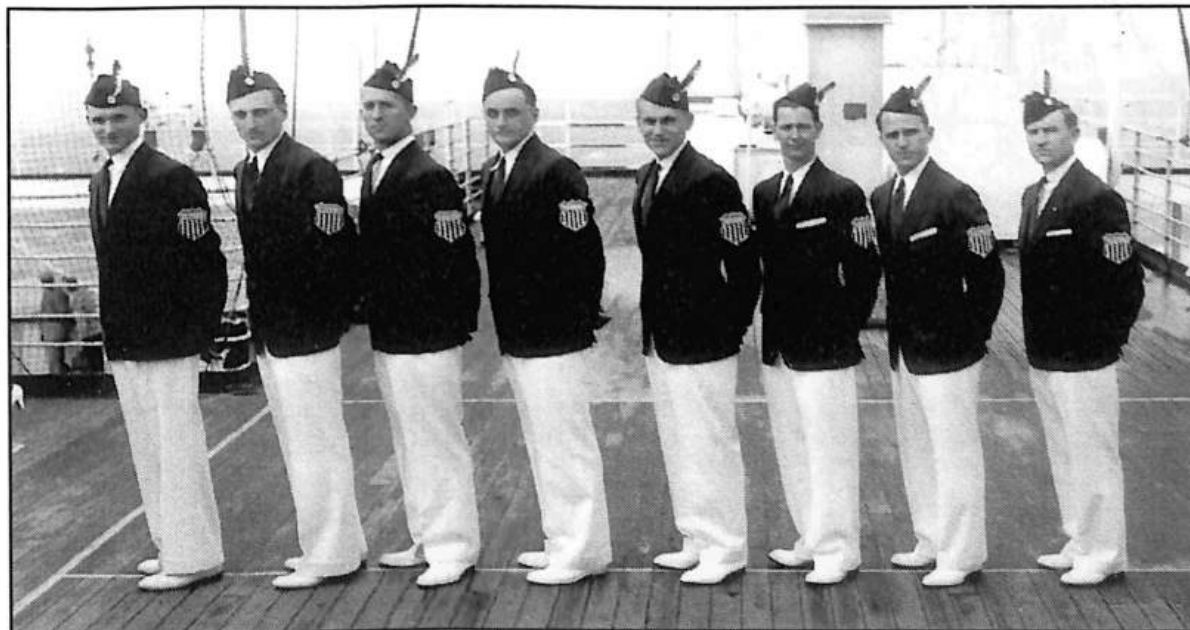


# american **SOKOL**

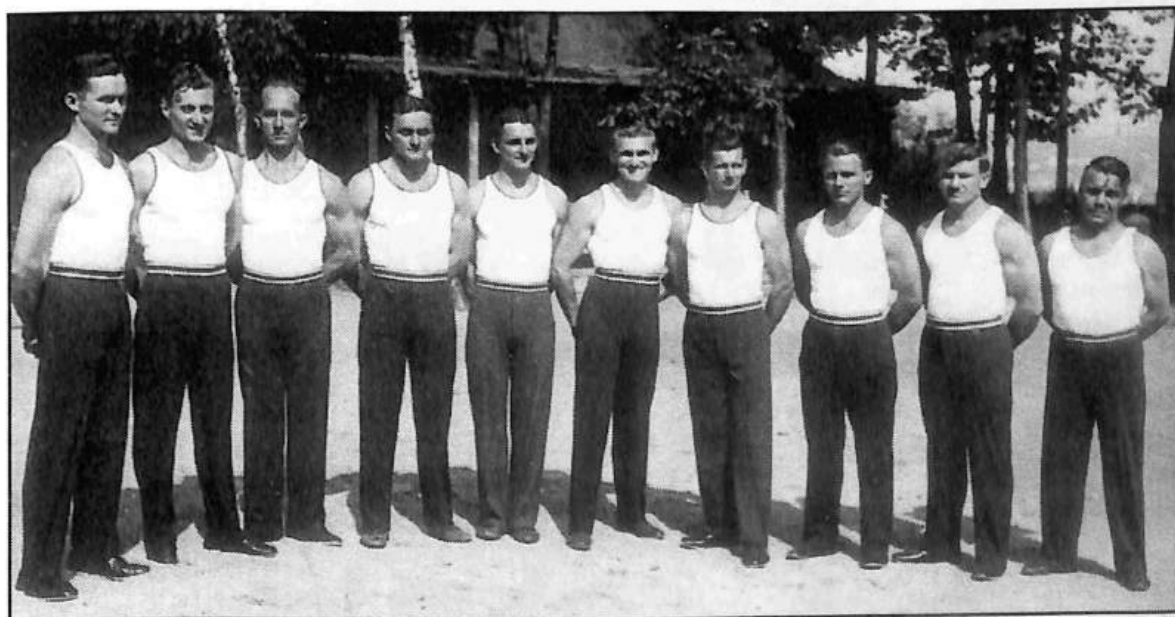
Volume CXXVI, Number 1

JANUARY 2004

## American Sokol mourns the loss of **BRO. STANLEY BARCAL** *(see page 4)*



Travelling to the All-Sokol Slet in Prague, 1938. ASO team on the top deck of the Liner Aquatania. Bro. Stanley Barcal is first on far left.



1938 ASO team on practice field near Strahov Stadium, Prague, CZ. Bro. Stanley Barcal is first on far left.

Pictures supplied by Bro. Louis Teichman, Sokol St. Louis

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## From Your Editor...

HAPPY 2004! We at American Sokol hope there are abundant and exciting challenges in store for you throughout the new year. We will be busily preparing for our 2005 Convention and Slet. Although more than a year away, there is much to do and the time will certainly fly.

**NA ZDAR!**

*Sis. Patricia Satek*

46 Northgate Road ~ Riverside, IL 60546-1639

Editor@American-Sokol.org

## CALENDAR of EVENTS

#### JANUARY

11 Sokol Little Ferry Holiday Party  
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  
TBD United Sokols of the East  
Bowling Tournament

#### FEBRUARY

1 Sokol New York Exhibition  
1 Sokol Greater Cleveland  
Superbowl Party  
7 Sokol Berwyn-Slavsky  
Mostaccioli Dinner  
15 Sokol Stickney Pancake & French  
Toast Breakfast  
20 Sokol Greater Cleveland Fish Fry  
21 Sokol Greater Cleveland Winter  
Exhibition

#### MARCH

6 Sokol Brookfield Exhibition  
13 Sokol Tabor Exhibition  
19 Sokol Naperville Exhibition  
19 Sokol Greater Cleveland Fish Fry  
20 Sokol Stickney Exhibition  
26 Sokol Chicagoland Exhibition  
27 Sokol Berwyn-Slavsky Exhibition

