

NOVEMBER 2018

CONTENTS

National Instructor School	1
National Gymnastics Day & BBQ	2
Coach Spotlight & Jr. Jamm	3
Our Community	4
CPR/AED and Track & Field	5
Community Recognition	6
Czech Centennial Celebrations	7
All Hallows' Eve	8
Black Out Night	9
Wine About Working Out	10
Holiday Happenings	11
Volleyball Teamwork and Calendar of Events	12



Editor: Christina Curran
Thank you to everyone who submitted articles and photos!

Would you prefer Tabor Talk via email?
Send your email address to
tabortalk150@gmail.com

Articles & photos welcome!

Save a Tree...Pass the Word

2018 FALL EDITION

NATIONAL INSTRUCTOR SCHOOL

by Christina Curran, Sokolice Tabor PR Director

The American Sokol National Instructor School was held July 15-29, 2018 at Sokol Greater Cleveland. Sokol Tabor was proud to send four students: Karina Byers (Beginner), Jaye Hartwig (Advanced), John Stanko (Advanced II) and Charlie Svestka (Advanced II). This educational program is designed for students to become Sokol Instructors. The curriculum consists of learning to teach various Sokol categories such as games, artistic gymnastics, marching, singing, calisthenics, special numbers, practice teaching and more. The two-weeks conclude with a graduation program consisting of performances and the presentation of diplomas and special awards.

Excerpt taken from the Nov/Dec 2018 American Sokol Publication article "American Sokol Instructors School by Sister Mary Cushing, 2018 American Sokol School Director"

We inaugurated a new scholarship award in memory of past School Director, Bro. Bud Benak, who passed away last year. This award recognizes one student who really is exemplary in their leadership, service, academics, etc. The student (either parents or unit) are reimbursed for the registration fee amount paid as well as receiving an individual plaque. This year's Bro. Bud Benak Scholarship Award was presented to Charles Svestka from Sokol Tabor.

Congrats Charlie!



NAT'L GYMNASTICS DAY & PICNIC

NATIONAL GYMNASTICS DAY AND BACK TO SOKOL BBQ PICNIC

by Veronica Walinski

The start of a Sokol season welcomes many new and returning families. Over the past four years, our Board of Instructors has hosted a Back to Sokol Picnic in conjunction with National Gymnastics Days. This year, our celebration kicked off at 11:30 a.m. on Saturday September 15th. There were approximately 40 in attendance including class members, siblings, and parents. Families were welcomed in the gym. Participants were led in a stretch and warm up, followed by an apparatus circuit. Below is a list of activities lead by members of our coaching staff:

Coach	Apparatus	Skills
Kerry Pros	Low Beam	Walks, Jumps, Leaps, Dismounts
Korri Fitzgerald	Floor	Rolls, Cartwheels, Handstands
Veronica Walinski	High Beam	Mounts, Walks (forward and backward), Jumps, Balances, Levers, Dismounts
Zach Pros and Ted Polashek	Vault	Hurdle steps, straight jumps, tuck jumps

The USAG National Gymnastics Day theme was "Why Do You Love Gymnastics". Participants decorated hearts explaining their favorite apparatus, skill, or progression. Hearts were then pasted on to a large poster board and then displayed in our gym. Seeing our class members ages 3 through 17 identify what they love most about gymnastics gave such tribute to our program and the hard work put in by coaches, Board of Instructors, and Units that make Tabor an amazing place to be.

The picnic portion of this event took place in the north end of our parking lot. It was held pot luck style with BOI providing hot dogs and brats, and each family bringing an item to share. A very special thank you to Maureen Stanko, Nancy Colagrossi, Irena Polashek, and Jean Sivak for organizing all the food during the gymnastics portion so it was ready for our families to enjoy. Children played with jump ropes, side walk chalk, and hula hoops while parents and coaches socialized and enjoyed the warm weather. Each participant went home with a draw string bag, coloring page, certificate of National Gymnastics Day Completion, and Sokol Tabor Pencil.

This event was all encompassing of our Sokol values - fitness, fun, and education for all ages.



