

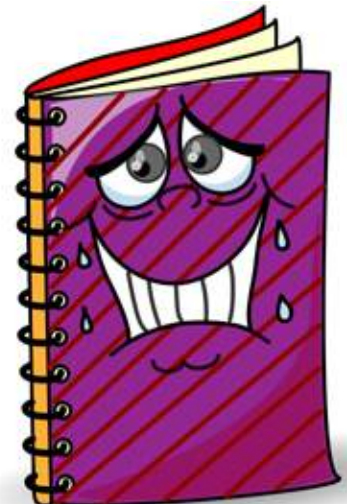


The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.

September 2016 | Volume 139 | Issue 7

Back to School...

Are You Ready?



AMERICAN SOKOL

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From the Editor...

I remember when I was a kid, and sure, back to school was never a *fun* idea. But it also meant that a new Sokol season was coming. The idea of getting back into the gym was always exciting. Putting the summer behind meant starting anew. A fresh and clean slate to begin again.

Maybe learn a new trick on the floor. Get that dismount you've been working on. Spike a volleyball over the net. Make a new friend. Learn a new Cal or special number. The possibilities were endless. And they are even more opportunities in Sokol to make a difference. If you don't know—ask your president, physical director, or any officer in your unit of how you can help. You only get out of Sokol what you put into it. Leave your mark today.

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

The Sokolským Okem has been busy networking all summer long. While in Prague this summer, I had the honor of taking American Sokol global and participating in three interviews – one on Radio Praha, another with a magazine called Lidove noviny, and the third with an internet magazine called Hlavou Srdcem. All of the interviews focused on American Sokol, our past and our future. (I hope to post some of the excerpts of the interviews in coming issues.) The Czech Republic is fascinated with the fact that we still have a strong organization in the USA and that we serve non-Czech communities that accept the (Czech) Sokol ideal as their own. It is true; I am constantly being asked how many ethnicities we have in our gyms. Our Czech friends are impressed that, even as we become more and more diverse, we continue to honor many of the Czech/Sokol traditions such as calisthenics, marching and, of course, our salutation “Nazdar!” While some might suggest that we are stuck in the past in this regard, I would have to beg to differ. Other organizations do the same in that they thrive in the present while honoring tradition. Consider the Martial Arts in which students wear traditional uniforms and bow to their Sensei (teacher). Yoga classes have always ended their sessions with “Namaste.” So, we are not alone as we honor our traditions while embracing the future. My “Sokol eye” can see that our traditions will continue to be honored in our organization for years to come.



What are your plans for this Sokol season? It is all about to begin... the smell of fall, cold mornings and hot afternoons, not knowing what to wear... you can smell the distinctive scent of a Sokol gym with windows and doors open as you approach the hall for the first class. The days get shorter and all of a sudden, one day, you realize that it is now dark outside when Sokol classes begin. The warmth of the Sokol hall and the friends inside become a desired evening and an important part of your week for the next ten months... until... the days grow longer and the sun is still shining when you leave the Sokol hall. The Sokol season is luring you in again... it is time, so get your work out clothes together, your fresh new gym shoes and get ready for a great new year!

I am looking forward to the new 2016/2017 Sokol season and I hope you are too. Sokol Tabor, our second oldest operating unit, kicks off the American Sokol year with their 150th Anniversary celebrations and banquet in October. Our national boards are hosting an Administrative Conference in September and a Development Conference in October. Sokol Greater Cleveland celebrates 40 years of successfully merging organizations in Cleveland. And, last but not least, we will host the International 2017 Sokol Slet & Festival in Cedar Rapids! This is our year to host the Slet and we are looking forward to gathering together and celebrating. What else happens in between is up to you! Exhibitions, competitions, parties, holidays, maybe even some weddings! (I hear there are a lot of Sokol couples tying the knot! Is it the water? Or just the gyms?) Whatever is happening, join your friends and participate in or volunteer for these great Sokol events and help make this our best year yet!

