

“HAPPY NEW YEAR!”

That greeting will be said and heard for at least the first couple of weeks as a new year gets under way. But the day celebrated as New Year's Day in modern America was not always January 1.

The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring).

Continued on Page 5.

American Sokol

(ISSN: 0003-1259)

is published bi-monthly, except monthly in January, February, March, June, September and October by

AMERICAN SOKOL

122 West 22nd Street
Oak Brook, Illinois 60523-1557

Periodical postage paid at Oak Brook, IL and additional mailing offices.

Subscription: \$8.00 per Year

Postmaster: Send address changes to:
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Oak Brook, IL 60523-1557

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From Your Editor...

Welcome to 2002! Here's hoping it holds bright promise for us all. Units across the nation will be gearing up for their upcoming gymnastic exhibitions and end-of-year competitions. Please take time out of your schedules to attend an exhibition or a unit sponsored fund raiser sometime soon! I also hope that somewhere on your resolutions list for the new year is to submit an article for this publication.

NA ZDAR!

Sis. Patricia Satek
46 Northgate Road
Riverside, IL 60546-1639

CALENDAR of EVENTS

JANUARY

- 4-6 Central District Progressions Clinic at Sokol Tabor
- 20 Sokol Little Ferry Holiday Party
- 26 Sokol Ceska Sin Winter Exhibition and Dance
- 26 United Sokols of the East Bowling Tournament
- 27 Sokol Berwyn-Slavsky Membership Luncheon

FEBRUARY

- 1-3 Sokol Ceska Sin Ski Trip
- 3 Ethnic Fair - North Central College, Naperville, IL - Central District & TNT Participation
- 9 Sokol Brookfield Spaghetti Dinner
- 16 Sokol Berwyn-Slavsky Mostaccioli Dinner
- 22 Sokol South Omaha Vecirek for Members

MARCH

- 1 Sokol Brookfield Exhibition
- 9 Sokol Tabor Exhibition
- 15 Sokol Naperville Exhibition
- 16 Sokol Stickney Exhibition
- 22 Sokol Chicagoland Exhibition
- 23 Sokol Berwyn-Slavsky Exhibition
- 23 St. Joseph's Day Kolache Bake-Off at the National Czech & Slovak Museum & Library
- TBD DA Sokol Biennial Convention

THOUGHT STARTERS

from Sis. Joan Sedlacek, A.S.O. Educational Director

"Character is a victory, not a gift."

~ TRY SQUARE

Our Sokol Credo

To build a healthy and beautiful human body; to cultivate a harmonious and total person; to develop firm character, a well-rounded disposition and a love of truth and justice; to produce strong, lovely and honorable people; that is the goal of a Sokol education.

WORLD TRADE CENTER

On September 11, 2001, New York and the United States suffered a sever blow with the tragedy at the World Trade Center. I'm sure that all of us saw the devastation in the area and feel profound sorrow for the many victims, their families and their friends. Some New York Sokol members have been working valiantly to rescue possible survivors and bring the area back from destruction. **Bro. Kevin Gallagher** has been working on search and rescue from day one at ground zero, in a helicopter or from a police boat. **Bro. Tom Hennigman** has been operating heavy equipment at ground zero, since day one. **Bro. Gary Gregory**, a New York City fireman, was going through rubble since day one and after going home, returned to the site to pump out water and extinguish fire. **Bro. Don Trenkle** has been working closely with Police Commissioner Kerik since the tragedy. **Bro. Al Ondira** has been working with City Council President Peter Vallone. Our admiration and thanks to all of you.

At the October Sokol New York meeting, those present voted that Sokol New York make a \$1,000 donation to the Police Firemen's Widows and Children's Fund. Proceeds from the Community raffle will also be donated.

*From the November 2001 Sokol New York Newsletter
by Sis. Beatrice Cihak*

MEMBER INSIGHT

*By Sis. Sylvia Laznovsky
ASO Membership Chairman*

"THE FUTURE OF OUR MEMBERSHIP"

We all share the growing concern of our declining membership. But, we must ask ourselves, "What are we doing about it?"

