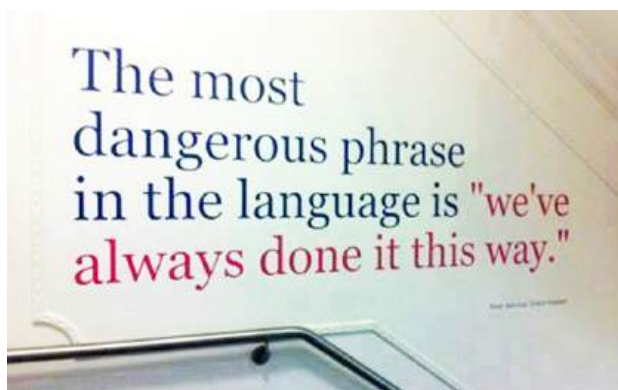
Nazdar! At' žije Sokol! Long Live Sokol!  
Jean K. Hruby, President



# The Sokol Educator

*from The National Education Committee*

## “We’ve Always Done it This Way”



I recently had this picture on my Facebook page. Why? Because it truly spoke to me. “The most dangerous phrase in the language is ‘we’ve always done it this way’”. While it is attributed to Rear Admiral Grace Hopper, it’s actually a variation of what she actually said, which was, “Humans are allergic to change. They love to say, ‘we’ve always done it this way.’ I try to fight that. That’s why I have a clock on my wall that runs counter-clockwise.” Either way, a powerful message to really absorb.

How often have we uttered or heard that phrase as response to a question? This phrase is said to be the seven most expensive words. Why? Because it shuts down the process of idea sharing and brainstorming and possible change. This phrase, and its partner in crime “if it ain’t broke, don’t fix it”, keep good ideas from being shared or implemented. Let us all enter a new gym year with a promise to not use these phrases; let’s police ourselves at committee meetings. Make it fun; keep a jar and charge \$1 per use with a pizza party when enough money is in the jar. My wish for each and every unit – you never get to have that pizza, but have a ton of new and fresh ways to approach the year.

*submitted by Sis. Ethna Flaherty, National Education Director*



## Celebrating Ten Years... TOGETHER!

by Sis. Kathy Barcal



Sokol Spirit was formed in the year 2005. It was a merger of three strong American Sokol units from the Central District whose office has been located in the Brookfield building for several years. Sokol Berwyn, Sokol Slavsky and Sokol Brookfield merged to become Sokol Spirit. Today we have a membership of over 250 and going strong!

Over the last few months ideas were discussed on how to celebrate our ten year anniversary as one unit. It was finally agreed upon that a boat cruise would be an enjoyable way to celebrate! On, Saturday, June 21st a group of close to sixty members boarded the Mystic Blue off of Navy Pier!

Everyone enjoyed a fine dining experience, refreshments and a beautiful view of our Chicago sky line. It would not be a Sokol event if there was no dancing! Many of us could not help but show our dance moves!





## 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.



## Remembering Mildred Prchal

by Julie Barcal

Among my best Sokol memories are the lessons I had with Mildred Prchal. Back in the '70s when I was a Junior, I was putting routines together for competitions. I was having trouble coming up with enough dance movements for my floor routine and getting them to connect smoothly to tumbling passes. (In those days routines had to flow or there were significant deductions.) I mentioned that to my father and soon afterwards, he told me Mildred



Prchal would be willing to work with me Wednesday evenings at Sokol Berwyn. What I thought would be only a few lessons turned into a few years of lessons, until I went away to college. Since I was working by myself and had to take breaks, we had some very interesting conversations during those breaks on topics ranging from food to Greek philosophy. I was a teenager and she was in her seventies but we had wonderful and fun conversations.

Later on Kathy Brym joined us. Kathy was a rhythmic gymnast and I was an artistic gymnast, so Mildred would give us a ballet barre and ballet floor work (both modified for gymnasts) and then she worked with each of us individually. Looking back, I find it completely amazing that a woman of her importance in the world of gymnastics would be willing to invest so much time and energy in two girls, but she did. And how privileged we were to have had that opportunity!

