

american **SOKOL**

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NOVEMBER/DECEMBER 2003



Photo from a postcard showing sites of Prague. Submitted by Bro. Jerry Elzner, Sokol Corpus Christi

*Season's Greetings to You and Yours
from the Officers and Staff of the
American Sokol Organization*

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From Your Editor...

HAPPY HOLIDAYS! I hope you have an opportunity to spend time with family and friends, making memories to last a lifetime. During this special time of year, I hope you also find ways to brighten the lives of those less fortunate. Spread the joy!

NA ZDAR!

Sis. Patricia Satek

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Editor@American-Sokol.org

CALENDAR of EVENTS

NOVEMBER

- 8 Sokol Greater Cleveland Holiday Fair
- 8 Sokol Detroit Holiday Extravaganza
- 15 Sokol New York Dart Tourny
- 15 Sokol Berwyn-Slavsky Vendor Sale
- 21 Sokol Greater Cleveland Fish Fry
- 21-23 Sokol Milwaukee Holiday Folk Fair
- 23 Central District Women's Volleyball Tournament
- 27 Central District TNT Team in Chicago Thanksgiving Day Parade 8:30 a.m.
- 27 Central District TNT Team in Westmont IL Frosty & Friends Parade 6:00 p.m.

DECEMBER

- 6 Sokol Berwyn-Slavsky St. Nick's Dance
- 6 Sokol Greater Cleveland St. Nick's Dance
- 7 Sokol Milwaukee Holiday Luncheon

DECEMBER

- 12 Sokol Tabor Junior Class Christmas Dance
- 13 Central District Boys' Skills Day
- 13 Sokol Stickney Spaghetti Dinner
- 14 Central District Rhythmic Competition
- 15 Sokol Milwaukee Gym Class Christmas Party
- 27 Sokol San Francisco End of Year Dinner/Dance

JANUARY

- 16 Sokol Greater Cleveland Fish Fry
- 18 Sokol Berwyn-Slavsky Membership Dinner
- 24 Sokol Ceska Sin Winter Exhibition & Dance
- 30-2/1 Sokol Ceska Sin Ski Trip

AMERICAN SOKOL CONVENTION

April 19-24, 2005 • Cleveland, OH

XXI AMERICAN SOKOL SLET

June 22-26, 2005 • Chicago, IL

THOUGHT STARTERS

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

"Snow and adolescence are the only problems that disappear if you ignore them long enough."

~ EARL WILSON

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.

SLOVACKY ROK

The Folk Festival of All Folk Festivals

Slovaký Rok is held once every four years in the town of Kyjov, south Moravia. It is no wonder it's held only once in four years – it takes them two years to recover and then two years to prepare for the next one.

Festivities begin on Thursday evening with a concert of several brass bands (all in costume) who will be appearing during the weekend. It is held at the outdoor theatre. Toward the end of the concert we attended, it began to rain lightly; but no fear – out came the umbrellas and rain gear. The show went on until after midnight. The weather the rest of the weekend was perfect.

Every store window in town had some Moravian decorations—some had dolls in costume, pottery, floral displays, costumes, etc.

The official opening of the festival took place on Friday evening, with the traditional raising of the "Maj" (May pole). This was done by young men from a neighboring town. The pole measured between 115 and 130 feet in length and was topped with a "Turkish scarf," rose and ribbon. A team of horses had dragged the pole to the site on the town square, where the young men then began the chore of raising the pole with a series of poles, ropes and brute force, guided by instructions shouted from an obviously experienced senior. The higher the pole rose, the more often could be heard the command "stop!" Finally, after almost two hours, the Maj was standing and the crowd cheered. (The crowds were literally in the thousands the entire weekend.) During the time the Maj was being raised, entertainment was provided by various groups singing, dancing (including many children's groups) and bands.

Each evening, a section of the square was roped off for dancing to the music of a brass band. One band featured was "Mistrinanka," which had toured the U.S. and appeared at Bohemian National Hall (home to Sokol Greater Cleveland).