This year is going to be great! Together we can keep the momentum going from our 150th year as we reach higher and become stronger while embracing and enjoying the season.

Nazdar!

At žije Sokol! ~ Long Live Sokol!

Jean Hruby

President

News from the 2017 Slet Committee

The venues have been booked. Check out their websites



Thursday, June 22nd – Scottish Rite Temple www.CRScottishRite.org

Coaches Meeting, Cal and Marching Competition, Opening Ceremonies

Friday, June 23rd - Iowa Sports Center www.iasportscenter.com

Volleyball and Fitness Challenge

National Czech and Slovak Museum & Library www.ncsml.org

Banquet

Saturday, June 24th – Sokol Cedar Rapids www.sokolcr.com

Gymnastics competition

Clarion Hotel www.clarioncr.com

Victory Dance

Sunday, June 25th - Google - Kingston Stadium Cedar Rapids for pictures

Slet Program rehearsal and Program

The Clarion hotel is also the host hotel for the slet. It has an indoor pool, offers a full-free breakfast, and free off-street parking. It is within walking distance of many restaurants, bowling alley, and convenience stores. Such amenities that were not available if we had booked a hotel in downtown Cedar Rapids, plus the rooms are \$50.00 per night cheaper.

The hotel is providing a room for us the setup the Sokol Museum. A display of past and present uniforms. IF you have a uniform and would like to loan it for the Slet – please contact Allison Gerber at NEW ADDRESS – akgerb@netins.net



Sokol Memories

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

Honoring Sokol Los Angeles Member Libby Pelc

There are four things you can't recover in life:

- A word after it is spoken,
- Time after it has passed,
- Trust after it is lost and
- An opportunity after it is missed.



With that in mind, we take this opportunity for California to say goodbye to long time Sokol member and Women's Director Libby Pelc who is relocating to Colorado to be with family. We will miss seeing and visiting with her at our local functions and wish her a happy retirement from Sokol directorship.

Libby joined Sokol in Detroit, MI at the age of 8. She became dorostenka and finally director for 15-20 members. She joined Sokol Los Angeles in March 1959 after moving to California – overall a Sokol member for 75 years.

Always an active member, she participated in all functions of Sokol Los Angeles. She instructed little girls in gymnastics, and they remember it well, still working on their calisthenics today. Now these 3 year olds are 50 years old.

Libby participated in our first Dinkey Creek children's camp with John Bednar and has been a great asset for teaching children, always willing to help. She continued as camp leader for many years.

Libby was Nacelnice–Women's Physical Director–of Sokol Los Angeles for many years and will be greatly missed at the weekly exercise classes in North Hollywood. She was the calisthenics teacher for the "Stara Garda" and taught the calisthenics for many Slets in which our unit participated–from the Chicago slet to local exhibitions, including Olympics events.

You could count on Libby to help out anytime as did her husband who, with a disability, always worked the ticket booth at Sokol Hall for all the dance functions.

She will probably not want to admit how many years she has served on the cvicitelsky sbor and as an officer of a Sokol unit.

SOKOL MUSEUM AND LIBRARY HIGHLIGHTS



There are roughly 2,400 books in our Sokol Museum and Library. The following is an excerpt from Watson's Manual of Calisthenics published in 1889.

"In arranging a costume for calisthenic and gymnastic exercises, we must take into account what may be regarded as the elementary requisites of all dress: that it be comfortable and de-cent, convenient and suitable, beautiful in form and color, simple, genuine, harmonious with Nature and itself.

