

MAY 2019

CONTENTS

Good Vibrations	1
All In The Details	2
Shout Outs	3
Exhibition Photo Gallery	4-5
Directors Spotlight	6
From January 2019	7
Junior Jamm	8
Special Number Results	9
Baby Boom & Mom of Year	10
Why Cal	11
New Membership and In Memoriam	12

2019 SPRING EDITION

GOOD VIBRATIONS

by Maureen Stanko, Co-Women's Physical Director



Retiring of Flags

"Good Vibrations" were felt at Sokol Tabor Gym on Saturday, March 9, 2019 at our 153rd Exhibition. Grass skirts, leis and tropical decorations set the tone for an entertaining evening. Classes from Tots to Seniors performed Cal, on apparatus and Special Numbers. Once again, Team Tabor's vaulting performance wowed the crowd with their running, jumping and flipping!

Our finale brought the program full circle as we performed an All Gym number to none other than *Good Vibrations* by The Beach Boys. It's incredible to have our tots, children, teens and adults perform in unison together. (See photos below.)

Thanks to all who made the evening a night filled with music fun and Good Vibrations!



Editor: Christina Curran

Thank you to everyone who submitted articles and photos!

ALL IN THE DETAILS

BEHIND THE SCENES

By Veronica Walinski, Exhibition Committee

Exhibition Committee gathers each year in January to prepare a memorable exhibition After Party for all of our guests. We take all elements big and small into consideration when planning out the evening. Main focuses each year include food and beverage menus, coverage for kitchen and bar shifts, ticket sales, and of course bringing our exhibition theme to life in the lower hall.

This year we were so excited to carry Good Vibrations throughout the evening by transforming the lower hall into a tropical paradise. Some of our moments of pride this year were getting families, old and new, out on the dance floor and providing our guests with homemade breaded pork tenderloin, compliments to our in-house Chef...Mrs. Irena!

Sokol Tabor sure throws a great party!

BLEACHER SET UP

Sat. March 2, 2019



WELCOME ADDRESS

by Christina Curran, Sokolice Tabor President



"Hello and Welcome! Who is feeling some Good Vibrations this evening?"

The American Sokol has four core programs and I'm going to touch upon how each is a tradition for Sokol Tabor's Annual Exhibition.

First is Cultural which is related to customs and habits. Many Sokol Tabor members will nod their heads in agreement: each and every year our exhibition is held the 2nd Saturday of March, the bleachers you are sitting on are set up the Saturday before exhibition, rehearsal night is always the Friday night before exhibition, as well as the banners hanging from our rafters. Our bulletin boards at the north side of the gym and large gym posters correlate to the theme each year and are on display for one year.

The next two core programs are Educational and Physical. The American Sokol By-Laws state: *"As an educational organization, Sokol has the ability to teach, develop and mentor young and old alike, without concern for race or creed. It is a place of working together, learning new skills, helping one another and giving of oneself."*

I'd like to touch upon the last part for just a moment in regards to Education. Giving of Oneself. Between the 18 current Board of Instructor members, there is a cumulative 302 years of providing education and physical instruction to those within our community. 302 years of coaching among the 18 board members standing before you! What an achievement! THAT is true dedication to teaching, developing and mentoring young and old alike on Sokol ideals.

In regards to our Physical program, the coaches have taught their gymnasts how to work together, help one another and learn new skills to showcase their individual talents, as well as being part of a team which you will see in tonight's Calisthenics, Apparatus, Special Numbers and Finale.

Finally, our annual Exhibition wouldn't be complete without our After Party Social! This is where coaches, members, parents, gymnasts, alumni, family and friends celebrate, mingle, enjoy delicious food & tropical drinks, music and dancing. Please join us in the lower hall following the program.

These Cultural, Educational, Physical and Social traditions make 1602 S. Clarence a very special place to be every 2nd Saturday in March. We are excited to share our slice of paradise with you this evening.

Thank you!"