FLOOR EX



VAULT



BEAM



GROUP ACTIVITY DECORATING HEARTS

COACH SPOTLIGHT & JR. JAMM

<p><i>"A good coach can change a game. A great coach can change a life."</i></p> <p>~John Wooden, former UCLA basketball coach</p>		
Class	Junior Girls Leah Bures	Junior Boys Charlie Svestka
What goals do you have for your class this year?	Develop each Junior Girl into loving all aspect of Sokol. From volleyball, Cal, Special Number, rhythmic gymnastics, artistic gymnastics, etc.	Focus on conditioning in relation to gymnastics and that the boys are enjoying class to keep them involved in Sokol in the future.
What is the funniest thing that has happened to you recently?	My husband planned a surprise birthday party for me and my friend ended up sending me the invite!	At our Annual Halloween Party in the Haunted House. Sam Linhart snuck up behind me and scared me pretty good! We laughed about it later!
If you could choose only one song to play every time you walked into a room for the rest of your life, what song would it be and why?	"Still Rolling Stones" by Lauren Daigle b/c it is a very encouraging song. We are alive and we have a choice to live a certain way. Our lives are rolling stones!	"That's Amore" by Dean Martin b/c I know every time I hear that song people are going to be having a good time!

ANNUAL JUNIOR CLASS BANQUET

by Charlie Svestka, Junior Boy Instructor

The Annual Junior Class Banquet was held on Tuesday, November 6, 2018. Once lined up, we had everyone introduce themselves. We advised the goal today was to get to know each other a little better, or get to know someone new. Then we had them count off by threes, and separated the three groups, each a mix of boys and girls. Tonights activity was designing an obstacle course, with your group that would connect with the next group's section. The small groups helped some of the less social Jr. Boys be a lot less shy. The groups had 15 minutes to complete their section and then they took turns running the course. Afterwards, they had time to bump the volleyball in a circle. Then we ate pizza and had the Junior Board candidates each introduce themselves and why they are running. There were no contested elections and no objections to the candidates, so they voted to accept the new Junior Board officers: Lidia Bielobradek (Jr. Girl Director), Danny Rodriquez (Jr. Boy Director), Fidel Gutierrez (Treasurer) and Izzy Gutierrez (Secretary).



Front Row L to R: Fidel, Danny
Back Row L to R: Izzy, Lidia

OUR COMMUNITY

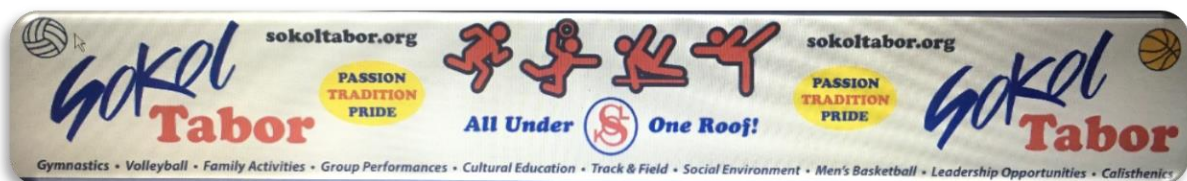
50TH ANNUAL HOUBY DAY PARADE

by Christina Curran, PR Director

On Sunday, October 7th, Sokol Tabor participated in the 50th annual Houby Day parade. To commemorate this historic milestone, our units approved rental of a float. Decorated in red, white and blue, with a customized banner designed by Sis. Julie Kaupert, members of all ages rode on the float and waved enthusiastically to the crowd. A new line up location at 54th and Cermak through us for a loop from the 49 years of lining up in the "L" strip, but all participants found their way to our group before parade kick off. Coaches, students, parents and Executive Board members (over 40+) rode or walked the parade route while sporting our "All Under One Roof" gym t-shirts. We threw out royal blue stress balls emblazoned with our logo and web address. Brochures and flyers were also distributed as we're always trying to get the word out about our fantastic programs! This year's theme of honoring our military for their duty, honor and country hit home as many members served in the armed forces. Sokol Tabor is grateful for their service.

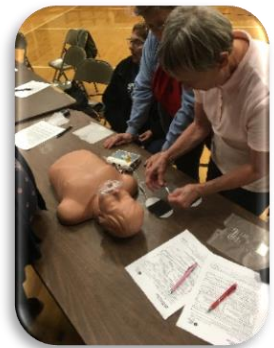


Sokol Tabor Houby Day Group Photo



CPR/AED and TRACK & FIELD

On Wednesday, October 17, 2018 the Sokol Tabor BOI held CPR & AED re-certification training for the coaching staff. Led by Diane Bures, mother of Junior Girls Instructor Leah Bures, the coaches participated in a three hour class for the knowledge and skills they may need for effective leadership in the event of an emergency. Those in attendance successfully completed the objectives and skills evaluation in accordance with the curriculum of the American Heart Association (AHA) Heartsaver CPR AED Program.