#### XI SOKOL CANADA SLET

June 23-27, 2004 • Toronto, Ontario

#### 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

*"Form the habit of reacting yes to a new idea. First think  
of all the reasons why it is good; there will be plenty of  
people around to tell you why it won't work."*

~ CHAUNCY GUY STILES

## 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.



2005 American Sokol Slet

*ALL ABOARD CHICAGO!*

# Compose a **SLET JINGLE**

We are currently looking for talented individuals or groups to compose a Slet Jingle for the 2005 Slet in Chicago. The jingle should be a short song that is catchy and will add spirit and excitement to the Slet week. *There are no rules! Just be creative!*

Please send all entries by June 1, 2004  
in any format to:

American Sokol Slet Jingle  
122 West 22nd Street  
Oak Brook, IL 60523

*Questions?*

Contact Tom Pajer  
630-833-6916 or  
[tompajer@american-sokol.org](mailto:tompajer@american-sokol.org)



## MEMORIAM 🍷 Bro. Stanley Barcal

Bro. Stanley Barcal was born in Zurich, Kansas on November 21, 1912. His family moved to Chicago in 1927 after the dust bowls of the 1920's devastated several years of crops in Kansas. Shortly after their arrival, the Barcals applied and were hired as manager/custodians of Sokol Chicago. The family worked long and hard to maintain the facility which was the center of the Czech community. During this time, the Barcal children became participants in the Sokol classes. Stan's first instructor was Bro. Richard Molcar. As a Junior Boy, Stan competed three times, winning first place his second and third years. He became a member of Sokol Chicago at age 18 and was elected the Unit Director of Men the following year, a position he held for 17 years.

