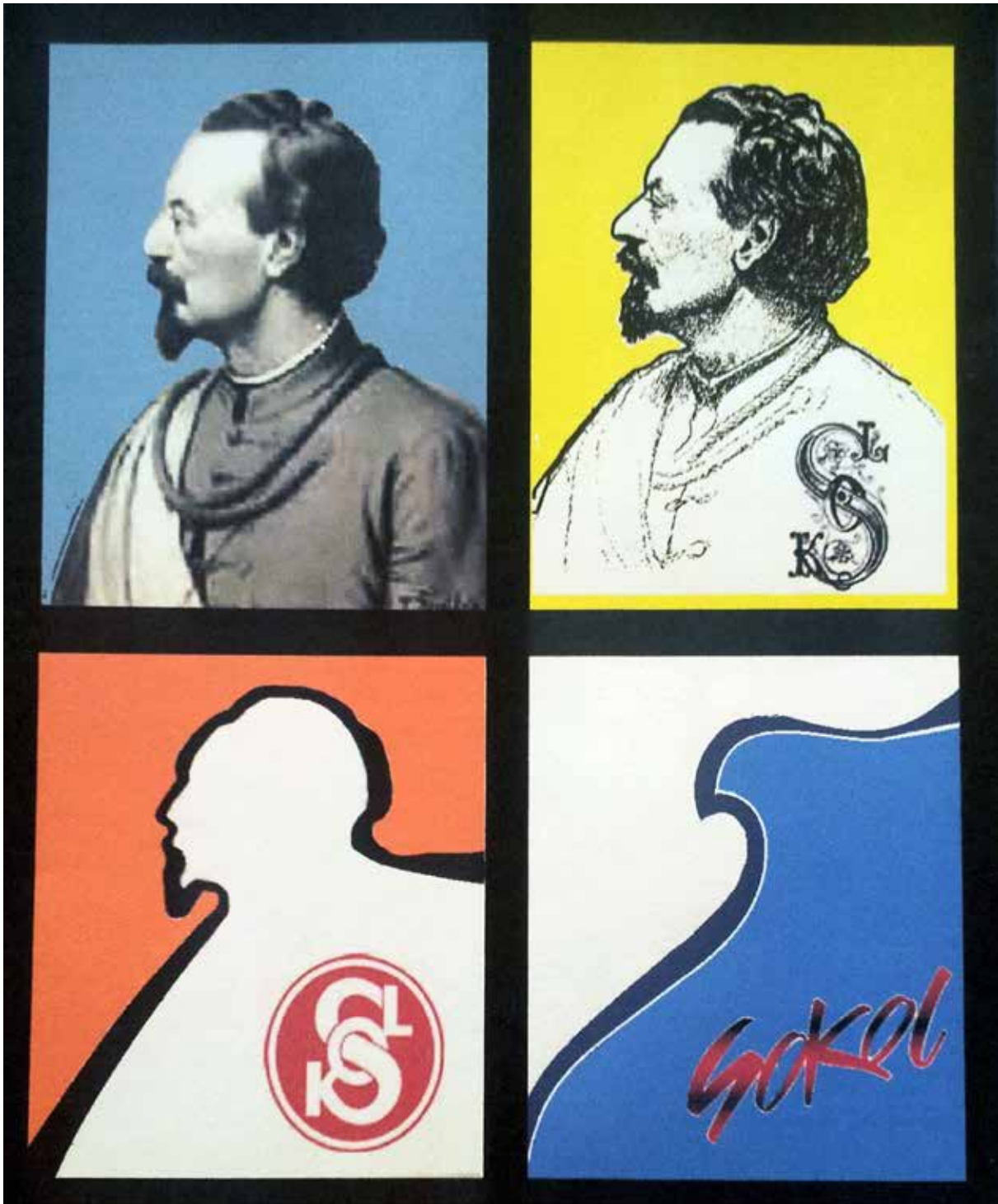




*The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.*

January 2016 | Volume 139 | Issue 1



by ROME MILAN

**AMERICAN SOKOL**

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Meets every 2nd Wednesday\* at 7:30 pm CST

\*except in July and August

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**From the Editor...**

So many people worked very hard to make all the activities for our 150th happen—seamlessly. Of course, our president Jean Hruby spearheaded not only as emcee for the Gala, but worked behind the scenes to make sure it was a night to remember.