Admissions were charged for several activities, while others were free. Saturday morning (8am-noon), a "Jarmak" (folk market) was the highlight. More than 60 booths, all uniform in size, lined both sides of the square. These featured beautiful folk crafts of all kinds with many demonstrations – wood carvers, potters, basket weavers, pottery painters and even a lady making brushes for push brooms. And, of course, there was food and much wine. A favorite food was "Trdlo," a puff-type pastry rolled to about 3 inches wide and 6 inches long, sprinkled with sugar and wound on a 2-inch wide cylinder. This was baked over a gas flame and was delicious.

During the same time period, a style show highlighting costumes worn during the winter and a display of harvest wreaths from different regions was presented.

Unbelievably, at noon all the booths were dismantled to make way for the next event – "The Parade." The parade started at the large and well-maintained Sokolovna and over 30 villages and towns in the region participated.

Most outstanding in the Festival were the costumes. They were worn by babies in carriages to octogenarian babicky. While costumes were similar, each locale has its own characteristics. Each community also has its own banner bearing its crest. In all cases, they had some symbol of grapes incorporated in the design. The estimate was over 2,000 participants in costume. There were also horse-drawn wagons carrying bands and even a wedding party. There were several casks of wine being moved in wheel barrows.

Sunday morning included a mass at the church on the square followed by the "Jizda Kralu" (Ride of the Kings). This is a reenactment of an old Moravian legend of the 15th Century King Matias

Continued on Page 10.

Sokol Detroit Endowment Fund Holds First Golf Outing

August 9th 2003 - Fox Hills Golf & Banquet Center

What a golf outing! What could be said - excellent, great! The weather was perfect, the course was like a picture and the camaraderie superb. It was a day that family and friends shared together - and the good part no one had to volunteer for a job. Perhaps this has started a movement to provide an event for those members who are not active in the gymnasium.

We had 72 golfers, 18 tee sponsors and 21 additional dinner guests. The event was sold out!

First place was won by a group from Eastern Michigan University. They have vowed to be back next year to defend their title. Winner of the longest drive for men was Chris Cortis and for women, Kirsten Sabados. The closest to the pin for men was Gary Lesley and for women, Lonell Rice. There were five teams vying for last place. It was a challenge, but in the end, Steve Chapo and his foursome won out by one stroke.

The enthusiasm and recommendation expressed by the participants was to continue this event next year. The Endowment Committee is going forward with plans to hold the 2nd Annual Golf Outing in August, 2004.

NAZDAR!

Edward Sabados, Chair
Sokol Detroit Endowment Fund



64TH ANNUAL MORAVIAN DAY

Sokol Berwyn-Slavsky members (L to R) Carol Shrofe, Mary Novak and Milissa Dropka pose with Cook County (Illinois) Treasurer, Maria Pappas (2nd from left) at the 64th Annual Moravian Day. As guest speaker, Treasurer Pappas commended the United Moravian Societies (UMS) for promoting Moravian culture.

AMZANIG

Just think of all the English classes and Spelling classes we had!

Aoccdrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mmtaer in waht oredr the ltteers in a wrod appaer.

The olny iprmoetnt tihng is taht the frist and lsat ltteer be at the Rghit pclae.

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Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

You can thorw your Tsheaurus & yuor Dictinoray out the wndiow.

You can splel any way you wnat.

See waht I maen?

(Scary isn't it ?!!!!!!)

My Life as a Student

by Sis. MaryAnn Fiordelis, Sokol Detroit

What was I thinking!?

Why would a 57-year-old, supposedly in her right mind, attend a grueling 2-week instructor school with teenagers? Because it was there? Not really in her right mind? Because she could? Because she never had and always wanted to? I suppose it really is a little of each of those. And besides who says you can't teach an old Sokol instructor new tricks? I figured I have at least ten good years (well maybe 5) left in me to be in the gym coaching. I'd like to share some of my experiences with you.

Monday, settling in day. I arrived in the afternoon after many of the other students have already arrived. So much for getting choice cot spot. I look around and think to myself (hope I didn't say it out loud), Oh my god most of these students are not much older than some of my Grandkids - what was I thinking. I lug my suitcase and bedding up the long flight of stairs into the ballroom/female quarters and see cots and more cots around 3/4 of the ballroom. Okay there's one kinda by itself, maybe that will be a quieter area. Here I need to say that I was given a choice of staying with the instructors but NO I decided to stay with the rest of the students - What was I thinking. Had a brief orientation going over the rules and what a

school day would be like. Up at 7, warm up and flag raising at 7:30, breakfast at 8, classes and more classes until 9 (that's p.m.), study until 10 and lights off at 10:30. Yea right! They didn't tell me when cocktail time was! Besides I want to know how 24 females were all going to take showers, etc in a half-hour! What was I thinking?

