

## Congratulations to our Newly Elected American Sokol Officers!

President	Bro. Larry Laznovsky
I Vice President	Bro. Gary Masek
II Vice President	Bro. Paul Lebloch
Secretary	Sis. Bev Domzalski
Financial Secretary	Sis. Mary Steinman
Treasurer	Sis. Meribeth Tooke
Editor	Sis. Nancy Imbrone
Educational Director	Sis. EllenJeanne Schnabl
Foundation Director	Sis. Rosemary Zelenka
Membership Director	Sis. Mary Ellen Newsom
Marketing, Media & Merchandising Director	Sis. Pat Satek
Board Members	Sis. Janet Kalat Bro. Roger Martanovic Bro. Jerry Milan
Alternate Board Members	Sis. Maryann Fiordelis Sis. Allison Gerber Sis. Candace Short

*These officers will begin their term in September 2005.*

## American Sokol

(ISSN: 0003-1259)

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

### AMERICAN SOKOL

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

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

**Subscription:** \$8.00 per Year

**Postmaster:** Send address changes to:  
American Sokol, 122 W. 22nd Street,  
Oak Brook, IL 60523-1557

**Telephone:** 630.368.0771

**FAX:** 630.368.0758

**E-Mail:** ASO@American-Sokol.org

#### BOARD OF GOVERNORS

Larry Laznovsky	Bohus Bata
Gary Masek	Cheri Riddle
Mary Cushing	Mary Steinman-Hargiss
Barb Kucera	Rhonda Liska
Bob Podhrasky	One B.O.I Representative

#### EXECUTIVE BOARD A.S.O.

Larry Laznovsky	President
Gary Masek	I Vice-President
Roger Martanovic	II Vice-President
Rhonda Liska	Secretary
Valentine Husak	Treasurer
Mary Steinman-Hargiss	Financial Secretary
Barbara Vondra	Director of Women
Chuck Kalat	Director of Men
Joan Sedlacek	Educational Director
Sash Dumanovic	Public Relations
Sylvia Laznovsky	Membership
Patricia Satek	Editor
Joyce Tesarek	Foundation
Rick Smetana	Board Member
Janet Kalat	Board Member
Jerry Milan	Board Member
Bob Kucera	Alternate
Bohus Bata	Alternate
Bob Podhrasky	By-Laws

A.S.O. Executive Board meets every 4th Tuesday (except July/August), 7:30 P.M.

A.S.O. Board of Instructors meets every 2nd Wednesday (except July/August), 7:30 P.M.

Library, Archives & Museum Curator:  
Annette Schabowski

## From Your Editor...

This will be my last issue as your Editor. After 13 years I am stepping aside and am happy to announce that a very enthusiastic Sis. Nancy Imbrone from Sokol Minnesota will take over the helm starting with the July/August issue. I won't be far away, though. I've been elected as the American Sokol Marketing, Media and Merchandising Director. Wish me luck and of course, continue to send in those articles!!

NA ZDAR!

**Sis. Patricia Satek**

46 Northgate Road ~ Riverside, IL 60546-1639

Editor@American-Sokol.org

## CALENDAR of EVENTS

#### JUNE

- 4 LaGrange, IL Pet Parade—Central District Participation
- 5 D.A. Sokol Gymnastic Exhibition
- 11 Eastern Area Festival, Sokol Woodlands, Barryville, NY
- 11-12 Northeastern District Slet
- 13-17 Sokol Minnesota Culture Camp
- 15 Central District TNT Team Promotes Slet on NBC5 Chicago
- 17 Sokol Greater Cleveland Fish Fry
- 19 Sokol Greater Cleveland Sunday Dinner
- 26 American Sokol Little Ferry Anniversary Party

#### XXI AMERICAN SOKOL SLET

June 21-25, 2005 • Chicago, IL

#### JULY

- 2 Sokol Detroit Camp Food and Music Festival
- 4 Sokol Detroit Pig Roast Picnic and Fireworks
- 10 Cesky Den, Taborville, OH
- 23-24 Sokol Detroit Czech Festival

#### AUGUST

- 13 Sokol Detroit Endowment Fund Celebrity Golf Outing
- 14 Sokol Minnesota Camp Booya