Morgan McMichen of Sokol St. Louis was crowned the Miss Czech Slovak U.S. 2014-2015 Pageant winner in Wilber Nebraska at Czech Days.



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## 2014 AMERICAN SOKOL INSTRUCTOR'S SCHOOL

JUNE 29 – JULY 13, 2014

A total of 35 students from 10 American Sokol Units (representing 5 of the 6 Districts) as well as students from Lodge 306 – Sokol USA attended this year's American Sokol National Instructor's School hosted by the Northeastern District at Sokol Greater Cleveland. There were 28 Beginners, 3 Intermediates and 4 Advanced students of which 12 were boys and 23 girls ranging in age from 12 to 21 years old. Interesting fact, all Intermediate and Advanced students were boys.

Once again the staff did an outstanding job! The returning staff included Bro. Todd Yatchyshyn from Sokol USA and Sis. Michele Jirousek from Sokol Greater Cleveland. Sis. Heidi (Venc) Kuharek from Sokol Greater Cleveland returned to our staff after a few years sabbatical. Bro. Dan Bajek from Sokol Naperville Tyrs, returned as an Assistant Instructor. Our IT (Instructor in Training) this year was Sis. Hallie Soulides from Sokolice Tabor. We were also pleased to have Sis. Gretchen Obravoc from Sokol Greater Cleveland, very pregnant, returned as a part-time instructor. And of course, we couldn't survive the school without the assistance of Sis. Jane Wise who handled registrar and secretarial duties as well as Sis. Mary Hrcir, who coordinated our kitchen and wonderful meals during the two weeks. Of course there are many other volunteers and helpers that pitch in and are very much appreciated as well.

The classes and curriculum continue to evolve innovatively and progressively in order to engage and excite the students at all levels and will surely benefit each unit where these students return to teach. New this year, we offered certifications in a variety of areas. Students of all levels were certified in a course on Concussions developed by the CDC. Intermediate and Advanced students were certified in American Red Cross First Aid, CPR and AED. The Advanced

students were certified in an online USAG U100 Course of Fundamentals of Gymnastic Instruction.

Our graduation program was presented on Saturday evening, preceded by a delicious dinner. The students demonstrated many of the things and activities learned over the previous two weeks, most of which were choreographed by the students themselves. The graduation program was concluded with the presentation of diplomas and special awards. The Leadership Award is given to the one student from each school level that the staff feels were outstanding in this area. The Beginner Leadership Award went to Marie Dix from Sokol Naperville Tyrs; the Intermediate Leadership Award went to Jacob Jirousek from Sokol Greater Cleveland; and the Advanced Leadership Award went to Coleman Sutter from Sokol Greater Cleveland.



Our 2014 Sokol

Instructor's School officially concluded with our final flag lowering and you could hear the resounding tradition of the three Sokol "Zdars!" ringing out loud and clear to conclude another successful Kurz. This of course was followed by the last night of social activities, pizza, packing and fun! It was a good time with many having a difficult time saying good-bye!

A tremendous thank you to the staff that did an outstanding job! I'd also like to extend a big thanks to all the helpers and volunteers from Sokol Greater Cleveland and Ceska Sin, as well as Bro. Chuck and Sis. Jan Kalat from Sokol KHB. Also the awesome students who gave up 2 weeks of their summer and once again the American Sokol for continuing to support this important and worthwhile venture!!

NAZDAR!

Sister Mary Cushing

2014 American Sokol School Director



# 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

## 5 Simple Strategies for Creating Healthy Routines

### The Power of Routine

By: Karen Smith From: The Kitchen Skinny

The reason my family and I eat so healthy and live so healthy is that we have set up a structure in our lives that makes those things automatic. We don't rely on willpower to get it done. We rely on our schedule. There's a lot to be said about relying on a schedule to support your healthy habits. Healthy choices are about establishing healthy routines (much like unhealthy ones are often due to unhealthy routines). That said, as much as you can rely on routine, routines have to change from time to time. And, you gotta know how to deal with it when it happens.