We were put into four groups that would work together for special competitions throughout our stay. The instructors tried to evenly divide the groups into a good blend of the various school levels, gender, ability, etc. - they made us go through some tumbling stuff before placement - what was I thinking? We got to pick a name for our groups - something to match our personalities like Miroslav's Militia, Czech Us Out, Yummy Sokols or Bob's Super Sonic Sokols, Baking Dumplings - let the competition's begin.

Okay, it's lights out, time to go to sleep. I'm snuggling down under my blanket, wait where's that blast of cold air coming from? Oh, great I'm right in line with the air conditioning vent - no wonder this cot was empty. No problem, I'll get in my sleeping bag. Well, that didn't work, I wonder if I got under my cot if I'd be warmer??? Oh my god where is all that giggling and talking (notice I didn't say whispering) coming from, I'll

never get any sleep. What was I thinking? Oh, oh here comes night patrol - that will quiet these girls down. Yea, right for about 10 minutes. This pattern repeats throughout the night. Can it be 7 a.m. already? I swear I just fell asleep. After the first activity filled day I've decided that if I was to survive these next two weeks, I need to sleep at night. After talking to the understanding Instructors, Heather (Advanced II student), Melanie (being over 30) and I got to move to the room next to ballroom. And they turned the air conditioning up so I maybe I will survive.

Let me tell you a little about some of the classes that students attended. Marching Tactics - piece of cake or so I thought. I love to march and I know the commands. Oh wait, you have to keep cadence, get the commands out of your mouth and don't run into things. Help! What was I thinking? Honest, that broken little tree in the parking lot - it was NOT my fault. I got pretty good at class halt and recover. But thanks to patient instructors and my fellow students who took extra time with me and lots of practice, I made it through practice marching. By the way, I told our adult teacher I would like to do marching in our class to keep my skills up and to show off some of

Continued on Page 6.

My Life as a Student (continued)

the design marching stuff I learned. I also learned that Cleveland's parking lot is a lot larger than our gym with half the equipment up and "schooch together" is not an acknowledged marching term. Where are Sister Jessica and Brother Mike when I need them?

Apparatus Terminology - This was my least favorite class. Not because of the instructor or the material but I'm just too set in my ways. A forward roll is a roll forward, a mill is uprotate to support astride. Don't even go to the male apparatus or pictures of horse moves, I can't tell if they are going forward or rearward. Oh my god, I'll never remember all of this. What was I thinking?

Calisthenics Terminology - this should be another piece of cake. I've been doing cal for how long? I can read it okay and hey I've even written some pieces for our own use. Of course, now I have to make sure movements are in the proper sequence, appropriate punctuation, when to use Roman numerals vs. Arabic numerals, movements go with the music - yada, yada yada. Bro. Bob asked for any volunteers to write a special number - you didn't see my hand go up!

Games, games, games - Okay I handled most of them okay but some of them my body just wouldn't work fast enough. Most of the relays I could handle - okay

so I wasn't the fastest (but I wasn't always the slowest either). I figured I could handle the games with a parachute - I could get under it okay, it was getting up and out of it that didn't always work. And when it came to the locomotive relay - forget it. What was I thinking?

Then there was Spotting and Progression - did you know that the students are the guinea pigs, I mean demonstrators. I was trying things I never even attempted when I was young, uhmmm younger! Like front and back tucks and handsprings. Thank goodness for good spotters; however on the 2nd or 3rd attempt at a back handspring, I didn't get up higher enough and came down on my ankle wrong - it was swollen for the rest of the course and even for a while afterwards. But hey it was better than landing on my head! I even got into the spotting piece. Just ask Bo. I was spotting him on a round off, double back and jammed my thumb in his cheek. Yea that was sore for a couple of weeks also. We also got to use a spotting belt. It was good that when it got to be my turn in the belt, I had two guys holding it as I was soooo tired I could hardly get off the ground - what was I thinking?

