



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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by ANNETTE SCHABOWSKI

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From the Editor...

The Sokol Family. Some people describe it as their "second family". Or refer to their unit's gym as their "second home". For many of us, this is exhibition season. And so too, your gym becomes your *second home* in preparation for the event.

Learning Cal, writing and teaching a special number, getting a program book together, prepping for the after party—buying beverages and cooking food, determining the order of the performance, and creating promotional materials, to name a few.

It's a lot of work. Which generally falls on the shoulders of an already drained few. Especially in a significant anniversary year. I commend all the Sokols who not only had their own festivities to plan and execute, but to those who also commemorated the ASO's 150th. See page 11 for Sokol Los Angeles' celebration report. And to the many others that have come before and still to come, congratulations on a job well done! Being in a non-profit takes sacrifice of time and efforts on many levels. The undying commitment to Sokol is awesome to witness.

NAZDAR!



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

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

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The Presidential Address

The Sokol Eye – Sokolským Okem

Do you know that our original Sokol halls were built with money donated by its members and some even built by their own hands? A “Labor of Love”, members literally built this organization and always without praise. I am not sure we consciously choose to be Sokols. Maybe Sokol finds us...

In February, my “Sokol Eye” discovered that there are Sokols still using their own hands and talents to “build” their gyms just as they did one hundred years ago. Sokol Cedar Rapids suffered a huge loss when their historic gym endured irreversible damage from the flood of 2008 giving them no choice but to sell their building and find a new home. They found an industrial building that suited their needs, however it needed to be custom fitted to become a Sokol hall. Months were spent scrubbing the walls and ceiling removing factory silt and grime making the inside shiny and new. The next phase was turning the building into a Sokol with locker rooms/bathrooms and of course, adding a kitchen. Yes, we all know that Sokols must have a kitchen!

Charles and De Ann Nejdls, contractors by trade and from a long line of Sokols, decided to give up a year of running their own business to not only GC the project, but donated their Sokol “labor of love” and physically helped build the rooms. As Charles and De Ann were telling me their story, I felt the souls of Sokols past surrounding the room and proud that members are still building their Sokols today. An addition needed to be built to accommodate the requirements, the Czech Republic donated enough money to purchase a brand new overhead hood for the stove, other members donated rolling prep tables, suppliers helped with pricing and the Nejdls created a state-of-the-art kitchen perfect for member dinners, fundraisers and certainly many dumpling sales. This story impressed me so much because I don’t know how long it has been since members truly “built” the Sokol. Thank you to Sokol Cedar Rapids for making the decision to pursue a new hall and for keeping Sokol alive. We need Sokols to persevere and not give up when they hit tough times, and we need to help Sokols units keep buildings. Thank you to the Nejdls for their “labor of love.”

