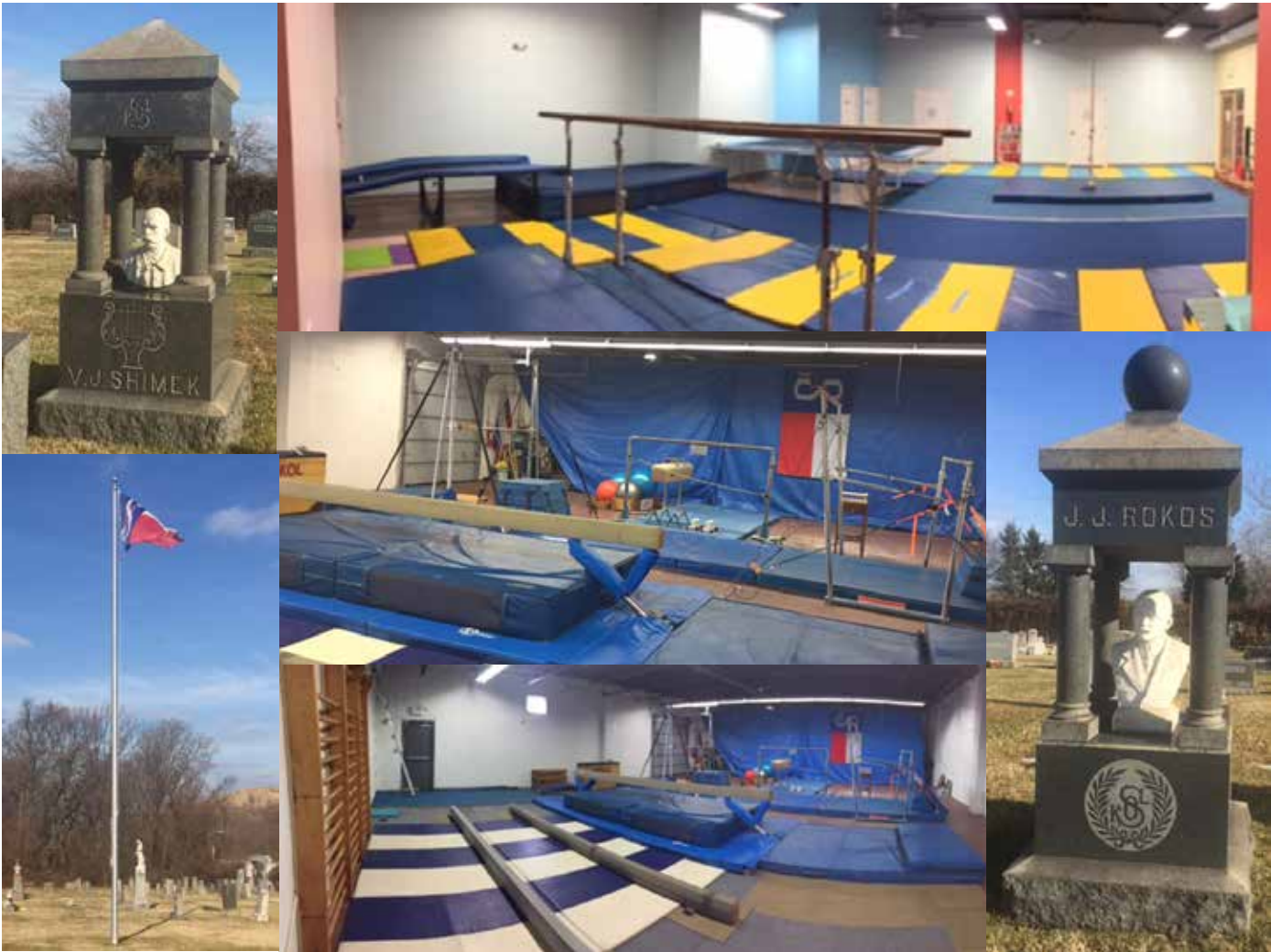




*The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.*

January 2017 | Volume 140 | Issue 1

# Sokol Baltimore



*Thank you Sokol Baltimore for a wonderful visit! Your new gym is beautiful. I particularly enjoyed seeing your amazing Sokol artifacts. I was also awed and inspired by our visit to the Bohemian National Cemetery (Baltimore, MD) where the Sokol spirit of our ancestors was very much on display. So many of the beautiful headstones featured prominently and proudly the Sokol logo. Imagine, with their last messages to the world, etched in marble, our ancestors included a salute to their/our cherished Sokol. Wow! Sokol has had a strong presence in Baltimore for many years; with this foundation and their beautiful new gym, Sokol Baltimore's future looks bright indeed!*

Sis. Jean Hruby, President

**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...**

The year 2016 has been wrought with passings. We all thought things were bad enough with the deaths of David Bowie, Alan Thicke, Glen Fry, Gary Shandling, Pat Summitt and Prince. Of late, George Michael, Carrie Fisher, and her mother, Debbie Reynolds. From the comments I've seen online and talking to people, many are sickened over hearing the amount of famous people leaving us too soon. Many of those mentioned here were in their 50s and 60s.

