



american sokol publication

March/April 2020 | Volume 143 | Issue 2A



On Saturday, February 15th, 2020, twenty-one Sokols and friends of Sokols made the 90-mile drive to Triumph, IL for the annual **Central District Curling Outing**. In the group were seven first-timers who can now tell their friends, family, and co-workers that curling is "way harder than it looks on TV." Waltham Curling Club is a tight-knit group and the members make sure we feel right at home in the cozy, Sokolesque curling club, especially with the honor system suds they offer. After our three hours, there were no injuries, a few points, and a multitude of memories.

Until we *bonspiel* again, Matt Carlozzi, Central District 2nd Vice President

submitted by Bro. Matt Carlozzi

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ASO Executive Board

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

ASO Board of Instructors

Meets every 2nd Wednesday* at 7:00 pm CST

*except in July and August

National Office Administrator: vacant

National BOI Office Secretary: Juanita LoGiudice

National Publication Editor: Julie Kaupert

From the Editor...

A lot has happened since our last issue. Much of the world is panicked. Many people are scared of what may come. Events and exhibitions have been postponed. This summer's instructor school has been canceled. Even at my own job, 40 of 110 people were let go in an attempt to save the business. Luckily, I was not one of them. But much of the world is on hold.

All we can say is be safe and use your best judgement in your daily activities. Be mindful of our elderly, sick, and most of all ourselves. STAY SAFE, HEALTHY & STRONG.

This shortened printed edition of the March/April 2020 publication only includes relevant information, as many of the flyers included in the email version have been canceled or are no longer applicable.

RETRACTION

In the last publication, it was stated that the National Development Conference would take place on March 4th, at Sokol Greater Cleveland. The date of the conference is October 3rd and 4th. *American Sokol* regrets the error.

#OneSokol NAZDAR!



**PLEASE SUBMIT EVENT
INFORMATION AT LEAST TWO
MONTHS PRIOR TO THE EVENT**

To Submit Items for Publication:

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The Presidential Address

The Sokol Eye – Sokolským Okem

Jean Hruby – President

American Sokol is an organization serving our communities in various capacities and the most recent concerns of COVID-19 must be addressed at a national, district, and local level. As we Sokols enter into Exhibition and Slet season, it is important that we adhere to the highest level of precautions recommended by the federal government.

We are committed to the health and safety of our athletes, coaches and families and wanted to provide you with some basic information regarding this coronavirus. Because coronavirus is a rapidly evolving global health issue that is affecting geographic areas differently, it is challenging to provide a blanket directive that would make sense for all our units. Instead, we ask that our community leaders – families, units, coaches and students – work together to determine what is in the best interests of your specific communities.

As part of that process, we suggest reviewing the latest CDC guidance, reviewing school or community closures in your area, and reaching out to your local public health department, to help determine if and when to cancel classes and events. These recommendations change on a daily basis, so it is important that all American Sokol Units stay in touch with daily recommendations for sanitization of facilities and cancellation of events.

Some resources that may be helpful include:

- CDC advice: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>
- WHO Advice: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- WHO's Guidelines for Mass Gatherings: <https://www.cdc.gov/coronavirus/2019-ncov/community/mass->
- WHO's Hand-Washing Steps: <https://m.youtube.com/watch?v=IisgnbMfKvI>

Below are some preventative measures we encourage all to follow:

- Wash hands frequently with soap and water for 20 seconds especially after using the bathroom, before eating, after blowing your nose, coughing or sneezing. Dry hands with a one-time towel (paper). If soap and water are not available, use an alcohol-based hand sanitizer*.
- Cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Throw used tissues away in the trash.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Stay away from people who are sick or not feeling well and avoid close contact with others through hugging, kissing or shaking hands.
- Disinfect frequently touched surfaces and objects such as mats, gymnastic equipment, door handles, etc. daily or after each class night using a regular household cleaning spray or wipe.
- Stay home when you are sick, except to get medical care
- Anyone with a fever should remain at home until they are "fever free" for 24 hours.
- Seek assistance from a health professional if you see or experience symptoms that cause concern.
- Keep hand sanitizer and disinfectant wipes available in your gym or location of your event.

People young and old may need to be reminded to follow these procedures.

While we know potential cancellations and disruptions are not ideal, the health and well-being of our athletes and members must be our top priority. We appreciate the community coming together to help make these difficult decisions. If your Unit has a reported case of coronavirus, please report this to our National Office.