Everyone will get to experience Sokol Cedar Rapids at the 2017 Sokol Slet! We are excited! As a side note, the original Sokol Cedar Rapids Gymnasium, built in 1908, is now being used for a 4,500 square foot brewery and restaurant as well as shops and apartments. How quintessential is it that a former Czech building is now a brewery? Because the building is on the historic register, Sokol logos remain and the Sokol spirit will forever stay embossed on the heart of Cedar Rapids. Maybe the souls of Sokols past had a part in making that happen too? Na Zdravi to all of those who will experience the brewery and the renovated former Sokol Cedar Rapids building!

~~~~~

While attending the Sokol Cedar Rapids unit meeting, it was extremely effective to listen to their needs and answer questions. A few things truly hit home for me and it is clear that there is a need for the national organization to find a solution to membership issues, help units with their business management (gym director assistance) and provide additional marketing solutions. We are taking action on the membership issues and even without a National Membership Director, the Board of Governors and District Membership Directors will meet in March to begin addressing the topics of: one parent per youth bylaw, membership drives, annual reporting, and TGM membership. It is a difficult task to define our membership and set bylaws that work for everyone, establish proper fees so that we can continue to meet increasing budgets and to also satisfy the types of people signing up for classes. We are unique and not easily compared to other membership organizations. We will discuss, look for solutions, and in the end, if nothing changes then at least we can say we tried. We also have

*continued on page 13*



# The Sokol Educator

*from The National Education Committee*

## 2016 MERIT AWARD

The American Sokol Merit Award, which is being handled by the National Educational Committee, is now accepting applications for the 2016 Merit Awards. Eligible students are those who are planning a full time (at least 12 hours per semester or equivalent) course program in an accredited two-year or four-year college or who are already participating in such a course of study. The amount to be awarded is \$1,000.00. There are no merit award renewals. The application process begins with the submission of the form below to obtain application forms and instructions.

If the recipient fails to submit such a transcript or fails to complete the full year of study for which the award was granted, the recipient is obliged to repay, in full, the Merit Award.

The selections are made by the Merit Award Committee and approved by the American Sokol District Educational Directors and the American Sokol Executive Board. The following points will be considered by the Committee in selecting the candidates:

1. Educational Activities – Sokol and/or other cultural activities.
2. Service to Sokol – Unit, District and/or National.
3. Participation in Sokol events and activities – Unit, District and/or National
4. Community involvement
5. Essay
6. Recommendation of the Unit Educational Director, Physical Director or President.

## 2016 Merit Award

Applications can be downloaded from the American Sokol web-site. [www.American-Sokol.org](http://www.American-Sokol.org).

If requesting by mail, please send this completed page to: Merit Award Committee, c/o American Sokol, 9126 Ogden Ave. Brookfield, IL, 60513 or e-mail [ASO@AMERICAN-SOKOL.ORG](mailto:ASO@AMERICAN-SOKOL.ORG)

I wish to apply for the American Sokol Merit Award.

Name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

My age is \_\_\_\_\_ years. I am a member of Sokol \_\_\_\_\_

APPLICATION  
REQUESTS SHOULD  
BE RECEIVED  
NO LATER THAN  
APRIL 1, 2016

APPLICATIONS ARE  
DUE JUNE 1, 2016

**Should you need guidance filling out this application, please refer questions to your Unit or District Educator.**

**Please type your responses.**



# 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.

## Annette Schabowski Retires

by Sis. Jean Hruby, President



Annette Schabowski with EllenJeanne Schnabl's daughter Anita

Dear Brothers, Sisters, Members and Friends:

We are announcing the retirement of Sister Annette Schabowski as Librarian in the American Sokol National Office. Annette has been a light in our organization creating all of the displays that you see, the preservation of posters, flags and the filing of historical documents. Annette would bring sunshine to the office every Tuesday when she came in, smiling and sharing her prayers with us.

