



With Sokol Day behind us, how are you celebrating the last half of 2015?

AMERICAN SOKOL

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*except in July and August

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From the Editor...

I am so proud to announce the American Sokol is now a registered trademark! Please contact Lynda Filipello if you need the new logo with a ® at lyndafilipello@aol.com. She also has the 150th ASO logo available.



Please note an oversight in the last issue regarding Sokol Greater Cleveland, the article was written and the cover photo was taken by Bro. Joe Vanecek, member Sokol Greater Cleveland.

NAZDAR!

To Submit Items for Publication:

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*SAVE THE DATE:
150th Anniversary Weekend and Gala
NOV-13-15th, 2015 – Chicago IL*

Be Inspired!

I have a great Sokol story to share with you...

This past month many Sokols traditionally held their district gymnastic competitions and Slets. Because I am one who is interactive in our social media culture (yes, I have Facebook), I received many “updates” including photos and stories from these Slets. One weekend, a photo popped up on Facebook from a Sokol friend who was congratulating her mother on her vault score. I did a double take because her mother is 65 years old. Part of me wondered, “was this a joke?” Knowing these Sokol Spirit women, I definitely thought they might do something like this to be silly. Then, there was another Facebook post and I knew this was real.

The following day was the Central District Slet and I met up with the lady who received this amazing vault score and the story was confirmed. These four Sokol Spirit women; Carol Shrofe, Mary Novak, Kathy Barcal and Ami Bazata were encouraged by one of the younger women, Alex Zahrobsky, in their class to form a team and compete. Their first reaction when approached was, “we will go downstairs and discuss it over a beer... we will get back to you on that!” Then they received more encouragement and they started asking what exactly they had to do. Carol said, “oh, I just have to take a few running steps, jump on that board and land? I will try it!” Carol and her team started practicing and realized that they still could compete in a gymnastic competition for Sokol at their age and at a lower level. “Let’s do it! It is our 150th year of Sokol, why not?” This tag team had three woman over the age of 50. How inspiring!



This story truly represents who we are, what Sokol is and how Sokols lead and encourage each other. Anyone at any age can participate, compete, and be a part of the team. Sokol gave these women a reason to exercise and a sense of accomplishment; they have now encouraged others to see that anything is possible.

Sokol seniors across the USA exercise all the time and are an inspiration to our members of all ages. When someone asks you the question again, “what does Sokol offer me?”, let these stories be your answer.

Moving into the summer months, I hope this story encourages you to try something new. Get out and exercise! Why not?! It’s our 150th year of Sokol in America! Let this milestone be the reason you show your Sokol spirit and encourage others to do so as well. Be the inspiration! Thank you Sokol Spirit women and all of the Senior Sokols for sharing your stories and for being such an inspiration for us all.

Have a safe summer!

Až žije Sokol!

Long Live Sokol!

Sister Jean Hruby



The Sokol Educator

from The National Education Committee

We all need more reasons to celebrate!!

Every now and then, we all find ourselves in a rut where everything seems ho-hum. Especially as the school year comes to an end. Seems we all look forward to the 4th of July and the official kick off to summer. Why not make the people in your life smile by surprising them with a few new celebrations? Here are some ideas for the month of June – have fun with these or of course you could make up your own?!



- | | |
|-------------------------------------|---------------------------------------|
| 1. JUNE 6: NATIONAL DONUT DAY | 8. JUNE 19: RECESS AT WORK DAY |
| 2. JUNE 8: WORLD OCEANS DAY | 9. JUNE 20: TAKE YOUR DOG TO WORK DAY |
| 3. JUNE 12: NATIONAL JERKY DAY | 10. JUNE 21: SUMMER SOLSTICE |
| 4. JUNE 13: BLAME SOMEONE ELSE DAY | 11. JUNE 24: NATIONAL COLUMNISTS DAY |
| 5. JUNE 14: WORLD JUGGLING DAY | 12. JUNE 27: DECIDE TO BE MARRIED DAY |
| 6. JUNE 16: BLOOMSDAY | 13. JUNE 29: LOG CABIN DAY |
| 7. JUNE 18: INTERNATIONAL SUSHI DAY | |