### Time to Change

We recently changed up our work schedule and it had a domino effect on our daily routine (you may be feeling something similar right now with school starting up). Adjusting to new schedules is a challenge and it happens for a lot of us at this time of year. Kids are back to school. Summer vacations are over. Time gets more structured. And, whatever healthy routines you may have developed over the summer months, quickly fall apart. But, you don't have to let that derail you. In fact, here are some great strategies for tackling a changing schedule and coming out on top.



## 5 Simple Strategies for Creating Healthy Routines

### 1. Watch for Stress Signals

If you find yourself rushing around and irritable trying to *get things done*, take note. What is causing the stress? Do you just need more time? Where can you get it? Is dinner time rushed and stressful? Don't give up or resort to take out. If you used to eat dinner at 6 p.m. and that feels too rushed now because of soccer or gymnastics, maybe it's time to move dinner to 7 p.m. Feel like you need some time to yourself? Maybe you need to get up 30 minutes earlier to allow

yourself some quiet time before the day starts. Or maybe sneak away to bed a few minutes early for a little down time. Wherever you see that stress flare up, it's just a sign that something isn't working. Something important to you has been compromised. Figure out what that is and you can recover it.



## 2. Be Forgiving

When schedules change, you're bound to drop the ball somewhere. It's okay. Forgive yourself. Move on. Sure, I skipped a workout class, something I never do, but did I beat myself up about it? Did I give up? No, I took note of the extra time I needed and I made sure that the next time, I gave myself a bigger window of time so I wasn't stuck in the same spot again.

## 3. Ask for Help

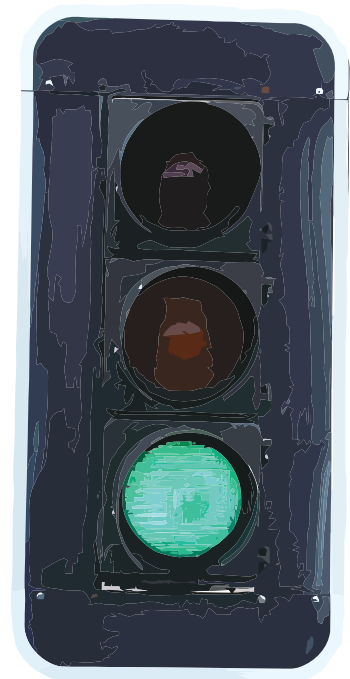
Hey, we love to think we can do it all ourselves, but in the midst of a schedule change, you might realize that you've bitten off more than you can chew. That's okay, too, as long as you don't choke! Have someone else plan your meals. Maybe you can hire the kids to run some errands for you or wash the car or do some of those tasks that have been left undone. Don't be afraid to ask for help as you transition into a new routine.

## 4. Keep Going

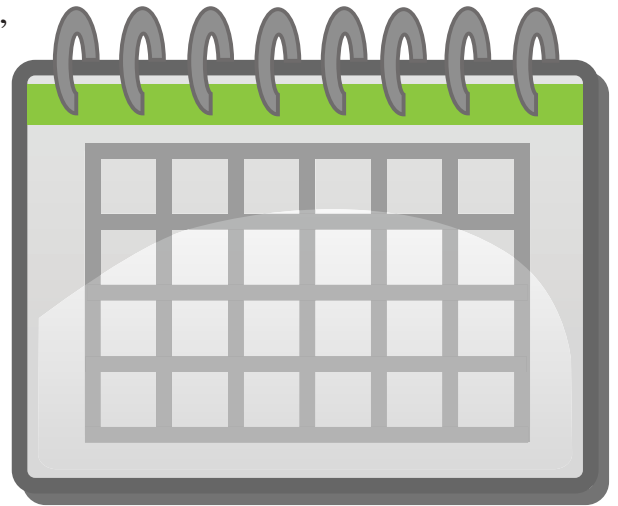
The important thing is not to give up. Be flexible and adjust where needed, but don't let the important things slide. If eating healthy and taking care of yourself is important to you, find a way to make it happen. Plan your meals on the weekend, prep some of the food in advance, rally the family to help you. When things fall apart, take note and think about what you can do to prevent that next time around. Most importantly, don't struggle trying to force something to happen that just doesn't work. Instead, let go of the stress of it and come up with a new approach. Shift dinner time. Get up earlier. Go to bed earlier. Pack an extra snack. Make your smoothies the night before. The options are limitless!