First, we must be willing to try new ideas. Times will never be like the "good ole days". We must change with the times! Instead of looking for why ideas will not work, let's also try to look how they can work. Directing our attitudes toward workable change is important. Acceptance of change is difficult, but definitely worth pursuing.

We must realize that Sokol is no longer just gymnastics. Many activities provide physical fitness. We should look to see how these might work out in our local programs.

Many new ideas of providing "something for everyone" were discussed at the Future of Sokol meeting held in Ft. Worth in May, 2001.

As a result of some of these, the American Sokol Executive Board has approved the expenditure of funds to be available to District for new programs.

Procedures for the expenditures of these funds are in the process of being developed and will be communicated to the Districts for administration.

We must offer programs that are of interest in our community, in addition to our traditional gymnastic classes. Many units offer varied programs that are in demand in their areas. Some of these are karate classes, cheerleading, special tumbling classes, archery, dancing, mom and tot classes, aerobics, and many more. What works in one area, may not work in another. But, it does not hurt to give a new idea a try

How do new programs affect our membership figures? How will these new programs help our membership programs grow? The answer is that the parents and/or adults will be using your facility, so sign the parents and participating adults up for membership. In the case of children, require that their parents are members and sign the kids up for Youth Membership.

Continued on Page 6.

Sokol Fort Worth honors Jerry, Emil and Frankie Milan as Life Members

JERRY

When you say the name Milan you say a lot; when you say Jerry Milan you could never say enough. As a Milan, gymnastics came at an early age. According to his mother Anna Milan, Jerry was quite a gymnast even weeks before he was born. Being the youngest of Joe Sam and Anna Milan's eight children, Jerry must have realized he had a lot to live up to. As a gymnast, coach, director and now president Jerry has literally worked his way from the ground up. He not only attended the Sokol Instructor Schools but also taught and directed. The amount of work he has dedicated to Sokol Fort Worth is impressive in itself. However, all his dedication to Sokol and the sport of gymnastics did not stop there.

He has played an important part in Sokol, High School and USA Gymnastics at every level: local, State national, international and on the Olympic Committee. He was made Life Member of the Gymnastics Association of Texas in 1976. With titles such as coach, teacher, Men's Physical Director, President, Educational

Continued on Page 10.

EMIL

Emil Milan is known as the Father of High School Gym-nastics, but people know him for a lot more than that. As many of our Sokol members went off to serve our country in World War II everyone looked to a younger generation. When he attended his first Sokol Instructors School, Emil may have been a boy but when he started coaching, everyone saw the man he had become. With a solid foundation in Sokol it was not hard to see that he would make one of the finest coaches

the sport of gymnastics has ever seen. He coached at Crenshaw's Athletic Club while attending the Uni-versity of Texas at Austin. After graduation he received a job as a physical education teacher at a local junior high school in the Fort Worth area and organized an outstanding gymnastics program. Later a

Continued on Page 10.

FRANKIE

When you talk about Frankie Milan you think mentor, role model and big brother. Growing up as a Sokol Frankie learned what it meant to be a source strength and wisdom to others. As he served our great country over seas in World War II the true meaning of patriotism and loyalty was never more important. Softball has always been a way of life for Frankie. He has pitched twelve no-hitter, fast pitch games during his softball career. His team went to State twice and came in second both times. Frankie has been a member of the Amateur Softball Association since 1954. As a player, coach and umpire he has helped many young people enjoy and love the sport of softball. He has always been an important part of our unit and our

community. He is always ready to dive right in, get his hands dirty and get the job done, a job anyone would be proud of. For all your years of unparalleled service and dedication we salute you Frankie Milan, Nazdar!

Submitted by Jody Steinman



Pictured L to R: Frankie, Emil and Jerry Milan.