Stan represented the American Sokol Organization at the All-Sokol Slet in Prague in 1932 - competing in the mid division. He competed in the hight division from 1935 to 1955, winning first place every time. In 1947 he won the Men's National Championship Division. In 1938, he again represented the American Sokol Organization at the All-Sokol Slet in Prague. Stan attended Sokol courses and schools and for a time served as a traveling instructor for the Central District. He taught women's classes at Sokol Rozvoj for three years.

In 1939, Stan married Rose Lizak. To this union were born four children - Roseann, Carole, Julie and Rick.

The Barcal family, now residing in Berwyn, IL, continued to participate in Sokol activities, the children attending Sokol Slavsky. Stan was elected president of Sokol Chicago in 1950, a position he held until 1994. During the mid 1950's, Stan taught the Junior Boys' and Men's classes at Sokol Berwyn, along with Sunday morning combined Men's and Women's classes for three years. He also was the instructor for the Men's and Women's classes at Sokol Chicago. In the 1960's, Stan again started teaching the Men's class at Sokol Berwyn, a position he held until the late 1980's.

Stan was an innovator and his special numbers, using advanced methods, were known throughout all the Sokol organizations.

Stan began attending American Sokol conventions as a delegate from Sokol Chicago in 1945. In 1965

and 1970 he was elected the National President of the American Sokol. His leadership abilities furthered the Sokol organization. Various committees, especially the Board of Instructors, were advanced to a more democratic and open forum. The Uniform Division was established during his tenure.

In 1975 and 1980, Stan was elected as National Educational Director. During his tenure, the booklet "History of Czechoslovakia" was published, along with numerous other educational materials. In the early 1990's, after considerable research, Stan compiled the history of the American Sokol Organization.

Stan attended several Slets sponsored by Sokols Abroad in Europe. His contacts and friendships with Sokols throughout the United States, Europe and many of the Czechoslovak Organizations across the world, made the American Sokol Organization a leading organization in many levels.

In 1965, Stan was a member of the United States Postal Commission Committee for the issuance of the Sokol commemorative stamp. He also served for many years as presiding officer of the Sokol Chicagoland Building Association.

Stan was a modest individual and always commanded love and respect. His democratic principles, moral influence and inspiration are instilled in those he served with, along with those he instructed. Stan was unique in his ability to conduct gatherings, both small and large, without ever raising his voice and achieve success. His analytical thinking made decisions and attainments more easily achieved and accomplished. His leadership skills were especially geared toward the youth, who he inspired to assume positions and roles within various American Sokol levels.

Stan was a pillar and example to follow - someone who touched all of our lives. Knowing him and being with him certainly has made all of us better individuals. Stan kept up his interest in Sokol to the very end - always inquiring about committees, Slets, individuals, etc.

He may be gone, but will forever endure in our hearts.

*~From the eulogy given by Bro. Fred Kala*

## 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.*

Merry Christmas from CSA Lodge 117 Garfield Midwest	\$15.00
In Memory of Frank Sijansky Jr from Larry & Lil Laznovsky	\$25.00
In Memory of Josephine Ceithaml from Sokol Town of Lake	\$25.00
In Honor of Joe & Ethel Rus' 50th Wedding Anniversary from Jean Hruby	\$50.00
In Memory of Josephine Ceithaml, Lillian Pasek & Frank Ceithaml from Ken & Donna Stransky	\$50.00
In Memory of Otto Hracek	
From Fred & Adeline Ramquist	\$25.00
From Helen Hlinka	\$20.00
In Memory of Stanley Barcal	
From Gary Masek	\$100.00
From Bob & Kathy Barcal	\$100.00
From Sokol Stickney	\$50.00
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## MUSEUM, LIBRARY & ARCHIVES FUND

In Memory of Stanley Barcal from Joan Sedlacek . . . . . \$20.00

# *Sokol Town of Lake Camp Picnic/Reunion*

## *Willow Springs Illinois - October 12, 2003*

*"Beckon them – and they will come . . .!"*

. . . from "out of the woods," campers of yesteryear came bearing broad smiles and arms laden with sumptuous goodies. Salads, other assorted dishes, pastries, pies and significantly, the main entree of fried chicken, toted in by Curt and Mil Mentzer.