And kudos to Mary Cushing for making the Anniversary Party in Lisle fun for all ages! Everyone in the ASO Office and many more members across the country helped to make the weekend a great success.

A couple artists even added a personal touch, including Andrea Vachata of Sokol Stickney, who hand-painted all of the 150th Gala stemless wine glasses. See it on page 5, along with other 150th merchandise.

The cover art for this issue was created by Rome Milan of Sokol Fort Worth. Each attendee of the Gala received the image in a poster with these words printed below:

*From the historical and glorious ideals of Dr. Miroslav Tyrs, through the evolution of fifteen decades, 150 years proves the transition of the past to the contemporary present, the American Sokol will survive.*

What a great sentiment to take us into the New Year!

NAZDAR!



**Save a Tree... Save Our Organization. CLICK HERE:**

<http://american-sokol.org/gogreen/>

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## The Presidential Address

*New Year – New Message from the President!*

For 2016 I am changing my messaging format. As President of American Sokol, I have the opportunity to spend time listening to stories from members or simply talking with people about American Sokol. I want to share these stories with you as well as bring you updates on happenings in the National Office and on the national level.

### The Sokol Eye – Sokolským Okem

Over the past few months I met some interesting people that have taken a new liking to our organization including the Governor of Texas at the Sokol West Grand Re-opening (*pictured above left*) and the Minister of Education, Youth and Sport of the Czech Republic. They were fascinating to talk to and have seen the impact American Sokol has in the USA. When I attended the AFoCR conference in Prague in October, I had the opportunity to have coffee with Ondřej Soukup, a Czech music composer. He has written soundtracks for 20 feature films, including Jan Svěrák's *Kolya*, an Academy Award winner for best foreign film in 1997. He ironically lives right by Tyrsuv Dum and his children love doing programs with Sokol Kampa. Ondřej contributes to editorials on the new Czech Radio program in Chicago. You can tune in at <http://czechoslovakradio.com>. Lynda Filipello and I did some promotions on the radio for the 150th events. The radio host Ed Vodicka has worked with Ondřej and was able to make the connection for me while I was in Prague. With both the talents of Ondřej and Ed, I suggested that they compose a piece for a Sokol Slet composition. Well, you can't blame me for trying, maybe it will happen one day? Have you seen the film *Kolya*? I know many of you have and it is also been shown at some of our Sokol Unit Cultural Movie Nights. We have another connection with documentary filmmaker Jefe Brown who attended our 150th Anniversary Gala. His award winning Czech films include *Call of Dudy*, *Listopad* and now *Vinyl Generation*. Jefe and I spent time together at the Karlovy Vary Film Festival this summer. Please look for more from Jefe Brown and if you would like to show his films, please contact the National Office.

### National Highlights

Updates: We are looking forward to reporting on the 150th Weekend financial success in the next issue, I apologize for the delay. We definitely hit our mark and are on a great road to launching the capital campaign. The new membership database will roll out this January/February. A tour to Oetz, Austria and other Olympic villages is still being considered. If anyone is interested, they must contact the National Office and we will pursue this tour. We have 150th Anniversary Commemorative Plaques, coins, painted glasses and Tyrs Prints available for purchase. New Information: I am proud to announce that I was elected to the position of 1st Vice President of the World Sokol Federation. We received amazing plaques for the office from Sokol Canada, Czech Sokol Organization, and Sokol Slovenia. Please check the website for a wonderful message the WSF officers created during their day in Chicago (*pictured above right*). We have established an official desk for the President in the National Office, which will allow me to work from there several days a week. The Executive Board is reviewing and will vote on the Hall of Fame program and banquet this coming month, which will begin to recognize and honor Sokol members for various accomplishments. The Hall of Fame initiative is part of continuing our Capital Campaign and is being organized by Foundation Chairman Allen Cushing. The 2018 All Sokol Slet in Prague Tour Survey will be posted on the website. Please take time to complete this survey so we know how to plan the trip to be enjoyable for everyone. Until next time, keep your New Year commitments and start the year off with a healthy Sokol smile.

Nazdar!

Ať žije Sokol ~ Long Live Sokol!