After I made it through the first week, I didn't think I would make it through the second. These were long days and an hour study

time was not long enough for this old brain. What was I thinking?

Did I mention about all the tests that we had to take at the end. Oh my god, what was I thinking?

Let me tell you about those young whippersnappers! They were great! As I stated earlier, they were willing to help me when I needed it, they made me feel part of the group. When my group was preparing for any of the special competitions, they'd always ask what was I comfortable doing and made it fit in with the rest of theirs. (Did I mention that my team took 1st place?) I've heard about the strong relationships that are formed during these schools, especially with those that return to go through the various levels. Well, I'm proud to say that I have a pen pal from this school, Jessica Rus and we're planning on getting together this weekend.

And those mean, I mean dedicated Instructors. They certainly have knowledge, years of experience, dedication and love of Sokol. What more could you ask for? They have to stay up all night to make sure the students don't stay up all night or get into too much trouble, prepare for their classes, review the student's work, prepare and grade all the quizzes and tests, wipe the tears of home sick students and put up with all of us. They have the willingness to give

Continued on Page 9.

American Sokol Gymnast

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HAPPY HOLIDAYS

*From the
AMERICAN SOKOL BOARD OF INSTRUCTORS*

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Howard Wise, and Jane Wise



First Aid 101- Continued from October Issue (American Cheerleader Magazine)

The RICE Treatment

RICE-Rest, Ice, Compression, Elevation-is the procedure used for most acute injuries anywhere on the body. (An acute injury is the result of a sudden trauma or accident.) With acute injuries, follow the RICE protocol for the first 72 hours or as your doctor advises.

Rest-the first 24-48 hours after an injury is critical and activities need to be decreased, if not eliminated. Inflammation will make it hard to use the injured body part, so listen to your body and use the affected areas as little as possible. This is especially important if there is the chance of a serious injury that can become worse with use. If you are unable to see a doctor within 48 hours, err on the conservative side. You will not be able to undo damage caused after the injury.

Ice-Acute injuries have the highest amounts of swelling and inflammation in the first 72 hours, so by limiting this process as much as possible, range of motion can be restored faster, thus speeding recovery. Therefore, use ICE ONLY, not HEAT during the first 3 days after an injury. Never use heat, for the swelling can double in size and cause more pain even with 20 minutes of heat. Ice reduces circulation, which reduces the amount of fluid that can cause swelling. It also reduces pressure on nerve endings, relieving pain.

Rule of thumb: Apply ice to an area no more than 20 minutes at a time.

Compression-This forces swelling out and limits recurrence as well. An elastic wrap or dressing works well around an ankle. This often is used with ice applied to the affected area. **Rule of thumb:** When applying compressive dressing or wraps, always start wrapping away from the heart, so as to avoid fluid in the injured area. For a sprained ankle, wrap starting at the foot and wrap up to and past the ankle toward the knee.

Elevation-Elevating the injured body part (if possible) uses gravity to slow swelling and reabsorb excess fluid caused by inflammation. As long as the injury is above the level of the heart, this will be effective.

INJURY ASSESSMENT: Here's how to know when to head straight to the doctor or emergency room and what to do until you can get there with your injured athlete.

First Aid: Knee-Should you go to the emergency room? If you cannot bear weight on the injured knee at all, the knee must be evaluated. If the knee swells within 10 minutes, see the doctor immediately. Range of motion is another important indicator of injury: If you cannot straighten the knee out fully but can bear weight, you need to see your doctor within 72 hours. If pain is significant, see the doctor sooner.

Care Specifics: Swelling-It is important to control the swelling. Wrap the knee with an elastic compression wrap and ice right away, following the RICE protocol until seen by a doctor. Use crutches as your doctor recommends and stay off the leg as much as possible until your next evaluation. **Advice**-In a serious knee injury where an emergency crew is not accessible, keep the knee as straight and immobile as possible. Do not delay in knee injuries. If you can't walk right, find out why! **EXTRA HELP:** As with medications, you need a doctor or physical therapist to prescribe crutches, knee immobilizers and other medical products. Some orthopedic surgeons and physical therapists keep these on hand to dispense; others will write out a prescription to be filled at a pharmacy or medical supply store. Do not self-prescribe.