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

American Czech Educational Center



The American Czech Educational Center in St. Louis MO is excited to announce **The Best of Czech Republic Tour** for July 2016. It is certain to be a breathtaking trip for all those interested in Czech Culture, Czech Beer, and a good time. As The American Czech Educational Center is home to our very own Sokol St. Louis, we would like to share this opportunity with all of our Sokol members. If you think you are ready to have yourself a great vacation and are interested in learning more about this exciting experience, please

contact Ryan Newcomer 2nd Vice President of Sokol St. Louis via e-mail at rtnnpb@icloud.com or if unable by phone (314)495-6048. If you reach out, we will share with you detailed info about the trip.

Spaces will be filled on a first come, first serve basis, and the registration deadline is October 31st 2015, so don't wait 'til it is too late.

Sincerely,
Ryan Newcomer
rtnnpb@icloud.com

Sokol Greater Cleveland's 150-Woman March Commemorates 150 Years of Sokol In America

by: Alice J. Khol, Sokol Greater Cleveland President

When the ASO asked each of the Sokol Units to come up with ways to celebrate our organization's 150th Anniversary of Sokol in America, we felt we wanted to come up with a unique idea that would become a true "piece de resistance". We wanted to provide an exceptional activity, which would be truly historical and would provide treasured memories that would last a lifetime. We decided to host a master reunion of all the women from the Cleveland area who had EVER participated in a Sokol class sometime in their life. Our goal was to gather at least 150 women who would join in our special get-together, a "150-Woman March".

To accomplish this goal, we checked old class rosters, spoke with former instructors and asked current Sokol members to think back to their "good old days" and try to remember the names of their Sokol buddies from way back when. The problem with that is when women marry, their last names change, thus creating a major problem when trying to track them down. Undaunted, we forged ahead and tried every trick in the book trying to reconnect with our long-lost Sokol Sisters.

Thanks to a monumental effort by a well-coordinated committee, on May 9, 2015, women of all ages and physical capabilities began to arrive at our Sokol Greater Cleveland gymnasium almost two hours before registration began. As the ladies put on their nametags, you could hear shouts of "oh my gosh....I haven't seen you in almost 50 years!" As more women arrived, the shock and shouting continued and the volume increased exponentially. Decades of absence disappeared in seconds as old friendships were instantly renewed as if time had never really passed between them. Now came the hard part—trying to keep over 150 women quiet long enough to get them into the gym to begin our program. At 4:00pm, 170 women "lined up" (v řad nastoupit) for a roll call that connected nearly a century's worth of Sokol involvement. While some of our participants started their Sokol careers in the early 1920s, others only recently joined our women's class this past year. For those who are counting, our ranks encompassed over 90 years of Sokol marching, prostna (mass calisthenics), and most importantly, Sokol pride.

Following the roll call, we immediately snapped to attention (Pozor) and began playing some of our favorite Sokol marches. Nearly all 170 women, regardless of their age, marched in-step to these beloved songs and you could see them exuding their Sokol pride and reminiscing about their treasured and cherished memories of their time spent in Sokol. As one tearful participant told me "I've been gone for almost 50 years, but as soon as I heard that march, it all came back to me. It was like I was never gone. I even remembered to point my toes when I marched, just like I was taught back in the '60s". Following the marching, we did some warm-ups and then lined up for a group picture. To conclude the program, we reviewed and sang a few Sokol songs, once again eliciting tears and goose bumps. Afterwards, we adjourned to our upstairs ballroom where we savored

continued on page 14



Meet the Membership!