Jean Hruby - President



# The Sokol Educator

*from The National Education Committee*

*Dear Sokol college students of all ages,*

The Sokol Merit Award has undergone some recent changes. Most notably, it is now a \$1,000.00 award. The application itself has a wide variety of areas where you will gain "points" - nothing you do for Sokol is considered small! Please be sure not to leave anything out.

When you have filled out a rough draft, why not consult with your unit or district educator? They can be sure you have not omitted an important piece of information.

Some important things to keep in mind as you complete the application:

1. Typed is preferable to hand written.
2. All parts, including the recommendation, must be received by June 1st.
3. Electronic submission is preferred.
4. Take your time with the essay. It really is the only opportunity on the application where we get to "know" you.
5. Remember, nothing you do is small....Sokol has benefitted from your help. Let the Merit Award Committee know how valuable you have been!

Wishing each of you a wonderful New Year and please know we are looking forward to receiving your application for the Sokol Merit Award!

Nazdar!

The Education Committee

## ***Journey For Freedom: Defection from Communist Czechoslovakia***

In June of 1983, Peter Vodenka, his wife, four-year old daughter, and two-year old son, defected from behind the Iron Curtain of communist Czechoslovakia. In the middle of a cold, dark, rainy night, they ran for their lives across the border from Communist Yugoslavia to western Austria while being chased by guards with dogs and automatic weapons.

Peter had spent ten years planning their their plan, and left them and everything to protect their families from the wrath of follow if they were successful. If Peter and would have faced an automatic ten-year with the most dangerous criminals. Their in government run institutions. They would and possibly never would be allowed to see



escape. They did not tell their families of they owned behind. This was their way their government, which they knew would his wife had been captured alive, both sentence in a hard-labor prison camp children would have been taken and raised have been labeled as political criminals, their children again.

*Visit [www.journeyforfreedom.com](http://www.journeyforfreedom.com) to learn more.*

# 150<sup>th</sup> Anniversary Merchandise Sale

- Medallion \$6
- 150<sup>th</sup> Glass \$15 Hand painted by Sokol member Andrea Vachata
- M. Tyrns Poster \$2 Designed by Sokol member by Rome Milan
- Gala Bag \$4
- Plaque \$70 Designed and molded by Alex Vesely  
(\$18 additional shipping charge, with USPS) **Total of \$88, if shipped**
- Chocolate Candy Bar \$3 each or 2 for \$5
- Plastic Blue Cup \$4
- Etched Goblet Glass \$9 + shipping cost
- Commemorative Book \$7 each if picked up from Office, \$8 if shipped. Discount for 10+
- The 150<sup>th</sup> T-shirts and shirts are still available! Please go to [www.american-sokol.org](http://www.american-sokol.org) for sizes.



Medallion



150th Glass



M. Tyrns Poster



Gala Bag



Plaque



Chocolate Candy Bar



Blue Cup



Goblet



Commemorative Book

Please mail your orders to **American Sokol Office, 9126 Ogden Ave, Brookfield, IL 60513**  
or email to: [aso@american-sokol.org](mailto:aso@american-sokol.org) .

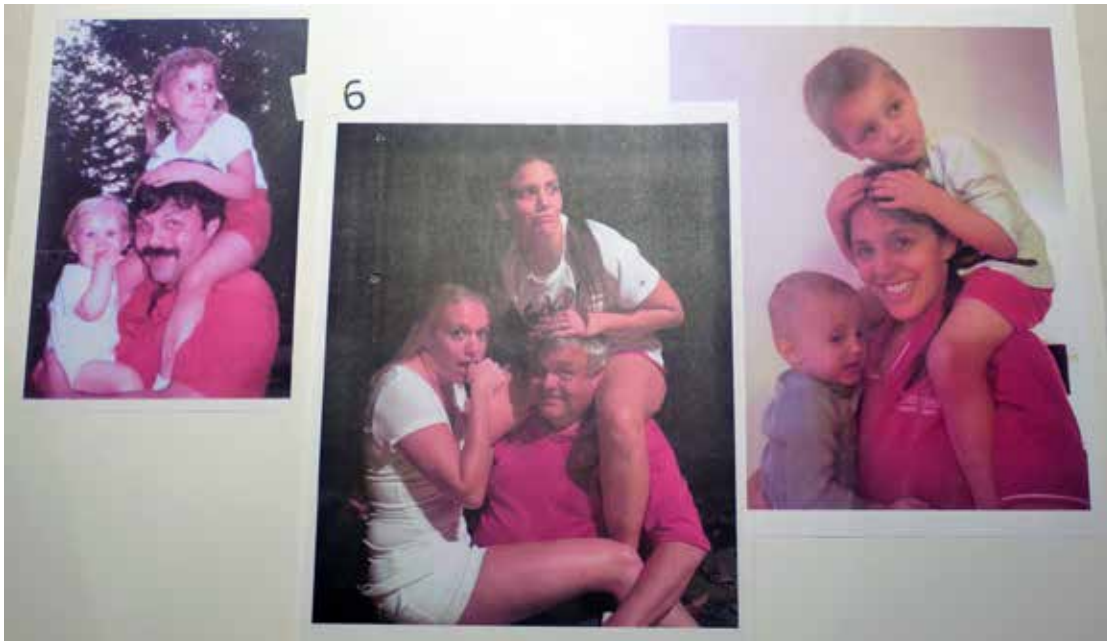
We accept either check or credit card (VISA, DISCOVER OR MASTER CARD)