First Aid: Wrist-Should you go to the emergency room? If there is deformity of the wrist, including excessive swelling or bowing, you should be sent for x-rays and proper immobilization. If an injured athlete can grip and turn a doorknob, and swelling is not significant, then a family or sports doctor should be consulted within 72 hours.

Care Specifics: Trauma to the wrist can easily cause a fracture, so gently wrap the ice bag to the wrist with an ACE bandage, keeping it elevated above the heart. Start around the fingers and move up the arm about halfway up the forearm.

Emergency Measure-One precaution you can take in the time it takes to get to the emergency room or doctor is to immobilize the arm to protect the wrist from further injury using a hard splint or fiberglass board under the wrist. This should be done if you cannot bend the wrists or make a handshake after an injury. If a splint is not available, any hard flat object can work and be applied with a wrap. Extra wrap alone may restrict wrist motion sufficiently. An arm sling takes pressure off and rests the wrist, so use it in cases of significant pain and disability. Use a sling if there is pain at the elbow with rotating the wrist.

First Aid: Finger-Should you go to the emergency room? Any deformity of the finger should be seen by a medical professional right away. Any open fractures (where broken bone sticks through the skin) should also be referred ASAP. Most other injuries can be seen in the office within 72 hours. **Advice**-Do not pull on a finger after it has been jammed. A common belief is that when you jam your finger against a hard surface, pulling on the injured digit will "pop it back into place." Rarely does this help; a dislocated finger needs anesthesia to be relocated. Pulling on it can cause damage, particularly if the bone is fractured.

Acute Trauma-A traumatized finger may be bruised, swollen, deformed or limited in range of motion. There may be bleeding from a cut or open fracture. After looking at the finger and assessing severity (how much pain, how much mobility, how many digits involved), follow these steps:

1. If there is bleeding, immediately wrap the finger in a sterile gauze pad(s) and compress gently to slow bleeding. If you can't stop the bleeding, add more gauze pads and get ready to take the athlete to an ER. Maintain compressing over the active bleeding while you do everything else.
2. If the finger is severely angulated (bent), try straightening it by firmly holding the tip of the finger and pulling gently and smoothly, not quick and forceful. If it will not straighten, move quickly to step three.
3. After the finger is wrapped, splint the finger with a thin aluminum splint. If you do not have that, use a tongue depressor. Do not try to straighten out the finger if it is bent. Lay the splint material on the injured finger and tape an adjacent finger together with it. This is called "buddy taping" and will add support to the injured finger.
4. Lay an ice pack over the splinted fingers and hand so that the cold will slow circulation to the hand.

First Aid: Shoulder-Overuse shoulder injuries develop pain over a period of time and should be seen by a sports doctor if they persist after a week or two of relative rest. Most first aid is applied to the shoulder after trauma, such as a fall or collision. If you are unable to move your arm after trauma, three things could have happened to the shoulder: a separation, a dislocation or a fracture.

Should you go to the emergency room? If you cannot move your arm at the shoulder in a circular range of motion, you need evaluation. Dislocated shoulders are extremely painful and most often come out in front, so a significantly asymmetrical appearance to the shoulder should be evaluated. Any sharp pain on the collarbone, especially in the middle, can be a fracture and should be x-rayed. The end of the collarbone at the shoulder is the AC joint, and this is where separated shoulders occur. Sharp pain here should be x-rayed as well. **Care Specifics: Immobilize-**use a sling if the weight of the arm causes pain. The arm should be at the side with the hand on the belly. If a sling is not handy, use an ACE wrap, shirt or several socks tied together and slung around the neck and wrist to suspend the arm. Ice should be applied to the top and the bag should be big enough to extend down the front and back. Hold it in place with an ACE wrap placed through the armpit and around the chest. An ACE wrap can be wrapped around the waist over the bent arm in order to stabilize the sling better.