Nicole Marchluk, Central District Membership Director

On May 4th the membership directors of the central district units got together to discuss ideas and concerns on how to attract and retain members. I led the group. My name is Nicole Marchluk and I am the newly-appointed Central District Membership Director. I have been part of Sokol in one way or another for over 27 years, as a student, instructor, and unit women's director. I am currently a junior girl's instructor at Sokol Naperville Tyrs. Some of the concerns expressed in our meeting were:

- Lack of seniors
- Language barriers
- Lack of parent involvement and the loss of the volunteer spirit
- How to retain families once the children have left the program
- Cliques in units that prevent new members from feeling welcome
- Getting the Sokol name more exposure
- More and more competition with other organizations
- Lack of implementation support for new ideas
- Consistency between gyms and more comradery



During the meeting and after we came up with some ideas to help deal with the concerns:

- More social media presence
- Sokol Senior Social Club (a group that will travel 5 to 6 times a year to different locations)
- An ESL class for the parents during their children's classes
- A person to welcome new members and show them the ropes
- Featuring a unit of the month on Facebook or a website
- Training parents on how to teach Sokol and gymnastics in a classroom setting without having to attend kurz
- Making sure your volunteers and parents feel appreciated
- Parent orientations about classes and what is expected from parents and their children
- Help new instructors feel more comfortable talking with parents and other instructors

The main thing we all agreed on is that we don't want to forget our past or ignore our cultural background, but we do need to adapt to the ever-changing world we live in. If you have any questions or suggestions please feel free to contact me at nmarchluk@yahoo.com. I know there are many more issues and resolutions out there and that each unit and district faces different challenges. I would love to hear other ways that units are attracting new members and retaining old members.



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

4 Ways Summer Camp Benefits School-Age Children

By: Scott Brown From: Active.com

If you grew up going to camp every summer, you're likely well aware of the benefits those summer experiences provided you. But if you didn't, you may not realize the impact summer camp can have on the developing minds and bodies of your children. In addition to providing parents with a childcare option over the summer months, camps can help children with both short-term and long-term development.

1. Physical and Mental Activity: Summer break can negatively impact children in two major ways: Not only are children in danger of falling behind academically over the break, but studies have shown that children are more prone to weight-gain when they're out of school. Camp means more time running, playing and thinking and less time on the couch or in front of a screen.

2. Social Skills: Summer camp can also help children make new friends. Whether your child is learning to live with new bunkmates at overnight camp or meeting new kids at a local day camp, getting out of the house can expose them to a more diverse group of children than they may interact with on a regular basis.



3. Structured Schedules: If your child spends all summer watching TV or casually hanging out with friends, returning to the daily routine of the classroom can be a tough adjustment during the first week of school. Even if the camp doesn't last the majority of the summer, holding children accountable to a regular routine over the break can help ease the transition into the new school year.

4. Self-confidence: It doesn't matter if you're considering a sports camp, a performance camp, or a camp with a little bit of everything; your child will come home with new, unique experiences, having met new people and learned new skills. All that "new" adds up to a lot of growth that can give kids the confidence to handle challenges at school and later in life.

11 Creative Ways to Get Your Steps In

By: Fara Rosenzweig From: Active.com

You've got your Fitbit®. You've set your benchmark for 10,000 steps a day. But somehow, life keeps getting in the way of hitting your goals. Luckily, there are plenty of creative ways to sneak in your steps. Here are a few of our favorites.

Skip eating at your desk! You want to pour every minute you can into your project at work, so you eat at your desk because it's time efficient. However, studies show that if you move more throughout the day, you increase your energy and productivity at work. Why not munch and walk at the same time instead of eating and working at the same time? All you need is 15 to 30 minutes to re-energize or refuel.



Take the long route to the bathroom! When nature calls, you've got to get up and go. Instead of taking the shortcut, take the longer way to the bathroom. Voila! You've just added an extra 50 steps to your day.

Drink less, walk more! You still need to drink plenty of water throughout the day. But instead of filling up your large 32-ounce water bottle, fill up a 16-ounce water bottle instead. It will force you to get up more frequently and walk to the kitchen for refills.