## 5. Find a New Routine

Routine is one of the best ways to set yourself up for a healthy life, but not if the routine causes chronic stress. Watch for those times when you're clinging too tightly to the routine and see what you can do to lighten your load without compromising your priorities.



With the new school year and Sokol year approaching, I find it easier to make a schedule! I don't always continue to follow it (which ends up in stress on my part and disorganization which is one of my shortcomings for sure) but I do find that it helps A LOT! In my Sokol class-the 1st class girls like knowing what to expect! They know we will lineup and take attendance, do basic marching commands on the line, then we will go to our markers (possibly do cal, but in the beginning of the year we will do a dance/warm-up routine to music and our stretches), then break into groups and do apparatus/rhythmics/track and field/etc., play a game and then lineup for closing and Nazdar! That "basic" routine is how every class is structured—so as they year goes on, my co-teacher and I don't even need to tell the girls where to go or what to do—they already know! The same can begin to happen at home! Once you get into a routine, your mind will know what comes next. It doesn't ever hurt to post schedules or reminders, but a basic routine is always a good guide to have whether it is in your classes you are teaching, how you run your home or at work! Good luck with beginning this new Sokol year. I hope you can build a successful routine! KP ;)



## Two Common Injuries or Aches and How to Help Your Students

With a new Sokol season beginning, you may have students who get little aching or common injuries that arise because of not having been involved in gymnastics-type activities over the summer. Here are ways you can be prepared for your classes to help the students stay as active as possible when you have to address a specific student or alter the activity due to soreness or a common injury.

**Rips:** Rips are caused by friction of the hands against the bar. They can develop a blister and that blister will pop causing a tearing of the skin and leaving new/tender skin exposed.

**Care:** Make sure the gym has an antibiotic ointment or cream to put on it as well as bandaids and athletic tape to cover it. (I always wrap the hand with the athletic tape to prevent the bandaid from coming off. Note: if the athlete is going to continue to do bars, the tape will roll up. You can make a tape grip to prevent that from happening.) Make sure to tell the parents what happened and how to care for it. Keep the tender skin moist with an ointment and keep it covered to prevent dirt from getting on the new exposed skin. I like to tell them to keep it covered for two days-but on the second night to take the bandaid off and let it dry up. From then on—keep it uncovered to dry.

I ALWAYS make a BIG DEAL about a gymnast getting a rip! I say: WOW-YOU ARE A REAL GYMNAST NOW!! CONGRATULATIONS! This way they feel "special" and get less nervous about how much it stings (it DOES sting)! There may be crying and screaming, but encouraging them and forcing them to believe it is a GOOD thing really helps!

**Prevention:** Try to do some bars in every possible class. This will help their hands develop calluses which toughens the hands and decreases the likeliness for getting rips. If their hands are getting sore, have them ice them or hold the cool metal pole to cool the heat the friction causes from the bar. I also have them stretch their fingers back-which helps keep the skin on the palm of the hand pliable under the surface which might add to the friction underneath.

**Alteration:** I would not have the student do any hanging or circles on bars after a rip.

- Hold front supports on the bar with straight arms, feet and knees together and toes pointed for 10 seconds—then jump down.

- Hold a front support on the bar and try to press up and get their hips as high as they can, keeping their shoulders rounded. (Pressing up into a position where their thighs are touching the bar and not just their hips—the beginning of a front hip circle position).



