



american sokol publication

January 2018 | Volume 141 | Issue 1



Prague, Czech Republic
1 – 7 July, 2018

XVITH ALL-SOKOL SLET 2018

AMERICAN SOKOL

ISSN 003-1259

Published nine times each year: Jan, Feb, March/April, May, June, July/Aug, Sept, Oct, Nov/Dec.

American Sokol, 9126 Ogden Ave, Brookfield, IL, 60513

Subscription: \$12.00 per year

Periodical postage paid at Brookfield, IL and additional mailing offices.

American Sokol reserves the right to edit all submitted materials.

Board of Governors

Jean Hruby	American Sokol President
Allison Gerber	Western District
Irene Wynnyczuk	Eastern District
Alice J. Khol	Northeastern District
Bob Podhrasky	Southern District
Zelmira Zivny	Pacific District
Joe Placek	Central District
Bev Domzalski	Secretary

2014-2018 Executive Board

Jean Hruby	President
Bob Podhrasky	1st Vice President
Roger Martanovic	2nd Vice President
Bev Domzalski	Secretary
Meribeth Tooke	Treasurer
Donna Tirva	Financial Secretary
Maryann Fiordelis	Physical Director
Hallie Soulides	Educational Director
Lynda Filipello	Public Relations
Allen Cushing	Foundation
Kathy Barcal	Board Member
Howie Wise	Board Member
Allison Gerber	Board Member

ASO Executive Board

Meets every 4th Tuesday* at 7:00 pm CST

ASO Board of Instructors

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

*except in July and August

National Office Administrator: Mary Cushing
 National BOI Office Secretary: Juanita LoGiudice
 By-Laws Chairman: Jolene Dalton
 National Publication Editor: Julie Kaupert

TABLE OF CONTENTS

Board Information..... 2

The Presidential Address..... 3

Rising Star 4

Parliamentary Procedure..... 5

Prague Slet Invitation 6

Sokol Gear..... 7

The Many Ways to Support Sokol..... 8

Donation Form..... 9

Princezna 2018 Slet Calisthenics 10

Calendar of Events 11

2018 Slet Prague..... 12

From the Editor...

Another year has come and gone. Welcome 2018! We wish each and every one of you the happiest of holiday seasons and a blessed New Year!

This is not only a convention year where our Executive Board will be elected, but also the Slet in Prague - as it is every six years. What an exciting time to be involved in Sokol!

Please let us know how your Unit is celebrating Sokol this year. Let's share our unity and special uniqueness.

#OneSokol

NAZDAR!



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

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

To Submit Items for Publication:

Email: editor@american-sokol.org
 Postal Mail: American Sokol Editor, Julie Kaupert,
 1333 W. Touhy Ave., #216, Park Ridge, IL 60068

Postmaster:

Send Notice of Undeliverable Periodicals to:
American Sokol, 9126 Ogden Ave, Brookfield, IL 60513



The Presidential Address



*The Sokol Eye – Sokolským Okem
Happy New Year!*

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year’s Day.” ~ Edith Lovejoy Pierce

With a new year ahead of us, we have the “Opportunity” to improve current projects, nurture our members, be innovative, and simply to start fresh. We opened this book on New Year’s Day in the Chicago area with the Winter Slet. Despite the freezing temperatures many Sokols braved the weather to participate in Curling, Bowling, Sky Diving (Indoor), Sand Volleyball (Indoor), Roller Skating, and ringing in 2018 at Sokol Spirit. Thank you to Howie Maskill and the National Winter Slet Committee for putting a great weekend of events together for us. It truly was a Winter Wonderland in Chicago!

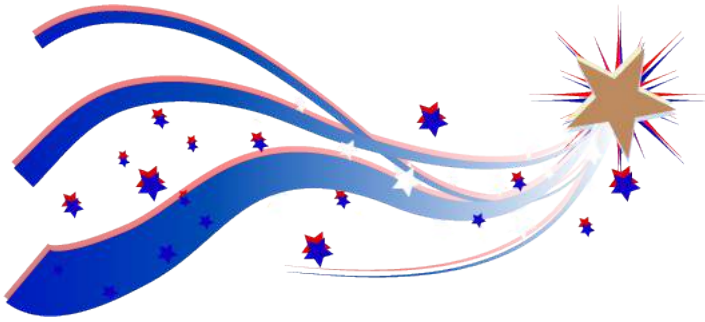
I have made several Sokol New Year’s resolutions of my own: to focus on all of the positive great projects we have in place, improve my leadership and communication skills, and to listen and support our Units and Committees. As a Sokol Eye, I do reach out and talk with Sokol leaders and members and ask for their input. I am very thankful for the people that honestly reach out to me and discuss their concerns, helping us to form a better organization. My Sokol Eye is grateful for our leaders that help us in make good decisions and help make things great for American Sokol.

