

# american SOKOL

Volume CXXVIII, Number IV

APRIL/MAY 2005

## XXI AMERICAN SOKOL SLET • 2005

*See you at the Slet!  
June 21-25, 2005*



## American Sokol

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Annette Schabowski

## From Your Editor...

April 19-24 has finally arrived—the days of our American Sokol Convention, where the future of our organization will be discussed and modified. We look forward to a new slate of officers to guide us and new ideas to inspire us.

**NA ZDAR!**

**Sis. Patricia Satek**

**46 Northgate Road ~ Riverside, IL 60546-1639**

**Editor@American-Sokol.org**

## CALENDAR of EVENTS

#### APRIL

2 Sokol Greater Cleveland Casino Night  
8-9 Sokol Minnesota Garage and Bake Sale  
9 Central District Special Number Competition  
10 Sokol Los Angeles Spring Czech-Moravian-Slovak Lunch/Dance  
15-17 Western District Slet  
16 United Sokols of the East Children's Competition at Sokol New York  
17 Sokol Ceska Sin Swiss Meet  
**19-24 American Sokol Convention**  
22-24 Sokol Minnesota Festival of Nations - River Center, St. Paul  
23 Sokol St. Louis Exhibition  
24 Sokol Little Ferry Exhibition  
26-5/1 Sokol South Omaha Mini Slet  
29-30 Sokol Tabor Rummage Sale

#### MAY

7 United Sokols of the East Jr./Sr. Competition at Sokol New York  
7 Bohemian National Cemetery Tours - Call 847-362-9036

#### MAY

14 Central District Girls' Gymnastic Competition  
15 Northeast Ohio Boys' Gymnastic League Championship Meet at Sokol Greater Cleveland  
16 Sokol Milwaukee Exhibition  
21 Sokol San Francisco Picnic  
21 Central District Jr./Sr. Gymnastic Competition  
22 Sokol Little Ferry Pork Dinner  
22 Central District Sokol Day  
27-28 Sokol Spirit Rummage Sale  
27-29 Sokol Ceska Sin Hiking Weekend

#### JUNE

5 Sokol Ceska Sin Summer Exhibition - DTJ  
5 D.A. Sokol Gymnastic Exhibition  
11-12 Northeastern District Slet  
11-12 Eastern Area Gym Fest at Sokol Woodlands, Barryville, NY

#### XXI AMERICAN SOKOL SLET

June 21-25, 2005 • Chicago, IL

## THOUGHT STARTERS

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

*"We're not primarily put on this earth to see through one another, but to see one another through."*

~ PETER DEVRIES

## 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.

## XXI AMERICAN SOKOL SLET 2005

June 21–25, 2005

### LODGING INFORMATION

*Important! New!*

The Hyatt Regency Oak Brook has changed Ownership—the *NEW* hotel name is Double-Tree Hotel, Chicago-Oak Brook

Due to the process of transferring computer information from Hyatt to the Double Tree, reservations can only be made directly with the hotel. Contact: Kathy McAllister @ 1-630-472-6021.

**Reservations already in the system are not affected.**



After March 9, the reservation number should work: 1-800-222-TREE (8733). We apologize for any inconvenience. For more information, contact: Bro. Ted Polashek ~ 708-670-2172 or American Sokol National Office ~ 630-368-0771

*Start preparing now...*

## XXI AMERICAN SOKOL SLET BANQUET THURSDAY JUNE 23, 2005

To be held at the **Ashton Place**, Willowbrook, Illinois

Reception – 6:00 P.M. Dinner – 7:00 P.M.

Program and Dancing Following After-Five Attire Please

Reservations required – \$65.00 per person (Cash Bar)

Table assignments at Banquet entrance

Na Zdar! Slet Banquet Committee

**INFORMATION WILL BE SENT TO UNIT SECRETARIES FOR THIS EVENT.**

## THE VOICE

*...Reader Quips, Comments & Queries*

Regarding the photo on the cover of the February issue...Sis. Annette Schabowski, ASO Library and Archives, received a phone call from Sis. Ethel Rus with very reliable information regarding the girls' identities. Sis. Rus says the second girl is her, Ethel Husa and the third girl is her friend, AnneMarie Ramm. They were both attending Sokol Havlicek at the time. She thinks it is 1940-41 Central District Awards given at Pilsen Park. Bro. Joe Rus identified the woman on the left as Mildred Smutny of Sokol Americky.