Take your meetings outside! Meetings can be boring and productive-sometimes. Instead of staring at a screen, reboot everyone's energy. Take your ideas and colleagues outside for a 30-minute walk. Not only will this get your steps in, but you'll get your creative juices flowing better than if you'd be sitting in a stale conference room.

No sit phone call! Just like taking your meetings outside, take your calls on a stroll. If the outside noise is too loud for your call, stroll around the office or just try marching in place.

Make a game of it! Pick a common word used throughout your office. Anytime someone uses that word, get up and do a lap or march in place 20 times. Get a colleague involved, too – its fun to chat at the end of the day about how many laps you had to do after hearing the word several times.

Try the Pomodoro technique! Create an objective: for instance, getting up to walk at least four times throughout the work day. Then set a timer on your computer or phone that reminds you to get up and walk.

Sometimes you've just gotta dance! Do the Waddle or the Cupid Shuffle (seriously). The footwork and coordination it takes to do these dances adds major steps to your count, not to mention some extra leg, butt and core work. What do you have to lose? Throw on the tunes and start to wobble it.

Three more entertaining ways! These days we want everything done quickly. But fast takes away from movement. So instead of letting the dogs go potty in the backyard, take them on a walk-even 5 minutes around the block is better than nothing.

Taking the train? Hop off one stop early and walk the few blocks to wherever it is you're headed. It's an excellent way to sneak in more steps, as well as the perfect opportunity to explore your city on ground level.

Lastly, don't stick your kids in front of the TV to keep them busy. Play hide and seek. They'll burn off energy and you'll get your heart rate up and your legs moving.

Normally I don't write about specific people or authors-but I think that Daphne Oz is such a sweet and down to earth celebrity; an author, a co-host of The Chew and daughter of the Famous Dr. OZ that we all know and love; that has such great insight of what it means to be healthy and happy! I saw this interview in SHAPE.COM and felt I had to share it with you all, because it is how I feel like a good balance of a "sound mind, and healthy body" should look like! KP 😊

Meet your motivation mentor – Daphne Oz

By Sara Angle From: SHAPE.COM

Imperfection, that's the concept Daphne Oz likes to embrace and proclaim. Surprising, coming from someone so fit and healthy, but Oz has emerged as a new kind of better living expert on ABC's The Chew. She won't give up pasta (trade half the shells for cannellini beans) or fuss over dinner parties (declare barefoot rules). She's got theories that are more refreshing than your average health nut.

Live happy, not hangry – Eating right 100 percent of the time isn't on Oz's agenda-it's more like 80 percent. "Basically, that works out to total eating freedom on the weekends," she says of the approach, which lets her have the funnel cake at a fair. "It's worth it. If you make a food taboo, you put it in the power position."

Learn from real life-Oz wasn't born made-for-TV Martha Stewart. She honed her take on self-improvement in college by finding a livable way to lose 40 pounds. That led to her first book, The Dorm Room Diet; her latest, *Relish*, is a laid-back user's manual of tips she's figured out as a grown-up. Take note of what works for you and there, you're a lifestyle pro.

Quit making health a slog- "Living a fuller, happier life shouldn't feel like a second job," Oz admits. You don't need to do a shot of wheatgrass every day and work out for two hours. "My goal is just to do little things a tiny bit better," she says. "I'm talking about cooking one more night a week at home." Totally doable.

relish

Don't even go there with "balance" - "Everyday, I prioritize: some days I get an A as a mom, a B as a wife, and a C at work," Oz admits. Her strategy is to block out times for work, family, and herself so they don't spill over into each other. And when that works out perfectly, don't forget to give yourself props, she says. "Some days, I get all A's because I'm a Rock Star."