Remember as a child when you thought 50 was old?!? I vaguely do. But it's not. For hopefully many, it's only middle age. With all the science and medicine available today, we could live to 100+ in the very near future. I know if I'm able, I still plan on attending class at age 100, and beyond. With Sokol's credo and program offerings - it is possible.

Let's all ensure Sokol will be around when we each reach 100+!

*Plan - Promote - Participate!*

NAZDAR!



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

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## The Presidential Address

### *The Sokol Eye – Sokolským Okem*

Happy New Year! – Šťastný nový rok!

It is another big year for American Sokol with only six months until our 2017 Sokol Slet & Festival! Major International Slets are hosted by the different Sokol organizations from around the world each year. American Sokol hosts a Slet every four years and this year we are thrilled to bring the World Sokols together in Cedar Rapids. At the Slet Banquet, we will present our very first national recognition awards from each District and Hall of Fame award. It is a lot of work to produce a Slet event, but at the conclusion of the event we all feel the strength and purpose of Sokol and it is very hard to say goodbye. These events are unique to Sokol and never fail to fan the flame of our collective Sokol spirit as we march on afterward. We want to see you there! It will be yet another memorable, historic event so please don't miss it!

Some members have asked questions about our progress with the Sokol Museum & Library project so I thought I would use this issue to update you on our progress.



- First, we have renamed the Library and Archives. It will now be called The Sokol Museum & Library (SML). The name was changed to better reflect the content and character of our collection. The collection is not solely American Sokol artifacts. Rather, the collection contains Sokol items from many different Sokol organizations, Czech & Slovak artifacts, and items pertaining to gymnastics history.

- The SML is currently establishing its own 501c3 subordinate organization. American Sokol will remain involved by holding seats on the SML board and will work with the SML on projects. Status: By March 2017

- The SML is purchasing on-line software that will create a virtual museum and library. This virtual library will make it possible for people all over the world to view our collection from the comfort of their own home. Date: By March 2017

- The SML Membership will be separate from American Sokol memberships. Membership, Sponsorship and Donation Levels to be announced January 2017.

- The SML will establish a display on the east side and front of the west side of the national offices in Brookfield until a building or larger space can be found. We have already found a possible candidate building that is currently available. We are still gathering all of the necessary information and doing our due diligence to determine if this particular building would be a good fit for our purposes. We are seeking donor investors and evaluating whether acquisition of this building is feasible. As this matter is still very much a work in progress and under Board evaluation, we will provide further details as we get further down the road. We are happy to answer questions or talk with any member who would like more information. As always, you are welcome to contact me through my email and we will arrange a time to talk. – [jeanhruby@american-sokol.org](mailto:jeanhruby@american-sokol.org).

In February, I will introduce the national boards' 2017 goals. As always, our overriding goal is to continue to grow and evolve as an organization behind committed leadership, outside support, individual and collective courage and strength of purpose, grace, and teamwork. All the while, we will embrace the cherished Sokol ideals we all know and love.

Make this a great year! I wish you all a New Year's Nazdar!

At žije Sokol! ~ Long Live Sokol!

Jean Hruby, President



# The Sokol Educator

## *The 19th Century Roots of the Sokol Movement*

Lecture presented at New York  
Sokol Hall, February 15, 2004

by Claire Nolte  
History Department, Manhattan College  
Riverdale, NY 10471

**WATCH THE VIDEO ON  
YOUTUBE. CLICK IMAGE.**

<https://youtu.be/xVG3aKV3nbE>



## *Central District 2016 Presidents' Awards Recipients*

I would like to nominate **Bro. Joseph Placek**, from Sokol Tabor for this year's Presidents' Recognition Award.

Bro. Placek started at Sokol Slavsky with the First Class Boys in 1961. He attended the ASO Instructors School in 1969. He has taught 1st and 2nd Class Boys, Junior Boys, and Men's Classes.