The occasion was our annual trek to the former site of our Sokol Camp in the forest preserves of Palos, Illinois, to pay tribute to our beloved "Teach" Kolena. We were 34 in number this year and were treated to gorgeous fall weather with plenty of sunshine and warmth.

As the picnic tables filled with happy campers, the air became charged with much chatter and laughter over so many, many memories from the past, news of the day, viewing of our photo albums which have so carefully been preserved for such occasions, and – most important of all – renewal of fond friendships. Oh, so many thoughts to focus upon on this day. It was indeed, a most wonderful outing!

If you were one of the "campers" who couldn't make it this year, mark your calendars, we've set the date for next year – Sunday, October 10, 2004. Come join us!

NAZDAR! Bro. Ray Hemzacek



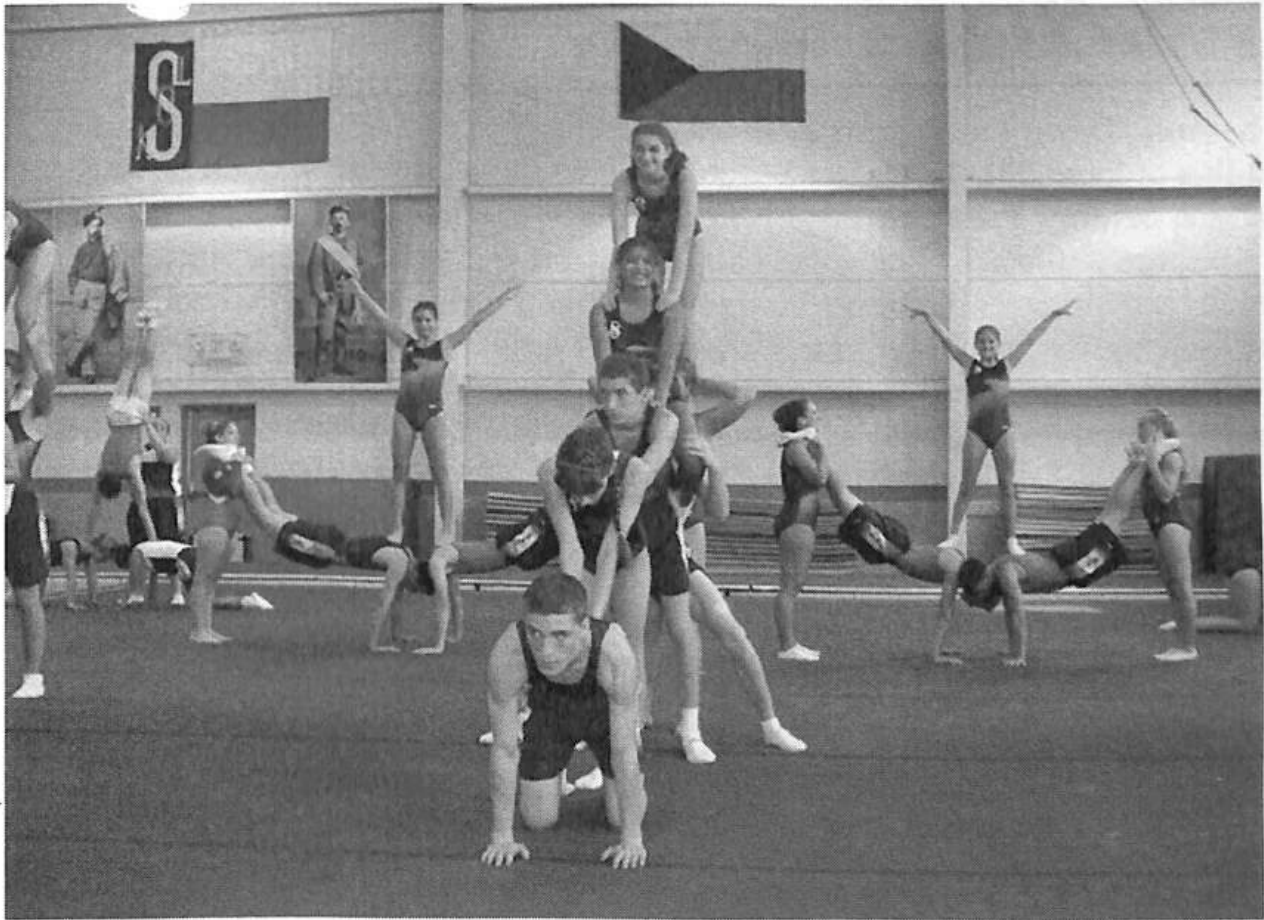
*Editor's Note: I joined the campers at this reunion. I had never seen the camp site and after having published so many glowing reports over the past years, just had to check it out for myself. It was certainly a great day of Sokol camaraderie!*