**Please note, that ALL Credit Card Purchases have additional \$2.50 Merchant Service Fee.**

**For the credit card payment, call the American Sokol Office at 708-255-5397.**

# Then and Now Contest

by Nicole Marchluk, Central District Membership Director



The idea behind this contest was to have a fun way to show everyone that Sokol is a place to make **friends for life**. This contest was open to every Sokol member in the country even if they were not attending the 150th weekend celebrations. It was a way for people to participate in the anniversary events even if they could not attend.

The instructions

were to find a picture and recreate it the best way you could, and the most creative way possible. There were 14 submissions from around the country. Everyone who attended the 150th anniversary party was given a ballot so they could vote on their favorite picture. All of the attendees really enjoyed looking at the pictures

*(top photo)*

**1st PLACE - GRETCHEN OBROVAC**

*(right photo)*

**2nd PLACE - ALAN CUSHING**

*(bottom photo)*

**3rd PLACE - HOWIE MASKILL**



and seeing how creative everyone was in the recreations.

Congratulations to all the winners and to everyone who took the time to submit their efforts in this fun game! Your enthusiasm was much appreciated!

# HAPPY NEW YEAR

*From the American Sokol Board of Instructors*

*Maryann Fiordelis, Allison Gerber, Bob Kucera,  
Kathy Barcal, Beverly Domzalski, Juanita Lo Giudice,  
Ethna Flaherty, Jan Kalat, Barb Vondra, Deb Allison,  
Jane Wise, Tom Pajer, Dan Bajek, Paul Lebloch, Joseph Kucera,  
Mary Cushing, Todd Yatchyshyn, Donna Sbriglia, Ron Jaros,  
Lynn Conrad, Cheri Riddle, Otto Notzel, Mary Cahill, Howard  
Wise, Cynthia Duffy, Jason Brozovich, Rome Milan  
and Theresa Vernon*

## Why 80 Percent of New Year's Resolutions Fail

from: MSN.com

Ever hear of holiday remorse? It's the guilt-driven response you have to holiday excess that becomes the catalyst for those New Year's resolutions and intentions. What happens is that we go through the holidays abandoning most – if not all – restraint, while indulging our bacchanalian impulses. Bellies full, we manage to sleep well at night clinging to the rationalization that, come the new year, we're going to lose the weight and get in shape. Yes, and I can show you a holiday road to hell paved with New Year's intentions.



Come the first of January, the hoards of enthusiastic resolutions-ers account for the swelling number of gym, yoga and Pilates memberships as the diet books fly off the bookstore shelves. By the second week of February, some 80 percent of those resolution-ers are back home with a new kind of remorse staring back at them in the mirror – the remorse of disappointment. Why is it that with such good intentions, getting fit, losing weight and improving our lives seem so elusive?

To answer this question, it's important to recognize that outside-in solutions such as dieting, joining gyms and so on are doomed to fail if, other than your well-intentioned resolve to change, you've done nothing to enhance your capacity to either sustain motivation or handle the inevitable stress and discomfort involved in change. Saying this differently: Unless you first change your mind, don't expect your health goals to materialize. As the saying goes, it's not the horse that draws the cart – it's the oats. It's not the gym, Pilates class or diet that will change you – it's your mind.