First Aid: Ankle injury-Ankle sprains are common in many sports. How do you know if you should go to the emergency room? If you hurt your ankle and are unable to put weight on your foot, you should see a doctor within 24 hours. Sprains can cause fractures, and walking on a broken ankle can make the injury much worse. If you twist your ankle and can walk, with or without a limp, then there might be less urgency. Typically, minor twisting injuries resolve by themselves in one to two days. If the ankle still hurts after two days, schedule an appointment with your family physician or sports doctor within the week.

Care Specifics: Rest-As the ankle will be swollen, use it as little as possible, especially if there is chance of making the injury worse. Be cautious until you have had a chance for a doctor to look at the injury. **Ice-**For the first 48 hours post-injury, ice 20 minutes at a time every three or four hours. The ice pack can be in the form of a bag of frozen vegetables (peas or corn), a plastic bag of ice or a gel pack. After the first couple of days, try to increase the range of motion by placing the ankle in an ice bath (roughly 55-60 degrees) for 5-10 minutes and writing out the alphabet in as big of letters as possible, pretending your big toe is the pen and isolating the motion to your ankle and foot. Avoid heat for the first 72 hours. **Compression-**Wrap an ice pack on the ankle with an elastic or ACE wrap. With the ankle at a 90 degree angle, wrap the ankle from the toes all the way up to the beginning of the calf muscle, overlapping the elastic wrap by one-half of the width of the wrap. The wrap should be snug, but not cutting off circulation. If your foot becomes cold, blue or falls asleep, re-wrap it and make it looser. Do not wear a wrap at night, if you do make sure it is loose. **Elevation-**Elevate at night by placing books under the foot of your mattress, just stand up slowly in the morning. You can place pillows under your legs as well.

(First Aid for Head and Neck in next issue.)

MEMORIAM Bro. Frank Sijansky

Bro. Larry Laznovsky, Representing the Southern District of American Sokol, spoke at the funeral services for Brother Frank Sijansky, Jr.

The Sijansky and Laznovsky family's friendship goes back for many decades. I am truly honored to be able to speak at these services today. Frank Sijansky became a member of the Sokol Organization the age of 18, but became involved in Sokol Gymnastics at the age of 9, when Sokol Penelope was organized in 1923.

In 1931 when the family planned to move to Corpus Christi, Frank, his younger sister Lydia and brother Joe didn't want to leave Penelope because they would have to leave Sokol. An uncle that had already moved to Corpus Christi told them a new Sokol unit had been formed in Corpus Christi. The youngsters were OK with the move after hearing the news.

In 1933 Frank attended the National American Sokol Slet in Chicago and was also able to attend the World's Fair on the same trip.

Frank met his wife Adela Jurica at Sokol Corpus and in 1938 they were married – a marriage that lasted 60 years. They attended many Sokol functions over the years. One of Frank's favorite stories was about the 1938 Sokol Slet in Taylor, Texas. Adela, Frank and seven other Sokols made the trip in a 1936 1-1/2 ton Ford truck. On the return trip, it began to rain heavily. They stopped at a lumber yard in Kennedy and purchased a tarp and lumber. The group, with the help of lumberyard employees, built a cover over the bed of the truck and then proceeded their trip home through flooded

roads. This remained one of the more memorable Sokol events through the years.

Frank, Adela and family attended the National Sokol Slet in Chicago in 1953, as well as the National Sokol Slet in St. Louis in 1955.

Frank served on the Board of Directors of Sokol Corpus Christi for many years, mainly helping get things accomplished. He spent many hours with others putting sweat equity into the new Sokol and the SPJST Building. He eagerly enjoyed every moment. Frank was most pleased to see the mortgage paid off. He had told his son Jerry, "I'll never see the building paid off." Happily and fortunately he was wrong.

Frank was very pleased to see the 2001 Sokol National Instructor's School held at Sokol Corpus Christi. He wasn't physically able to help, but he enjoyed watching the students for hours as they performed and practiced. He attended the graduation with great pride.

His last Southern District Slet to attend was held here in Corpus Christi this past June. He was pleased and proud that all his Sokol work was being carried on.

Brother Frank led the life of a man we can all look up to. His kindness, his contributions and volunteerism serve as an example to all of us.

I would like to salute the life of Bro. Frank Sijansky with our traditional Sokol greeting, "Sokolsky Nazdar!"

May he rest in peace.

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.