The illustrations here introduced give a correct idea of the style of the costume best adapted to calisthenic and gymnastic exercises."

submitted by Julie Barcal



EMBROIDERED SOKOL LOGO



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quantity: _____ color: _____

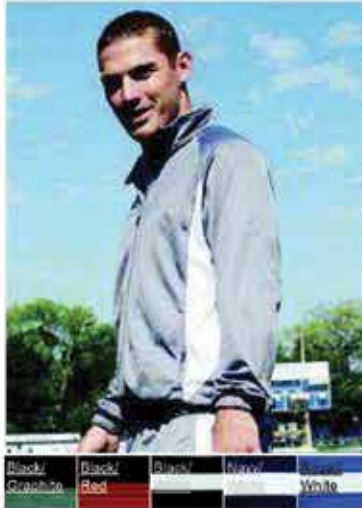
	S	M	L	XL	2XL
Hip:	21	23	25	27	29
Inseam:	30	30 1/2	31	31	31
Waist:	13	14	15	16	17

WOMEN'S PANTS \$40

circle: S M L XL 2XL

quantity: _____ color: _____

	S	M	L	XL	2XL
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Inseam:	30	30 1/2	31	31	31
Waist:	13	14	15	16	17



MEN'S JACKET \$60

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	S	M	L	XL	2XL
Body Length:	26 3/4	27 1/2	28 1/4	29	29 3/4
Chest Width:	22	24	26	28	30

WOMEN'S JACKET \$60

circle: S M L XL 2XL

quantity: _____ color: _____

	S	M	L	XL	2XL
Body Length:	24 1/2	25 1/4	26	26 3/4	27 1/2
Chest Width:	20	21	22 1/2	24 1/4	26 1/4
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Please pull, copy and distribute to your participants as you see fit.

Kandi Pajer • 117 Oakland Grove • Elmhurst, IL • 60126 • Kandi@pajer.us

American Sokol Gives Texas Sports Legends Their Start

Submitted by Donna R. Parker



Emil Milan

In the late 1800s and early 1900s, many Eastern Europeans fled the Austro-Hungarian Empire to find freedom in the United States of America. Little did Joe (Croatia) and Anna (Moravia) Milan and their Eastern European fellow immigrants realize in the early 1900s when they brought Sokol ideals to Texas that it would be the foundation for many Texas sports legends in the future. Joe and Anna Milan were charter members of Sokol Fort Worth, TX organized in 1912. Two of their sons, Frankie and Emil Milan, went on to be sports legends.

We lost both Frankie (93) and Emil (86) in May 2016 within two weeks of each other. They were raised and flourished in a true Sokol home in Fort Worth, Texas. While back then Sokol gymnastics and drill calisthenics competition were their main focus, Frankie and Emil expanded their reach.

Emil Milan later coached Sokol Fort Worth gymnastics (along the side of his brother, Jerry Milan). Then Emil went on to coach, judge and promote gymnastics in the public arena (The University of Texas at Austin, Eagle Mt.-Saginaw Schools and L.D. Bell-Hurst High School). Emil is known as "The Father of Texas High School Gymnastics". During his tenure, he led his teams to 14 state titles, and he coached 12 consecutive high school boy All

American Teams. Emil judged many state, national and international gymnastic competitions, and he was gymnastics staging manager of the 1984 Summer Olympics in Los Angeles, California. Hundreds of Emil's students went on to compete internationally, and many are now coaches, judges and parents of thousands of gymnasts. Frankie Milan took his love of Sokol principals of "A Sound Mind in a Sound Body" to the softball/baseball arena. Frankie, in his adult years, went on to be a player, coach and umpire in the Texas and national fields of fast pitch softball sports. He was one of the best fast pitch softball pitchers in Texas; had many no-hitters; and was on teams that won several national titles. In 1981, Frankie was awarded the Amateur Softball Association National Award of Excellence; in 1994, he was named to the Texas American Softball Association Hall of Fame; and in 2004, he was inducted into the Texas Amateur Athletics Federation Hall of Fame. After more than 40 years as an umpire he was named Tarrant County (TX) "Umpire-in-Chief". One of his dreams was to see softball as an Olympic sport. He did see that dream come true at the first games played at the Summer Olympics in 1996 in Atlanta, Georgia. Both Frankie and Emil were lifelong Sokol members and very proud of their American Sokol beginnings and remained loyal and active members of Sokol Fort Worth until their deaths. (And if the truth be known, they are still promoting it up in Heaven.) Their legend lives on!