The unfortunate truth is that change, all change, entails some degree of emotional friction, which in turn generates a "heated state" we call stress. Whether you're feeling anxious, depressed, frustrated, fatigued, weak and out of control, or simply bored, emotional friction (stress) becomes the high-octane fuel of failure. When it comes to handling the stress involved in change, many well-adjusted, happy, overweight, out-of-shape people share the fundamental problem of self-sabotage.

What exactly is the resistance that sabotages our lives and our intentions? As complex and multifaceted as the answer to this query may be, one way or another it all boils down to self-discipline. Essentially, you build self-discipline by willfully enduring the transient discomfort of changing who and what you are. You're not born with self-discipline; you acquire it. Like a muscle, you need to develop your self-discipline muscle, one challenge at a time. Starting today, instead of reflexively feeling a need to minimize or escape the friction involved in change, recognize instead the need to endure it. Bottom line: Don't bail!

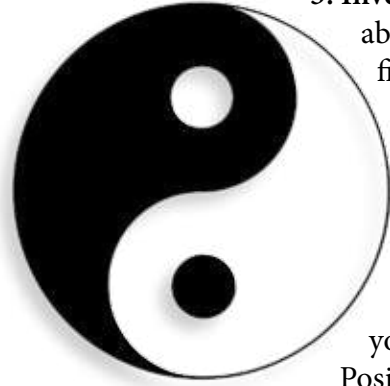
So before you focus on your biceps or belly fat, focus on training your brain with these five tips – and next year, you won't have to make a resolution:

**1. Think small.** Begin with small successes. Take a look at the habits that are holding you back in life. Find one that's simple, like, "When I finish this meal, I'm going to wash my dish." Make a contract with yourself that that dish must be washed. No ifs, ands or buts! Throughout the day, find simple challenges that you make happen.

**2. Build self-trust.** Once you get used to making small things happen, begin to recognize and embrace the truth: What I say to myself is what I do. Remember, to cultivate a



capacity for self-trust, you must succeed. In order to guarantee success, don't challenge yourself with a pledge that you're not sure you can handle. If, for example, you're not sure you'll stick with going to the gym five times a week, then don't promise yourself. Better to do the best you can than to fall short and wind up jeopardizing your growing capacity for believing in yourself. When it comes to building trust, it's better to lose the battle than the war.



**3. Invent challenges.** Invent various challenges throughout the day to strengthen your ability to believe and to do. Don't allow yourself to procrastinate; make yourself finish your paperwork before turning on the TV; decide not to spend too much at the mall. These are all trust-muscle builders, and you should view them as you would an actual muscle. Just as you would do repetitions at the gym to develop a muscle, so too must you get your reps in each day. Like a muscle, the more you workout, the more your capacity for personal success will grow.

**4. Cultivate optimism.** No one's life is without negatives. The key is to train yourself to focus on the positives. Don't let insecurity suggest there are no positives. Positives may be eclipsed by a habit of pessimistic negativity, but keep looking: They're there. If you're a whiner or a complainer, make a determination to stop whining and complaining (to yourself and others). Pessimists are so used to being negative that they don't realize it's a habit. And they don't realize it's a choice.

**5. Develop critical awareness.** Living without self-awareness is like driving your car at night with the headlights off – technically, you can still drive, but you will eventually have a collision. With awareness, you shed light on your destructive, reflexive habits and thinking and on any self-sabotaging mind games at play. When it comes to self-sabotage, mindless capitulation to destructive impulses is your number one enemy.

A clinical psychologist in private practice for almost four decades, Joseph J. Luciani, Ph.D., is also the author of the international best-selling self-coaching series, which has been translated into 10 different languages. Learn more about Dr. Joe at [self-coaching.net](http://self-coaching.net) and connect with him on Facebook, Twitter, LinkedIn and YouTube.



Knowing the above reasons why most resolutions end on the list as unsuccessful may help you BE successful with yours this year! Please read the 5 tips above and change your resolutions this year accordingly to help set you up for success! Good luck! KP ;)

## The "Clean Eating" Diet: What's It All About?

from: [fitday.com](http://fitday.com)

There is no direct definition for "clean eating". Specifically, clean eating is NOT a diet - it is a lifestyle choice. Clean eating is not a new concept; as a matter of fact clean eating has been around for quite some time. Those involved with health, fitness or nutrition from competitors to personal trainers and health conscious individuals have been practicing "clean eating" for years.