The Central District Track & Field Competition was held on Saturday, October 20, 2018 at Sokol Tabor. There were three sessions. First session was 2nd Class Boys and Girls. Second session was 1st Class Boys and Girls. Third Session was Juniors, Men and Women. The events for children were running long jump, standing broad jump, basketball throw, 40-yard dash and high jump. Events for Juniors, Men and Women were standing broad jump, shuttle run and basketball toss. Congratulations to all our competitors!



*First Class Girls
warming up*

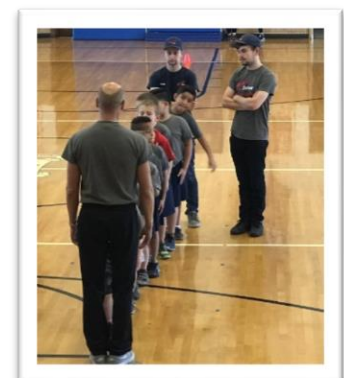


*First Class
Girls waiting
to compete*

*District line up
before start of
competition*



*First & Second Class
Boys line up*



COMMUNITY RECOGNITION

NATIONAL DAY OF THE CZECH REPUBLIC

By: Judi Soulides, Sokolice Tabor President

Sokol Tabor was honored to receive an invitation from the office of Maria Pappas, Cook County Treasurer, to celebrate National Day of the Czech Republic, 100th Anniversary Celebration, with other Chicagoland Czech organizations. Held on Thursday, October 25th, Treasurer Pappas greeted attendees in her personal office. In attendance with Sokol Tabor, there were members of Bohemian National Cemetery, Chicago Sister Cities, MCS, Czech Consulate Office, and a few others. She discussed her new office programs and launched her new website www.cookcountypropertyinfo.com.

Not only does the website allow you to look up your property by address (instead of tax ID number), it also provides a five-year history of your property should any credits be pending. The real pride of this new user-friendly website is that it was created in several languages, including Czech.

Following an introduction to this website, Treasurer Pappas presented members of the Czech Consulate a decree of National Day of the Czech Republic celebrating its Centennial and each attendee was presented with a Certificate of Excellence for their individual commitment and dedication to the Czech American community. The event ended with a multi-cultural social – Czechs enjoying Baklava.

And that's not all! A short time later, Sokol Tabor received an autographed photo of the presentation of the Certificate of Excellence to me, as well as a group photo.



Sokolice Tabor President Judi Soulides with Cook County Treasurer Maria Pappas



Treasurer Pappas presenting to members from the Czech Consulate



Group Photo with Treasurer Pappas

Also check out:

www.cookcountrytreasurer.com

CZECH CENTENNIAL CELEBRATIONS

CELEBRATING OUR CULTURE

By: Christina Curran, Sokolice Tabor PR Director

2018 is a special milestone year for Czechs, as it marks the centennial of the founding of Czechoslovakia. The Consul General of the Czech Republic in Chicago Borek Lizek extended an invite to many celebrations held this fall to commemorate this historic event. Here is a summary from a couple of them:

A **Czech Centennial Gala** was held on Friday, September 28th at Union League Club of Chicago. The evening consisted of special guests in attendance, historic presentations, an art exhibit, dinner and dancing. The "Czech Lions" combined American music legend Jim Peterik from the *Ides of March* and Czech music legend Petr Janda in a special sharing of the stage concert. Actress Anna Chlumsky, along with her *Veep* co-stars, sent an entertaining video presentation titled "What comes to your mind when I say, Czechoslovakia?" Are you on Facebook? Become friends with Borek Lizek to watch the video. Be the first person to email me what the Czech National fruit is (based on this video) & a prize may be in your future! (Email address listed on page 1).