I look forward to seeing how we/you fill our pages this year. Send us your Sokol pages and share your “Opportunity!”

We have the Convention in April, 2018 Prague Slet in June/July and we are also celebrating 100 years of the foundation of the first Czechoslovakia throughout the year! (By the way: we all have the permission from the U.S. Embassy in Prague to use their 100th Anniversary logo, shown below.) As always, please contact me any time with your concerns or especially your simple happy thoughts! Wishing you all a fantastic 2018!

At žije Sokol! ~ Long Live Sokol!
Nazdar! Jean Hruby, President





RISING STAR

NADIA DIDYTCH

submitted by Maryann Fiordelis
National Physical Director



Nadia comes from a Sokol family with parents not only supporting Nadia in being an active gymnast and coach but they help out in various areas for their unit, Sokol Ceska Sin.

Nadia became involved in Sokol gymnastics through friends who were in Sokol classes and invited Nadia to join them and she hasn't left since. Nadia came up through Girls class and is now in her third year as a junior girl. Nadia became interested in coaching after attending several skills clinics in the Central District. She started out helping with Tots and Girls classes. Nadia loves helping kids with their desire to learn gymnastics and would love to help out in Boys class. She feels Sokol is the best place for gymnastics as it is amazing how knowledgeable the instructors are, always willing to help you out and teach you new skills. Willow Lynch, Ceska Sin's Women's Director states Nadia is a great leader within her class.

Nadia is a true athletic who doesn't stop with gymnastics. She is also active in high school volleyball and community group soccer and belongs to the Art Club and Community Service Group at her high school, Parma Community High. Nadia has her sights toward higher

education keeping up her scholastics (has a 4.6 GPA) hoping to receive scholarships. When asked what area she planned to go into she said either neurosurgeon or a Bio Engineer as she is interested in the brain and how it works. Nadia is setting her sights high working towards getting into an Ivy League college in premed. She picked up her interest in saving lives from her uncle who was a medic in the Army so he could save lives.

Although Nadia has not yet attended one of our National Instructors School she is planning to in 2018 especially since it will be in Cleveland. When asked about the what was the best thing about Sokol, Nadia said it was her easy going coaches who took time to understand her ability and working with her to get better. She attributes her coach, Ashley, with instilling in her the need to set goals so she can not only achieve the higher skills but can track her results. When asked if there was one thing she'd like to change – Nadia said they need better mats. Sounds like a good goal to me!

Nadia would like you to remember "Not to give up, anything is achievable, set your goals and you will get there." Sounds like the right attitude for success. Good luck Nadia in your future endeavors.

Basic Parliamentary Procedure for Convention

Several years ago our annual Central District Presidents Conference invited a registered parliamentarian to instruct us on basic parliamentary procedures. She left us with an enlightened view of the necessity of maintaining Robert's Rules of Order and adhering to decorum.

Our Convention is around the corner and I share with you two of the basic principles of Roberts Rules of Order that she gave us.

Lynda Filipello, American Sokol Public Relations and Marketing Director

10 Commandments of Parliamentary Procedure

Basic Principles

1. The organization is paramount as opposed to the individual.
2. All members are equal.
3. Quorum must be present to take legal action.
4. Only one main proposition can be on the floor at a time.
5. Only one member can have the floor at a time.
6. Full debate on all questions (unless parliamentary rules do not allow for debate on a question).
7. The issue and not the person is always what is under discussion.
8. A question once decided cannot come back before the same assembly in the same session in the same form except by use of reconsideration.
9. A majority vote decides (unless a greater majority is required).
10. Silence gives consent.

General Rules of Debate

1. The maker of a motion is entitled to speak first.
2. A member may not speak against his/her own motion, but may vote against it.
3. No member is entitled to speak a second time on the same motion while any other member wishes to make their first speech.
4. A member must obtain the floor by being recognized by the Chair.
5. Remarks must be confined to the merits of the pending question.
6. Questions and remarks must be addressed through the Chair. Members are not to speak directly to each other or to a staff member.
7. A courteous tone must be maintained, and interjecting personal notes or attacking another member's motives is prohibited.
8. Use of a member's name is to be avoided, if possible; for example, you should refer to the "maker of the motion" or "the previous speaker" whenever possible.
9. Reading from books, reports, etc. is only allowed with permission of the assembly by vote or general consent, that is, if there are no objections.
10. The Presiding officer may not participate in the debate without relinquishing the Chair.
11. No member may comment adversely on any prior act of the assembly that is not pending.