Many stores no longer have Hand Sanitizer available. Did you know you can make your own following this simple recipe:

HAND SANITIZER*

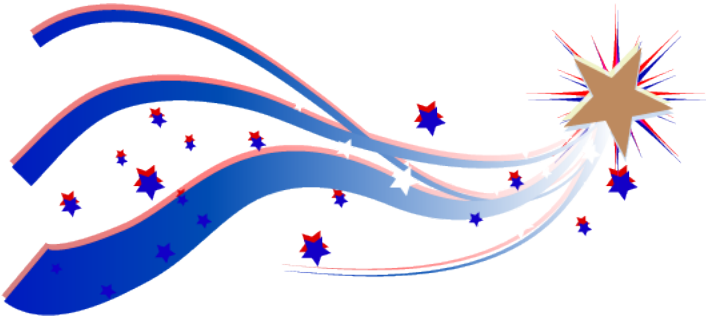
1. 1 cup of 91% isopropyl alcohol.
2. ½ cup of aloe vera gel (natural or store-bought)
3. 15 drops of tea tree oil (or another antibacterial essential oil)

American Sokol is dedicated to helping maintain a safe environment for our communities. Thank you for your cooperation during this difficult time. We will continue to monitor and provide updates as necessary. We have endured many battles over our 155 years, and we will prevail through this global crisis just as Sokols have done in the past. If your local government, schools and sporting events are cancelling events due to this health concern, doesn't it make judicious sense to do the same in your unit.

Ať žije Sokol! ~ Long Live Sokol!

Nazdar!

Jean Hruby, President



RISING STAR

LACEY SINKULE

submitted by Rome Milan
Southern District Men's Director



When Lacey Sinkule was 2 years old, her mom needed an outlet for all of Lacey's energy. Lacey walked into Sokol West and decided, "I want to do that!" She has been a member of Sokol for the last 14 years. In 2009, Lacey competed in the American Slet held in Ft. Worth where she placed 4th in the Level 4 (6-9 age) all around. Later that year, Lacey was a member of Sokol West's first competition team.

In 2010, Lacey's talent surpassed what the coaches could teach. She joined a gym 30 minutes down the road. Even though she competed with GymTricks during competition season, she stayed a member of Sokol and competed with them at Slet every year. When Lacey was old enough, she became a Junior Instructor at Sokol and passed along her gymnastics knowledge.

After the West Fertilizer Plant explosion in 2013, Lacey was a big part in asking her coach if the gymnast of Sokol West (who lost their gym in the explosion) could practice at GymTricks so that they would be ready for Slet that year. When Sokol resumed in August, Lacey was willing to help move mats and set equipment up under the pavilion which would be Sokol West's home for the next few months. The weather soon proved to be too much for the gymnast and Sokol had to "close the doors". At Slet that year, Lacey was one of three girls that still competed for Sokol West.

Lacey is a 16 year-old Level 9 gymnast. She was nearly undefeated this season, competing in nine gymnastic meets placing 3rd twice, 2nd once, 1st five times and taking 5th at Western Nationals in Spokane, Washington. She has qualified and competed at Western Nationals the last three years. This year she came home with four medals, placing 8th on vault, 7th of bars, 5th on beam and 5th in the all-around. Lacey will be moving up and competing level 10 the next two years. She is hoping to compete gymnastics in college.

Sokol West is where Lacey fell in love with gymnastics so no matter where Lacey competes or what leotard she wears, she will be Sokol at heart.



The Sokol Educator

from The National Education Committee



JUDr. Jindřich Vaníček

Jindřich Vaníček was a teacher, soldier, lawyer, and foremost a devoted Sokol. He was born in Prague on January 1, 1862, the year Sokol was founded. He was the youngest of five children, and despite poverty he graduated from Lesser Town High School in Prague.

At the age of sixteen, he joined Sokol in Smíchov and was accepted as a trainer just two years later. He drew the attention of Tyrš himself, who judged him as a very talented athlete. He was versatile and active in numerous sports including rowing, tennis, swimming, cycling, boxing and fencing.

Jindřich was selected the náčelník (director) of Sokol Smíchov in 1890 and in 1891 was named the náčelník of Prague Sokol. He worked tirelessly for the Sokol organization while pursuing his education. In 1898 he earned the title of JUDr. from the Faculty of Law. He also studied at the school of military physical education.

As a worthy disciple of Tyrš and Fügner, he was elected the náčelník of the newly formed Czechoslovak Sokolská Obec (COS) on March 25, 1892. He served in this capacity for 38 years. He was responsible for the physical education of the students, internal operations and membership during this tenure. He prepared and led six Sokol Slets from 1895 to 1926. In this capacity he worked closely with the President of Sokol, Joseph Scheiner. Jindřich resigned as the director on November 22, 1930 because of failing health.