In Recognition of Curt J. Mentzer's Many Years

of Faithful Service as Unit President from Sokol Town of Lake \$25.00

In Memory of Frank Ceithaml from Joe & Mil Ceithaml \$200.00

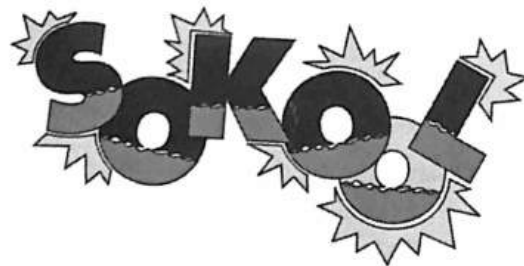
In Memory of Jahn Chaloupka from Tony & Lorraine Faikus \$25.00

In Memory of Our Mother, Sophie Banfi, from Annette Schabowski,

Henrietta Milan, Tina Cox, Raydeen Naughton and Our Families \$100.00

In Memory of Jerry & Rose Rabas from Joan & Russ Zizek \$25.00

American Sokol YOUTH PROGRAM Activities and Information



Check out THESE youth activities and share them with the young Sokols that you know!

DON'T FORGET TO RENEW ALL OF YOUR YOUTH MEMBERS
DECEMBER 31, 2003 is the due date for all Units to turn in their 2003-2004 Youth Membership. Please make sure that lists are electronically submitted and all money is turned in by this date. Don't let your gymnasts miss out on all of the fun and exciting activities that the youth committee is putting together this year. If you are a parent and haven't enrolled your child in Sokol for this year, go to your nearest gym and join in on the fun!

THE ULTIMATE PYRAMID COMPETITION CHAMPIONS
In the August newsletter, all youth members were challenged with the task of creating the ULTIMATE PYRAMID. We had many entries. Here are your winners:

TANIA CARDENAS - Sokol Tabor

VICTORIA MALINA - Sokol Tabor

MARY RUMPZA - Sokol Minnesota

TROY STACK-NELSON - Sokol Minnesota

PARIS MILAN - Sokol Fort Worth

Congratulations to all who participated! Get ready for the upcoming newsletter in November!

YOUTH PROGRAM CALENDAR OF EVENTS

In order to properly prepare all teachers, directors, youth members and parents with the ongoing activities of the youth program, the youth committee will be publishing a YOUTH CALENDAR in the next issue of the American Sokol Magazine and Director's Newsletter. Please keep your eye out for the line-up of all of the new events.

If you want more information about Youth Activities or have ideas for programs we can do this year or in the future, you can contact your District Youth Ambassador or call or e-mail Tom Pajer at 630-833-6916 or tompajer@american-sokol.org.

Please encourage the SO-KOOL kids that you know to read their newsletters and participate in the contests and other programs. We give out some really cool prizes.

NA ZDAR! The American Sokol Youth Committee

My Life as a Student (continued)

extra time to students who need it (and I can attest to that). There was one student who is dyslexic and wouldn't pass if they had to read the test questions. The Instructors decided to give the tests orally to the student. Now that's going the extra mile.

It was super to see three young Instructor's In Training, our future course instructors. They were very professional and held their own quite well. I was especially proud that two of them were from my own district (you go Mike and Kevin). These three weren't just helping out in class under the supervision of the lead instructor but were responsible for handling parts of the class on their own. But then they had good instructors!

What was my least favorite part of the school? Lunch and dinner. No, not because of the food but because of mail time. Where if you receive one package or three letters, you have to get up in front of everyone and sing a Czech song. And my good (???) friend, Mary Cushing, passed out notes at our Czech Festival about sending me mail. And my ex-friend, Jerry Kalivoda, inundated me with mail and got her daughter to do the same; other fellow Sokol Detroit members

including my husband also sent me mail. So every day either at lunch or dinner or both, I had mail. That is everyday except the day the mail didn't come (bet you're wondering if I bribed the mailman). I dreaded meal time and started asking Jan Kalat, did I get anything, if I did, deep 6 it for me. I even left a message for my husband to tell Jerry to knock it off. Her response was, tough, you're not the first person I've done this to. See why she my ex-friend. But it didn't stop there, she then started sending me small packages (that way, I'd have to sing for only 1 piece of mail). Now if they held something good that would have been a different story but she sent me kool-aid (remember, I haven't had cocktail hour since school started) and Kleenex. I was begging them don't make me sing and soon as mail time started the kids started calling out my name "Maryann Fiordelis, Maryann Fiordelis, Maryann Fiordelis - those brats! Okay so they let me sizzle like bacon and spell Mississippi with my behind - got pretty good at dotting the i's. After school was over for a couple of weeks, my ex-friend Jerry got a package returned to her with No Such Person written on it. So she goes and tells my husband, are you sure she was at this school?