He has held many unit positions. He has been Tabor's Secretary and Chairman of the Board of Directors (BOD) and served as President for eight years. He has served as Men's Director at both Tabor and Slavsky. He served as 2nd Vice President at Slavsky, Publicity Director and Newsletter Editor at Berwyn, and By-Laws Chairman at Tabor.

At the District level he served on the Board of Instructors (BOI) from 1970 to 1994. He was 1st Assistant Men's Director for two years and Director for six years. He was Games Director for nine years and Meet Director for numerous gymnastic competitions. He is currently the By-Laws Chairman for Central District.

At the National level, he was Meet Director for the National Slet gymnastic competitions twice. He served six years on the National BOI. He has been a delegate at the ASO Convention three times and is currently on the National By-Laws Committee.

He has organized and run the Sokol St. Louis volleyball tournament since 1984 and has been organizing the curling outing for the last ten years as well. He has shown a dedication to the organization since he joined more than fifty years ago at the age of nine.

Submitted by Bro. Larry Svestka  
President, Sokol Tabor

## *Sokol Spirit Nominee for Central District 2016 Presidents' Award*

In order to recognize exemplary service to the Sokol Organization and its principles, Sokol Spirit nominates a young woman of great energy and drive, who embodies Sokol's philosophy of a strong mind through a strong body, Sister Kandi Ondrovic Pajer.

Sis. Kandi Ondrovic Pajer's dedication, skills, and enthusiasm have been of great benefit to: local and national Members, her Unit, the Central District and the American Sokol organization. Kandi is a lifelong participant and a 21-year adult member of Sokol, through Sokols: Slavsky, Berwyn-Slavsky and now Spirit. She has participated in classes since childhood, and still participates, whenever possible, in Women's Class and she has involved her children in our programs as well.

Kandi has been an inspiring gymnast, demonstrating the kinds of skills many of our members can only aspire to. She has shared her skills as an assistant to many classes; provided special coaching outside of class days and on weekends, to prepare gymnasts for competitions; she has mentored other instructors; and she has authored prize winning Special Numbers for our classes. Sis. Pajer was a Junior Class instructor, and was the 1st Class Girls instructor. Being a Juniors instructor goes far beyond the gym, to being a chaperone, counselor and a mentor in order to develop leadership skills in our teen participants. She has organized



outings for our young people to see highly skilled gymnasts at programs featuring national champions and Olympic stars. We have experienced better participant retention when Kandi is an instructor. Most recently, Kandi has taken the lead in a new program of Sokol Spirit classes that are optional gymnastics-only classes.

Besides personally developing young gymnasts, Kandi embraces new programs, like the gymnastic wheels. Sister Pajer learned the skills, and also helped to teach others. Sis. Pajer represented Sokol in the World Wheel Gymnastics Championships on Team USA. When our unit created a Circus program to showcase the wheels program, Kandi was the organizer of the show, recruiting all classes to participate in some way. She went above and beyond to make it a good show, learning aerial hoop (lyra) skills and both performing those and coaching others to do them as well. Her children have also participated in this unique program.

Kandi is an ambassador for our organization, having been a member of the Central District TNT tumbling and performance team which entertained well beyond our own circles, performing in Holiday Parades in downtown Chicago and for various events locally as well as in other parts of this country and in Prague. She has also brought awareness of our programs to other communities by negotiating opportunities to showcase our programs.

At the national level, Kandi Pajer has served on the American Sokol Board of Instructors; has been a National Instructor School instructor; and has been a National Camp Staff Member. As editor of the "American Sokol Gymnast", part of the American Sokol publication, she shares information with the entire membership about safety, health, skills, concerns, and tips for developing our gymnasts while keeping them healthy and happy. Kandi now also coaches people in personal fitness through clean eating and workout challenges.

Sister Kandi Ondrovic Pajer is a faithful Sokol, a role model, a leader, a coach, an instructor, a performer, a teacher, a mentor, an author, and a mom who is developing her own children to also be lifelong participants in the Sokol movement. She was a support and helpmate to her husband's terms of Central District and National Presidencies, often having to carry a heavier parental load while he traveled and worked for the organization.

For all these reasons, Sokol Spirit proudly nominates Sister Kandi Ondrovic Pajer for the 2016 Central District Presidents' Award. Sister Pajer is the embodiment of a Sokol, and deserves to be selected for this Award.