Gala selfie with Chicago Blackhawks Forward David Kampf are Sokol(ice) Tabor Members Zach Pros, Veronica Walinski, Kerry Pros and John Fron

The following evening on Saturday, September 29th, **Czech Centennial Night** was held in Sokol Tabor's gym. Food, drinks and Czech merchandise were available for purchase. A small presentation was held and all in attendance shared in a champagne toast and took home a souvenir champagne flute. Our stage featured live musical performances by Petr Janda - CZ Singer, Songwriter & Guitarist, Leader of Olympic, #1 Czech Rockband, 55 years at the top of CZ Music Rankings; The Swings - CZ Vocal Quarter & Orchestra, CZ & US Swing Music of 1930s & 1940s; Euroband - Czech/Slovak/American Cover Band; and Divaldo Bohemia - Bohemian Theater.



Sokolice Tabor Members with National Co-Women's Physical Director Kathy Barcal from Sokol Spirit



Borek Lizek's welcome address



Ted Polashek speaking to the crowd in front of Czech Dignitaries



Massive crowd in attendance at Czech Centennial Night

ALL HALLOWS' EVE



On Tuesday, October 30, 2018, the Sokol Tabor BOI held their annual Halloween Party. Upon entering, families had the opportunity to play Eyeball Shuffle, Nerf Gun Knockdown, Spider Races, Poop Chute, Zombie Bowling, Guess How Many, and Digging for Bones. The Juniors put on a spooktacular Haunted House to scare trick or treaters of all ages. Food and refreshments were available for purchase.

GRACIAS!

Shout out and a BIG THANK YOU to everyone who supported the Sokol Tabor BOI Chipotle fundraiser on Monday, October 22. The grub (and cerveza) was delicious!



BLACK OUT NIGHT

POINT, SET, MATCH



Annual Black Out Night was held on Fri. Nov. 2, 2018, All Sokol Tabor Men's Volleyball Teams played on our home turf against great competitors from around the Central District. Spectators were encouraged to wear black, supporting our gym volleyball uniform colors. The event included three volleyball matches, Roll to Bucket half time game for prizes, and a social in the upstairs bar which included food and drinks. Additional games of Guess How Many and How Much Does Ray weigh were played during the social.

Match Results:

Tabor 2 beat Tabor 3
United beat Spirit 1
Tabor 1 beat Spirit 2

Thank you to Ken Fron Jr for coordinating this fun annual event!



WINE ABOUT WORKING OUT

THE WORKOUT

By: Ken Fron Jr., Men's Instructor

On Thursday, October 11th, the Sokol Tabor BOI held our unique *Wine About Working Out* fundraiser. The 30-minute workout was in our gym at the beginning of the Jr. Girls class. They joined in the workout along with some Active Women, Unit Members and some of our Sokol Spirit Sisters. It began with a squat warmup that starts small then progressively gets deeper. Next, a timed interval workout with two separate circuits followed. Focusing on a total body workout that included plyometric step-ups, incline push-ups, glute bridges, along with isolation exercise to burn out the smaller muscle groups and much more. The workout finished with a cool down and some light stretching.



THE WINE

By: Judi Soulides, Active Women's Instructor

Following the workout, the "Wine About It" portion was conducted in our Clubroom. We tasted wine and cheese boards of four countries. A white and red wine was featured for each along with an assortment of cheeses. Here are just a few samples:

- Greece: imported Feta served w/Calamata Olives, Sour Cheeries, Apricots, Honey. Wine: Agio Riikos Tsantali (white)
- European Surprises: Artikaas Dutch Edam & Dutch Gouda with Ginger & Pumpkin Seed, served w/grapes, apples, peaches, stuffed olives and pickled Red Peppers stuffed with Montchevre Goat Cheese. Wine: Los Vascos Chile Cabernet Sauvignon (red)
- Italy: BelGioiso Mozzarella Pearls & Ricotta Salata (Italian Feta), served w/Olives, Apricots, Apples, Peaches, Dried Cranberries. Wine: California Pinot Grigio (white)
- America: Wisconsin Aged Cheddar & Sharp Cheddar served with Apples, Peaches, Jalapeno & Pomegranate Cashews and dried fruit/nuts. Wine: Apothic Red

The event was really cheesy, but we enjoyed our trip around the world and each other's company. I hope those in attendance enjoyed the interesting combinations and new ways to prepare cheeses.