Annette uncovered hidden treasures and had the right touch to put together grand displays at our slet events. The American Sokol Executive Board and Board of Governors would like to fondly thank Annette (and her husband Bill who also contributed to a lot of the hammering that had to be done), for her many years of service to American Sokol.



Bill and Annette Schabowski with Jean Hruby

couldn't attend, their families were there to see this wonderful display. They are forever remembered and recognized in our national office.

Our plan for the Library, Archives and Museum is to form a LAM committee/board that will develop plans for the future of the LAM. We will consider getting the collection displayed in a location where more people can experience it, seek grants to cover expenses of the LAM, look for interns to prepare digitization.

We honored Annette on February 27th with a retirement party and open house at the national office. Many people came to the museum to celebrate Annette including her sister Henrietta and daughter Deanne from Texas. We found this to be a perfect opportunity to recognize and honor the other librarians that gave so much time to start the Library, Archives and Museum; Lorainne Zdenek (deceased), EllenJeanne Schnabl and Jerry Milan in addition to Annette Schabowski.

We unveiled a plaque that will hang in our LAM for years to come. Although Sister Zdenek is no longer with us, and EllenJeanne



# 2016 Miss Czech-Slovak US



Do you know the 2016 Miss Czech-Slovak US? You may...if you know a young woman age 16-26 of Slovak or Czech heritage whom is passionate about her heritage and continuing our great traditions.

The Miss Czech-Slovak US Organization is searching for state representatives to compete August 6 and 7 in Wilber, Nebraska. Located in the heart of the mid west, Wilber is a small town with a large love for their heritage. Wilber celebrates heritage every day but for one weekend throws an exciting weekend-long celebration and welcomes heritage-lovers from across the United States. The highlight of the weekend is our Czech-Slovak Queens. Our state queens are ambassadors for our heritage.

This isn't your ordinary pageant. This pageant is focused on heritage, history and tradition. We are the ONLY Czech-Slovak Queen pageant which is focused on wearing a traditional Kroj. We award \$10,000 in educational scholarship every year! For 29 years, the pageant has been a 100% volunteer organization. Together we reward young woman whom want to represent our heritage.

Once a Queen always a Queen... here are a few quotes from our state queens.

*"The pageant weekend was the best weekend of my life. The girls were wonderful. The volunteers were wonderful. Thank you for this gift."*

*"The weekend is crazy, hot and awesome. I wish I could do this every weekend."*



***Have we peaked your interest? Do you know someone who would like to join our family?***

Visit [www.missczechslovakus.com](http://www.missczechslovakus.com) or [www.facebook.com/missczechslovakus](http://www.facebook.com/missczechslovakus) or email us back at [missczechslovakus@gmail.com](mailto:missczechslovakus@gmail.com)

Looking forward to seeing you at the 2016 Miss Czech-Slovak US pageant, August 6 and 7 at 7pm at the Wilber Outdoor Theatre.

Sincerely,

*Your friends at the Miss Czech-Slovak US Organization*



*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**

Some of you may know that I am very interested in eating “clean” and increasing the health and fitness of my family. I belong to an e-mail group called “Fly Lady”, and although I am not flying YET, I love reading the e-mails. They always have good tips and tricks for cleaning, but occasionally other areas of life as well! I saw this and thought it would be great to share about increasing healthy and clean eating with the entire family! Enjoy KP ;)

## Food For Thought: Healthy Meals For Picky Eaters

*From: [www.flylady.net](http://www.flylady.net)*

Hello Friends,

If you're trying your best to lose weight and/or improve your health, it can be challenging to stick with it (to say the least) if your family isn't on board with the changes. When you're struggling to make the right food choices, negative feedback from the dinner table every night can push you back to old ways pretty quick. (What's this? I don't eat green things. I don't like that. Why do you hate us?)

Lucky for you, there are some tricks you can use to help your picky family be part of your changes, without them even realizing it (sneaky).

Don't make an announcement. If you and tell everyone that you'll all be eating your family is going to convince bland and yucky.

Increase veggies gradually. If your family start by serving the ones they do enjoy, they do not. Add a salad at the center everyone choose their own toppings broccoli, try kohlrabi one night (they face at brussels sprouts, try sautéing them about your lifestyle changes, and more about getting everyone a bit healthier.