Submitted by Sis. Vera Wilt, President, Sokol Spirit

## 2017 Slet and Festival

June 22 - 25, 2017  
Location - Cedar Rapids, Iowa  
"City of 5 Seasons"



Why is Cedar Rapids called "City of 5 Seasons"  
The following idea was developed and presented to the CR Area Chamber of Commerce in 1975:

Life is the sum of all the season with which it is filled. And if we have time to enjoy the things most important to us, life is rich and full indeed. In Cedar Rapids there is time enough... **time to enjoy** the seasons as they pass. Extra time. Precious time. A fifth season'

In 1993, donations were received to erect the 60-foot tall stainless steel monument called the **Tree of Five Seasons**. Located near the Cedar River in downtown Cedar Rapids, it was dedicated to the city on May 18, 1996

This 'Tree' logo can be seen on all city vehicles, street signs, uniforms, etc.

The City of Cedar Rapids kindly gave American Sokol permission to use this logo in conjunction with our Slet



BOI Slet question for 2017 will be "What is Cedar Rapids' 5th season?"  
The answer you need to tell Maryann Fiodelis is:  
**Time to Enjoy**

### Slet schedule:

<p><b>Thursday</b> - Cal and Marching competitions Opening Ceremonies Social <i>All at the Scottish Rite Temple</i></p>	<p><b>Saturday</b> - Gymnastics <i>Sokol Cedar Rapids</i> Victory Dance <i>Clarion Hotel</i></p>
<p><b>Friday</b> - Volleyball Fitness Challenge <i>Both at Iowa Sports Center</i> Slet Banquet and National Awards Ceremonies <i>At the National Czech and Slovak Museum and Library</i></p>	<p><b>Sunday</b> - Slet Program and Closing Ceremonies <i>Kingston Stadium</i></p>

Have you made your hotel reservations yet?  
Please call the Clarion directly at 319- 366-8671  
Talk with Spring or Brad  
Mention that you are with the American Sokol



## GRANT COMMITTEE

# 7 Units Awarded American Sokol Capital Campaign Grants

**Submitted by Bro. Allen Cushing, Chair American Sokol Grant Committee**

At the October 2016 Executive Board meeting, the Executive Board approved the Grant Committee's recommendations to award seven Sokol Units grants in the second round of the Capital Campaign.

The Grant Committee received grant requests from 10 Sokol Units totaling over \$25,000 with a wide variety of financial needs ranging from building repairs, program equipment, Unit-related equipment, to facilities maintenance. Even though our budget for this Second Round was still \$10,000, we manage to give seven grants and only went over budget by \$65! All Units were in compliance and unfortunately we just ran out of money to award. The three Units who did not receive grant money this round, were all recipients last round.

The following Units will receive a grant:

- **Sokol West \$2,000 Award** for facility equipment in their new gym.
- **Sokol Tabor \$1,500 Award** for replacement and repair of their front doors of their building.
- **Sokol Zizka-Dallas \$1,500 Award** for gymnastics equipment; to develop and train staff/instructors; and PR for their program and membership.
- **Sokol Crete \$1250 Award** for storage units to house their equipment, as they are only leasing their facility.
- **Sokol Spirit \$1,000** for repair to their parking lot.
- **Sokol Stickney \$1912 Award** for the purchase of Program Equipment; recently relocated and needed different types of equipment.
- **Sokol San Francisco \$903 Award** for the purchase of equipment and software to enhance their unit's publication; which is the sole vehicle to draw in new members and attendance to their events.

Each successful Unit has submitted a budget for the grant and where applicable, a plan to receive matching funds. All recipients have received a letter of acceptance and all other applying Units have received a letter of non-acceptance, indicating why they did not receive a grant and urging them to reapply.

It is important to note, in fairness to all submitting Units, once again, the Grant Committee did not know which Units submitted grants or who was applying for what, during our reviewing process. After our final decisions were made, the applying Units were revealed to the Grant Committee members.

All First Round Grant Recipients have received their check and we anticipate their news of completed projects. We hope to share those success stories with you as well.

The Third Round of the Capital Campaign Grant Applications has been moved out, with the due date of February 1<sup>st</sup>. Information will be sent out to the Units shortly. Units may resubmit. The budget for the Third Round will again be \$10,000.

Good Luck and get those applications in to American Sokol!