Invitation to the XVIthAll-SokolSlet 2018 in Prague



Dear sisters and brothers,

Although we are from many countries, we have so much in common that binds us together – a positive relationship to an active way of life, exercise and sport, and our shared commitment to values such as democracy, humanism and fair play principles in sport. And because friends should meet up, I am pleased to hereby invite you – personally and on behalf of the Czech Sokol Organization – to this great celebration of sport, culture and community, the XVIth All-Sokol Slet, which is taking place in Prague from 1 to 7 July 2018.

All-Sokol Slets have a long tradition stretching across three centuries – the first All-Sokol Slet took place in 1882 on the 20th anniversary of Sokol's establishment – and it has continued to the present day despite adverse historical periods such as the two world wars and totalitarian regimes. All-Sokol Slets have secured this long life not just through the will to continue the tradition, but especially through their modern content which has always corresponded to the interests and needs of the generations which have taken part.

All-Sokol Slets are not “just” a show of mass gymnastics performances (which are often imposing), with various cultural and social events, sports contests and shows, stage performances and a number of educational events also taking place. 2018 will be no different, with the XVIth All-Sokol Slet part of the celebrations of the 100th anniversary of the end of the Great (i.e. First World) War, to be commemorated across the world. The All-Sokol Slet also has a less formal role, providing the opportunity to meet informally and form new friendships.

Every All-Sokol Slet also includes the involvement of international guests – both active participants in gymnastics and sports performances, and also guests and spectators. Representatives of three continents – Europe, America and Australia – have taken part in recent All-Sokol Slets. Their performances have always provided great enrichment to the Slet programme. It would give us enormous pleasure if you could come to Prague and help us maintain this tradition.

I look forward, along with the whole Czech Sokol Organization, to being able to welcome you in July 2018 to the heart of Europe and the XVIth All-Sokol Slet in Prague, to which you are warmly invited.



Ing. Hana Moučková

SOKOL GEAR

HEAVY BLEND SWEATS



White	Black	Antique Cherry Red	Antique Sapphire	Ash
Heliconia	Indigo Blue	Irish Green	Kiwi	Light Blue
Safety Green	Safety Pink	Sand	Sapphire	Spot 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: _____

Name: _____

Address: _____

City/State/Zip: _____

Email: _____ Phone: _____

Payment Method: Check Visa MC AMEX Discover

Credit Card Number: _____ Exp. Date: _____

3 digits on back (AMEX 4 digits on front): _____

Signature: _____

Total Items Ordered: _____
Plus \$9.95 per item shipping: _____
TOTAL: \$ _____

Send your order with payment to:
American Sokol Organization
 9126 Ogden Ave
 Brookfield, IL 60513

THE MANY WAYS TO SUPPORT SOKOL

SOKOL MUSEUM AND LIBRARY FUND



The 150 year history of Sokol is a treasure that few organizations can truly understand. This fund was established to financially support the cataloging, preservation and display of archival documents, photos, art, books, collections, merchandise, technical material and articles that are inherently valuable and significant to Sokol, its founders, members, history, culture, philosophy and creed. Today, the American Sokol Museum & Library is located in the National Office. If

you would like to plan a visit to view the artifacts, please contact the National Office for an appointment.

FOUNDATION ENDOWMENT FUND

Established in the early 1990s, this fund provides new programs and activities to the Community and our Membership, in order to preserve and expand the Sokol traditions of Education, Fun, Friendship and Community. The Foundation is an endowment fund and the usable annual allocation is a published process conducted by the American Sokol Treasurer.

Gateway to the Future utilizes funds to awards grants to American Sokol units and district corporations. The Executive Board directed grant committee processes the requests.

The 150 Club was instituted by the Foundation Committee to honor the American Sokol Corporation's 150th anniversary on February 14, 2015. American Sokol is the only Czech-based non-profit corporation in America to reach this anniversary plateau! Contributions by Executive Board vote are distributed to other funds such as the Future Sokol Leaders Fund.

FUTURE SOKOL LEADERS FUND

Established in 1960, this fund provides financial assistance for the training and education of youth members to become able administrators, advocates and instructors of American Sokol. The FSLF has contributed to the success of the American Sokol National Instructor School, National Sokol Camp and has funded many Merit Awards, which provided financial assistance toward College Educations.