HAPPY NEW YEAR *(Continued from Front Cover.)*

The beginning of spring is a logical time to start a new year. After all, it is the season of rebirth, of planting new crops, and of blossoming. January 1, on the other hand, has no astronomical nor agricultural significance. It is purely arbitrary.

The Babylonian new year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year's Eve festivities pale in comparison.

The Romans continued to observe the new year in late March, but their calendar was continually tampered with by various emperors so that the calendar soon became out of synchronization with the sun. In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the new year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the new year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

THE CHURCH'S VIEW OF NEW YEAR CELEBRATIONS

Although in the first centuries AD the Romans continued celebrating the new year, the early

Catholic Church condemned the festivities as paganism. But as Christianity became more widespread, the early church began having its own religious observances concurrently with many of the pagan celebrations, and New Year's Day was no different.

New Years is still observed as the Feast of Christ's Circumcision by some denominations. During the Middle Ages, the Church remained opposed to celebrating New Years.

January 1 has been celebrated as a holiday by Western nations for only about the past 400 years. Other traditions of the season include the making of New Year's resolutions. That tradition also dates back to the early Babylonians. Popular modern resolutions might include the promise to lose weight or quit smoking. The early Babylonian's most popular resolution was to return borrowed farm equipment.

The Tournament of Roses Parade dates back to 1886. In that year, members of the Valley Hunt Club decorated their carriages with flowers. It celebrated the ripening of the orange crop in California. Although the Rose Bowl football game was first played as a part of the Tournament of Roses in 1902, it was replaced by Roman chariot races the following year. In 1916, the football game returned as the sports centerpiece of the festival.

The tradition of using a baby to

signify the new year was begun in Greece around 600 BC. It was their tradition at that time to celebrate their god of wine, Dionysus, by parading a baby in a basket, representing the annual rebirth of that god as the spirit of fertility. Early Egyptians also used a baby as a symbol of rebirth. Although the early Christians denounced the practice as pagan, the popularity of the baby as a symbol of rebirth forced the Church to reevaluate its position.



The Church finally allowed its members to celebrate the new year with a baby, which was to symbolize the birth of the baby Jesus. The use of an image of a baby with a New Years banner as a symbolic representation of the new year was brought to early America by the Germans. They had used the effigy since the fourteenth century.

Traditionally, it was thought that one could affect the luck they would have throughout the

Continued on Page 8.

"THE FUTURE OF OUR MEMBERSHIP" *(continued)*

When they see the total programs you offer, most likely they'll sign up for gymnastics or other special programs resulting in you being able to charge additional tuition. It is true that you will have turnovers in your membership figures, they may not renew their membership the coming year, etc. But they may just to support the organization.

Also, they may turn out to be your most effective leaders. With the use of computers and the utilization of membership databases, it is not that difficult to keep track. Some of us must "get over" the idea that someone will take over. Although our organization is a product of the Czech culture, membership is available to any good citizen.

Our people must spend less time figuring out why we should not do something, and take a good hard look at doing something new. This applies to the requirement that at least one parent of a child participating in classes is a member. Anyone taking

advantage of unit programs and especially those supported by the American Sokol organization should be a dues paying member to the American Sokol.

Take a good look! In some are as some of the most outstanding teachers and most effective officers are non-Czech. Most have been around so long they feel Czech. The simple truth is that some units pay very large quarterly dues because of this requirement. Others may have more gymnasts, but they pay less dues.

I've heard the comment that the problems of getting new members is that Czech communities are a thing of the past. We can continue to stress the roots of our organization, but at the same time also stress that membership is not limited to that ethnicity.

Success is not easy, but necessary for us to grow.
NA ZDAR!