One with many benefits that include:

- 1.Fat Loss
- 2.Weight Loss
- 3.Increased Energy
- 4.Clearer Skin
- 5.Shinier Hair
- 6.Better Sleep
- 7.Increased Mental Well-being.



When someone makes the choice to eat "clean" they are choosing to eliminate all processed foods and extra additives from their diet. Basically, you are choosing to eat whole, unrefined foods.



The basics of eating clean include - eating lots of fruits and vegetables. These are straight from nature - the idea is to stay away from anything that may have been altered in any way.

Include meats, however; "whole" meats that you have chosen straight from the butcher or prepared yourself.

Enjoy whole grains - these are grains that are still complete and haven't been broken down in any form. Examples include: brown rice, whole wheat and other whole grains. You will have to get used to reading over food labels. Just because a product says its "whole grain" does not mean it is. It also does not mean they have not added a bunch of other ingredients as well.

### *Simple Guidelines for Success:*

1. Eating small frequent meals 5-6 times per day to level blood sugar and prevent hunger
2. Include lean protein, complex carbohydrates and heart healthy fats in each meal choice
3. Avoid ALL processed and/or refined foods (sugar, baked goods, candies, white flour, white rice, etc)
4. Avoid saturated and trans fats
5. Avoid sodas, high calorie juices and other drinks that give your body no nutritional value and lots of unnecessary (unwanted) calories
6. Avoid high calorie, non-nutritious foods (i.e. junk food)
7. Drink at least 8 cups of water per day.

As mentioned above, "clean eating" is not a new concept; it has been around for a long time. If you have never eaten this way before it may take some practice and some time to get 100% "clean". Unprocessed, natural state foods have a different taste than frozen and processed foods. Your taste buds will go through an adjustment period. Although it is less expensive to eat clean and nutritious foods, it does require more time in the kitchen planning and cooking meals. Give yourself time - I promise you, your body will LOVE you and you will reap the long-term benefits!



# SAVE THE DATE



The 2016 American Sokol Instructors School

will be hosted by

Sokol KHB (Karel Havlicek Borovsky)

July 10<sup>th</sup> – July 24<sup>th</sup> 2016 (tentative)

in Ennis, TX

# ***RISING STAR:***

## CYNTHIA DUFF

submitted by Maryann Fiordelis



I'm pleased to introduce Cynthia (Cyndi) Duff, our new Women's Southern District Director.

Cynthia did not grow up in Sokol but came to know about Sokol through her roommate, Isabelle, who was the Women's Director at Corpus Christi at the time. The year was 1993. Isabelle asked Cynthia if she would be willing to come help out with the Tots class and that was the start of Cynthia's love for Sokol, what its motto and goals mean to her and her dedication for volunteering. She especially liked how Sokol is multi-generational and its longevity.

Her first year it was mostly helping out at Sokol Corpus Christi but the second year she attended the Southern District Slet hosted by Sokol West which she found very helpful in getting a better understanding of Sokol.

The Duff family is a Sokol family. Her husband, Scott, and children, Jazmine, Christian and twins Camryn and Joseph are all involved. Scott first started out by being very helpful with their kids so she could be down at the gym; he is now helping out with the boy's class. Jazmine is an instructor; Christian, Camryn, Joseph and Jazmine are all involved in gymnastics. In 2014 the entire family participated at the Southern District Slet and performed cal together.

A major change recently occurred when Scott's work made a move from Corpus Christi to North Ridgeland Hill, Texas necessary (this is between Ft. Worth and Dallas). Did this stop Cynthia from staying active in Sokol. No way! She covered her basis before leaving her unit by providing tools for her instructors to continue on and staying in touch through conference calls. Cyndi plans on leading the Southern District the same way as well as attending National BOI meetings so she can continue to learn and grow on a National level. She want to learn what her duties are as a District Director to be better able to support all the units in her district and get involved on a National level.

When asked about her favorite memory of Sokol it was when her entire family were together in the Grand March for their 2014 Slet and seeing so many parents participating with their families. Cyndi states she has learned so much over the years about Sokol which carried over to her own personal growth. She thanks Sokol for always providing opportunities to be a part of this great organization, for all the helpful people she met along the way.