## 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 Memory of Sidney Zeman from American Sokol Executive Board .....	\$25.00
In Memory of Frances Malina from Sokol Chicagoland .....	\$25.00
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In Memory of Bro. Bob Liptak from Jerry & Henrietta Milan .....	\$20.00
In Memory of Jarmilla Marsiglio from Gerry Coates .....	\$15.00

## GENERAL FUND

In Memory of Sophie Zitny from Roy & Vlasta Zitny .....	\$50.00
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## Annual Dinner/Exhibition/Membership Awards Sokol KHB, Ennis, Texas • February 6, 2005

The pictured members received awards ranging from 5 to 55 years of membership.



*Submitted by Sis. Libbie Vrla*



# 2005 Chicago Slet Souvenir Order Form

<u>ITEM</u>	<u>PRICE</u>	<u>QUANTITY</u>	<u>TOTAL</u>
Pencil	\$0.50 .....	_____	_____
Stickie Pad (25 Sheets)	\$0.50 .....	_____	_____
Pen	\$0.75 .....	_____	_____
Magnet	\$0.75 .....	_____	_____
Luggage Tag	\$1.50 .....	_____	_____
Mouse Pad	\$4.00 .....	_____	_____
CD Case	\$6.00 .....	_____	_____
Playing Cards	\$6.00 .....	_____	_____

### CIRCLE SIZE

T-Shirt - YOUTH	\$10.00 .....	M L .....	_____	_____
T-Shirt - ADULT	\$10.00 .....	S M L XL .....	_____	_____
	\$11.00 .....	XXL .....	_____	_____
Women's Shorts	\$10.00 .....	S M L .....	_____	_____
Wos. Tank Top - YOUTH	\$12.00 .....	L .....	_____	_____
Wos. Tank Top - ADULT	\$12.00 .....	S M L .....	_____	_____

Name: \_\_\_\_\_

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Phone: \_\_\_\_\_

Sub-Total \_\_\_\_\_  
 Shipping & Handling \_\_\_\_\_  
**TOTAL** \_\_\_\_\_

Make check payable to: **American Sokol 2005 Slet** Send payment and order to: **American Sokol, 122 W. 22nd Street, Oak Brook, IL 60523-1557.** If you wish to pick up your order, please coordinate through the American Sokol Office 630-368-0771.



\$0 - \$25.00 .....	\$4.95
\$25.01 - \$40.00 .....	\$6.95
\$40.01 - \$55.00 .....	\$8.95
\$55.01 - \$75.00 .....	\$10.95
\$75.01 - \$100.00 .....	\$13.95
\$100.01 - \$125.00 .....	\$15.95
\$125.01 - \$150.00 .....	\$17.95
\$150.01 - \$250.00 .....	\$18.95
\$250.00 - \$400.00 .....	\$19.95