American Sokol Slet ~ Detroit 2001

FIELD
ASSEMBLY



OPENING
CEREMONY



AMERICAN SOKOL GYMNAST



Sash Dumanovic, 2419 S. Scoville Avenue, Berwyn, IL 60402

SashDumanovic@American-Sokol.org

Exercise Restraint When Sick, David Flegel, MS

This year, if a cold or the flu tries to interrupt your quality time at the gym, keep this in mind: you are better off taking a break instead of breaking a sweat.

Forget about what you might have heard about trying to perspire your way back to better health. That's not the way your immune system fights off sickness, says Liz Applegate, PhD, a fitness and nutrition expert on the faculty of the Nutrition Department at the University of California, Davis.

Your body can't "sweat out" toxins and germs during exercise. That's a job for the immune system, she says, which uses its complex network of specialized cells and components to engulf, detoxify, and disassemble bad guys.

She says there's more you should know. Your immune system fights most effectively when it isn't stressed. Research studies show that a moderate fitness program helps boost the immune system, lessening the chances you'll fall ill with a cold or flu. But scientists also note that a single rigorous exercise session or race can actually make you more susceptible to bacterial or viral infection.

So listen to your body when you feel sick and need to rest -- a hard workout could impair your immune system for several hours, allowing unwelcome guests to make your illness worse.

And make sure you give your body enough time to recover before you return to exercise after a serious illness like the flu. Come back too soon and you may actually send yourself into a relapse of the illness, which further slows your return to everyday activities.

Here's some advice from Applegate on ways you can balance exercise and illness this winter.

Fever. If you're hot, skip the workout. Elevated body temperature raises your heart rate, and exercise jacks up your heat and heartbeats even more, putting stress on your immune system.

Aches and pains. Forget the exercise if you have nagging muscle pains or a headache, which could be a sign your body is trying to fight off a bug.

Upset stomach. If you are having trouble keeping down solid food, you should not be keeping up with the exercise. Your body could use the rest, and exertion could make you feel worse.

Hacking cough or lung congestion. It's not a pretty thought, but you could be pretty sick if you are coughing stuff up. This is a sign your respiratory system is under siege and probably would not be up to the rapid-fire breathing you usually work up to when you are in your best form.

When your illness seems to be letting up, work back into your exercise routine slowly. Before you even head back to the gym, allow three to four days of rest after a bad cold and at least a week or so after the flu.

When you do go back, plan on exercising half your usual time, going half-speed on the treadmill or stationary bike, and backing off on the weights until you regain your endurance and strength. You may need to stick with this reduced regimen a week or more, depending upon how long you were out. Judge your comeback by your fatigue level, both during your workouts and throughout the day. When you're no longer feeling over-tired, you can start working out at your pre-illness intensity.

Don't worry about losing all you've achieved from the workout room. Just because you take-five to fight off a brief illness doesn't necessarily mean you'll have to start over at square one when you are feeling well again. But if you work out too soon or too hard before you fully recover, you might find yourself back in bed again.

Then, once you're back, try to stay healthy -- these tips may help you avoid another close encounter with the sickness bugs.

Eat your fruits and vegetables. Several servings every day will give your body the vitamin C and other nutrients that are crucial for a healthy immune system.

Get plenty of rest. Sleep not only helps you rebuild, but also keeps your immune system functioning at its best. Aim for eight hours nightly.

Take a few precautions. Wash your hands frequently, especially if you're in contact with many people (shaking hands, touching door knobs). Bring your own water to the gym to avoid touching the water fountain (the water's OK but the fountain itself has many users!). And bring along two towels, one to wipe the equipment, the other for your face and hands.

David Flegel is the night editor for Web MD, ©. Article is available by visiting the following website:
<http://content.health.msn.com/content/article/1756.53756>

The Sokol TNT Team, One of American Sokol's Many Resources

"To Promote the Sokol program to our youth and the general public by demonstrating the spirit, skill, and attitude built from Sokol philosophy and learned from within the program".

That is the mission statement of the Sokol's Traveling and Tumbling (TNT) Team. It was created by team members in 1999 and gives direction to the team of 18 from the Central District.