# American Sokol Gymnast

Kandi Pajer — 117 Oakland Grove, Elmhurst IL. 60126  
[kandipajer@american-sokol.org](mailto:kandipajer@american-sokol.org)

The following picture and caption were in the USA Gymnastics  
Technique Magazine, Sept/Oct 2003 issue.



The American Sokol Organization was conducting its annual Instructors School for a two-week period. The school was held at Sokol Greater Cleveland in Cleveland, Ohio. This year National Gymnastic Day happened to be during the time the school was in session. The students at the school built several pyramids in celebration of National Gymnastics Day.

## NATIONAL GYMNASTICS DAY

Sokol Tabor held its 3rd Annual Open House for National Gymnastics Day on August 20, 2003. Flyers were sent out to their registered members from the previous season and they were invited to bring a friend. The evening consisted of three sessions: 6:00—7:00 p.m. gymnastics (ages 3-9); 7:15—8:15 p.m. gymnastics (ages 10-18); and 8:15—10:00 volleyball (ages 13+). In the first session there were 14 attendees, second session 15 attendees, and the third session 11 attendees. There were five apparatus rotations: parallel bars, beam, rings, vault and tumbling strip/wedge mat. Each rotation was 7 minutes. A quick warm-up with music was held before each gymnastic session to limber up the gymnasts. Stations were coached by Sokol Tabor instructors — Sisters Christina Curran, Jann Petkus, Nancy Colagrossi, Dawn Flees, Irena Polashek, Juanita LoGiudice; assistant, Matt Petkus and five of their 2003 Instructor School students, Julia Hickey, Kaitlan Short, Anna Mangia, Jeremy Pros and Kenny Fron. The volleyball session was headed by Bro. George Kulhanek. For volleyball warm-ups, the 11 attendees were split into groups and practiced serving, bumping and setting drills. The warm-ups were followed by two exciting games. After each session, the attendees were given bottled water. Everyone had fun and the instructors were exhausted! Sokol class registration information was available.



Submitted by:  
Sis. Candace Short  
Women's Director, Sokol Tabor

## **FIRST AID**

### **Head and Neck**

Traumatic neck injuries can be life threatening, so call medical professionals as quickly as possible.

### **Should you go to the emergency room?**

Yes, in most any case of trauma to the neck that results in lingering pain, loss of movement or pain radiating down the arms or back, you should go immediately to the ER. Any loss of sensation or control of the arms or legs or any loss or change in consciousness should be evaluated promptly. Only an athlete with a neck injury who can get up under his/her own power, has full range of motion, no headaches or pain in his/her extremities and who has no lingering pain in their neck or effects from the trauma may delay medical evaluation.

## **CARE SPECIFICS**

### **Concussions**

Concussions are serious and need medical attention. Concussions are trauma to the brain; anyone who has symptoms that linger longer than 15 minutes after trauma should see a doctor right away. Symptoms include headache, dizziness, seeing spots, double or blurred vision, nausea, behavior changes and most importantly, amnesia. Anyone with even the slightest form of amnesia should be seen right away.

### **Advice**

Avoid giving pain medications to people with traumatic head injury until seen by a doctor. These can mask the symptoms and impede a proper diagnosis and treatment.