# Who Is Danny Michalek?

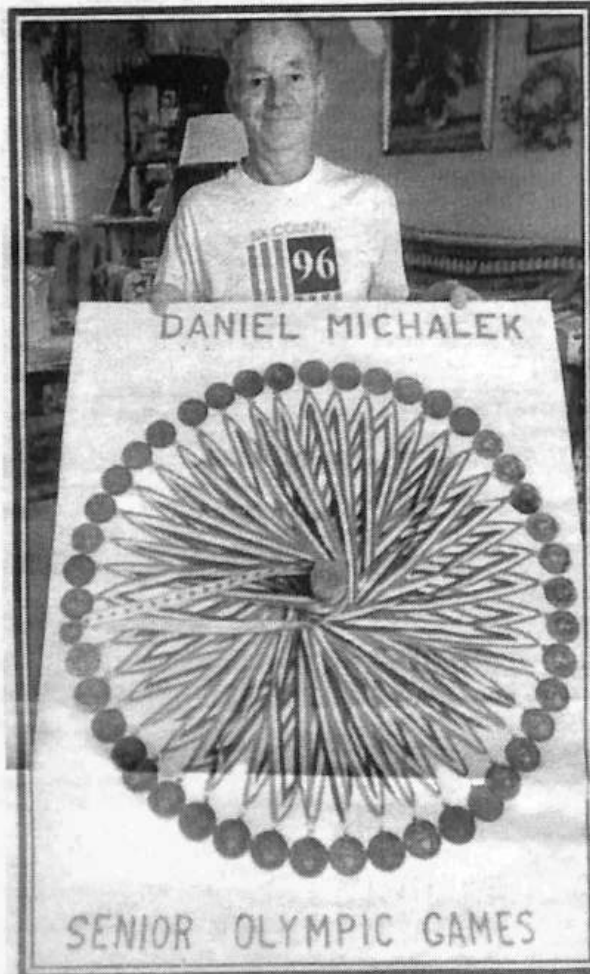
He's the shadow of Frank, his younger brother-in fact, many Sokol brothers and sisters mistake him for Frank when Frank is not around. So, who is Danny? Here's a little history of his life in Sokol...

He is one of six brothers, Charles, Jr., Laddie, Jerry, Bob, Danny and Frank; the sons of Charles, Jr. And Albina. Five of the brothers attended Sokol. Charles, Sr., was a Sokol member in Czechoslovakia. Danny joined Sokol Chicago at age seven with his older (age eight) brother, Bob, in 1935. When the family moved in 1939, Danny and Bob transferred to Sokol Havlicek Tyrs. He became an adult member in 1946 and in the same year joined the U.S. Marine Corps. Being a Sokol, he had no difficulty in the service and was honorably discharged in 1948. He was married in 1951 (the reception was held at Sokol Tabor) and he and his wife Marilyn have four children, Bonnie, Todd, Maribeth and Kenneth.

At Sokol Havlicek Tyrs, Danny taught 1st and 2nd Class Boys and was also Men's Director. Later, he transferred to Sokol West Suburban, keeping dual membership at Sokol Havlicek Tyrs.

At Sokol West Suburban, Danny taught 2nd Class Boys and Junior Boys, was Men's Director and Vice-President. Through the years he competed and participated in Sokol Slets in the

United States, Canada, Austria and Czech Republic. He was a certified gymnastics judge for the State of Illinois and judged numerous competitions for Sokol.



With the urging of his brother, Frank, Danny started participating in volleyball, cycling and track & field events in the Senior Olympics where he has won over 90 medals. He was spotlighted in a feature article in The Glen Ellyn (Illinois) News in 2001, which began, "When Daniel Michalek speaks, his voice is a tapestry of the old Pilsen neighborhoods-threads created in the Czech Republic." The article focuses on his athletic achievements, Czech upbringing, healthy lifestyle, and Sokol involvement. Quoting the article, "With brother, Frank, Michalek is active in the American Sokol Organization. A cross-

generational health and fitness community, Sokol (which means "falcon" in Czech) was founded in Prague in 1862. There have been U.S. chapters since 1865. Michalek spent many years in the Sokol organization teaching gymnastics to young children. He has a word or two of advice for kids and their parents: 'Find an exercise you like and keep at it, eat healthy, and find time to sit down at meals together. Everybody's too hyper today!'"

*Submitted by Bro. Dan Michalek*

# AMERICAN SOKOL GYMNAST

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

I have had a lot of people asking me the following questions, and I felt it best to put it in the Gymnast for all to read. Please keep in mind that the following is just my suggestion of what you should do from research that I have done on the subject. Also remember that along with a healthy diet, you must also exercise to help maintain a healthy lifestyle.