- Hold a plank position on the ground. They can count to 10 or 20 seconds and do it 10 times.

- Hold tall table position on the ground. Lifting their bottoms as high as they can (for my 1st class girls I tell them to make it smooth so Belle and the Beast can eat off it) for 10 or 20 seconds and do it 10 times.

**Sore Legs:** A lot of soreness comes from “growing pains” but it can also be from trying new things and the muscles responding to them! *Care, Prevention and Alteration:* Have student stretch legs. Start from ankle up.

- Achilles stretch, holding each side for 30 seconds, and both for 30 seconds (mountain climbers while holding instead of climbing);

- Hold pike stretch with feet pointed and flexed for 30 seconds;

- Hurdler stretch (with one knee bent back behind the body and the other straight out front) reach forward to the straight leg for 30 seconds and switch;

- Straddle stretches, keeping legs straight and toes pointing up, hold left, right and center all for 30 seconds each;

- Quadricep Stretch, while standing, bend knee and hold foot behind the body and hold-stretching quads for 30 seconds each side.

If you have an injury that you have noticed in your classes and need help on how to care for it, prevent it or altering your activities for it-let me know!

OF course your job is to encourage your students to work their hardest and do their best at all times (as a matter of fact—make it a rule!), but there are exceptions! Please e-mail me and I can help you with your class! KP ;)

## “Adoptions” Help National Instructor's School

Our National Instructor's School recently completed another successful school. Our conscientious school board forever trying to hold cost down came up with a unique idea to help with the depletion of our Future Sokol Leaders Fund (FSLF) which helps offset cost to these schools as well as our National camps. They (led by Sis. Mary Cushing) put together a campaign for adopting either a student or a class. This information was publicized in our Director's Newsletter, which goes to Unit and District Directors and Presidents. Gratefully we had a number of members/units participate. We had six classes and nine students ‘adopted’.

I'd like to tell you about my adoption story. Since my home unit of Sokol Detroit did not have any students attending, I contemplated whom to choose. Most of the students were beginners and they were quite young so I decided to go with the oldest beginner (still a kid to me). His name is Nicolas Rogers from Sokol Little Ferry. Ideal I thought, since Little Ferry is trying to build up their gymnastic program and they need their coaches trained and qualified. It was nice to receive letters from Nic (part of the adoption guidelines) as well as send some back. Of course I had an ulterior motive in sending my little packages as I knew he would have to sing for it (in Czech). I also timed it so one of them would get there when I was spending some time at the school so I got to see Nic get the package and sing for it. It was also nice to be able to spend a little time getting to know Nic better; we plan to stay in contact and hopefully I'll be able to mentor him to make him a better coach and to help him see some of his ideas to fruition.

I also decided to adopt a class. Again I had to decide which one so I checked with Mary Cushing to see which ones had already been adopted. Low and behold neither Marching (I love to march) nor Calisthenics had been adopted. Decisions, decisions. Well I decided to go with Cal as I like to drill (especially special number type) but more importantly we need to continue teaching our instructors how to read, write and teach cal. Ulterior motive is hopefully some of our Advanced and Advanced II students will step up to write a cal or special number for our 2017 Event. I also timed my visit to the school to coincide with the group calisthenics competitions where each group had one hour to put together a cal number all using the same music. It was great to see the creativity of the groups and how well they performed.

I have a feeling that we will utilize this adoption program next year. Will you be willing to support our future instructors and leaders? I sure hope so.

Nazdar,

Maryann Fiordelis, National Physical Director

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### THANK YOU TO ALL WHO SUPPORTED THE NEW ADOPTION PROGRAM FOR THE 2014 NATIONAL INSTRUCTOR'S SCHOOL

The American Sokol National School Board would like to thank the individuals and Units who have participated this year by donating to adopt a student or a class. We were able to raise \$900 which will go back into the Future Sokol Leaders Fund (FSLF) which helps to financially support our National Instructors Schools. “Adopting a Student” was a \$50 donation, while “Adopting a Class” was a \$75 donation. The donors received letters and pictures of the class or student during and following the School.