TNT was founded in 1995 by Bro. Tom Pajer of Sokol Berwyn-Slavsky. Since that time the team has appeared at many exhibitions, Slets, parades, ethnic festivals and community events. The primary focus of TNT has been to provide enjoyable entertainment and quality instruction to both Sokol units and the community.

Some of the team's past performances and instructional clinics include Marshall Field's Jingle Elf Thanksgiving Day Parade, Grand Prix Parade of Cleveland, the Central District's Skills Clinic, Czech-Slovak Festival, Sokol USA Lodge 306's Hody Day Festival, the Naperville Folk Fest, and Berwyn/Cicero's annual Houby Day parade.

The TNT team can customize an instructional clinic at the skill level requested. Each new Sokol year brings with it a new, choreographed number that can be performed at exhibitions and special events.



Over the last six years the team has evolved and become more structured. For example, each team member has a team job duty they must attend to during and away from practice and scheduled performances. The



team includes a sports trainer, a photographer, a transportation specialist, a music coordinator, and a safety director. Working together to coordinate these activities is an integral part of the team's success.

There is a tumbling requirement in order to try out for the team, but perhaps more importantly is the requirement that those on the team be good Sokols, registered in their respective classes, and active in their unit's activities. A code of conduct has been developed and adopted by the team and addresses matters such as punctuality, uniformity, behavior, attitude, expectations, attendance, among several other areas. The code is intended to create a positive environment for practice, instruction, and performance.

I asked Bro. Joe Kucera, of TNT and Sokol Naperville, what keeps people, young and old, in Sokol. "Friends are a big part of what keeps people of any age in Sokol", he said. I then asked him what TNT offers to Sokol and the community. "Inspiration to Sokol members to work hard and see what they can achieve", and to the community "TNT is sort of like a business card for the Sokol program. It gets the word out about Sokol and can be passed around to everybody".

Sis. Janet Lutha, of Sokol Berwyn-Slavsky and TNT agreed with Joe by saying



"The friends you meet, and the bonds you make keep you in Sokol". It appears that if you ask any Sokol today what keeps them in Sokol, the predominant answer would be about the friends they've made and the people they know. Janet added, "TNT takes gymnastics past that ordinary level and gives it an interesting twist".

There are numerous other resources available from the National Board of Instructors and the American Sokol headquarters in Oak Brook, Illinois.

Some of the American Sokol programs include basic ballet, volleyball fundamentals, men's and women's artistic and rhythmic judging certification, risk management, basic aerobics, seniors in motion and gymnastic skills for boys, girls, and tots.

Most of these materials are in text form. The Patti Komara training series is on VHS video. All of these resources are available at the national office. Information can be obtained by calling (630) 378-0771 during regular business hours, or by email at ASO@american-sokol.org.

In the absence of a traveling instructor for American Sokol, the national Board of Instructors instituted a resource list of qualified instructors and clinicians that would provide technical assistance in many areas of the Sokol program.

The BOI Resource List is a product of the 2000 American Sokol National Convention. The National BOI encourages all units to take advantage of every resource available. Any updates or corrections to the list will be available in the Directors Newsletter.

If you're looking to write a Calisthenic composition and are either having some trouble or aren't quite sure how to get

started, then consider contacting Howie and Jane Wise, George Jencik, or Nada Vencel of Sokol Greater Cleveland for some ideas and assistance.

If you're looking for new and creative ways to write special numbers, try getting some input from Lil Laznovsky of Sokol KHB, or Koy Garrett of Sokol Ft. Worth. If your class or unit are considering becoming involved in the USAG Team Gym program or want to know more about what general gymnastics is about then contact Lori Laznovsky of Sokol KHB, or Joe Vrzalik of Sokol Baltimore.

Chuck Kalat, National Director of Men for American Sokol can clarify any questions or concerns in the Tournament Rules manual. Mary Cushing of Sokol Detroit can help with Rhythmic instruction and answer any questions in regard to Rhythmic Gymnastics for girls and women.