ANNUITY GIFTS - Support the American Sokol with a Charitable Gift Annuity and receive steady income for life. You may also receive an immediate charitable income tax deduction for your gift.

IRA ROLLOVER GIFTS - The IRA Charitable Rollover provision allows those 70½ and older to donate as much as \$100,000 of IRA account assets each year directly to one or more public charities. Your donation will count as part of your required annual IRA payout and must be made directly to a charity, not a donor-advised fund or grant-making foundation, to quality. To learn more, please contact us via e-mail at aso@american-sokol.org, calling the office at (708)255-5397, or by consulting your financial advisor or bank/investment institution. Please indicate how this type of donation can be acknowledged.

GIFT ACKNOWLEDGEMENT

All donations above \$25 will be acknowledged in writing for your documentation/verification. Beginning with the 1994 tax year, the Internal Revenue Service requires non-profit organizations to provide donors with a good faith estimate of the value of any benefits received as a result of their contribution. When a donor calculates a charitable contribution deduction, the value of any related benefits received by the donor must be subtracted from the amount of the contribution. If a benefit is immediately known, it is listed. Benefits considered insubstantial by the IRS (consult applicable regulations for the current year) do not need to be considered when determining the tax deductibility of a contribution. Please consult your tax advisor with any specific questions or concerns.



DONATION FORM

You can also donate online at:
<https://american-sokol.org/donate/>

American Sokol is a 501(c)(3) non-profit organization

- I Support the Sokol Museum and Library Fund Donation Amount: _____
- I Support the Foundation Endowment Fund Donation Amount: _____
- I Support the Gateway to the Future Donation Amount: _____
- I Support the 150 Club Donation Amount: _____
- I Support the Instructor's School Donation Amount: _____
- I Support the Merit Awards Donation Amount: _____
- I Support the National Sokol Camp Donation Amount: _____

Please indicate if this is a memorial or to honor a person or the passing of a lifetime event:

Please indicate if acknowledgement of your gift may be published. YES NO

Send this form with payment to:

American Sokol Organization, 9126 Ogden Ave., Brookfield, IL 60513

Name: _____

Address: _____

City/State/Zip: _____

Email: _____ Phone: _____

Payment Method: Check Visa MC AMEX Discover

Credit Card Number: _____ Exp. Date: _____

3 digits on back (AMEX 4 digits on front): _____ Check Enclosed

Signature: _____ Amount: \$ _____

Princezna– The Song, the Composer, and the Calisthenic for 2018 Slet in Prague

by Sis. Yvonne Masopust, San Francisco

“...There is more you should know. The song was written by Karel Hašler (10/31/1879 – 12/22/1941). He is best known for writing nostalgic, sentimental, fiercely patriotic songs that promote Czech nationalism, that were tremendously popular during his lifetime and many remain so to this day, now elevated to the status of folk songs – so popular that they have become a permanent and integral part of the Czech culture. Because his songs boosted Czech nationalism to such a degree that the Germans feared it during WW2, they arrested Hasler and tortured him to death just before Christmas in 1941. Germans occupied Czechoslovakia from March 15, 1939 until the end of the war May 9, 1945. So you need to know that the writer of these songs literally died for them.

From Wikipedia:

Karel Hašler's artistic output consists mainly of songs. He created more than 300 compositions, many of which became popular "folk songs". With his engaged patriotic approach he helped to strengthen the national consciousness of Czech people during times of danger and oppression. Following his death in the concentration camp, his songs became a symbol of national resistance. More on the author: https://en.wikipedia.org/wiki/Karel_Ha%C5%A1ler

The song selected for this calisthenics number was clearly selected for its theme – the formation of Czechoslovakia, since that is „Princess Republic“. Since in 2018 will be the Centennial of the formation of Czechoslovakia, which gained its independence from Austria Hungary in 1918, the whole slet is supposed to have the Centennial theme. The song itself originated probably in 1918 or 1919 – I couldn't find the exact date. It's not one of the more popular of Hasler's songs, but it probably was composed around the time independence was declared on Oct 28, 1918. The Czech text is very old fashioned and sounds just as odd in Czech as it does in English, which probably accounts for it not being among Hasler's more popular songs. Tastes and preferences change and 100 years ago people clearly had different ways of expressing themselves than they do today. Further complicating the matter is that the word „panenka“ in Czech means both „little maiden“ and „doll“. I chose the „little maiden“ translation, since with „doll“ the text would sound really bizarre.

Princezna republika - text

To je ta krásná, to je ta krásná
panenka, kterou mám rád,
která mi nedá, která mi nedá
častokrát celou noc spát.