**What food should I have my gymnast eat to stay healthy and not get injured?  
 Here are suggestions of healthy foods!**

**Proteins:** Eggs  
 Chicken  
 Turkey  
 Beef/Veal  
 Pork/Ham  
 Lamb  
 Fish  
 White Cheese only

**Fats:** Butter  
 Olive oil  
 Safflower oil  
 Soybean oil  
 Peanut oil  
 Bacon  
 Mayonnaise (non-hydrogenated)

**Carbohydrates: High Starch**

**Vegetables:** Beans  
 Corn  
 Peas  
 Potatoes (all)

**Fruit:** Apples  
 Apricots  
 Banana  
 Berries (all)  
 Grapes  
 Pears  
 Pineapples  
 Plums

**Grains:** Bread and Flower  
 (Arrow) Oat  
 Rice  
 Rye  
 Spelt  
 Wheat  
 Oatmeal  
 Brown Rice  
 Rice Cakes  
 Barley, Millet

**Carbohydrates: Low Starch**

**Vegetables:** Artichoke  
 Asparagus  
 Avocado  
 Beets/Greens  
 Broccoli  
 Brussels Sprouts  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Cucumbers

Kale  
 Lettuce (all)  
 Mushrooms  
 Okra  
 Onions  
 Peppers  
 Spinach  
 String Beans  
 Squash  
 Turnips  
 Wax Beans

**Fruit:**  
 Grapefruit  
 Lemons/Limes  
 Melons (all)  
 Oranges  
 Peaches  
 Rhubarb  
 Tomatoes

**Carbohydrates: Miscellaneous:**

Unsweetened Fruit Juices (best if freshly juiced with juicer)  
 Vegetable Juices/V8 (best if freshly juiced with juicer)  
 Smuckers All Fruit Jelly  
 Apple Cider Vinegar  
 Raw Honey

**Acids:**  
 Mustard  
 Spices  
 Coffee (regular)  
 Herbal Teas  
 Orange  
 Lemon/Lime  
 Grapefruit  
 Vinegar

You should also drink 8, eight ounce glasses of water a day!

### **Should I take or have my gymnast take vitamin supplements?**

If you eat a healthy diet, you should not need supplements. There are exceptions though!

#### **Calcium:**

If you are a female in your 20's or 30's you SHOULD be taking calcium supplements. Look on the bottle, it is best absorbed if it is Calcium Carbonate, Calcium Citrate is also good, but stay away from Calcium Lactate – Read your labels.  
(You should also exercise and lift weights to ensure good bone health when you are older.)

#### **Folic Acid:**

If you are a female of reproductive age, you need to be taking Folic Acid. It is important for neural tube development in babies and if the mother doesn't have enough, can cause developmental problems in the baby.

#### **Omega – 3 & 6 Fatty Acids:**

If you don't eat fish, you don't get enough of this essential fatty acid. This helps protect against disease, cancer, heart disease and inflammatory conditions. This is also known as Fish Oil.  
All other vitamins are acquired by eating a healthy diet.

It is best to buy your vitamins at a "Health Food Store". The vitamins are preserved well and are usually of better quality. If you do not have access to a "Health Food" store, you can buy them over the counter at a drug store, but ask the pharmacist to help you so you get the best kind for what you are looking for.

The above information was compiled from a Chiropractors suggestions, and nutrition information that was found in various books and web sites. KP;)

### **From Blanche Wostratzky, member Sokol Spirit**

Just came across this exercise suggested for seniors, to build muscle strength in the arms and shoulders. It seems so easy, so I thought I'd pass it on. The article suggested doing it three days a week.

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb. potato sack in each hand, extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute, then relax.

Each day, you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb. potato sacks.

Then 50-lb. potato sacks, and eventually try to get to where you can lift a 100-lb. potato sack in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each of the sacks, but be careful.