#### SEPTEMBER

- 3 Sokol Detroit Grape Festival/Octoberfest at Sokol Camp
- 9-10 Sokol Minnesota Czech & Slovak Festival
- 13 Sokol San Francisco Picnic at Lake Chabot

## THOUGHT STARTERS

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

*"We tire of those pleasures we take,  
but never of those we give."*

~ J. PETIT SENN

## 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.



# The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

---

## NAZDAR! Sisters and Brothers:

Allow me to introduce myself as your newly-elected Educational Director. Our American Sokol Convention in the Cleveland area had many dedicated members on a number of committees and I was excited by the ideas and suggestions put forth at Sis. Joan Sedlacek's Educational Committee meetings.

We will try to bring to fruition as many as possible in the ensuing five years. We ask not only for your input, but for your patience. Thank you!

**Sis. EllenJeanne Schnabl**

Among my first suggestions is that our very young children read some of the many books by Peter Sis, a Czech-born author and illustrator making New York City his home with his wife and two children. His mother was an artist and his father a film-

maker. He studied painting and film-making at the Academy of Applied Arts in Prague and at the Royal College of Art in London.

A book for history buffs and those interested in the beginnings of Czechoslovakia is "*The Coasts of Bohemia*" by Derek Sayer, a professor of Sociology at the University of Alberta in Edmonton. (Copyright 1998 by Princeton University Press, New Jersey.) "*The Coasts of Bohemia*" details the long-needed history of the Czech people and the land that has been the cradle of Protestantism, a bulwark of Counter-Reformation, an Austrian imperial province, a proudly Slavic national state and the most easterly democracy in Europe. The book draws on an array of literary, musical, visual and documentary sources.

## THE VOICE ...Reader Quips, Comments & Queries

Dear Sis. Satek,

*Re: Memoirs of Stanley Barcal.* It was interesting to read the memoirs from a Slet at such a critical time in history. Although I was not alive then, I do know of Stanley Barcal from the Sokol history he wrote. Why not edit it for length and interest, and reprint it in your newsletter?

Na Zdar,

Bro. Ed Chlanda, Chairperson, Sokol New York Library Committee

Dear Sister Pat Satek,

I would like to thank you very much for putting the article of me in the American sokol. I always worked for Sokol in the background and most Sokol members always thought I was Frankie. Thank you again for the wonderful article.

Na Zdar!

Bro. Dan Michalek

## American Sokol President, Bro. Larry Laznovsky, Speaks on American Sokol Traditions

In March, Bro. Laznovsky traveled to North Miami, Florida as a guest speaker at a Special Conference and Festival on "Czech and Slovak Cultural Heritage on Both Sides of the Atlantic" sponsored jointly by the Czechoslovak Society of Arts and Sciences (SVU) and American Czech-Slovak Cultural Club of North Miami (ASSCC). He gave a lecture on "American Sokol Traditions."

Following is the abstract from the SVU Conference booklet:



### The American Sokol Traditions

Larry Laznovsky, American Sokol,  
Ennis, TX and Oak Brook, IL

This year the American Sokol is celebrating its 140th anniversary, with its first unit being founded in St. Louis, Missouri in 1865. The American Sokol currently has 36 units in various states of the USA. The 140th year will be celebrated at the XVIII Convention at Cleveland, Ohio in April and the XXI National American Sokol Slet in the Chicagoland area in June.

The organization strives to preserve the traditions of culture and heritage that were brought by the immigrants from the Czech Lands. Most of the units have buildings with dedicated areas that preserve our historical data for educating current and future generations.

*Sis. Jarmila Vogel, who submitted the information and photo for publication, writes: It is a pleasure to read American Sokol you edit. Enclosed, please find materials from the recent conference*

*of SVU where our Bro. Laznovsky have a most interesting, well prepared lecture on American Sokol traditions. As a member of SVU and Sokol New York, I felt that Sokol should be represented at the conference. Hopefully you will find space in your magazine to publish the picture and text to feature our talented and distinguished President, Bro. Larry Larry Laznovsky. My sister, Zlata Kozakova, edits the Sokol magazine of Ceska Obec Sokol in Tyrs House, Prague. We are lifelong Sokols. Currently, I am president of Masaryk Club of Boston and member of Sokol New York, having escaped after the Sokol Slet in 1948 in Prague, Czechoslovakia to exile.*

## THANK YOU!

We would like to thank all our brothers and sisters in our Sokol family for the many cards and e-mails of congratulation on our 50th wedding anniversary, and especially our wonderful children, Patricia, Pamela, John and David (and their families) for arranging such a wonderful surprise.