### **Stabilize**

If an athlete is down from a painful neck injury, has pain radiating to the arms or lower and cannot actively move their head around, then the head needs to be stabilized while waiting for the ambulance. Only people with medical training should try to move someone after a neck injury. Your job is to make sure their head and neck DO NOT MOVE until help arrives.

### **Talk to the Athlete**

Head and neck injuries can be scary, so talk to them and reassure them that help is coming. A scared athlete may overreact to pain, causing further damage. Calm them down, be confident in talking with them and make sure someone is calling for help while you do this. Talking with them also helps assess their state of mind.

**QUESTIONS:** If your athlete suffers head trauma, ask these basic questions:

1. Where are you?
2. What is the date today?
3. What month and year is it?
4. What day of the week is it?
5. Who is the President of the United States?
6. Count backwards from 30 by 3 s. (30-27-24-21-18-etc).

If an athlete cannot answer these basic questions at least 15-30 minutes after trauma, he or she may have a concussion and should be seen in the ER.

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Since our organization is made up of a diverse group of nationalities and religions, I thought it might be beneficial to print this article for instructors and parents to read.

## **PROMOTING TOLERANCE AT SCHOOL**

It can happen in any school at any time: hateful behavior by students, staff or others outside the school community. Sometimes the painful actions or words are small missteps that affect only a few. Sometimes they re very public and cause widespread tension.

These acts are the result of human bias, or a strong preference for a particular thing. Acts of bias can be defined broadly as any acts directed against people or property that are motivated by prejudice based on race, religion, ethnicity, sexual orientation, gender, social affiliation, ability or appearance. These include hate crimes, ranging from violent assault and harassment to vandalism and graffiti, as well as hate speech, hate literature and derogatory language and imagery in all media.

When these incidents occur, it s important to remember that one hateful act doesn t forever brand a school or a person as prejudiced. It s how schools, students, parents, teachers and community members respond to these incidents that has the greatest impact.

The best way to address tolerance issues is to encourage a school environment where respect for others is expected as a rule of conduct.

Mariner High School in Everett, Wash., developed a simple but effective respect policy that can guide others who wish to establish a respectful tone in daily school life: *Respect is the cornerstone of all our interactions and behaviors. We acknowledge the dignity and worth of one another, and strive never to diminish another by our conduct or out attitudes.*

These could be words to live by in any community.



## IN HONOR

On 9/11/03, the Sokol Tabor 2nd Class and Junior Girls held candle ceremonies and a moment of silence in remembrance of the terrorist attacks on September 11, 2001. Sis. Christina Curran is the girls' instructor.



### MEMORIAM 🌹 Sis. Tanja Bella Sturman

Sokol Washington DC mourns the passing of 42-year member Sis. Tanja Bella Sturman. Sis. Sturman was very active in the Slovak community in Pittsburgh and in Washington DC for many years. She was active in Sokol in Slovakia and was past Starostkina of Sokol Washington DC.

She was born in Vrutky, Slovakia and came to the United States after her marriage to Paul Sturman in 1926. Their son, Ivan, was born in 1927. They settled in Detroit and later moved to Pittsburgh and then Washington DC.

In Detroit, Tanja and Paul were active in Czechoslovak and international social and community activities. In Pittsburgh, she was president of the Evangelical Slovak Women's Union, Secretary of the Czechoslovak Ladies' Circle of the Czechoslovak Room at the University of Pittsburgh, Chairman of the WWII bond Booth "Lidice," and Co-Chairman of the Czechoslovak Red Cross Auxiliary.

After moving to Washington, she continued her Red Cross and War Bond volunteering. She taught Slovak to government and private students and worked in the Czechoslovak Embassy. She became active in the Czechoslovak National Council, the American Fund for Czechoslovak Refugees, Sokol Washington DC and was one of the founders of the Wilsonian Club and served as president for 10 years. She served as both vice-president and president of Sokol Washington DC.

Sis. Sturman is survived by her sister Margita Korman, her son Ivan and his wife Jane, her grandson John and his wife Elizabeth, and her two great granddaughters Ceci and Lucy.