Sokolice Tabor adopted the Special Number Class; Sokol Naperville Tyrs adopted Singing Class; Sokol Spirit adopted two students (the two of their own that had attended the Beginner School); and Sokol Ceska Sin adopted two students (not specified—one from Central District and one from Northeastern District). So we assigned their own student, Mackenzie Soneson, a Beginner student—from Central District (now) and we assigned Coleman Sutter, an Advanced student from SGC, from the NED.

Some individuals chose to adopt classes, while others adopted students. Bro. Paul Lebloch (Sokol Spirit) adopted Singing Class; Sis. Irene Wynnyczuk (Sokol NY) adopted Practice Teaching Class; and Keith Filip (SGC) adopted the Combative/Resistive Class. Victoria Jirousek adopted Jeremy and Jacob Jirousek, and Erin Gullattaand; Ray Wodarczyk adopted Jeremy Jirousek; and Sis. Maryann Fiordelis adopted Calisthenics Class and Nick Rogers, the oldest student at 21, from Sokol Little Ferry.



Dear Members,

American Sokol National Office is launching our 150<sup>th</sup> Anniversary campaign! Help us unite and begin marketing our Sesquicentennial celebration year. We are offering a few items for your unit to purchase: Shirts, Patches and Pins all with the Official 150<sup>th</sup> Anniversary Logo.

#### Polo Shirts and T-Shirts.

This is a limited time promotion for your units to join us as we prepare for our nationwide celebration of Sokol in America.

- All orders must be through Units for shipping purposes.
- Payment must be included with order.
- Your unit's name can be applied below the official logo at no additional cost with a minimum order of 25 shirts.
- Shipping charges will be billed separately at time of shipping based on actual charges.
- There will be no stock kept in the office. Consider keeping stock in your Unit.
- No refunds or exchanges so please check your orders before sending them to the office.
- The first deadline for your order to be received by the national office is September 30.

#### Embroidered Patches & Pins

- Patches will come in Round and Rectangle Shapes
- Souvenir Pin – one type
- Invoice will accompany shipment

We will place the order for the patches and pins once we received a total of 100 of each from all units.

#### Official 150<sup>th</sup> Logo

We have emailed the Official 150<sup>th</sup> Anniversary Logo to all Units for use in your own campaigns. Please begin using the 150<sup>th</sup> logo now, so we have a united campaign across the nation.

#### 150<sup>th</sup> Anniversary Plans

Please send us your District and/or Unit's plans for the Sesquicentennial Celebrations you are planning. American Sokol will be marketing all events happening throughout the United States as part of our campaign. We will be promoting our entire organization's events in one big campaign and encouraging Sokols to attend as many of them as possible.

We kick off the celebrations in St. Louis on February 14<sup>th</sup>, 2015, the actual date of the first Sokol meeting. We will host a national gala celebration in the fall of 2015.

We are excited for our units and districts to celebrate this sesquicentennial achievement of SOKOL in America together. We will continue to update you on the 150<sup>th</sup> Anniversary plans.

Nazdar!

Lynda Filipello

National PR & Marketing Director

## Rachel Anne Kasowski, Sokol KHB



I began my membership in the American Sokol Organization at the age of five. It was my first extracurricular activity and the one that I have continued the longest in my youth. At the age of seven, I began competing and have competed at every gym in the Southern District as well as the National Slet in Ft. Worth. In 2008, I attended the National Sokol Camp in St. Louis during the summer of my sophomore year. It was through the experiences at this camp, that I decided to continue my involvement in Sokol. I then attended the National Sokol Instructor School in Chicago and a year later I advanced a level at the National School in West to lengthen my knowledge of gymnastics and Sokol. Through this knowledge, I coach levels one through four in my local gym.