Frankie Milan

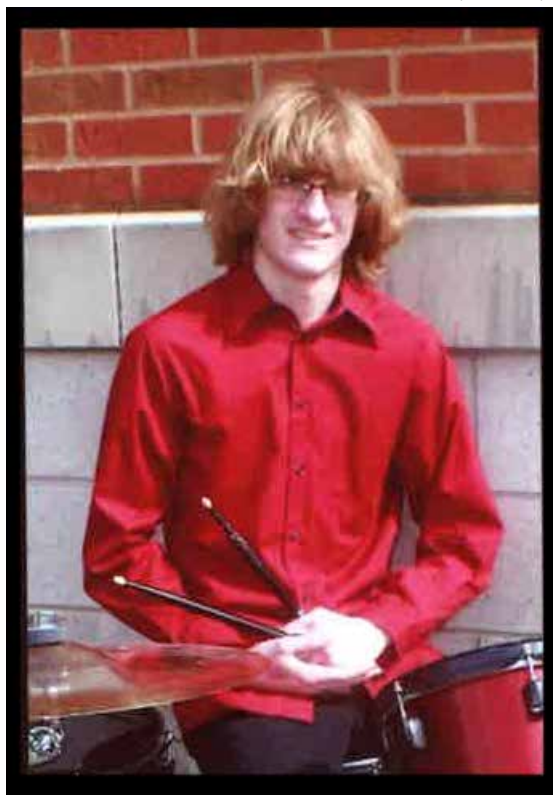
MERT AWARD WINNER:**Jacob Jirousek**

Northeastern District Sokol Greater Cleveland

How Will I Continue Participating in Sokol After Graduation From College

Hello, my name is Jacob Jirousek and my family has been in Sokol for four generations. My parents both grew up attending classes at Sokol Greater Cleveland. My brother and I were born while my parents were living in Phoenix, Arizona. The story goes that my parents loved living in AZ but they missed Sokol so much that once they had kids, they decided to move back to Cleveland for the simple reason that they knew that they wanted to raise their children to be a part of Sokol.

So when I was just 2 years old we moved back to Ohio and I've been in Sokol ever since. Sokol has been an important part of my life ever since I remember joining. It means family to me, and I've learned many life lessons over the years. If it wasn't for Sokol, I would have never met any of my best friends or have made so many connections with people was just starting Tots class, I to try new things. Sokol has participate in various cultural, that I would never had tried Hall is where I grew up and I favorite memories and all of the Sokol and the friends I have life without Sokol and whatever always be a part of Sokol. In decision to make. I know from I work well with children so I but ultimately have chosen to No matter where I end up living, Hall. I plan to continue sharing youth of Sokol, helping out with my own class some day. I will Slets every year in order to make new memories. Hopefully be a lucrative one and I can this great organization alive and be aware that Sokol will always be a huge part of my life and that our children will be raised in Sokol. Growing up a part of Sokol has been a rewarding experience and I can't imagine my life without it. I plan on being a Sokol member for life. Nazdar!



around the country. When I was very shy and didn't like given me many opportunities to athletic, and social activities otherwise. Bohemian National consider it my second home. My fun times seem to revolve around made there. I can't imagine my my future plans entail I will choosing a major I had a tough my experiences at Sokol that considered a career in teaching, major in chemical engineering. it will have to be near a Sokol my talents by working with the gymnastic classes, or running definitely be attending National reconnect with my friends and my career in engineering will contribute monetarily to keep thriving. My future wife better

Do you know a Rising Star?