With a Sokol NAZDAR! John and MaryAnn Satek

# FROM KOLACHES TO GYMNASTICS

By Jaime Powell, Caller-Times, Corpus Christi, Texas



**Jerry Sijansky** dons a hat with falcon feathers, part of the Czechoslovakian Museum at Sokol Corpus Christi Hall, where Sijansky is known for volunteering.

*(Reprinted from the Caller-Times, April 10, 2005. Submitted by Bro. Jerry Elzner, Sokol Corpus Christi)*

For years, Jerry Sijansky has been the glue that has held together the Czech landmark Sokol Hall, a gymnastics school and venue for dances, quinceanearas, weddings and other family community events.

Sijansky, 63, volunteers daily and takes on many tasks at the hall, from helping to provide money, food and clothes for the less fortunate, to teaching gymnastics to youngsters. And he has done it for more years than anyone can remember, said Jerry Elzner, a friend and fellow volunteer.

For his efforts, Sijansky has been recognized as part of the 15th annual Caller-Times/KRIS Channel 6 Jefferson Volunteer Awards, which recognize

community volunteerism. Nominations are accepted throughout the year and a community panel selects four honorees each month.

"He is the very heart and soul of Sokol (Corpus Christi) Hall," Elzner said. "He supports Czechs in anything they do. And he is a fund-driver, groundskeeper—anything that's needed, he does."

Anna Marie Moss, who has known Sijansky for more than 60 years, said he can do everything from baking world-class kolaches, a Czech pastry, to building.

Sijansky said Sokol is his heritage, something he and his wife, Jill, have passed on to their children and grandson.

"My parents met there and got married there," he said. "It has

been part of my life since I was little. My children went through the gym program. My grandparents were members. It's my heritage and that's the reason I like to perpetuate it."

But for the people watching him work, what really sets Sijansky apart is his kindness and dedication, which is boundless, Moss and Elzner agreed.

"He is one of the finest, kindest, most fun, honorable, honest men I have ever known in my life," Moss said. "He never has a bad word to say about anybody. He gives of himself and asks nothing in return."

*Editor's Note: Bro. Jerry Elzner adds: Bro. Sijansky is Vice-President of Sokol Corpus Christi. He is a great Sokol and 1st Class Volunteer!!*

# WHAT'S IN A NAME?

From Radio Prague's ABC of Czech - Heather Bowne

Ahoj and welcome to Radio Prague's ABC of Czech. Today we are looking at Czech surnames.

The most common surname in the Czech Republic is Novak, which is closest to the English Newman. Over eight percent of the names in the Prague phone book are Novak. Related to Novak is Novotny, which is also quite a common Czech surname. There also exists Novy and Novacek, but these are not as common. Can you guess where these names come from? The best clue is from the adjective *novy*—meaning “new.” Novak, Novotny, Novy and Novacek are surnames given to newcomers by the inhabitants of a village or community. It makes sense.

Another surname given for similar reasons is Prochazka, but this name was usually given to someone who walks or wanders. The name Prochazka comes from the verb *prochazet se*—meaning “to walk.” The verb *prochazet se* has many different meanings and uses in Czech, for example, to go by, to pass through, to traverse, to come through. The verb for returning in Czech is *navratit se*. Can you think of a Czech surname that has the verb *navratit* in it? You've got it—the Czech-born tennis player Martina Navratilova! Even though her family must have been given the name Navratil a long time ago, it still suits her, given that she retired and then returned to tennis! Or maybe she should have been called Skala, strong as a rock, coming from the word *skala*—rock.

Prochazka is the name for people who wandered and Novak and Novotny for newcomers, but what about people who stayed in the same place? Let's have a look at surnames related to land ownership and status.