During the First World War he coordinated the Sokol resistance network. Then after the establishment of Czechoslovakia, he assisted in the development of the Czechoslovak Armed Forces. He served as the head of the education department of the Ministry of Defense until 1928. He was involved in the creation of the language and organization of gym programs. He wrote numerous publications, among them:

About Boxing and Fencing with Long Stick (1898, 1910, 1925)

Interpretation of Ordinary Exercises (1917, 1919, 1922)

About the Sword Fencing (1919, 1920)

The Collection of Simple Exercises (1921)

Vaníček had great authority in the Sokol movement and in the Ministry of National Defense. He died of a heart attack on June 2, 1934. His funeral was led by a procession across Prague from Tyrš's House to the Strašnice Crematorium. Speeches were delivered by the President of the Czech Sokol Community, Stanislav Bukovský, as well as the Prime Minister, Jan Malypetr, and the Minister of Defense, Bohumír Bradač. He served the Czech nation and Sokol with dedication. He was a teacher of teachers, ardent patriot, fearless leader, and an outstanding Sokol.



Submitted by Sue Bares, Edited by Vera Wilt

YOUTH ADVERTISING PROGRAM

To help Sokol units promote and grow their Youth Membership, the ASO Membership Committee will reimburse Sokol units up to \$200 for advertising done to promote youth gym classes or programs.

Reimbursement will come from Youth Membership dues administered by the Membership Committee upon submission of receipts and with approval of the committee. Reimbursement will cover advertising done between January 1–December 31, 2020.

SUGGESTIONS:



That should draw attention!

- Signs posted on the outside of the gym - tell people what happens inside that big building
- Signs posted on city/town streets in the area of the gym - politicians know that works well
- A Sokol class demonstration at a neighborhood festival, parade, or event - let the local kids see what they could be doing in class
- Local newspaper or newsletter advertising
- Banner to display in parades or at events

Just think, if \$200 spent in advertising returns two new youth members, you're already ahead. Plus... we'll give you back the two bills!



Naperville's parkway sign

Since this money is coming from youth membership dues, we will exclude advertising specifically for adult programs or adult membership. Any unit submitting a request will be asked to comment on the effectiveness of their marketing. If something really works, share it!

An application form will be forthcoming.

Joe Placek, National Membership Director

GET OUT THERE AND SELL SOKOL!

"It is useless to be a creative, original thinker unless you can also sell what you create."

David Ogilvy, Advertising Tycoon, Founder of Ogilvy & Mather



Thanks to Sokol Česká obec sokolská for this inspirational logo design to the left that reflects the current times. The clips below can be found on their **Facebook** and **Instagram** pages. Won't you join the Sokol Movement to declare how you are coping as a Sokol? Share your masked efforts on **American Sokol Facebook** and **Twitter** pages.

Help Make Masks Mandatory!



/AmericanSokol



Sokol Moravicany

Even Sokol Moravicany protects not only himself but also his surroundings!

Dušan Petráš

Behind the commission of tourism OV COS, on the way home from work.



Sokol Česká obec sokolská



Falcon helps! Today we are needed, let's participate, everyone can help - just by being considerate of others and wearing a mask.



Radio Prague

Take a listen to how the Czech Republic is dealing with the current global crisis in the radio post. Also read the article via the link below on how people in the Czech Republic are facing this worldwide epidemics.

<https://www.radio.cz/mp3/podcast/en/panorama/i-am-taking-it-minute-by-minute-foreigners-in-the-czech-republic-on-quarantine-and-being-cut-off-from-their-families.mp3>

"I AM TAKING IT MINUTE BY MINUTE" – FOREIGNERS IN THE CZECH REPUBLIC ON QUARANTINE AND BEING CUT OFF FROM THEIR FAMILIES

by Tom McEnchroe, March 20, 2020, Radio Prague

There are more than half a million foreigners living in the Czech Republic, according to data from the Ministry of Interior. With the COVID-19 epidemic in full swing across Europe, they have found themselves in a strange situation in recent weeks, living in a country tightly restricted by quarantine and often unable to travel home to visit and support their families. *Radio Prague International* spoke to some of them to find out more about how they have been impacted by the situation and what they think of the measures that have been taken. [\(see the full story in the link above\)](#)



PERIODICAL

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

★ *To the Contributors of the Honor Guard Program* ★

The Seals were our first attempt at initiating a program our members would have direct involvement in. First, through their generous donations. Second, through sending members to the five day intense learning program at Sokol Tabor.

Some members have asked if we could change the date of the camp to fall to accommodate our many student members. It is now scheduled for **November 20-22, 2020**. Please send in your applications as soon as possible. Refer to the **November/December Publication** for the forms or **CLICK HERE:**

<https://american-sokol.org/honorguard/>

Again, thank you for your generous support for our new program.



Lynda Filipello, Honor Guard Chair • Allison Gerber, Committee Member
Teddy Polashek, IAFF Honor Guard Member