You Right Now-Think Strong, Be Strong

From: SHAPE.COM



There's such a thing as fitness self-esteem, and you want it because having this mental strength may help get you a better body, a new study revealed. When researchers at Texas Women's University studied a group of 18 to 30 year old women with similar BMIs who did comparable amounts of weekly exercise, they found that those who thought of themselves as fit and strong were able to run significantly longer and lift heavier weights than their less self-assured counterparts. Truly believing that you can accomplish a physical task that takes endurance and strength "allows you not to be afraid to put in more effort," says study author Wayne Brewer, Ph.D. Build your fit confidence by scoring some mini wins-rock your boot camp with slightly heavier

dumbbells, dial up the resistance in Spinning and start the snowball effect.



Please Adopt a Student or Class!!

The American Sokol National Instructors School is looking for YOUR help. Last year we initiated the promotion to “Adopt a Student” or “Adopt a Class” concept. It went very well, for our first attempt. We raised \$900 which went right back into the FSLF (Future Sokol Leaders Fund). 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 again this year to help with the School expenses, without having to raise the cost to students, parents or the Units.

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:

- A letter from your student during 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

This year we are also giving an added incentive to any student who can get them self “adopted”. They will be reaping the rewards at the School with special benefits!!

So please have some fun – help us out – and sign up to adopt a Student or Class. See paperwork and directions in this issue. This can be done by an individual or by a Unit or District.



“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 |
-

Your First Name: _____ Your Last Name: _____

Student's Name if they solicited your support _____

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 this 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 Registrar
c/o “Adopt a Student or a Class”
5664 Dunedeen Circle
Brooklyn Hts., OH 44131



American Sokol Foundation 150 Club

9126 Ogden Avenue, Brookfield, IL 60513

aso@american-sokol.org

May 2015

Dear Members & Friends of American Sokol,

Since 1865, St. Louis was **The Gateway to the Future** with the founding of the first Sokol unit and the formation of one of the very first fitness organizations in America. For 150 years, Sokols in America have been providing a multi-faceted cultural, physical and educational program for adults and youth throughout the United States.

In celebration of the 150th Anniversary, American Sokol Foundation is inviting members, families, Units & friends to join the **150 Club** with a one-time donation of \$150 and/or a three year pledge of \$150 per year. All proceeds will be used to benefit American Sokol Units in capital or programmatic needs through the American Sokol Foundation.

As a member of the American Sokol Foundation **150 Club**, all donors will receive a special American Sokol Foundation 150 Club Pin and Certificate. In addition, all donations, received by September 17, 2015, will be recognized in the 150th Celebration Book during the November 2015 Celebration.

The goal of the American Sokol Foundation **150 Club** is to raise a minimum of \$22,500 annually to further strengthen the American Sokol Foundation and to assist our Units in need of funding. Please send your donation and the attached donor form to American Sokol Foundation, c/o American Sokol at 9126 Ogden Avenue, Brookfield, IL 60513.

Nazdar,

Allen L. Cushing, Director
American Sokol Foundation

Jean Hruby, President
American Sokol



THE GATEWAY TO THE FUTURE CAPITAL CAMPAIGN



American Sokol Foundation 150 Club
9126 Ogden Ave, Brookfield IL 60513 ~ 708-255-5397
aso@american-sokol.org

Name/Family _____

Unit/Organization _____

Address _____

City _____ State _____ Zip _____

Telephone _____ E-Mail _____

Enclosed \$150 Donation _____ Other Amount _____

I pledge to continue to support the American Sokol Foundation’s 150 Club with a \$150 donation for the next three years.

Yes _____ No _____

Signature _____

Make Check payable to the American Sokol Foundation.

If you prefer to make a credit card donation, please contact the National Office at 708-255-5397.

All donations are Tax Deductible.



THE GATEWAY TO THE FUTURE CAPITAL CAMPAIGN

Going Forward with the Will to Succeed

by Lynda Filipello, National PR Director



As a parent you have a lot of daily challenges. I know because I have been there and done that. I use to have a little saying that would get me through the tough days, “This too shall pass”. Childhood passes so quickly but when we are in the midst of it time can go slowly. What I learned early on was that what my children were going to learn about life was going to be from me and their father. How we acted played a very strong role in their subconscious. Later in their early adult life they each told us how important those lessons were. Their Dad and I were always involved in community projects. Our business was centered around people, my Sokol coaching revolved around children and my unit. In other words, we were other-centered more than self-centered.