sit down at the dinner table one night healthy from now on (huge mistake), themselves that meals are going to be

members are not fans of vegetables, and find new ways of cooking those of the table for every meal, and let or dressings. If you know they like taste similar). If your family makes a with a bit of bacon. This makes it less

Make small changes. If you live with other people, you may not wish to throw away all of the packaged foods, sugary salad dressings, and frozen entrees all at once. A big dramatic act like this will scare them and will make your life difficult. Start slow by making little, barely noticeable changes. Once you run out of a certain salad dressing, for example, don't replace it with the same kind (make your own or buy a healthy version). Make everyone's favorite lasagna, but add more vegetables to the sauce and add a bit less cheese. Serve with a salad instead of garlic bread.

Make a healthy version of familiar recipes. Let's go back to the lasagna example. If you're giving up gluten but the family isn't, go ahead and make your world-famous lasagna, but make your own serving with zucchini noodles instead of wheat. Let everyone try a small piece of yours so they see how delicious it is.

Find healthier ways of preparing things. If you normally fry your chicken, use the same recipe, but bake it in the oven instead. Cook foods in coconut oil instead of vegetable oil. Bake muffins with whole wheat or coconut flour instead of white. Halve the amount of sugar in all recipes and substitute with honey. Little changes like this all add up, and it isn't going to be a huge shock to your loved ones' systems.



Involve them. If you're making fajitas, provide everyone with healthy topping options: red onions, tomatoes, peppers, refried beans, cheese, lettuce, salsa, etc. Place everything on the table, and make a rule that everyone has to either choose three toppings (or three different colors) or eat their fajita with extra salad. You can do something similar with a variety of healthy foods like chili, soup, and pasta. Put all of the options on the table and let them choose what they want. Then you can eat as many vegetables as you want without forcing it on them. (Directly!)

Experiment with salads. When you're trying to increase the number of salads your family is eating, it's going to take trial and error. A bowl full of iceberg lettuce is not going to make anyone your friend. Prepare a big bowl of greens and serve with a variety of meats, colorful veggies, boiled eggs, avocado, nuts, dried fruits... see what everyone gravitates towards.



Make notes. Keep a bit of a food journal so you can remember which meals your family enjoyed, and which they did not. Allow everyone to choose one or two foods they will not eat. Promise that you will do your best to avoid those foods in your meals, if they promise to be open minded about what you serve.

Be creative, and you'll be surprised at the gains you can make with your picky family while eating a healthier diet!

Love,  
Leanne

Another GREAT idea to try-because we live in Chicago, I only incorporate this in the summer-is to get your kids involved in planting, watering, caring for, a vegetable garden. They get to pick the veggies and choose which ones to put in the salad or dinner that night! We also love stir-fry's that incorporates our garden veggies and chicken (or meat of your choice) in a Wok-fry it up in some coconut oil, and add soy or teriyaki sauce and serve it over rice! We also grow fresh basil, parsley, chives, cilantro and oregano and pick a few sprigs or one or all to add as an added flavor! Once the kids have eaten it from our garden, they are open to purchasing it at the store. I also involve them in looking up recipes on the Internet and have them help make the meal in the summer. The kids really LOVE this.

; ) KP If you want more ideas, help with your health and/or fitness or just want help with eating clean, please contact me via e-mail [kandi@pajer.us](mailto:kandi@pajer.us)

*Happy Clean and Healthy Eating!*

## How to Run with Spring Allergies

*By Beth Shaw From: Active.com*

As another spring approaches and the weather warms, many runners find themselves dealing with pesky seasonal allergies.

Sometimes these allergies are so uncomfortable that runners feel like they have no choice but to skip their outdoor runs or suffer a miserable triage of symptoms: itchy and watery eyes, congestion and constant sneezing. But missing a key run doesn't have to be your only option when springtime rolls around.

If you suffer from springtime allergies, here are a few tips to make it through the season without being sidelined.