Cynthia future plans include better communications, keeping everyone tied together through communications and staying in contact with officers to build cohesiveness throughout individual units and the Southern District so we are not in our own world.

Welcome aboard Cyndi. Looking forward to having a long relationship together.



*Sokol Naperville Tyrs held a fundraiser at the Mongolian Barbeque in Naperville and our coaches Bob Kucera, Joe Bajek and Jeff Marchluk were chefs for the evening.*

## AMERICAN SOKOL 150th ANNIVERSARY PARTY in LISLE

The culmination of the weekend's festivities was celebrated at the Lisle Hilton at the Saturday evening event. The Gala attendees were able to join us after their event was over. It was a thoroughly enjoyable event and a good time was had by all.

An event of this magnitude could not come off so well without the help of many. The BOI Social committee was made up of myself, Maryann Fiordelis, Howie Maskill, Kathy Barcal and Tricia Leja. We had additional adhoc committees that gave support to the event, which will be highlighted below.

As most of you know we were sold out at the event. There was still plenty of room to socialize before dinner, as well as view the 14 entries for the "Then and Now" Contest. Thanks to Nicole Marchluk for handling that. Most being done last minute, since there was only 1 entry by the deadline. But we know Sokols' motto – better late than never! The attendees had one voting form in their "goodie bag" to make their selection of their favorite entry. Results will be published by Nicole.

The goodie bag also included chocolate candy bar with a special 150th wrapper, an etched glass for adults and a plastic cup with logo for the children, as well as some 2017 Slet promotions and of course the Commemorative book. 10 lucky winners who found stickers under their bread plate also won a 2017 promo T-shirt.

We also had a great display of 20 donated baskets for our Basket Raffle. It was a huge success!! Thank you to all who donated: Sokol Cedar Rapids, Sokol Ceska Sin, Sokol Detroit and Sokol Detroit's BOI, Sokol Greater Cleveland, Sokol Minnesota, Sokol Naperville Tyrs (2), Sokol San Francisco, Sokol Spirit, Sokol St. Louis, Sokol Stickney, and Sokolice Tabor were all unit donors; individual baskets donated by the Cushing's and Fiordelis'; other individuals that contributed toward baskets included the Kalat's, the Dalton's, the Harlan's, Angie Bultas, Jean Hruby, Doris Marks, Annette Schabowski, Juanita LoGiudice, and Barb Vondra. A special thanks to our Basket Raffle committee of Barb Vondra and Juanita LoGiudice and added help by Doris Marks. Congratulations to all the winners!!

We also had a Grand Prize raffle of two prizes. The weeks' time share in Orlando, FL was donated by Meribeth and John Tooke and won by Alex Zahrobky. The weekend hotel stay and breakfast was donated by the Lisle Hilton and won by Colleen Capodice.



We did start off with a Welcome, acknowledgements to various committees, and a slide presentation that was also viewed at the Gala. The champagne toast was given by Maryann Fiordelis. The Hilton did a nice job of setting up for this elegant event. The food was great! Even the special designed cake for dessert!

The remainder of the evening was enjoyed with socializing and music. As always Mario Mongello did a fantastic job as the DJ; so much so we went later than expected. Another big hit was the Photo Booth by DJ's R Us. Mark Skorusa, who is also a AAA Insurance Agent, donated the cost of the Photo Booth, in return for us getting 20+ insurance quotes to him. Thank you to all who helped us reach that goal and receive 100% donation.

But I have to say it was very encouraging to see as many young people at the celebration. It gives hope to the continuation of Sokol and the commitment they have to being a part of the Sokol family. And speaking of family there were many 2 and even 3 generations of family members attending as well. I think all this was very impressive to our special guests—the dignitaries from the Czech government who made a point to visit both celebration events that evening. They seemed to enjoy themselves immensely, as well as the spontaneous singing performance given by recent Kurz students.

I would like to thank all of you who attended, all who volunteered their time that evening and the entire weekend, my husband for putting up with months of meetings, and once again, all my devoted volunteer committee members! Thanks for making my job easier and our Sokol 150th Celebration a huge success!!

Nazdar!!

Mary Cushing, BOI Social Committee Chair



Calling all Sokols from sea to shining sea, from the fruited plains, from across the mighty oceans!! Join together as we celebrate our traditions and establish new ones for the future.