SHOUT OUTS

**SHOUT OUT TO BRO. JEREMY PROS FOR SERVING AS EXHIBITION MC
AND BRO. JEFF FRON AND BRO. GINO CUKALE FOR ASSISTING
HIM DURING THE EXHIBITION PROGRAM**

**SHOUT OUT TO SIS. IRENA POLASHEK FOR GOING ABOVE AND BEYOND
COOKING EACH YEAR AND TO SOKOLICE TABOR IN THE KITCHEN TO
MAKE SURE OUR GYMNASTS, COACHES AND GUESTS ARE WELL FEED
DURING THE AFTER PARTY**

**SHOUT OUT TO SOKOL TABOR EACH YEAR GETTING APPARATUS AND
EQUIPMENT ON/OFF THE FLOOR AND WORKING BEHIND THE BAR TO
MAKE SURE OUR GYMNASTS, COACHES AND GUESTS ARE SERVED COOL
BEVERAGES AND COCKTAILS AT THE AFTER PARTY**

**SHOUT OUT TO THE EXHIBITION COMMITTEE FOR ALL THEIR
COORDINATION AND ATTENTION TO DETAIL, AND BRINGING ALL
PARTIES TOGETHER FOR A SUCCESSFUL EVENING.**



**A special THANK YOU to Sis. Julie Kaupert
for designing our festive program book
cover and gym posters, Misa Polashek for
being our event photographer and to
everyone else behind the scenes that help
make our Exhibition Program and
After Party a success each and every year!**

EXHIBITION PHOTO GALLERY



OPENING CEREMONY



TOTS CAL



CHILDRENS CAL



SENIOR II CAL



JUNIOR/SENIOR CAL



JUNIORS



2ND CLASS GIRLS



MEN



1ST CLASS GIRLS

SPECIAL NUMBERS



BOYS



TOTS



ACTIVE WOMEN

EXHIBITION PHOTO GALLERY

Tabor Team Vaulting



Apparatus and BOI Selfie






SOKOL TABOR MEMBERS



SOKOLICE TABOR MEMBERS



DIRECTOR SPOTLIGHT

<p><i>“SUCCESS depends on how much you are willing to SACRIFICE, how much you are willing to ALTER your everyday LIFE for a particular GOAL.”</i></p> <p>~Bela Karolyi</p>			
Name	Maureen Stanko	Veronica Walinski	Ken Fron
Office	Co-Women's Physical Director	Co-Women's Physical Director	Men's Physical Director
What inspires you to be a Physical Director for Sokol Tabor?	The dedication, drive and desire of the coaches! If it wasn't for this group of instructor we have/have had at Sokol Tabor, I would have a lot more leisure time!	Everyone that walks into 1602 S. Clarence inspires me to be the best I can be! Whether it's a gymnast, parent, coach, spectator, etc. we have so much to share in our building!	Watching the instructors work with the kids. As they get better, enthusiasm grows to do harder and more difficult stunts & routines.
What is the funniest thing that has happened to you recently?	Recently had a bad cold. Watery eyes, nose stuffed, mouth dry, throat parched. Not fully awake from a nap, opened fridge, grabbed can of lemon sparkling water. As I pulled can away from my mouth, realized it was a barley and hop beverage! So sick, I couldn't smell or taste this wasn't a water!	After a very rough morning, I was happy to warm up my delicious enchilada lunch! Dug in too quickly because the next thing I knew, my lunch was all over my clean white shirt. Luckily I had one of many Tabor shirts in my car for a quick wardrobe change!	It is hard to pick the funniest thing of late. Every class has its moments and just sitting in the club room with whoever is there after class or meetings brings a laugh.
You're a new addition to the Crayon box. What color would you be and why?	Colors of the Spectrum , with each color representing the spectrum of thoughts, moods and feelings we as humans have.	Summer Soleil aka bright and cherry yellow that's sure to brighten up any paper. Yellow is my favorite color and we could all use some sunshine to send us into spring and summer.	Summer Blue Sky as I feel I am always in a good mood and ready for the day, or as close to it as I can get at this age!



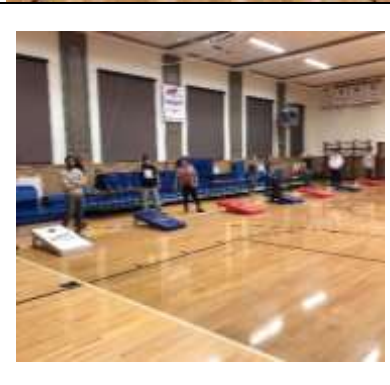
**BICEPS AND BREWSKI'S CREW AFTER THEIR WORKOUT
ON SUNDAY, FEBRUARY 3, 2019**

FROM JANUARY 2019

Beer & Bags

On January 26, 2019, BOI held their Beer N Bags Event. Sign-up started at 6:30pm, practice at 7:15pm and the tournament started at approximately 7:30pm. Donations were \$20 per person with 1 drink coupon or \$30 per team with 2 drink coupons. 20 teams played bags in the gym, with the top three teams earning prizes.