## **RISING STAR:**

### **JOE BAJEK**

submitted by Dan Bajek, Sokol Naperville Tyrns



My selection for the January Rising Star is Joe Bajek from Sokol Naperville Tyrns. Joe has been an active member in his unit from tots class until present and currently coaches the junior boys class for his home unit. At just 20 years old, he has been extremely active in our organization and accomplished several personal goals in accordance to Sokol. Through the years, he has participated in numerous competitions including Track and Field, Skills, Special Number, and Gymnastics as well as competing level 8 optionals at the Pittsburgh Slet. Joe attended four years of Sokol Instructors School and aspires to one day be on staff to educate our youth at this school. While continuing his cashier job at Jewel Osco, he will be coaching high school gymnastics for the boys team at Naperville North full time this upcoming spring and graduate from College of DuPage with his Associates Degree this May. Joe is considering electrical engineering for his career, but will continue to coach gymnastics and belong to Sokol. In the near future, I expect Joe to teach at the Sokol Instructors School,

coach gymnastics, compose a Junior Cal, finish college with a Bachelor's Degree from a university, and serve American Sokol with a position on the national level.

## **2016 PaCH Conference in Prague, Czech Republic**

*By Sis. Mary Cushing*

I am grateful for the opportunity to have attended the PaCH Conference, November 11-13. It was hosted by ČOS at the Tyršov Dům. PaCH is an international organization that provides training and programming for "Parent and Child" programs as well as what we would call "Tots" programs. This year's theme was "The Ecology and working with Recycled Materials". The conference is held every 2 years and this was one had the largest participants at 120.

Although the entire conference was in Czech, I was given a personal translator. Actually several – Jitka for the lecture portions, Barbara for the activity sessions, and Eva for the city tour Saturday night. Many people did speak English and enjoyed the challenge of striking up a conversation with me, asking many questions about Sokol in America!

It began Friday late afternoon, with registration, a welcome session followed by a reception. This included Bro. Vladimír Dostál, head of Czech Sokol International Affairs, as emcee; and speakers such as Sis. Hana Moučková, President of ČOS; Sis. Lenka Kocmichová, Activities & Projects for pre-school children in the ČOS Dept. of sport for all; Sis. Věra Smejkalová Physical Activities and sports for pre-school children in the ČOS; and Bro. Martin Clumský, Director of Central Sokol School and coordinator of this conference.

The first lecture/activity session was presented by Kateřina Jourová from Ekokom—a Czech Recycling Company and major sponsor of the conference. The lecture, "How to Recycle" gave data

*continued on page 10*



## HEAVY BLEND SWEATS



White	Black	Antique Cherry Red	Antique Sapphire	Ash
Heliconia	Indigo Blue	Inch Green	Kiwi	Light Blue
Safety Green	Safety Pink	Sand	Sapphire	Sport Grey
Carolina Blue	Charcoal	Cherry Red	Dark Chocolate	Dark Heather
Maroon	Military Green	Navy	Orange	Purple
Forest	Garnet	Gold	Cardinal Red	Red
	Royal	S. Orange	Light Pink	

HOODIE PULLOVER \$28 + \$4 name

circle: S M L XL 2XL 3XL 4XL 5XL

unit: \_\_\_\_\_ surname: \_\_\_\_\_

quantity: \_\_\_\_\_ color: \_\_\_\_\_

SWEATPANTS \$22 + \$4 name

circle: S M L XL 2XL 3XL 4XL 5XL

unit: \_\_\_\_\_ surname: \_\_\_\_\_

quantity: \_\_\_\_\_ color: \_\_\_\_\_

SWEATSHIRT \$22 + \$4 name

circle: S M L XL 2XL 3XL 4XL 5XL

unit: \_\_\_\_\_ surname: \_\_\_\_\_

quantity: \_\_\_\_\_ color: \_\_\_\_\_

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## NEWS FROM WORLD SOKOLS



Česká obec sokolská

Ceska obec Sokolka (COS) has introduced the 2018 Prague Slet Cals. You can view them online at <http://tinyurl.com/z5b65su>. Get excited! Please save the tentative dates for the 2018 Prague Slet Tour. June 25 – July 8th, 2018.

Sokol Austria celebrates 150 years in 2017 and will be hosting a 150 Anniversary weekend, October 20-22, 2017 in Vienna. We will be planning a tour for that event including a Southern Moravia wine tour for those that would like to attend. The World Sokol Federation will be meeting as well.