To je ta panenka krásná, hezká,
kterou nám závidí svět,
to je ta panenka naše česká,
barevná jak polní květ,
nezdá se býti tak veliká,
leccos se ve světě o ní říká,
to je ta panenka hezká, česká,
princezna republika.

Jede jí bije, druhý z ní tyje,
třetí by rozbil ji rád,
proto ji chráním, proto ji bráním,
proto se pro ni chci prát.

To je ta panenka krásná, hezká,
kterou nám závidí svět,
to je ta panenka naše česká,
barevná jak polní květ,
nezdá se býti tak veliká,
leccos se ve světě o ní říká,
to je ta panenka hezká, česká,
princezna republika.

Panenka milá, červeno-bílá,
převléká často svůj šat.
Byla kdys rudá a ač je chudá,
přec by jí každý svlék rád.

To je ta panenka krásná, hezká,
kterou nám závidí svět,
to je ta panenka naše česká,
barevná jak polní květ,
nezdá se býti tak veliká,
leccos se ve světě o ní říká,
to je ta panenka hezká, česká,
princezna republika.

Princess Republic

This is the beautiful, this is the beautiful
little maiden whom I love,
who doesn't let me, who doesn't let me
Often sleep all night.

This is the beautiful, pretty little maiden
that the world envies us for,
this is our little Czech maiden,
colored like a field flower,
she doesn't seem to be so great,
they say all kinds of things about her,
this is the beautiful little Czech maiden,
Princess Republic.

One is beating her, the other is hitting her,
the third would like to break her into pieces,
that's why I protect her, that's why I defend her,
That's why I want to fight for her.

This is the beautiful, pretty little maiden
that the whole world envies us for,
this is our little Czech maiden,
colored like a field flower,
she doesn't seem to be so great,
they say all kinds of things about her,
this is our pretty little Czech maiden,
Princess Republic.

Dear little maiden, red-white,
She often changes her robes.
At one time she was red, and though she's poor,
Still so many would gladly undress her.

This is the beautiful, pretty little maiden
that the whole world envies us for,
this is our little Czech maiden,
colored like a field flower,
she doesn't seem to be so great,
they say all kinds of things about her,
this is the pretty little Czech maiden,
Princess Republic.

**Stay True to You
& Your 2018
GOALS!**

EXERCISE MORE

MAKE NEW FRIENDS

EAT HEALTHY

LEARN A NEW SKILL

ACTIVE LIFESTYLE

SPEND LESS

MORE FAMILY TIME

WORK ON YOU!



Mark your Calendar

Events around the American Sokol

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

January

- January 5 **Membership Recognition Dinner**— Sokol Tabor, Berwyn, IL
- January 6 **Annual New Year Dinner/Dance**— Sokol San Francisco, CA
- January 12-14 **Central District Skills & Progressions Clinic** — Sokol Tabor, Berwyn, IL
- January 20 **Beer 'n Bags Fun Night** — Sokol Tabor, Berwyn, IL
- January 20 **Annual Meeting**— Sokol San Francisco, CA
- January 20 **Annual Pancake Breakfast** — Sokol Stickney, Lyons, IL
- January 27 **Annual Membership Meeting**— Sokol New York, New York, NY

February

- February 4 **Central District GIJO Tumbledown** — Naperville Central High School, Naperville, IL
- February 4 **Super Sunday Girls Gymnastics Competition** — Sokol Greater Cleveland, Cleveland, OH
- February 10 **Winter Exhibition** — Sokol Greater Cleveland, Garfield Heights High School, Cleveland, OH
- February 17 **Cal & Marching Competition** — Sokol USA Lodge 306, Chicago, IL

March

- March 11 **Annual Exhibition** — Sokol Tabor, Berwyn, IL
- March 15 **Annual Exhibition** — Sokol Naperville Tyrs, Naperville, IL
- March 24 **Trivia Night** — Sokol St. Louis, St. Louis, MO

April

- April 15 **Central District GIJO Vault into Spring** — Naperville Central High School, Naperville, IL
- April 22 **Central District Special Number Competition** — TBD
- April 26-29 **AS Convention** — Cleveland, OH

Congratulations to the Central District
2017 Presidents' Award recipients
Nancy Beasley from Sokol St. Louis and
Adam Wilt from Sokol Spirit



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.



9126 Ogden Avenue
Brookfield, IL 60513
www.american-sokol.org
aso@american-sokol.org
708.255.5397

January 2018 | Issue 1

PERIODICAL

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

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



<https://american-sokol.org/prague-slet-2018/>