May she rest in peace.

*~ Submitted by Ivan Sturman*

# Remembering 9/11

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*This past September 11th our son, Kevin Gallagher, (a member of Sokol New York) wrote an article "Remembering 9/11" which he sent to family and friends. The article describes his remembrance and experience as a member of the New York Police Department at the World Trade Center disaster on 9/11/01. The article touched so many of our Sokol NY friends that they suggested it be put into our Newsletter (November 2003 issue).*

*Here's some background: Kevin has been a member of Sokol New York since the age of 6. He is the son of Bro. & Sis. Stanley & Irene Mergl and the brother of Bro. Tom Gallagher, all of Sokol New York. He is a Detective in the NYPD.*

*Na Zdar,  
Sis. Irene Mergl*

## GUEST SPEAKER

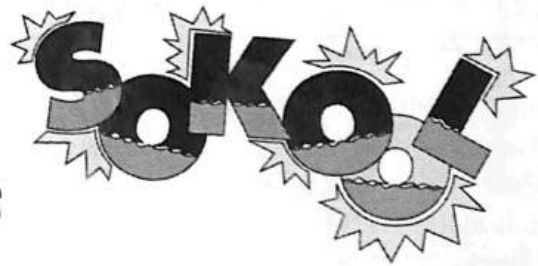
Bro. Kevin Gallagher, Sokol New York

If I had a say in the daily operation of a TV station I would ensure that the image of the Twin Towers collapsing was shown every night as the 6 o'clock news begins. Too many Americans are becoming fat, dumb and happy again. While I understand the wish to resume our 'old' lifestyle, we now live in a different world. We are hated because of who we are, how we live our lives and the freedoms we have come to, regrettably, take for granted. We are hated because we took a wilderness and turned it into the greatest nation to ever grace this planet and it only took us a couple of hundred years to do it. The people that wish to destroy us have had thousands of years to accomplish it but are still living in caves. To their sick reasoning their failure is somehow our fault. Two years ago I spent my day evacuating people from Manhattan to Brooklyn by boat, my night was spent digging. More nights than I care to remember were spent digging and searching for the plane's black boxes. I remember my first reaction when I first walked into the "pile" as we called it, where did the towers go? 220 stories of 2 buildings were reduced to a pile of rubble maybe 60 feet high. My second reaction was observing the complete lack of anything recognizable, with the exception of the familiar metal framework of the towers. In all the time spent on the pile I never found an intact anything. Not one

office chair, not one office desk, not one office phone.- only concrete dust, rubble, metal and bits of glass. My overall reaction was anger, tinged with what-did-we-do-to-deserve-this and wondering what sick minds thought up this nightmare. I remember the ever-present column of smoke that billowed up for days afterwards. I remember approaching the site by boat and hoping the wind would blow the smoke away and the towers would be standing tall. I remember too when the smoke stopped. I remembered the first time I went up to the observation deck when the World Trade Center opened; I stayed until the sun set. I remember walking around through the rubble, seeing flames poking out and feeling the intense heat and smoke coming up through the ground. I remember searching for a signal from the black boxes. My team was equipped with a sonar gun that we used underwater to locate objects. The FAA and NTSB programmed the frequencies of the black boxes into our sonar gun in the hopes that we could find them. But the boxes had to be wet in order for the signal to transmit. So we spent many an hour probing as fire department hoses sprayed around us. I remember watching a crane lift a long column of steel from beneath the pile with the end tip still

*Continued on Page 10.*

# American Sokol YOUTH PROGRAM Tentative Calendar of Events



<b>February</b>	Bring a Friend to Sokol Week February Newsletter Camp and Course Scholarship Contests Sokol Madlibs Fun Create a Future Sokol
<b>April</b>	Youth Scrapbook Pages
<b>May</b>	May Newsletter Cartoon Strip "Fill In" Contest Build the Best Paper Airplane Contest
<b>June</b>	Canada Slet - MANY Youth Activities - TBA
<b>July</b>	National Sokol Summer Camp National Instructors' School



In an effort to increase the communication lines to our instructors, we are asking that each Unit Director please take the time to go out to the website and fill out the Instructor Database for your Unit. If you do not have access to the Internet, please find someone who can help with this very important data entry task. Entering this information will assist groups like the National BOI, youth committee, educational committee, and others distribute information and tools directly to the appropriate Sokol instructors. Please accomplish this by December 31, 2003. You

can still do it after this date, but the sooner you can do it, the more information your teachers will get. Please have all your instructor information in hand, then go to the website below and enter your instructors.