**Identify Your Specific Allergy-**As spring approaches, the first thing to be aware of is your specific allergy type. Seeing an allergist can help, since figuring out exactly what triggers your symptoms is the first step to managing them.

Some seasonal allergies are mild, so an allergist may not be necessary, but do keep careful track of how you feel before and after a run so you can better identify the cause.

**Check the Count-**If you've found pollen to be the culprit, which is common among springtime allergy-sufferers, make sure to check the pollen count before hitting the streets. Knowing the pollen count in your local area can help you plan a better route or, if it's very high that day, hit the treadmill.

Weather.com and Pollen.com are great resources, as they allow you to plug in your zip code to see what the current numbers are in your area and predictions for later in the week. Pollen.com even includes oak, juniper and maple counts.

**Pick the Right Time of Day-**If you feel comfortable doing so, plan some runs in the evening.

The amount of pollen in the air is highest between 5 a.m. and 10 a.m., so go ahead and use this as an excuse to sleep in. Nighttime typically has a lower count, but it's always best to double check that day since wind can factor in.

The best time to run outside during allergy season? Right after a rainstorm. The dryer the weather, the worse allergens tend to be.

**Identify a Treatment Plan-**Antihistamines are a common treatment for seasonal allergies and can be purchased over the counter. Make sure to look for a non-sedating one, though, so you don't experience drowsiness.

In addition to taking an antihistamine, other small changes can help. Wearing sunglasses during a run can protect your eyes from pollen, and using a nasal spray after a run will help remove any allergens that are hanging around your nasal cavities and making you feel worse.

Also, be sure to wash your hair and clothing often. Allergens can cling to these places, too, exacerbating your symptoms.

**Know the Facts-**There's a common belief that eating local, "raw" honey can ease allergy symptoms by exposing you to the area's pollen and creating a tolerance, similar to how allergy shots work. However, the pollen in honey, which makes up a low-dosage to begin with, is actually the wrong kind.

The airborne pollen causing your allergies is most likely from trees, grasses and weeds, not flowers. So while that honey may taste delicious, there isn't any scientific proof that eating it will improve your allergies.

**Try Something New-**If you're still not finding relief from your allergy symptoms, be open to trying something new and experimenting. For example, some foods can trigger seasonal allergies, so you may want to reduce or cut them out of your diet in the springtime to see if it makes a difference.

If you're allergic to grass pollen, try avoiding cherries, oranges, pears and tomatoes. These foods contain proteins that cross-react with grass pollen, worsening your allergy symptoms.

# 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

# *Sokol Los Angeles Celebrates American Sokol's Sesquicentennial*

by Sis. Yvonne Masopust, Pacific District President



This year Sokol Los Angeles combined its annual Heritage Event with the celebration of American Sokol's Sesquicentennial. The event took place on Sunday, October 25, 2015 at Knollwood Country Club in Granada Hills, CA. For the last time we had the opportunity to welcome among us Czech Consul General Mr. Michal Sedláček, who has been a great friend to the units of the Pacific District during his term as Consul General of the Czech Republic in Los Angeles (2011-2015).

Sokol Los Angeles President Sis. Lillian Roter welcomed everyone and thanked Mr. Sedláček for his past support and wished him well, as he will be returning shortly to the Czech Republic. Our Physical and Activities Director Bro. Otto Notzl then led the

singing of the national anthems—U.S., Czech, and Slovak. Pacific District President Sis. Yvonne Masopust then addressed the guests, speaking about the 150th anniversary of the American Sokol Organization. Sis. Masopust's speech was followed by a program of the Czech & Slovak folklore dance group Karička from San Diego under the direction of Anna Hradsky. Eight dancers performed songs and dances from the

Šariš and Zemplín regions of Eastern Slovakia. The group easily captured the audience's attention with the high quality of their performances

and also the variety of numbers presented. The dancers performed the "Wooden Spoon Dance" and the "Bottle Dance", as well as various circle dances. A young boy performed an interesting dance with a long whip. There were songs performed by the group and also by solo singers singing in harmony, and two young musicians performed on violins.