## Teaching the Glide Kip

Since competition is coming up soon, I thought I would put in a "how to" article. Sometimes, it just takes one more drill or another way to say something to get them to do the trick. Here are some thoughts to help your gymnast with the skill! KP;

(Article from [www.usgymns.net](http://www.usgymns.net) by, Karen Goeller)

The muscles involved in lifting the leg in front of the body for the glide portion of the glide kip is the hip flexor. The hip flexors are very small when you look at them on an anatomy chart, but they have a big job. This one little muscle must lift the gymnast's very long limb. As the gymnast's leg grows, gets longer and heavier, there is more stress put on that little muscle, the hip flexor.

The coach must condition their gymnasts hip flexor muscles constantly because many children are growing rapidly. If the hip flexors are not conditioned properly or consistently other areas of the body must then attempt to perform the task of lifting and holding the leg up, which can lead to injury.

With that thought in mind, let us go back to the glide for a glide kip because it is one of the few skills where a gymnast must hold her legs up for a considerable amount of time. Besides asking your gymnast to perform one glide at a time, as in the glide kip you may want to add a few simple drills involving the glide, such as multiple glides consecutively or octagon glides.

To teach the Glide and Toes to Bar Drill, instruct your gymnast to stand slightly further than arms distance from the low bar. Once in place, instruct your gymnast to jump, immediately lift their toes forward and tuck their buttocks under while in the air. They must immediately grasp the bar, holding a hollow and slightly piked position. Once their hands are on the bar, your gymnast must glide forward, keeping their feet off the mat and reaching an extended position. It may be easier for the gymnast if you remind them they must see their feet throughout the glide. Once they are extended, instruct your gymnast to bring their feet\ankles to the bar and hold them there, even when their body swings\falls (due to gravity) to the hanging position. Holding their feet up is not easy; your gymnast may need help with this drill. Once mastered, you may want to ask your gymnast to perform multiple glides before the leg lift portion of the glide kip.

Another very useful glide drill is the Octagon Glide, Extend, and Lift Drill. It involves the use of an octagon to teach our gymnasts how to glide with their legs in front of their body rather than below their body. This drill should also help teach the gymnast to extend their hips completely at the end of the glide and perform the leg lift from that extended position.

Here is how you would use an octagon for the glide, extend, and leg lift drill.

Have your gymnast grasp the bar securely. Place an octagon approximately one foot from the bar, so that your gymnast can see it. Once your gymnast is holding the bar securely, ask them to place their heels\feet on an octagon. Next, instruct your gymnast to hold a hollow and\or slightly piked position keeping their buttocks under. Once your gymnast is in the beginning position of the drill, a relaxed hang with their heels on the octagon, have them glide forward, literally rolling the octagon forward with their calves and then return to the starting position. Once they have mastered rolling the octagon with the back of their legs, ask your gymnast to perform three glides consecutively. Your gymnast must reach an extended position during each complete glide. When your gymnast is completely extended for the third time, instruct them to quickly bring their toes\ankles to bar and hold them on the bar even when their body swings\falls (due to gravity) to the hanging position (as if they just did a leg-lift) The octagon often rolls away when the leg lift occurs. (Be sure to remind your gymnast to hold on tight and be ready to spot if necessary.)

And one more note regarding the glide portion of the kip. If you ask your gymnast to think of throwing the bar back as soon as their shoulders and hips are directly underneath the bar, they may be able to glide more efficiently for their kip. The action of throwing the bar back should increase their momentum and extension of the glide, therefore, making the kip portion easier.

The few drills explained here should help your gymnast learn to completely extend their hips and shoulders prior to the leg-lift portion of the glide kip. Once they have mastered the leg-lift from the completely extended position, your gymnast may perhaps be on their way to performing beautiful and efficient Glide Kips!

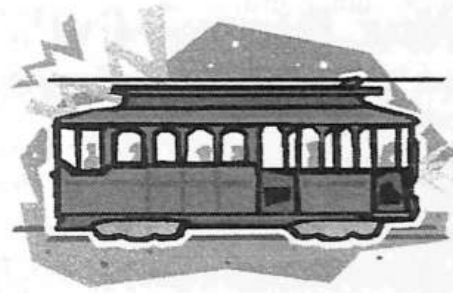
Remember, it is imperative that your gymnast perform these drills with the correct form and technique in order to learn the skills correctly, condition their muscles correctly, and prevent habits of form breaks or incorrect technique.