**<http://www.american-sokol.org/instructor>**

*Thanks for making it happen!*

Please call or e-mail Tom Pajer at 630-833-6916 or [tompajer@american-sokol.org](mailto:tompajer@american-sokol.org) and thanks for your dedication and help.

# Remembering 9/11 *(continued)*

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glowing red-hot. I remember finding the first remains of one of the victims and realizing this 1-inch long piece of bone or this clump of human tissue is all that is left of a fellow American who died just because they went to work that day. I remember having to remove my mask and sticking my nose in the dirt to smell whether or not a suspected bit of debris was human or not. I remember finding gear from a fallen firefighter and stepping back to allow the surviving firefighters digging around me to recover the items of their fallen brother and solemnly carry the remains to the morgue tent. I remember the time warp that I found once on the pile; I would work for what seemed like an hour until my partner would tap me on the shoulder and say its time to go, then realizing I've been digging for 12 hours. I remember being part of a bucket brigade as the plastic 5-gallon bucket was the best way of removing the rubble while carefully searching for victims. I remember some of the Emergency Service cops who died, guys I had been to EMT school with, trained with and worked hand in hand with on water rescues. I remember one firefighter in particular who had been a Scuba cop then switched over to the Fire Department, he was buried somewhere in the pile. I remember the quiet; even though there was a constant din of clanging shovels and rumble of the diesel engines of the construction equipment, there was little conversation. The only emotion was grim

determination, a need to get the job done. I remember the unearthly silence when someone would yell for quiet meaning that a sound was thought to be heard coming from a trapped survivor. Not a sound came from anyone or any piece of equipment. I remember hearing the sounds of bullets exploding below ground from the heat or from a fallen officer trying to signal? I remember when Tower 6 collapsed and feeling the lead in my legs as I tried to run. I remember the camaraderie between cops, firefighters and the steel workers. I remember the thousands of civilians who volunteered their time to provide us with a chair to sit down, hot food, a cold drink and a warm smile. I remember coming home for the first time after 7 days straight at the pile. I remember working 21 14-hour days in a row before a single day off. I remember the teachers of my kids telling me later on that they were worried about their Daddy working at Ground Zero but not wanting me to know that they were worried. I remember the big hugs and relief on their little faces the first time I had a chance to get home. I remember calling home just to say I was okay from the phone banks set up near the pile for the recovery workers. I remember not wanting to leave Ground Zero until the work of finding everyone was done. I drive past the World Trade Center site everyday and I always render a salute.

## THE VOICE

*...Reader Quips, Comments & Queries*

Dear Sis. Pat:

I just finished reading MaryAnn Fiordelis' story in the recent "American Sokol." What a wonderful article. It brings back many memories to this 80-year-old. It also makes me think about the many times as I got older and volunteered to do some of the jobs and also thought "What was I thinking?!" and how long do my dancers think that I can continue teaching my line dance class? You make the "American Sokol" fun to read. Keep up the good work.

**NA ZDAR!**

Sis. Mili Zeman, Brooksville, FL

## AMERICAN SOKOL

### Change of Address

This clip-out coupon is positioned so that your mailing label appears on the back. If your mailing address has changed, use a pencil to carefully mark an X through the OLD mailing label. Complete the change of address form below and mail to:

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# AMERICAN SOKOL

is a multi-faceted organization guiding its members throughout life, from early youth through maturity, to physical and moral health, good citizenship and responsible patriotism, combined with continuous self-improvement. This goal is pursued through general physical fitness activities, gymnastics and sports, as well as varied cultural and social activities.



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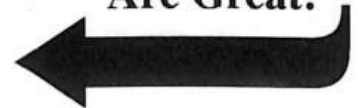
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