The lower hall provided attendees the opportunity to socialize and dance. A variety of beverages were available for purchased, bar snacks set out, Split the Pot and Bags winners announced and our very own Bro. Ed Linhart's band "The Rough Cut Bohemians" provided entertainment throughout the evening. A great time was had by all!



BAG TOURNAMENT WINNERS
1ST PLACE: KEN FRON JR. TEAM
2ND PLACE: ZACH PROS TEAM

2019 Central District Skills and Progressions Clinic

Held Jan. 18 – Jan. 20, Sokol Tabor hosted 66 gymnasts from 10 units (Lodge 306, Ceska Sin, Chicagoland, Minnesota, Naperville-Tyrs, South Omaha, Spirit, St. Louis, Tabor and United) for a weekend of activities: artistic gymnastics, special numbers, games, pyramids and stunting, small and large group activities and a formal graduation ceremony.

Sokol Tabor had two coaches on staff and five gymnasts in attendance. Congrats to 2nd Class Girl Jasmin Humphries, who received the Hardest Worker Award and Junior Girl Karina Byers who received the Leadership Award. Karina also served as a Co-Captain for her team.

Jasmine and Karina



Sokol Tabor Gymnasts with Coach Christina



Annabel Byers and Madison Polich during stunts



Skills Clinic Group Photo

JUNIOR JAMM

Easter Egg Hunt & Junior Social



On Saturday, April 13, 2019, the Sokol Tabor Juniors held an Egg Hunt and Junior Social Night.

The Egg Hunt was open to Sokol Tabor Tots (1:30-1:55 pm), 1st Class Students (2:10-2:25 pm) and 2nd Class Students (2:30-2:45 pm). Plastic eggs were filled with candy to find and enjoy.

The Junior Social Night was open to Juniors from all Central District Units. Held from 6-10:30 pm, the event included games, dancing, a photo booth, food and socializing.



DID YOU KNOW? The art of kraslice (decorating eggs) is one of Czech's best-known and widely practiced Easter traditions? It can take hours to create just one of these delicate pieces of art! →

Kraslice is also a town in the Karlovy Vary Region of the Czech Republic.



2019 SPECIAL # COMPETITION



1st Class Girls
"Little Sluggers"
Author: Korrisa Fitzgerald



1st Class Boys
"The Bravest"
Authors: John Fron and
Ted Polashek



2nd Class Girls
"U.S.S. Tabor"
Author: Veronica Walinski
~ WINNER ~



Juniors
"The Great Greeks"
Author: Lidia Bielobradek
~ WINNER ~



Masters
"Sokolay Chips 'n Salsa"
Author: Judi Soulides
~ WINNER ~

The Central District Special Number Competition was held on Sat. April 27th at Lyons Township North High School in LaGrange. There were 12 competitive numbers in a variety of categories. Sokol Tabor was proud to have five numbers competing, taking home three 1st Place awards!

Results:

1st Class

3 numbers entered, 1 award
1st Place: Sokol United
"Un Poco Loco Sokol"

2nd Class

3 numbers entered, 1 award
1st Place: Sokol Tabor
"U.S.S. Tabor"

Juniors

2 numbers entered, 1 award
1st Place: Sokol Tabor
"The Great Greeks"

Senior Mixed

2 numbers entered, 1 award
1st Place: Sokol Spirit
"Summer Lovin"

Masters

2 numbers entered, 1 award
1st Place: Sokol Tabor
"Sokolay Chips n' Salsa"

Visit the Sokol Tabor Fan Page on Facebook and view the 2019 Special Number photo album for more pictures.