Sokol has been a family to me and I hope to see this amazing organization grow in the years to come. After attending my first Instructor's course and completing my first year as an Assistant Instructor, I encouraged others to become instructors alongside me. Instructing has allowed me to share my passion with others and spread my belief that Sokol benefits the mind, body and spirit. In the summer of 2012, there were eight girls from my unit to attend the National Instructor School.

I support Sokol in the local community by performing in the National Polka Festival, Ennis Czech Music Festival, and State Fair of Texas. I have loved being a part of this organization and only hope my efforts have made a small impression on young girls and boys.

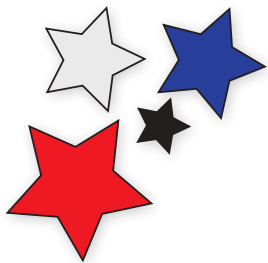
Being a part of the Sokol Organization has also given me many opportunities to meet new friends on a local level and throughout the country, as well as learn compassion for a sport, love, and the responsibility to instruct and impact young girls to help preserve the lessons of developing a sound mind in a sound body. Sokol is about learning self-discipline and self-respect and contributing to the community.

## Jordan Karovic-Elliot, Sokol Stickney

When I began organizing my facts for this essay, I thought this was going to be the most challenging college essay I had yet to write. I know that I am involved in Sokol I have been an active class member since I was three years old. I however did not feel that what I was doing (and enjoyed doing) was making an impact on the future of the future of Sokol, let alone impacting the future of my own life. I had no idea how I was going to try and convince anyone otherwise, or how I was going to write about something I felt was being done by the seasoned "old time" members of my unit, not me.



After I began researching ways to create an impact, I soon realized I have been making an impact on the future of Sokol in more ways than I could have imagined. All my research stated that the best way to make an impact is to be involved and volunteer, and involved I have been. I am currently the assistant coach to Sokol Stickney Tots class as well as one of the girl's coaches for Sokol Stickney Sizzlers, which is the only Sokol currently involved with the Illinois Park District Gymnastic Committee. I remember the first time I saw one of our team members outside of the Sokol hall, her running up to me to hug me was so moving, now I realize that I must of made an impact on that child. Sokol Stickney's involvement in the IPDGC has impacted the future of Sokol in many ways; it gets the name Sokol out to hundreds each week, seeing our banner with the Sokol logo and our shirts and name in the program books, as well as our gymnasts being seen as the hard-working, good sportsmen that Sokols are. I have also impacted the future of Sokol by creating a "parent's club" at Stickney. I recruited the parents I became close with and currently have 20 parent volunteers who are always willing to help where we might need them. I have recruited a new coach (someone who had not heard of Sokol) to attempt to fill my shoes for the next four years. I also assist with the social networking for our unit. I feel these ways have all impacted the future of Sokol by influencing the new members, planting seeds for growth with new recruits, parents, and social networking. I hope to continue making an impact on Sokol for many years to come.



# RISING STAR: RACHEL KASOWSKI

*Submitted by Chuck Kalat*



Rachel first became involved with Sokol in the Fall of 2001 – attending the small girls class at Sokol Karel Havlicek Borovsky (KHB) in Ennis, Texas. By age 12, she was an accomplished gymnast; competing in Sokol regional and Texas Amateur Athletic Federation gymnastic meets throughout North Central Texas. At this time she also started as an assistant coach with the small girls' class. She attended the National Sokol Summer Camp in 2008 and after attending the American Sokol National Instructor School in 2011, she put her latest leadership and instructor training to good use coaching higher level girl gymnasts. Today, she continues to work with the girls classes at all levels.

In 2012, Rachel attended the American Sokol National School again as an intermediate student where she distinguished herself as one of the top students. Her training and experience with our Sokol programs have helped mold Rachel into an ever energetic, positive, young woman role model for our young gymnasts.