While most of us immediately associate the surname Dvorak with the Czech composer Antonin Dvorak, the surname Dvorak is connected to the time of serfdom and referred to a farmer having his own farm. Apparently it comes from the Czech word for courtyard or farmstead—*dvur*. The common

name Svoboda, meaning freedom in Czech, referred to a freeman, as opposed to a serf. The surname Sedlak belonged to peasants having a large piece of land, Sedlacek to peasants having a small piece of land.

Not all people had a large plot of land. A name for someone who just had a bit of land was Chalupa or Chaloupka, from the Czech words for cottage—*chalupa* or little cottage—*chaloupka*. *Chalupnik* was also used for someone who had a cottage, but the literal translation of this one is “inhabitant of a cottage.”



gardener – *zahradnik*

Do you recognize the ending *-nik*? It is common in words like worker—*delnik*. And one last one before we say goodbye. The Czech word for garden is *zahrada* and a gardener, as you might guess, is then a *zahradnik*, so someone who had a garden would be *Zahradnik*. We hope you've enjoyed this information on Czech surnames and their origins. Until next time! *Na shledanou!* And take care! *Mejte se!*

© Copyright 1996, 2005 Radio Prague.  
All rights reserved.

Submitted by Sis. Julie Barcal—she received it in Czech class  
from instructor Bro. Bob Baumruk.

# AMERICAN SOKOL GYMNAST

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

## Results from the Western District Slet

Hosted by Sokol South Omaha

April 15-17, 2005

Age/Level	Name	Gym	Place
Girls/level 1	Jennifer Kunc1	Crete	1
	Paige Blankman	South Omaha	2
	Hannah Chantry	South Omaha	3
Girls/level 2	Taylor Menke	Crete	1
	Amanda Gosselin	Crete	2
	Cassandra Carson	South Omaha	3
Girls/level 3	Nikki Muff	Crete	1
	Mercedes Thatcher	Crete	2
	Angelica Torres	South Omaha	3
	Eve Tuttle	Omaha	3
Girls/level 4	Alyssa Kunc1	Omaha	1
	Brittany Winkelman	Omaha	2
	Karly Phipps	Crete	3
Girls/level 5	Lilia Hutchinson	South Omaha	1
Jr. Girls/level 2	Kari Anderson	South Omaha	1
Jr./level 3 (12-14)	Brittany Collett	Omaha	1
	Skye Weihe	South Omaha	2
	Jordan Byrne	Minnesota	3
Jr./level 3 (15 +)	Mindy Sattler	Minnesota	1
Jr./level 4 (12-14)	Tiffany Swarbrick	South Omaha	1
	Krystal Culler	South Omaha	2
	Kristin Staude	Cedar Rapids	3

<u>Age/Level</u>	<u>Name</u>	<u>Gym</u>	<u>Place</u>
Jr./level 5 (12-14)	Caitlin Rosenberger	Omaha	1
	Amanda Bornstein	Cedar Rapids	2
	Carrie Stom	South Omaha	3
Jr./level 5 (15 +)	Dayona Barrett	South Omaha	1
Jr./level 6 (12-14)	Bethany Landon-	Cedar Rapids	1
	Heinbuch		
Jr./level 6 (15 +)	Jenna Nelson	South Omaha	1
	Ashley Smetana	South Omaha	2
	Emily Leahy	Omaha	3
Jr./Championship level 7 (12-14)	Breanne Travis	South Omaha	1
	Olivia Rhodes	South Omaha	2
Jr./Championship Level 7 (15 +)	Carly Vincentini	South Omaha	1
	Kristina Kurz	South Omaha	2
	Kelsey Rhodes	South Omaha	3
Women/level 4	Alisa Hollibush	Minnesota	1
Women/level 6	Leah Woodward	Cedar Rapids	1
Women/Masters II	Allison Gerber	Cedar Rapids	1
Boys/level 2	Brendan Teel	Cedar Rapids	1
Boys/level 3	Jake Harms	Crete	1
	Dillon Parks	Crete	2
	Brysen Mach	Crete	3
Boys/level 4	Trey Felner	South Omaha	1
	Colten Mach	Crete	2
	Kyle Pesarchick	South Omaha	3
Boys/level 5	Tyler Hamilton	South Omaha	1
	Louis Montoya	South Omaha	2
	Kory Swarbrick	South Omaha	3
Jr. Boys/level 4 (12-14)	Brock Sherman	Crete	1
	Kyle Dillon	Crete	2