Good thing he had come to graduation.

So what am I thinking? I'm thinking I'm really glad that I decided to go to the Instructor School. It was an eye opening experience for me. I sure didn't realize how much hard work it is for everyone, students and instructors alike. I really had fun; the instructors make it interesting and give us some fun time (like preparing for some of the special competitions (pyramids), talent show, naming your team). I've gained knowledge that I can use in the gym - giving marching commands and design marching, warm up strategies, progressions, new games and yep even a couple of new Czech songs but no requests, please. I'm thinking if we, as directors, haven't ever been to or not for a long time attended a school, we need to check one out when it's in your neighborhood to obtain full appreciation of what it is all about. I'm thinking that although I don't plan on going to another school I sure would like to support these kids by attending graduation or maybe I could deliver mail.

NAZDAR!

Maryann Fiordelis
Instructor School Graduate
(Finally!)

SLOVACKY ROK *(continued)*

disguising himself in the dress of a woman as he fled on horseback back to Hungary after losing a battle. The riders visit the houses of local dignitaries, where they tell jokes in return for money. The Festival concludes with the felling of the Maj.

The only disappointment was that during the opening remarks about the background of Slovacky Rok, no mention was made of the part Sokol had played in its founding. The first one was held August 14-15, 1921 and was organized to celebrate the 50th anniversary of Sokol Kyjov and began with a District Komensky Slet.

The next Slovacky Rok is to be held in mid-August

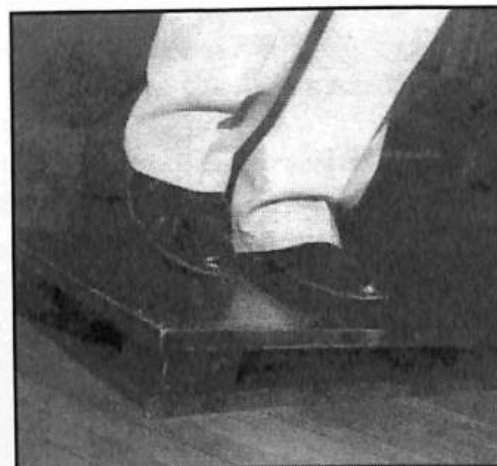
2007. I have been fortunate to have attended several folk festivals in the Czech Republic, but this was by far the best. If you ever have the opportunity to attend this festival, do it! You won't be sorry. Quoting the welcoming by the Chairman of the Program, "...what you will see and experience here, no one else on earth can offer you."

NOTE: "Slovacky" – Moravian Slovakia – the old name for this part of southern Moravia, bordering Slovakia.

*Submitted by Sis. Dorothy Cummings,
Sokol Greater Cleveland*

Sis. Ellie & Bro. Bernie Babka Perform with Radio Players

Sis. Ellie Babka and Bro. Bernie Babka spend a lot of time at Sokol Berwyn-Slavsky. Sis. Ellie teaches the ever-energetic Sr. Co-Ed class and serves as Membership Chairman and Bro. Bernie is Unit President, just to name a few of their *many* duties at Berwyn-Slavsky. But that's not all they do! They are members of the Riverside Township (Illinois) Radio Players. The group performs regularly scheduled shows the fourth Friday of every month through May and provides entertainment for local organizations and nursing homes. How interesting! Keep up the good work!



Left: Ellie and Bernie Babka rehearse for a performance. Above: Bernie uses his feet to create sound effects.

From the Suburban Life newspaper, Wednesday, September 24, 2003

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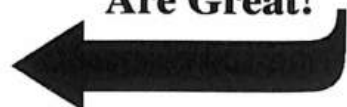
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