European Surprises



Italy



JOIN US FOR OUR NEXT UNIQUE WORKOUT ~ BICEPS AND BREWSKIS ~
SUN. JAN. 6, 2019

HOLIDAY HAPPENINGS

Spread some Holiday Cheer with Sokol Tabor's Annual Holiday Greetings

Tell someone this Holiday Season how much you care, Send out a special 'tis the season message to your friends, child, class or Tabor members. Whatever you wish, share the warmth of the holidays with Tabor Talk's Annual Holiday Greetings. All greetings are due by December 7th. (December Unit Meeting)

Please complete the form and make check payable to Sokolice Tabor. Send your greeting with payment to:

Tabor Talk, c/o Sis. Christina Curran
3341 Maple Ave., Brookfield, IL 60513

Greeting will be approximately the size of an average business card. If you wish to send via email or design your own greeting (jpg format), sent it to tabortalk150@gmail.com. Greeting will NOT be published unless payment received by December 7th.

Greeting:
Name (From):
Amount Enclosed (\$5 per greeting): \$



Photo of Christmas Around the World featured on the Museum of Science and Industry, Chicago Facebook page.

CHICAGO FESTIVE EVENTS

Winter Wonderfest @ Navy Pier Winter

Fri. Nov. 30 to Sun. Jan 6. Crowds pack Navy Pier for this popular holiday festival. There are lights, decorations, carnival rides and games, giant slides, holiday-themed activities, an indoor ice skating rink, food and drinks. Every ticket includes a ride on the 200 foot-tall Centennial Wheel!

Christmas around the World & Holidays of Light @ the Museum of Science & Industry

Along with the traditional museum exhibits, guests are treated to more than 50 decorated trees and displays. Cultural organizations and various communities decorate trees and displays with hand-made ornaments that honor holiday customers from around the world. Can you find the tree from the Czech Republic? If so, send a picture to Tabor Talk (email listed on page 1). The Holidays of Lights brings traditions from the Chinese New Year, Kanhuhak, Kwanzaa and more!

51st Holiday Window Display @ Macy's on State Street

Walk from window to window to peak at the nostalgic holiday display with each window featuring a different scene of animated characters, following a holiday story or theme – Reasons to Believe – paying homage to the things that make the holidays a favorite time of year. On display Nov. 3 to Jan 2.

Christkindlemarket Chicago @ Daley Plaza

From Nov. 16 – Dec. 24, shop for Christmas gifts and raise beer steins at this popular German-themed market. Beautiful ornaments, nutcrackers, clocks and other unique gifts are for sale in wooden huts. Head into the Grand Timber House and Festival Tent to warm up, take a load off your feet and sample sausages, potato pancakes, pretzels, spiced German wine and more, all while listening to live music.

VOLLEYBALL TEAMWORK

2018 CENTRAL DISTRICT FEMALE VOLLEYBALL COMPETITION



The Central District Female Volleyball Competition was held on Sunday, November 18, 2018 at Sokol Spirit. The Junior Girls Division played in the morning. There were three teams: Naperville-Tyrs, Tabor and United. The Women's Division played in the afternoon. There were five teams: Spirit 1, Spirit 2, Tabor, United Blue and United Red.

Junior Girl Division

1st Place: Naperville-Tyrs
2nd Place: **Tabor**
3rd Place: United

Women's Division

1st Place: United Blue
2nd Place: Spirit 1
3rd Place Tied: Spirit 2, **Tabor**, United Red



CALENDAR OF EVENTS

Date(s)	Event
Fri. Dec. 7	Sokol(ice) Tabor Holiday Dinner and Unit Meetings
Mon. Dec. 24 – Fri. Jan 2	Christmas Break
Sun. Jan. 6	Biceps and Brewskis
Week of Jan. 7 th	Classes Resume
Fri. Jan. 18 – Sun. Jan. 20	Central District Skills & Progressions Clinic
Sat. Jan. 26	Bags and Beer Tournament
Sat. Mar. 2	Bleacher Set Up
Fri. Mar. 8	Rehearsal Night
Sat. Mar. 9	Sokol Tabor's 153 rd Annual Exhibition



Sokol & Sokolice Tabor Members at the American Sokol Development Conference Halloween Party on Sat. Oct. 27.

Winner of "Most Unique Costume" was Christina Curran and Maureen Stanko as the boardgame Operation!