Is there someone in your unit you feel deserves recognition? Let your unit physical director know. The future is shaped in the present. *Nazdar!*



MERIT AWARD WINNER:

Georgiana "Paige" Tignor

Southern District, Sokol KHB

How Will I Continue Participating in Sokol After Graduation From College

First off, I would like to acknowledge what a blessing the Sokol organization is in my life. It is through Sokol I have gained lifelong friendships, built character, self-discipline, and so much more. As a high school senior, I must take the experiences in my life up to this point and apply them all into the transition to my adult life. The thought of this could worry one, but I believe I am prepared for the adjustment I must make. This is because of my involvement in many organizations and programs, like Sokol, which have taught me some of the necessary skills I will need. It is because of my mother's involvement in Sokol that I am even applying for this scholarship. If she never took the first step to get me involved

as a child, I could have grown up never being part of such an organization. I am thankful for her dedication now. From a gymnast tripping over her feet during a floor routine to a head coach, I have learned and made so many memories I will never forget. This is why I will never stop being part of the Sokol organization. I have fallen in love with coaching as well as building relationships with all of my gymnasts. I may be the teacher, but I am always learning from them as well. Therefore, once I graduate from college, I plan to return and continue coaching for Sokol. Yes, I could coach at any gym and still build relationships with my gymnasts there, but no gym has the strong, friendly, and connected foundation like Sokol does. My goal is to increase membership once I return from college and do everything in my ability to make the organization flourish. Sokol has impacted my life in so many ways and I want to give back to the organization which prepared me for this new adjustment I will be making once at college. Once I graduate from college, I plan to come back, coach, and spread membership just like my coaches did when I was little. Sokol helped me grow and one day, I will do just as my mom did to me and enroll my kids in this organization so that they too, will be part of the Sokol family.

Calling All Sokol Instructor School Graduates

Are you a graduate of a Sokol Instructor School? Do you know someone who is? Sokol needs you now.

Many of our units have full registrations but have to limit these classes because of a shortage of Sokol instructors.

There are many areas that you could fill.

Gymnastics instruction is not the only area of expertise that is needed.

Calisthenics and Marching have been a hallmark of our organization but we also play games and we love to sing. All these topics are covered in a Sokol Instructor School and we need to bring this to the gym on a regular basis.

Can and will you answer the call?

Contact a Sokol unit in your area and volunteer to assist. Just go to american-sokol.org and find a unit.

Please let me know personally the results.

Lynda Filipello, Public Relations and Marketing Director

Tribute to Emil Milan the “Father of Texas High School Gymnastics”

Submitted by Donna R. Parker



A few weekends ago, the 50th Anniversary of the Texas High School Gymnastics Championships occurred. A meet that has been referred to as, “The most exciting gymnastics meet on Earth”. Emil Milan, a Sokol Fort Worth member had passion and a dream. He began the Texas State High School Championships in 1967. There were 40 total competitors from any high school in Texas that had gymnastics training. Emil Milan wanted to share his excitement about the sport of gymnastics. He made sure that the Texas High School State Championships would be ran as a First Class Competition. Emil Milan hosted the first and second State Championships at L. D. Bell High School, followed by his brother Jerry Milan, hosting the third and fourth State Championships at Trinity High School in Euless, TX. This ensured that the state championships would set a tone for the future state meets.

This 50th anniversary meet saw 293 top gymnasts, each qualifying from district and regional championships. The Texas High School Gymnastics Coaches Association, an organization that Emil Milan formed has grown to be the largest High School Gymnastics association in the country. Emil Milan had so looked forward to attending on this great occasion of the 50th Anniversary, but fell sick two days before the start of the Championships and passed away two days after the competition. He was an icon in Texas gymnastics. His passion for the sport influenced thousands who continue to share that passion. Many of his gymnastics students were collegiate gymnasts, gymnastics instructors, coaches in high school, judges, meet directors, gymnastics equipment manufacturers, gym club owners, teachers, gymnastics clinicians, administrators on many gymnastics boards and list goes on.