## Calling all Instructors!!

If you have any skills that you are having trouble teaching or have questions on a skill that your athletes have to perform, e-mail me and I will put the results in the "GYMNAST" portion of the publication! If you need help, there is a resource here that you can use! KP;)

**FRIDAY, JUNE 24, 2005**

XXI AMERICAN SOKOL SLET



**HOP ON BOARD.....**

⇒⇒⇒⇒⇒⇒⇒ **SEE CHICAGO!!!**

TAKE A NARRATED TROLLEY RIDE WITH YOUR SOKOL FRIENDS TO SEE DOWNTOWN'S GREATEST SIGHTS!

Buckingham Fountain

Art Institute

Oak Street Beach

Sears Tower

Lake Shore Drive

NEW Millenium Park

Wrigley Building

Daley Plaza

Michigan Avenue

The Loop

AND MORE!!!

The Chicago Trolley Co. will pick us up at the Hyatt Oak Brook Hotel at 9:00 a.m. and take us downtown for a guided, narrated tour of Chicago's highlights. We will make 2 stops: One at the brand new Millenium Park on the lakefront. You won't want to miss this showpiece of architecture, sculpture and garden space. The other will be a two-hour stop for lunch on your own, shopping and fun at Navy Pier. We will then return to the Hyatt Oak Brook by 3:00 pm.

Cost: \$25

Deadline for Reservations: June 10, 2005

Bro/Sis Bernie + Ellie Babka

339 Lawton Road, Riverside, IL 60546

Phone: (708) 442-8810



PLEASE INCLUDE ME (US) IN THE CHICAGO TROLLEY CO. TOUR OF DOWNTOWN CHICAGO ON FRIDAY, JUNE 24, 2005.

ENCLOSED IS MY CHECK FOR \$ \_\_\_\_\_ FOR \_\_\_\_\_ PEOPLE @ \$25 EACH.

My Name \_\_\_\_\_ Phone No. \_\_\_\_\_

Address \_\_\_\_\_

On reverse side of this form, please list names of all included in your reservation. Thank You + NAZDARI

# War Diary—POW Preserves 60-Year Record of Capture, Liberation, Reunion

From The Fresno Bee, By Jody Murray (December 17, 2004)

Frank Hokr looks over some of his World War II memorabilia Wednesday, including the illustrated diary he created while being held as a POW after being shot down, a photo of his crew, and models of the B-24 bomber he flew and the German fighter that shot it down.

The parachute didn't emerge. Frank Hokr stared at the metal ring in his right hand as he plunged through the Czechoslovakian sky. Enemy flak had sliced through the rip cord wire.

He yanked off his flight gloves, unsnapped the cover to the parachute and pulled out the flapping material until it spiraled upward and blossomed above him. The soft rustle of the canopy competed with the blood pounding in his ears.

Hokr's first air mission of World War II had taken a wrenching, deadly turn. One moment, he was the navigator of a B-24 Liberator bomber, winging toward an oil refinery in German-occupied Poland.

The next moment, he was drifting in space, heading toward a discomfiting rendezvous with his parents' homeland and, almost certainly, enemy soldiers.

It was Dec. 17, 1944. Sixty years

ago today. Hokr's combat experience of World War II was over almost as soon as it had

restaurant where the survivors of the Tenmenbak held their first reunion.



Hokr, who lives in northwest Fresno with his wife of 54 years, Lillian, had lost contact with crewmates as he concentrated on looking forward instead of looking back. "You just get on with your life, you know?" he said earlier this week. In 1983, he began to wonder whether Bob Trumpy, a former pro football player and a commentator on NFL games Hokr watched on TV,

was related to a Tenmenbak crewmate of the same name. Hokr sent a letter to Trumpy, enclosing a copy of a photograph of the crew.