BABY BOOM & MOM OF YEAR

New Kid on the Block: Lofton Curran Carlozzi

BIRTHDAY



- Proud Parents: Anna and Matt Carlozzi
- Birthdate: December 31, 2018
- Time: 11:10 a.m.
- Stats: 6 lbs. 6 oz. 20.5 inches

4 MONTHS OLD



- 4 Month Stats: 12 lbs. 11.5 oz. 24.5 inches
- Lofton loves his binky! He is starting to sit up and roll over like a pro, when he's not busy being distracted by his hands. He likes being read to and sung to and his Winnie the Pooh book is a fav because it crinkles. He likes playing "Super Lofton" and he just likes smiling!!!

Women & Mother of the Year

This year's Women of the Year, also become a Mother this Sokol season. We are honored to recognize Anna Carlozzi as the 2019 Sokolice Tabor Women & Mother of the Year! Two months after her son's birth and one week before exhibition, Anna learned the Senior II Cal. That's right! She learned an entire Cal in one week & successfully performed it at Exhibition. Anna was also a participant learning and videotaping the 2021 American Sokol Slet All Class Special Number in March. Anna and her family are regular supporters of Sokol events and will be participating in both the Junior/Senior Cal and Senior II Cal at the 2019 Sokol USA Sokolfest in Buffalo, NY this June. Let's give Anna three cheers and a NAZDAR!



Anna and Lofton at his first Sokol Exhibition



Mother's Day 5.12.2019

WHY CAL?

Why do we do Calisthenics?

By: Charlie Svestka, Sokol Tabor Educational Director

Cal unites the *Sound Mind* with the *Sound Body*. Cal is a combination of physical movements of the body, and the ability of the mind to remember each of those precise movements for an extended period of time. Calisthenics is also a major part of Sokol's history. Many look back at the thousands of Czech Sokols who performed Calisthenics at Strahov Stadium during Sokol's golden age, and wish to honor them by Cal-ing today. Another is unity. In the words of Dr. Mirolav Tyrs, our founder...

"One of the signs of a disintegrating society is its wallowing in the shallow, the superficial. Another is a definite selfishness on the part of the individual where the "I" assumes a place far beyond its true significance...Not individually, or independently, or even as separate groups should we seek to analyze and formulate our tasks and our problems; but rather as a whole, whose many members work harmoniously, cooperating in their efforts to benefit the individual enrolled under our banner and our beloved country."



Paraphrasing Dr. Tyrs' definition of Cal, Calisthenics are movements of the whole body or its parts performed by the individual gymnast, without the help of another gymnast. When we perform Cal, there are two aspects at play that seek to find a balance, the movement of the individual and the movement of the whole. When those two things come together, Calisthenics shows how Sokols are united.

So why do we do Cal? Tradition, form, and a Sound Mind and Body. But what we really should focus on is how calisthenics reinforces our unity as Sokols.

Next time you find yourself asking "Why should I do Cal?" remember you are not, we are. Maybe if we all stay united on the field, we can better stay united when it comes to other subjects as well. We are One Sokol, and Calisthenics is one way that we show it.



NEW MEMBERS & IN MEMORIAM

Congratulations to Charlie Svestka on being one of the 2019 Central District Merit Award recipients! Way to go Charlie! Let's give him three cheers and a NAZDAR!

New Membership

On January 4, 2019, Jaye Hartwig, daughter of Unit Members Julie and Tom Hartwig was installed as a member of Sokolice Tabor. Also, member Nicole Devenney was "officially" installed. It was conducted by Membership Director Irena Polashek. Let's give Jaye and Nicole three cheers and a NAZDAR!



Jaye Hartwig



Nicole Devenney

IN MEMORIAM

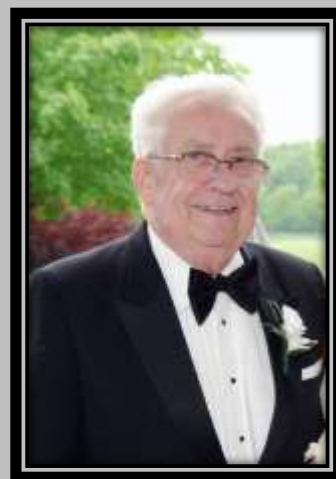
*When we lose someone we love,
we gain an angel we know.*



Camille Sitta Pekarek
1/14/1928 – 2/2/2019



Ethel H. Rus
3/30/1931 – 3/17/2019



Raymond J. Fron
4/13/1928 – 4/6/2019