Volleyball, cheerleading and acrobatics, folk dance, administrative operation, Senior activities, marching, Sokol history, and youth programs are also subject areas included on the BOI resource list.

For a copy of the resource list, or to inquire about a specific area, please contact the national office and it will be provided to you.



2001 MERIT AWARD

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates of the XII American Sokol Convention, held in Detroit in June, 1975 approved Merit Awards to be paid from the Sokol Future Leaders Fund. **The Merit Award Committee is now accepting applications for the 2001 Merit Awards** from students who are planning a course or program in an accredited two-year or four-year college or who are already participating in such a course of study. The application process begins with the submission of the form below to obtain application forms and instructions.

The amount to be awarded is \$500 to two students per year per district, which has under 1500 members, and an additional two students per year per district which has over 1500 members. Unallocated District awards become awards at large, open to any qualifying applicant regardless of district. The award is good for one year. An individual may receive only one award, and no renewal is available. Applicants may be entering any year (not just 1st year) of appropriate studies.

Failure to submit a transcript of grades to the American Sokol Merit Award committee for the year of the award and/or failure to complete the year's course of study will result in a request for repayment of the award.

The selections are made by the Merit Award Committee and approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Regular attendance in Sokol classes for at least three years prior to this application. Juniors may be included but must become adult Sokol members at age 17.
2. Successful completion of Sokol Instructor School(s)—Unit, District, and/or National.
3. Teaching or assisting experience in Sokol gym classes.
4. Service to Sokol—Unit, District, and/or National Organization
5. Recommendation of the Physical Director of Sokol Unit.
6. Recommendation of the District Physical Director

Although physical education study will not be a criteria, more consideration will be given to those training in the physical education field.

Merit Award Committee

Barb Barnes, Chuck Kalat, Barb Kucera, Bob Kucera, Nancy Pajeau, Eva Balas (Chairman)

Merit Award Committee, c/o American Sokol Organization, 122 W. 22nd Street, Oak Brook, IL 60523

I desire to make application for the American Sokol Organization Merit Award. Please mail an application form and other application materials to:

Name: _____

Street Address: _____

City: _____ State: _____ Zipcode: _____ Phone: _____

My age is _____ years. I am a member of Sokol _____

APPLICATION REQUEST SHOULD BE RECEIVED NO LATER THAN MAY 1, 2001
APPLICATION DEADLINE IS JUNE 1, 2001

FRANTISEK KMOCH



Frantisek Knoch was born at Zasmuky, about ten miles from Kolín, Bohemia on August 1, 1848. His father was a tailor and an ardent folk musician who played clarinet. Young Frantisek began the study of the violin and made his first attempts at composition in his late teens. He entered a teachers' college in Prague in 1868 and accepted his first teaching position at Suchdol (near Kolín) in 1869. Throughout his teaching career, he continued to perform with various musical ensembles.

He was suspended from the teaching profession in late 1873. Official reasons for the suspension stated his neglect of school duties and his performing at public dances. The suspected true reason, however was his politically unacceptable affiliation with the nationalistic Sokol movement. His livelihood thereafter centered around performing at dances.

Knoch became the band leader for the Sokols in the town of Kolín when he was only 20 years old. When the Sokols had a gymnastic convention in Prague in 1873, the Kolín Knoch band had an important part in the opening ceremonies. All the people who heard the Knoch band perform knew that this was a great band playing Knoch's

own original compositions as well as his special arrangements of their familiar folk tunes.

Knoch's music as he scored it for his band always had words in the middle part. This we know today as the trio and was always heard three times during the playing of the piece since the people always enjoyed singing the words to the tunes. Arguably, Knoch played a key role in the historical development of march and polka form as we commonly know it today.