He began the Texas High School Gymnastics Coaches Association, The Texas Gymnastics Judging Associations, and was instrumental in forming the Gymnastics Association of Texas. His mark has made Texas one of the most important gymnastics populations in the USA.

Emil Milan's Czech immigrant family, grew up in the American Sokol Gymnastics Organization as members of Sokol Fort Worth. It is a family organization. Emil's mother and father were two of the founding members of Sokol Fort Worth in 1912. It was the first gymnastics club in Fort Worth and the second in the state of Texas. Emil's grandfather created the designs for that first gymnasium. Emil's inspiration came from Sokol to share enthusiasm for the sport with others, like a family would share. I would have to say that that family spirit and cohesion continues in Texas Gymnastics. He will be remembered for what he has contributed to our sport. I will miss him greatly, Emil Milan past away two days after the 50th State Championships. A Hearty "Nazdar!" (On to Success!)

Tribute from USA Gymnastics Olympic Coach-Kevin Mazieka

I'm so sorry to hear of Emil's passing. My condolences and prayers to the Milan Family. Emil was most certainly a giant in the sport of gymnastics! It's incredible to think how impactful his vision and influence on the sport has been. I will be forever grateful for Emil's passion for our sport and his persistence in creating the programs that he did, in particular his help in starting GAT (Gymnastics Association of Texas). It was always fun to go to GAT and see Emil there, greeting you with a warm smile, checking in on how things were going and giving you words of encouragement.

He clearly saw the need and benefit of continually educating our coaches, and GAT was such a great gathering place for this. All of those clinics and lectures helped me be a better coach and pass that knowledge on to many athletes and coaches. It is hard to imagine where we would be in our sport if it weren't for Emil Milan. It's safe to say that there is a part of Emil's influence in thousands of us who are in gymnastics. I know there is for me, and I wouldn't be the coach I am today without him. What a great man and a great legacy. He will be dearly missed, but Emil's spirit will always live on, not only at every Texas gymnastics event, but all over the world through those he touched with his love and passion for the sport. Rest in peace Emil!



2016

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RISING STAR: **SIRI SCHROEDER**

submitted by Courtney Benson, Head Coach,
Sokol Minnesota



She may be only 17 years old, but Siri Schroeder has made quite the impact on Sokol Minnesota – especially Sokol Minnesota gymnastics. Celebrating just over 13 years with Sokol Minnesota, she has been a driving force in the development of the program, and deserves much recognition for her transformation from gymnast to coach to leader over this same, short span of time.

Siri started with Sokol Minnesota gymnastics as a gymnast of the program. At the age of 4, she enrolled in gymnastics classes. Her demeanor in class was contagious. You could see her determination, and most of all love for the sport, even at such an early age. Her positive attitude and natural talent allowed her to progress from beginner to intermediate and ultimately from intermediate to advanced. While still a gymnast of the program, Siri elected to join the competition group, traveling across the United States to compete against other Sokol units. She participated in this group from age 8 to age 12, and earned many rewards for her performance. Through this same group, she began to find a new home in the gym. Most of her teammates became her friends, and those same friends became her Sokol family.

I remember joining Sokol Minnesota gymnastics as a coach while Siri was still a gymnast. I was taken aback by her commitment to continuously improve. She was the first to arrive at practice each day yet the last to leave – always insisting on ‘one last turn’ – which inevitably led to four to five to six. I could see a true leader starting to form.

Naturally, Siri evolved from a gymnast to a coach of the program. Accordingly, she was sent to the Sokol Coaches Training Camp in Cleveland where she spent two weeks learning about safety, spotting, and other important topics related to coaching. Graduating in the top of her class, she proved she was ready for the next step, leading a class. At the age of 13, she began helping with the beginner class – the class she started in not long ago. She brought a level of excitement to the class almost unmatched by any gymnast, and because of that, the class thrived. Over time, she was introduced to the intermediate class and eventually the advanced class.