Her Sokol work and accomplishments have been squeezed into a busy high school student's life. A

strong academic performer, Rachel is a member of the National Honor Society, serving as photographer. She serves as treasurer of the local LEADD (Leading Ennis Against Destructive Decisions) service club – a group of students dedicated to setting a positive, drug-free, alcohol-free environment at their school. The Ennis High School Band and Lionette Dance and Drill Team have experienced her leadership qualities as Flag Corp Squad Leader, Junior Lieutenant, and 1st Lieutenant. Outside of school and the gym, she assists with religious education classes at her church. Her caring spirit further manifests itself in her tireless work with countless volunteer efforts and activities at her school and in the community. Though she frequently applies her leadership capabilities, she has shown that, when not in the leadership role, she contributes as a strong, hard-working, supportive follower and true team player.

This fall, Rachel will be embarking on the next phase of her life at Texas A&M University – where she is sure to succeed.

## 2017 "Event" Survey Results

Thanks to all who took the time to submit their survey. We asked for your voices to be heard and 42 surveys were received with the following results. Some surveys were submitted for units or families not just individuals.

When asked which dates are preferred, 64.3% voted for June 21-25 followed by June 29-July 2 a far second. Preference for the finale program was Saturday evening, and the type of banquet resulted in a reunion type with hors-d'oeuvres, as opposed to a formal banquet. The title of the event caused a bit more diversity with just over half of the surveyors to want "Selt & Festival", with simply "Slet" at 26.8%. The 3-on-3 Basketball event scored highest in favor of elimination (20.6%), followed by Golf (17.6%), 5K Run (14.7%) and Competitive Bowling (13.2%). Socials offered varied results including a dinner/banquet with a program or ethnic food. Trips/Tours

garnered interest in beer/wine tour, downtown walking tour, or an event at the Czech/Slovak Museum or New Bohemia District. Sporting events included major or minor league baseball game or other sporting event, such as 5K Run or Bowling. An outdoor evening social for all (weather permitting) with games and activities, also fun for youngsters (beach, pool, water park). Miscellaneous suggestions included a casual event, separate dances for kids and adults, karaoke, family-oriented boat ride or polka party, and to schedule the championship alone so competitors can watch.

While we will not be able to act on all this information you can be sure that the committee will take your input into consideration during their decision making process.

Nazdar,  
Maryann Fiordelis, National Physical Director



## Mark your Calendar

### Events around the American Sokol

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

## September

- September 6**     **110 Year Celebration** — Sokol San Francisco, National Czech & Slovak Museum & Library, Crown Plaza Hotel, Foster City, CA
- September 20-21** **Moravian Day Festival** — United Moravian Societies, Lithuanian World Center, Lemont, IL
- September 27**     **Central District Unit President's Conference** — Sokol Spirit, Brookfield, IL
- September 28**     **Central District Rhythmics Clinic** — Sokol Chicagoland, Downers Grove, IL
- October 1**         **Fall Retreat to Sumava** — Sokol Town of Lake, Luke's Restaurant, Sumava Resorts, IN
- October 4**         **Sokol Spirit Reunion/Fundraiser/Fun Night** — Sokol Spirit, Brookfield, IL
- October 11**        **Central District Track & Field Competition** — Sokol Tabor, Berwyn, IL
- October 25-26**     **BOI Development Conference**— Sokol Spirit, Brookfield, IL
- November 1**        **Central District BOI Annual Meeting** — Sokol Spirit, Brookfield, IL
- November 2**        **Central District Delegate Annual Meeting** — Location TBD
- November 23**     **Central District Girl's/Women's Volleyball Competition** — Sokol Spirit, Brookfield, IL
- December 6**        **Central District Boy's/Men's Skills & Gymnastics Competition** — Sokol Spirit, Brookfield, IL
- December 14**     **Central District Rhythmic Gymnastics Competition** — Sokol Chicagoland, Downers Grove, IL

# SAVE THE DATE

## *February 14, 2015*

### *150 Year Anniversary Celebration*

### *Sokol St. Louis*



### 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.



## PERIODICAL

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