Knoch married Josefa Kahslova, daughter of a Kolín metalworker, and the couple had five daughters. He had a contract and a minimal salary with the Sokol movement as a bandmaster in Kolín. This eventually led to his becoming municipal band director in Kolín, and there he established his own music school. The school was officially recognized in 1882. As the years passed, he was offered positions as municipal band director in several cities, including Prague. He declined, preferring to remain in Kolín. He did tour many cities of the Austro-Hungarian empire, including Vienna, Budapest and Krakow, with his Kolín band. The tour schedules included a three-month series of concerts in Russia.

Frantisek Knoch died in Kolín on April 30, 1912 at the age of 64. He has quite fittingly been compared to the American band leader and composer of the same era, John Philip Sousa.

The Czech wind band (brass band) had its foundation in Knoch's works. Knoch's total output has been estimated at nearly 500 works, including dozens of fine marches. As a reaction against the military marches of the Empire, he composed marches with their roots in folk music. The intent was to make people feel good about their nationality and his marches were not necessarily intended for marching feet. Knoch created the truly Czech march.

Ten years after his death in 1922, the city of Kolín built a monument honoring the memory of Knoch. A memorial plaque was placed on the house where he lived and spent most of his life. In recognition of his immense contribution to Czech band music, a three-day festival is held each June in Kolín. Participating bands from throughout the world convene each June in Kolín to pay tribute to Knoch, the father of the Czech wind band.

*Submitted by Sis. Olga Drahozal, from
Czech Plus Brass Band website*

HAPPY NEW YEAR (Continued from Page 5.)

coming year by what they did or ate on the first day of the year. For that reason, it has become common for folks to celebrate the first few minutes of a brand new year in the company of family and friends. Parties often last into the middle of the night after the ringing in of a new year.

It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck the rest of the year. It was particularly lucky if that visitor happened to be a tall dark-haired man.

Traditional New Year foods are also thought to bring luck. Many cultures believe that anything in the shape of a ring is good luck,

because it symbolizes "coming full circle," completing a year's cycle. For that reason, the Dutch believe that eating donuts on New Year's Day will bring good fortune.

Many parts of the U.S. celebrate the new year by consuming black-eyed peas. These legumes are typically accompanied by either hog jowls or ham. Black-eyed peas and other legumes have been considered good luck in many cultures. The hog, and thus its meat, is considered lucky because it symbolizes prosperity. Cabbage is another "good luck" vegetable that is consumed on New Year's Day by many. Cabbage leaves are also considered a sign of prosperity,

being representative of paper currency. In some regions, rice is a lucky food that is eaten on New Year's Day.

The song, "Auld Lang Syne," playing in the background, is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year. At least partially written by Robert Burns in the 1700's, it was first published in 1796 after Burns' death. Early variations of the song were sung prior to 1700 and inspired Burns to produce the modern rendition. An old Scotch tune, "Auld Lang Syne" literally means "old long ago," or simply, "the good old days."

From WILSTAR.COM

**Help fill this
empty space!
What's news in
your District?
Send photos and
an article to the
editor today!**

THE VOICE ... *Readers Quips, Comments & Queries*

Dear Sis. Satek,

I very much appreciate receiving the American Sokol newsletter all the way out here in Egypt. I get a little homesick out here and it is very nice to read about what is going on with Sokol and to see pictures of people I know. In fact, after reading the September issue where you stated that sometimes you have to scrounge for articles, I would be happy to write something about the work I am doing in Egypt or simply about my experiences as and American woman living in the Middle East.

Sis. Emily Napolitano, Sokolice Tabor

Emily: I'm sure I speak for all our readers when I say we'd love to hear about your experiences! Send it soon - and include pictures!

Nazdar! Editor, Pat Satek

FUTURE SOKOL LEADERS FUND

PURPOSE: To train and education young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.