To this day, she helps with all three classes and when time allows, she lends a hand to the competition group. I love to see her commitment to the same Sokol family she met when she was still a gymnast of the program. From insisting on ‘one last turn’ to now watching ‘one last turn,’ the roles have reversed, and she is flourishing. She is no longer a coach; she is a leader – a role model to many.

The best part? Her accomplishments are not limited to Sokol Minnesota gymnastics. Siri has participated in the Sokol Minnesota folk dancing group and has helped with the Sokol Minnesota culture camp. Outside of Sokol, she is a captain of her high school gymnastics team. She also volunteers her time when able and works a second job at a local ice cream shop.

Once a gymnast, once a coach, now a leader, Siri Schroeder exemplifies a rising star. She represents the future of Sokol. We are so proud to have her as part of Sokol Minnesota, and we look forward to see her continued success in all life endeavors; she will undoubtedly shine. If you have not already, be sure to introduce yourself in Cedar Rapids at the 2017 National Slet.

Sokol Fort Worth Lifetime Members Receive Honors

Submitted by Libbie Vrla

Sokol Fort Worth has two Honorary Life Time Members, Lydia Alholm and Anna Johnson, that recently celebrated their 96th birthdays. Both ladies received Honors and Certificates that their SP JST Insurance policies were Paid Up. SP JST is a Czech Fraternal Life Insurance Company. On July 22, Anna passed away just a few weeks after her birthday. Lydia Alholm's parents, Anthony and Frances (Gjda) Tirk, in the early 1900s were immigrants from the Austro-Hungarian Empire (Moravia-now Czech Republic) and were always interested in Sokol Gymnastics. They became Charter members of Sokol Fort Worth, TX in 1912 when it was organized. In 2006, there was a plaque placed on the Alholm/Tirk Farm in Colleyville, TX as being the site of the founding of The Texas High School Gymnastics program. Many Sokol picnics were held on this farm for over 50 years. Lydia and her husband, Roy, were always active in Sokol, performing the calisthenics and attending the first Slet after the Velvet Revolution in Prague. Their two sons, R.L. and Tony, were active in gymnastics classes and danced the Beseda.



Lydia Alholm

After graduation from college and teaching school for one year in the early 1940s, Lydia joined the Navy (WAVES). It was while stationed in Washington D.C. that Lydia met her husband, Roy Alholm, at a dance at the Czech Embassy. After a short courtship, she resigned from the Navy, and Roy quit his job at the War Department in Washington D.C., and they were married in the Naval Chapel. They moved to Chicago where Roy attended the National College of Chiropractic Medicine and their two sons, R.L. and Tony, were born. R.L. and Tony are now deceased. After returning to Texas, Roy graduated from Texas Christian University and went to work in aircraft. While later working at McDonald Douglas in St. Louis, MO. They became members of Sokol St. Louis and Roy attended Czech classes. He learned to read Czech very well. After returning to Texas, they built their home on the family farm in Colleyville just outside of Fort Worth. In 1980, Lydia retired from teaching school for 30 years, and Roy retired from Lockheed Martin Corp in Grand Prairie. Later years they moved to a retirement home in North Richland Hills, TX. Roy died in 2009, and Lydia continues to live in the retirement home. Anna Johnson and her husband, Ray, originally from New Orleans, moved to Fort Worth in the late 1940s and owned a steel manufacturing company. They had three children and were anxious to involve them in some children's programs. When attending St. Thomas Catholic Church, they met Mary (Milan) and Bill Renfro and purchased a home from them. When looking at the house, the Renfro's had a swing set in the backyard for their daughter, Mary Jean, and she was doing all sorts of tricks on the swing set. Mary told them that Mary Jean is taking gymnastics at Sokol Fort Worth and invited the Johnson family to come. The Johnson family came, joined Sokol and all three of their children became involved in gym classes. Over the years, Ray became an officer of Sokol Fort Worth, and he and Anna became very active members. Ray has passed away and son, Carl, and daughter Anne, have also passed away. Youngest son, Kent, made sure his mom was able to stay in her own home until the last few days of her life. That was Anna's wish, and Kent helped make that happen. Anna was one of the original "Sokol Fort Worth Golden Girls" of the 1960s, '70s, '80s and '90s. The Golden Girls were Anna, Jeanie Mason, Mary Pavey, Mary Renfro and Rosie Steinman.