The Western District is honored to host the American Sokol XXIV National Slet and Festival  
**June 22 – 25, 2017**  
**Cedar Rapids, Iowa – the City of Five Seasons**

The devastating flood of 2008 may have taken away their 100 year old hall  
But not their Sokol spirit!

“The Tradition Continues”

Tentative Schedule:

Thursday 6/22 – Coaches Meeting

Cal and Marching Competition

Opening Ceremonies / Special Number Presentations

Friday, 6/23 - Volleyball Competition

Fitness Challenge Competition

Teen Dance / Banquet

Saturday, 6/24 – Gymnastics Competition

Victory Dance

Sunday, 6/25 - Slet Program Rehearsals

Slet Program

Committees and Lead Personnel

Chairman – Allison Gerber, Western District (WD) President, Sokol Cedar Rapids - [akgerb@aol.com](mailto:akgerb@aol.com)

Secretary/Treasurer – Shelley Cairns, WD Treasurer, Sokol CR Secretary - [shelleyc515@gmail.com](mailto:shelleyc515@gmail.com)

Meribeth Tooke, National Treasurer, Sokol Spirit Educational Director - [mtooke830@gmail.com](mailto:mtooke830@gmail.com)

Public Relations – Jeanne Vogt, Sokol CR 2<sup>nd</sup> VP - [jeannevogt@msn.com](mailto:jeannevogt@msn.com)

Lynda Filipello, National PR/Marketing, Central District president

[lyndafilipello@aol.com](mailto:lyndafilipello@aol.com)

BOI – Maryann Fiordelis, National Physical Director, Sokol Detroit - [mfiordelis@yahoo.com](mailto:mfiordelis@yahoo.com)

Teen Dance / Banquet - Jean Hruby, National President, Sokol Stickney - [Jean.Hruby@gmail.com](mailto:Jean.Hruby@gmail.com)

Program Book – Theresa Vernon, WD Women’s Dir., Sokol Crete Gym Dir. - [vernontheresa@gmail.com](mailto:vernontheresa@gmail.com)

Souvenirs – Debra Allison WD Educational Director, Sokol Cedar Rapids - [skitroll@imonmail.com](mailto:skitroll@imonmail.com)

Museum – Rome Milan Southern District Men’s Director, Sokol Fort Worth - [romeparis@aol.com](mailto:romeparis@aol.com)

If you have any suggestions, ideas, and/or wishes for activities, procedures, sale items you are encouraged to contact the lead directly.



## Mark your Calendar

### Events around the American Sokol

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

## January

- January 8-10** **CD Skills & Progression Clinic** — Sokol Tabor, Berwyn, IL
- January 16** **Czech Beer Festival** — Noon to Midnight, Sokol Tabor, Berwyn, IL
- January 23** **IPDGC Meet** — Sokol Spirit, Brookfield, IL
- January 30** **Beer N Bags** — 6:30 p.m., Sokol Tabor, Berwyn, IL

## February

- February 7** **GIJO Tumble Down Gymnastics Competition** — Naperville Central High School, Naperville, IL
- February 7** **Sokol Super Sunday Girls Invitational Gymnastics Competition** — Sokol Greater Cleveland, Cleveland, OH
- February 13** **Sokol Greater Cleveland Winter Exhibition** — Garfield Heights High School, Cleveland, OH
- February 13** **Calisthenics & Marching Competition** — Sokol Lodge 306, Chicago, IL

## March

- March 5** **Annual Exhibition** — Sokol Spirit, Brookfield, IL
- March 12** **150th Annual Exhibition** — Sokol Tabor, Berwyn, IL
- March 13** **Annual Exhibition** — Sokol Chicagoland, Downers Grove, IL
- March 18** **Annual Exhibition** — Sokol Naperville Tyrs, Naperville, IL
- March 19** **Annual Exhibition** — Sokol Stickney Tyrs, Stickney, IL

## April

- April 10** **GIJO Vault Into Spring** — Naperville Central High School, Naperville, IL
- April 23** **Central District Special Number Competition** — Lyons Township North High School, Lyons, IL

## May

- May 1** **Annual Exhibition** — Sokol St. Louis, St. Louis, MO
- May 14** **Central District Male Competition** — Sokol Spirit, Brookfield, IL
- May 21** **Central District Female Competition** — TBD
- May 22** **Central District Sokol Day** — TBD



### 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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