He received a reply a couple of weeks later. Yes, Trumpy wrote, that's my dad. Hokr also received a phone call from the elder Trumpy, who was the upper-turret gunner on the Tenmenbak. He and Hokr agreed the time had come for the crew to get together.

The reunion was held in Trumpy's home city of Springfield, Ill., a central location for men living in all corners of the country. Despite his role in putting the reunion together, Hokr hadn't spoken to the other crewmates before he and Lillian walked into the

begin. However, it would be four decades before Hokr learned the power of friendship forged so briefly on a plane unable to live up to its name: Tenmenbak.

Nine of the 10 crew members of the B-24 parachuted safely from the bomber, which was mortally wounded by German fighter fire. The name Tenmenbak referred to the shared prayer that all the men would survive every mission.

Hokr and seven crewmates became prisoners of war. A ninth crewman avoided capture.

The 10th flier, gunner Roland Morin, died in the barrage of anti-aircraft flak and gunplay and went down with the plane in a Czechoslovakian field. And so, in 1984, a plate and silverware were set for him at a Midwest

*Continued on page 9.*

restaurant.

The next few hours were a rush of memories, tears and revelations. Until that day, the men hadn't shared the details of their experiences after the Tenmenbak went down. There was a lot to talk about.

"It was the most emotional reunion you could ever hope for," Hokr said. "I could hardly breathe. It felt like we were young bucks again."

The men of the Tenmenbak got together every couple of years after that, even as the advance of time and age thinned their numbers. Eight were still alive in 1984; half that number are alive today. Hokr, a sturdy 80-year-old with a quick step and bright humor, says the other three are in poor health; no further reunions are planned.

"These people have become so close to me," Hokr said. "I can't imagine them not being in my life."

Sixty years ago, Hokr couldn't be sure he'd see another American again, much less a crewmate. He was surrounded by German troops moments after his parachute drifted into trees, leaving him suspended just above the ground.

"Well, for you the war is over," one soldier said in thickly accented English.

Well, yes and no. Though the Tenmenbak was gone, Hokr's war continued in a prison camp in Germany. He said he was treated humanely in Stalag Luft 1, where, according to a diary he kept, the

guards vanished overnight April 30, 1945, and Russian soldiers poured in, setting them free. Germany surrendered May 7.

Hokr still has the diary, along with an astounding collection of pictures, letters, maps and other documents culled from his personal collection and from contact with military-history buffs on the Internet.

He has the Western Union telegram that told his parents he was a POW. He smuggled out his mug shots from the camp. He even has a picture and biography of the fighter pilot who shot down Tenmenbak.

"He's just got tons of stuff," said Kevin Garcia, who profiled Hokr in a video documentary prepared for a history class at California State University, Fresno.

"His story is unique. And the reunions he's had with his crewmates have been pretty interesting," said Garcia, 29, who earned an A in the class.

Hokr's diary is a revelation in itself. Each page is a work of art, featuring Hokr's clean, block lettering along with drawings rendered in ink and watercolor. There are drawings of a German guard, his Russian liberators, various planes, and of a cartoony duck stewing behind bars. There also is a page that pays a touching tribute to Morin.

The diary's front and back cover were cut from Red Cross boxes and wrapped in cloth cut from a handkerchief and the leggings of some long johns.

The book's artistic flair reflected a talent that carried over to Hokr's civilian life. Living in the Los Angeles area, he spent time as a commercial artist before settling in 1975 into a partnership that made audio-visual presentations for companies such as Carnation.

After World War II, Hokr became an Air Force reservist. He returned to battle in 1950, joining other self-described "retreads" in the Korean War. He flew 67 missions, but none left him with the emotional punch of that one truncated mission over the land of his parents' birth.

"I so wanted to fly missions over Czechoslovakia and send a message to Uncle Adolf," Hokr said.

Hokr moved to Fresno from Los Angeles in 1990 after his retirement, fulfilling a promise to Lillian, who grew up here, attended Clovis High School and has numerous relatives in the area. He performs volunteer work at the Legion of Valor Museum, is active with a local POW post and hits the golf links regularly.