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LIBRARY & ARCHIVES FUND

In Memory of Aldrich Maly from Jerry Milan & Family	\$25.00
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MEMORIAM Sis. Betty (Bertha) Hochner

Sokol Fuegner, New York mourns the loss of longtime member, Sis. Betty (nee Bozena Ruzicka) Hochner. Sis. Hochner was born June 9, 1917, in the Astoria section of New York City to William and Josephine Ruzicka, immigrants from Czechoslovakia. She was a faithful member of the Lutheran Church of the Master and had been active with the Friends of the Lancaster Senior Center and with the local chapter of AARP. Betty was always an active volunteer, caring for and helping others, acting out of her deep Christian faith and her sense of social responsibility. Until a few years ago, she worked with Churchwomen United, delivering groceries to shut-ins. Just weeks before her death, she was calling a list of ill, elderly shut-ins to make sure they were all right. When she lived in New York, she volunteered at hospitals for patients with chronic ailments, served as president of the Mothers Club when her children were in elementary school, served several terms as president of the women's auxiliary of her church, and was recording secretary for over 30 years of Sokol Fuegner, a Czech fraternal, cultural, and gymnastic organization. She was a devoted and loving wife, mother, aunt, grandmother of six and great-grandmother of five.

Submitted by Art Hochner

MEMORIAM ☛ Sis. Anna Veverka

Sokol Greater Cleveland mourns the loss of 72-year member Sis. Anna Veverka. The following is excerpted from her eulogy by Bro. John Dusek.

Anna was born in Slavic Village in Cleveland to a very proud immigrant family. Family was of the greatest importance to her. She always made time to be with them. She always wanted a large family and in her desire to fulfill that dream, she acquired a large family by adopting for a day or a month or a lifetime, those who needed her care. Through her participation in Sokol, she met her late husband, Joseph. They were blessed with two children, Franklin and Alice. Anna was always on the go, full of energy and the desire to experience life. She was interested in everything. When there was a cause that needed to be presented, you could count on her to be on the front line. She was a dedicated member of Sokol Greater Cleveland. If she wasn't having fun working out in gym classes, she was busy playing games at one of their hosted events. She went to strudel making classes and volunteered to help at picnics and dinners. She loved theater and worked as an usher at the Cleveland Playhouse on weekends. She was filled with wonderful experiences, which gave her many points of view. She surrounded herself with books and loved to read. the true value of a woman cannot be measured in accordance to how much of the earthly possessions she amassed, or how high she climbed the ladder of social or public life. the real, true value of a woman lies in her life's work and deeds, not in the material, but in the spiritual values of which she erects. Her own monument which neither time nor nature's elements can damage or destroy. What she meant, and what she was to her family, is best known to and evaluated by the bereaved members of her immediate family. What services she rendered to her friends are best know to those she leaves behind. Anna was preceded in death by her husband, Joe, and is survived by her son Franklin, daughter Alice, two grandchildren and three great-grandchildren.

Rest in peace, Sis. Anna. Sokol Nazdar!

Submitted by Bro. John Dusek



Milan Brothers

(Continued from Page 4.)

JERRY

Director and Public Relations Director it is no wonder Jerry has come to mean so much to Sokol. He has always worked so hard to do his part to teach others. We are proud of Jerry Milan and the example he has set for others. Encouraging and motivating others, even when there was little hope, he has always kept us striving to improve. Get to know Jerry Milan, and you too will be proud to say that you know Jerry Milan.

EMIL

progressive school district was looking to start a gymnastic program and they saw Emil Milan as their future. At L.D. Bell High School he became the first paid gymnastics coach at a public school in the state of Texas. He continued to push the sport of High School Gymnastics and use his knowledge and motivation to make the sport what it is today. The first State and National High School Championships was possible thanks to Emil. In 1976 he was made Life Member of the Gymnastics Association of Texas. He retired from L.D. Bell in 1990 and is currently working at Spieth Anderson helping us all to have the best equipment possible. It is unimaginable how many lives he has inspired to touch other lives to maybe even in some way have even influenced you. Sokol Fort Worth Salutes Emil Milan a great man.

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