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Anna Johnson

Attention All Units

The American Sokol Wants to Help You!

MORE GRANT OPPORTUNITIES

The first round of grants for units was a huge success. The Grant Committee received applications from 11 units representing five districts. We are busy reviewing all the applications and plan to take our recommendations to the Executive Board for their August meeting. Units will be notified soon afterwards of their results.

But we are not done yet! The plan has been for three phases with a total of \$30,000 grant money available. So for those units who did not have the opportunity to apply the first time, here is another chance to submit your request. The second phase of these grants has a submitting deadline of October 1.

The same information as was issued to the units for the first phase has been resent. As a brief recap here are some areas that the grants could cover:

Improvements/Repairs to Unit's Facilities:

- Damages caused by weather, fire, age, etc.
- Emergency repairs
- Must be a "necessity" rather than just a "want"

New Equipment:

- Equipment needed to pursue or continue existing events or programs

Staff Development:

- Executive Board
- Program/General Manager
- Instructor/Coaches
- Grant Writers, etc.

Programmatic Growth:

- Personnel, materials, marketing, insurance

Sustainability:

- Membership growth
- Environmental

Please be sure to submit all required information with your application. This includes: budgets, timeline, project details, etc. If you have questions regarding your grant, please call the American Sokol office at (708) 255-5397 and your call will be given to a Grant Committee member.

Nazdar,
American Sokol Grant Committee



Mark your Calendar

Events around the American Sokol

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

September

- September 2-5 Czech & Slovak Community Labor Day Camp** — Pacific District, Green Valley Campground
- September 4 Scholarship Pancake Breakfast** — Sokol Detroit Camp, South Lyon, MI
- September 7 Annual Meeting** — Sokol Washington, D.C.
- September 24 Picnic at Lake Chabot Park** — Sokol San Francisco, San Mateo, CA
- September 23-25 AS Administrative Conference** — Sokol Spirit, Brookfield, IL
- September 28 National Women's Health & Fitness Day** — Sokol Spirit, Brookfield, IL

October

- October 8 40th Anniversary Celebration** — Sokol Greater Cleveland, Cleveland, OH
- October 15 4th Annual Czech Slovak Folklife Festival** — Sokol Washington, D.C., Washington, D.C.
- October 28-30 District Directors & Development Conference** — Sokol Greater Cleveland, Cleveland, OH

November

- November 6 Annual Czech Dinner Party** — Sokol Detroit, Sokol Cultural Center, Dearborn Heights, MI
- November 12 Sokol Tabor 150th Anniversary Banquet** — Sokol Tabor, Berwyn, IL

December

- December 3 Annual Meeting** — Sokol San Francisco, San Mateo, CA



SAVE THE DATE

SOKOL TABOR'S 150TH ANNIVERSARY CELEBRATION

SATURDAY, NOVEMBER 12, 2016

DINNER › PROGRAM › DANCING



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.



PERIODICAL

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SAVE A TREE...GO GREEN. RECEIVE THE DIGITAL VERSION VIA EMAIL:
<http://american-sokol.org/gogreen/>

150th Anniversary Merchandise Sale



Medallion \$6 150th Glass \$15 M. Tyrs Poster \$2 Gala Bag \$4 Plaque \$70
\$88 shipped Goblet \$9 Commemorative Book
\$7 Office/\$8 shipped

- The 150th T-shirts and shirts are still available! Please go to www.american-sokol.org for sizes.

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

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

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