In 2000, he and four Tenmenbak crewmates traveled to the crash site, on a hill above a town called Trencineska Treplice. The locals had built a small memorial at the site nearly 10 years earlier. The words on the marker included only one name from the crew - Morin's - because his was the only body, and dog tags, found in the B-24.

The townspeople embraced the

*Continued on page 10.*

# Three National Directors



Can you identify three American Sokol National Directors in this photo? **BRO. EDWARD LINHART** presents an award to **BRO. PAUL LEBLOCH** at a Central District Awards Ceremony in the 1950's. Standing in line behind them, fourth from left, is our current National Men's Director, **BRO. CHUCK KALAT**.

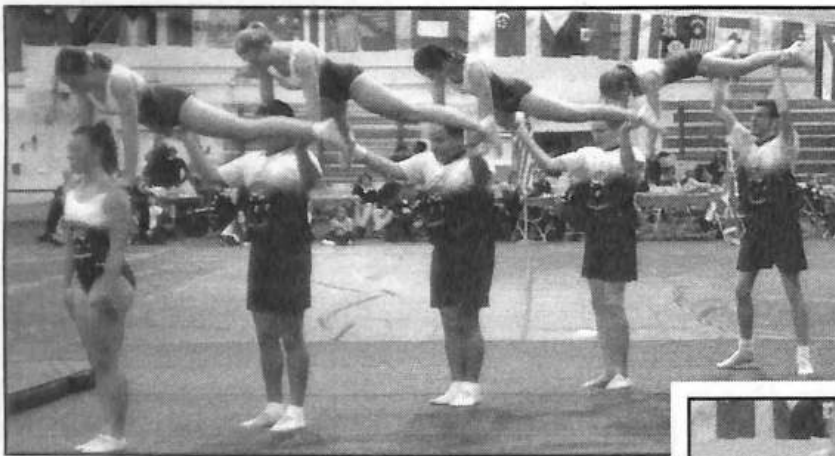
Thanks to Bro. Lebloch, now President of the World Sokol federation, for submitting the photo for publication.

## War Diary *Continued*

crewmen as their own. Hokr, fluent in the local tongue, doubled as an interpreter for his friends. He even talked the mayor into playing traditional songs on an accordion. "The people in this town made a real special ceremony of it," he said.

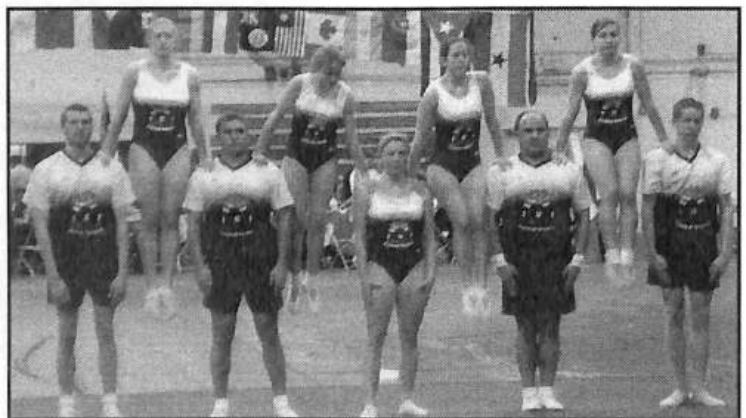
At the crash site, Hokr gathered iron and copper shards of the plane - tangible memories of a day that redefined him as one of 10 men.

*Submitted by Bro. John Pokorny.  
Bro. Hokr is an active member of  
Sokol Fresno; previously of  
Sokol Los Angeles.*



The Central District TNT Team performed in the North Central College Ethnic Fair in Naperville, Illinois on February 13, 2005. The team is made up of Sokol members from a number of units in the Central District.

*Submitted by Sis. Lynda Bazata,  
Central District Publicity*



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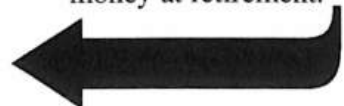
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