We ended the event with a raffle and the Now and Then Band played for dancing and



listening pleasure. Bro. Otto Notzl led the traditional circle and line dances that are always so very popular with our guests, and of course we danced polkas, waltzes, and the mazurka. All in all, a wonderful time was had by all as we celebrated ASO's 150th birthday.





## ***RISING STAR:***

# SAMANTHA JABRA

submitted by Donna Sbriglia,  
Eastern District Women's Director



Samantha (Sam as she likes to be called) started gymnastic classes in Little Ferry Sokol at the age of 3. She has been actively involved in teen classes ever since. For the past 3 years Samantha has been an assistant instructor for 4 classes each week. She enjoys teaching and being around the children, and hopes to continue teaching at Sokol in the future. Over the years Samantha has brought new members to the Sokol Little Ferry family through her contacts at her school and various activities. Samantha has also been a volunteer waitress for our annual Pork Dinner among other things that she volunteers for.

Sam comes from a long family line of involvement with Sokol, as her grandparents and uncles were members years ago. Her uncle Milan (Jack) Radtke was married to her aunt Patricia Juras (also a member) at Sokol Little Ferry. While not participating in Sokol classes, Samantha is an avid gymnast and cyclist. She rides a minimum of 3 hours per/day. She has also been involved with Soccer, Cross Country Track, Glee Club, and Drama. Sam enjoys volunteer work on many levels, and has received the Presidential Volunteer Award for 3 years at the bronze and silver level.

This past June Samantha graduated from St. Joseph Academy in Bogota and was awarded the Gold Level Presidential Service Award for Volunteering. She also received the Holy Name Society Scholarship. While attending the academy, she organized a club called "Crafts for Charity" which involved the students making various crafts and selling them during school hours. The money collected was then donated to a different charity every 2 months. Samantha is a parishioner at St. Margaret of Cortona Church in Little Ferry and St. Joseph Church in Bogota.

For the past 4 years Samantha has been Little Ferry's youth ambassador and has been active at registering their gymnasts. Samantha is a very kind, vivacious, and friendly girl who is always willing to help out whenever and wherever she's needed. The latest project she is working on is titled "Share the Warmth" and involves knitting hats and scarves for those in need and the elderly. Regardless where Sam is she is always showing the true spirit of a Good Samaritan in her life and the way she lives it. Hopefully she will be teaching at Sokol for years to come.

**A survey is being conducted in regards to what kind of souvenirs you would like to see for the 2017 Slet.**

**The survey link is <https://www.surveymonkey.com/r/LQ9W6LN>  
Deadline is March 31st .**

**Your opinion counts! So please take a few minutes to complete the survey.**

*continued from page 3*

to know that we cannot stay stuck in the past and need to change with the times. There may be a better way of managing membership that benefits everyone and also increases our numbers. We may actually find something that works! It is important that all units have a voice and know that we are addressing everyone's concerns.

We want our gyms to be full and prospering with programs. The grant committee is evaluating the available funds and is currently developing internal grant programs for our units. Please know that the governing boards are listening and we are taking initiative to address all of the organization's needs. This "Sokol Eye" is focused on making things happen for you. Don't hesitate to send us suggestions regarding any of these topics. We need to keep talking and define solutions to being around for another 150 years.

It has been fun working more hours in the national office and surprising Sokols when I answer the phone! It is great to hear your voices. If you cannot reach me there, you can always send an email.

### ***National Office Updates:***

- Administrative Conference 2016 targeted for August
- Annette Schabowski Retirement Party and Honoring of All Library, Archives and Museum Curators held February 27th. Please read the article in this issue about Annette.

Nazdar!

Ať žije Sokol ~ Long Live Sokol!

Jean Hruby - President