We received great news from Sokol Slovenia! The organization that we are most familiar with is Sokolska zveza Slovenije. Two months ago President Dejan Crnek stepped down and has become the President of športna unija Slovenije (Sport union of Slovenia). Sokol has been planning to connect with this association in the field and efforts for sports for all. Brother Crnek and the association are developing their program for the next four years and are working on how to become a bigger national sport organization with Sokol values as a goal. The new president of Sokolska zveza Slovenije is Brother Peter Škerlj, and Brother Crnek is staying involved on the board in a different role. This is an amazing step in the Sokol movement around the world. They have our support where and when it is needed!

*“It is a great opportunity for us and in that atmosphere I wish you all the best in the year 2017 and lots of love in all fields. Don’t forget that the name Ljubljana means beloved.” ~ Brother Crnek. Nazdar!*

*continued from page 8* and insight into the CR national recycling program. After lunch there was again a lecture/activity session presented by Daniela Jonášová member of the Masaryk University on the faculty of Pedagogy. Later, a terrific session “Some ideas for Olympic and Paralympic sports with recyclable materials” which was presented via Skype by Daniela Bento Soares from the University of Campinas, Brazil. The last session of the day was presented by Pavel Krejčík, on the faculty of PE and Sports at Charles University. He demonstrated many ways to incorporate large groups with games and challenges using long ropes.

Sunday, I gave my American Sokol presentation. Other than the opening welcome, this was the only lecture attended by all. It was very well received. It went more in depths with our Tots programs and parent/young assistants; the training given locally and at the National Instructors School. Also included was the initiative for an international exchange with ČOS to attend our School this year. Many seemed interested. They were quite fascinated by our Instructors School and found it hard to believe that our grueling schedule could not only lure the students, but keep them coming back. At the conclusion, I sang “Letí Sokol” in Czech and it was received by resounding applause. Many individuals sought me out between sessions to ask questions. I found out quickly why their parent and tot programs work; their moms get 3-4 years maternity leave! They thought it funny—our mere six weeks.

An active session followed, “We play and listen” presented by Milena Kmentová, faculty of Pedagogy, Charles University. This was an emphasis on focusing children’s attention and listening to directions. I had an insightful discussion with Martin Clumský, (who arranged everything for me), about the structure and politics of ČOS, how it is governed and financially supported, their data, professional staff, etc. It definitely opened up the lines of communication.

There were many noteworthy things that will be beneficial to American Sokol. Not only the insight and open communication with their organization, but their accreditation and training of instructors, as well as program structure, are somethings the BOI could certainly review for ideas to adapt. And of course the many creative ideas for team building, games and activities, that don’t necessarily revolve around parent and child, but children of various ages. Again, a big thank you to American Sokol for giving me this opportunity.





## Mark your Calendar

Events around the American Sokol

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

### January

- January 7**      **Walk for Health**— Sokol San Francisco, Ardenwood Farm, Fremont, CA
- January 13-15**    **Central District Skills & Progressions Clinic** — Sokol Tabor, Berwyn, IL
- January 20**      **World Beer Club**— Sokol Spirit, Brookfield, IL
- January 26**      **Walk for Health**— Sokol San Francisco, Ano Nuevo State Park, Pescadero, CA
- January 28**      **Annual Meeting** — Sokol New York, New York, NY
- January 29**      **Pancake Breakfast**— Sokol Spirit, Brookfield, IL
- January 29**      **Winter Exhibition** — Sokol Ceska Sin, Cleveland, OH

### February

- February 3**      **First Friday Movie** — Sokol Spirit, Brookfield, IL
- February 5**      **GIJO-AAU Super Sunday Tumble Down** — Sokol Chicagoland, Downers Grove, IL
- February 15**     **Czech Hockey Heritage Night**— Sokol San Francisco, San Jose, CA
- February 17**     **World Beer Club** — Sokol Spirit, Brookfield, IL
- February 18**     **Winter Exhibition** — Sokol Greater Cleveland, Cleveland, OH
- February 18-20** **Sokol Trip to Malin**— Sokol San Francisco, California & Oregon border
- February 26**     **Annual Czech Dinner** — Sokol Milwaukee, The Norway House, Milwaukee, WI

### March

- March 3**      **First Friday Movie** — Sokol Spirit, Brookfield, IL
- March 18**      **Walk for Health**— Sokol San Francisco, Golden Gate Park, San Francisco, CA
- March 25**      **Annual Exhibition** — Sokol Spirit, Riverside-Brookfield High School, Brookfield, IL

## REMINDER:

ROUND 3 of the Capital Campaign Grant is DUE FEBRUARY 1, 2017  
Application info will be/has been sent to your Unit!!!



### 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.



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- Many other activities including language classes, camps, picnics, advanced learning and more!

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