I believe that once we decide to see our community through the eyes of the community we become more social, more caring and less worried about ourselves. Looking through the eyes of a child is like seeing the world fresh and new. Each new Sokol season we have new kids and their reactions to our classes are really endearing. Some are shy but most have a “Can Do” attitude that we have to restrain at times. I probably laugh more than I should but children today are really smart and challenging, more so than in the past. They really want to do well, but they also want to be told the truth about their actions. They want to go forward and they do have the will to succeed.

Parents, we would love to have you help in our Sokol unit. Your children would be so proud to have you volunteer in whatever capacity you can. And let me say that you can probably do a lot more than you think you can. You can play games, you can help with an event, you can make a costume, you can take uniform orders, and you can help your class instructor in many ways. You have a lot of talent within you that you haven't even discovered yet. And if you join in the adult class and perform a calisthenics at your unit's exhibition your children will applaud you most enthusiastically.

Come on in and be an active member of your unit!

continued from page 5

delicious chicken paprikash dinner, which was prepared and served by members of our men's gym class. We certainly salute them for their enthusiastic participation and assistance.

As the evening ended, we could tell by the smiles on everyone's face that the “150-Woman March” was a HUGE success. As our Sisters departed, you could see them exchanging phone numbers and emails with promises to hook-up again and remain in touch. Several women also promised to “come back home” by rejoining our ranks when the fall season begins. They never realized how much they missed being away until they came back. I think we all felt extremely fortunate to have witnessed first-hand this spectacular and unforgettable reunion. It was truly heart-warming to share in the full range of emotions on display that day...including tears, cheers, laughter, pride, wonderment and pure unabashed joy. As with almost all Sokol events, it was truly a labor of love that will never be forgotten. To all those involved, I extend to you a well-deserved “*tri krát zdar!*”

Ať žije Sokol! (Long live Sokol!)

Nazdar!



Mark your Calendar

Events around the American Sokol

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

June

- June 6** **Sokol Day** — Sokol Greater Cleveland, Cedar point Amusement Park, Sandusky, OH
- June 7** **Lidice Memorial Program** — Czechoslovak American Congress, Lidice Monument, Crest Hill, IL
- June 7** **Spring Fling** — Sokol Milwaukee, Norway House, Milwaukee, WI
- June 12** **Golden Prague Gala, Prague Days in Chicago** — University Club of Chicago, Chicago, IL
- June 15-19** **Children's Cultural Day Camp** — Sokol Minnesota, St. Paul, MN
- June 20** **Trivia Fun** — Sokol Detroit, Sokol Camp Barroom, South Lyon, MI
- June 21-28** **National Sokol Camp** — Sokol St. Louis, St. Louis, MO

July

- July 12-26** **ASO Instructor's School** — Sokol Spirit, Brookfield, IL
- July 18-19** **Czech & Slovak Festival** — Sokol Cultural Center, Dearborn Heights, MI

August

- August 28-30** **Sokol Camp Weekend** — Sokol St. Louis Camp Site, St. Louis, MO

November

- November 13-15 150th Anniversary Weekend** — Chicagoland, IL

Friday, November 13, 2015

- Special Number Event – Max Sports Complex, McCook IL
- Social – Max Sports

Saturday, November 14, 2015

- Volleyball – Max Sports Complex, McCook IL
- Bowling for Fun
- Sokol Anniversary Party (evening)– Hilton, Lisle with Dinner & Dancing
- 150th Anniversary Gala – 5pm @ Women's Athletic Club Chicago with Dinner & Presentation, Silent Auction, A Tribute to Sokol History

Sunday, November 15th, 2015

- World Sokol Federation Meeting – Hilton, Lisle



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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