## *To Jean Hruby and the American Sokol Office Staff:*

I want to thank you for giving me the opportunity to work, learn, and grow with the American Sokol Organization. After many years, I look back to the day in the Berwyn office, when Stanley Barcel asked me if I would work with the Library-Archives. It has been an experience of a lifetime, from setting up displays, repairing materials, correspondence, and organizing historic pictures, books and manuals. One memorable event was traveling by car to Texas carrying the Tyrs plaster bust to a foundry to make two bronze busts. These are now at home in the American Sokol Office and at Sokol Fort Worth.

Sokol was introduced to my family by Marilyn Vacha, a neighbor in Chicago. We met through our interest in art and calisthenics. We traveled to Sokol Town of Lake in Chicago for several years, and were campers and counselors at the Willow Springs Sokol Camp together. We continue to have a camp reunion to this day, meeting around the memorial rock with a plaque dedicated to Sokol.

In addition to classes at Sokol Tabor, many competitions, special number events, exhibitions, and Slets, I was also fortunate to perform in the Strahov Stadium in Prague, Czech Republic, at the Gymnastrada in Denmark, and travel to other European countries due to my involvement in Sokol.

I was truly pleased by the memory book presented to me with the many thoughtful wishes, letters, and cards. Thank you for the retirement party and for the opportunity to get together with many of my Sokol sisters and brothers.

Sincerely,

*Annette Banfi Schabowski*



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)
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- BOI & Youth Social – Maryann Fiordelis, National Physical Director, Sokol Detroit - [mfiordelis@yahoo.com](mailto:mfiordelis@yahoo.com)
- 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)
- Opening Ceremonies – Tom Pajer, Sokol Spirit, [mailto:tompajer@comcast.net](mailto:mailto:tompajer@comcast.net)

If you have any suggestions, ideas, and/or wishes for activities, procedures, sale items you are encouraged to



## Mark your Calendar

### Events around the American Sokol

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

## March

- March 5**      **Czech Dinner** — Sokol Milwaukee, Milwaukee, WI
- March 6**      **Annual Exhibition** — Sokol Spirit, Brookfield, IL
- March 12**     **150th Annual Exhibition** — Sokol Tabor, Berwyn, IL
- March 12**     **Annual St. Patrick's Day Party** — Sokol Cultural Center, Detroit, MI
- March 13**     **Annual Exhibition** — Sokol Chicagoland, Downers Grove, IL
- March 18**     **Annual Exhibition** — Sokol Naperville Tyrs, Naperville, IL
- March 19**     **Annual Exhibition** — Sokol Stickney, Stickney, IL
- March 20**     **Member Swim Party** — Sokol Greater Cleveland, Seven Hills Rec. Ctr., Cleveland, OH
- March 20**     **Palm Sunday Brunch** — Sokol Lodge 306, Chicago, IL
- March 20**     **Pancake Breakfast/Craft & Bake Sales** — Sokol Minnesota, St. Paul, MN
- March 26**     **Corridor Classic Gymnastics Competition** — Sokol Cedar Rapids, Cedar Rapids, IA

## April

- April 2**      **Annual Exhibition** — Sokol Stickney, Stickney, IL
- April 9**      **Annual Exhibition** — Sokol Lodge 306, Chicago, IL
- April 9**      **Western District Slet** — Crete, NB
- April 9**      **35th Annual Volleyball Tournament** — Sokol Washington, D.C., Luther Jackson Middle School, VA
- April 10**     **GIJO Vault Into Spring** — Naperville Central High School, Naperville, IL
- April 10**     **Western District Semi-Annual Meeting** — Sokol Cedar Rapids, Cedar Rapids, IA
- April 15-16**   **Spring Rummage Sale** — Sokol Tabor, Berwyn, IL
- April 16**     **United Sokols of the East Competition** — Sokol New York, New York, NY
- April 17**     **Kroj Fashion Show & Luncheon** — Sokol Milwaukee, Milwaukee, WI
- April 23**     **Central District Special Number Competition** — Lyons Township North High School, Lyons, IL
- April 24**     **Pancake Breakfast** — Sokol Cedar Rapids, Cedar Rapids, IA
- April 30**     **Aerial Skills Showcase** — Sokol Greater Cleveland, Cleveland, OH

## May

- May 1**      **Annual Exhibition** — Sokol St. Louis, St. Louis, MO
- May 1**      **Spring Social** — Sokol Los Angeles, Los Angeles, CA
- May 14**     **Central District Male Competition** — Sokol Spirit, Brookfield, IL
- May 14**     **6th Annual Czech, Moravian & Slovak Folklore Festival** — Sokol Los Angeles, Las Mesa Center
- May 15**     **Annual Exhibition** — Sokol New York, New York, NY
- May 18**     **Sokol Milwaukee Annual Exhibition & Ice Cream Social** — Sokol Milwaukee, Milwaukee, WI
- May 21**     **Central District Female Competition** — TBD
- May 21**     **Northeastern District Competition** — Sokol Greater Cleveland, Hartland, MI
- May 22**     **Central District Sokol Day** — Ehlert Park, Brookfield, IL
- May 29**     **Sokol Detroit Scholarship Pancake Breakfast** — Sokol Detroit Camp, South Lyon, MI



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