<u>Age/Level</u>	<u>Name</u>	<u>Gym</u>	<u>Place</u>
Jr. Boys/class 5 (12-14)	Nick Buchta	South Omaha	1
	Ben Muff	Crete	2
	Justin Kleich	Crete	3
Jr. Boys/class 5 (15 +)	Andrew Dalton	South Omaha	1
	Joshua Warga	South Omaha	2
Jr./class 6 (12-14)	Michael Lee	Omaha	1
Jr./class 6 (15 +)	Steven Kowalski	South Omaha	1
Jr./Championship	Bo Benak	South Omaha	1
	Luke Gabriel	South Omaha	2
Men/level 3	Bud Benak	South Omaha	1
Men/class 5	Buddy Benak	South Omaha	1
Men/class 6	Jason Barber	South Omaha	1

### Rhythmics-Hosted by Sokol South Omaha

April 15-17

<u>Level</u>	<u>Name</u>	<u>Gym</u>	<u>Place</u>
Level 5	Olivia Rhoades	South Omaha	1
	Jenna Nelson	South Omaha	2
	Breanne Travis	South Omaha	3
Level 6	Carly Vincentini	South Omaha	1
	Kelsey Rhoades	South Omaha	2

Congratulations to all competitors!!  
A job well done! KP;)

## Getting Adults Involved in General Gymnastics

By Dean Capelotti, USA Gymnastics Technique Magazine 1997

If you have started a Performance Team based on General Gymnastics principals, you know that the sport is based on "Gymnastics for Everyone," but how do you involve adults? Getting started is the hardest part since most adults don't want to be the guinea pigs in your new experiment. You may need to start with members of your coaching staff so that the adults in your gym see other adults performing.

**Hint:** When you start, make the adult part fun and simple. The adult who watches and may want to join your team may not necessarily have a gymnastic background, and difficult stunts may scare them off.

**Another Rule of Thumb:** Moms don't want to wear leotards and most adults don't want to flip (with the exception of a few old crazy coaches).

One of the best ways to get adults in, is to start a family General Gymnastics class where mom and dad can take a class with their children. Parents always seem to be more committed to their children than to themselves so make sure you have a class for the whole family.

To keep adults interested, you need to make the class fun. As the adults master the basics and overcome their natural inhibitions to perform they will want more challenges. You will need to add complexity to the routine, but always keep those simple parts for new adults. Parents make great bases ("bottom standers") and spotters for pyramid and other partner stunts. If you get the whole family involved, you can even work on family stunts. Parents love interacting with their own children. As added plus to parents working with their own children is that they will probably be more aware of their own child's safety so they make excellent bases for their own child.

In order to keep your whole team focused you will need to plan to perform. We try to have a performance about every two months. This gives us time to add new items to the routine, but still have an event close enough that everyone wants to work to look good. We try to combine performance with fun family activities. Last February we took more than 100 performers (about 20 were adults) and 150 spectators to a local amusement park for a performance. After the performance we rented a hall and had a private lunch with entertainment for all 250 people. After lunch everyone enjoyed the park. This was a very popular event. During the lunch we had several inquiries from other adults about joining the team. As you build the base of participating adults, it becomes easier and easier to recruit more. You will be surprised by the energy and enthusiasm adults add to your performances.

I thought this was a great article to put in the *Gymnast* to give coaches out there an idea for a new class, for something to do over the summer so your gym isn't empty, for National Gymnastics Day, or even if you just do some easy gymnastics in your adult classes without kids. Have fun with it and you will see more attendees in your classes KP:)



**Bro. Jerry Sijansky** (right), Sokol Corpus Christi, TX, presents a T-shirt to Eva Strizovska, Prague, Czech Republic, Editor of "Ceske Dialog" magazine. She visited Corpus Christi for ten days.

*Submitted by  
Bro Jerry Elzner*



## Sokol Underground—Best Music Venue

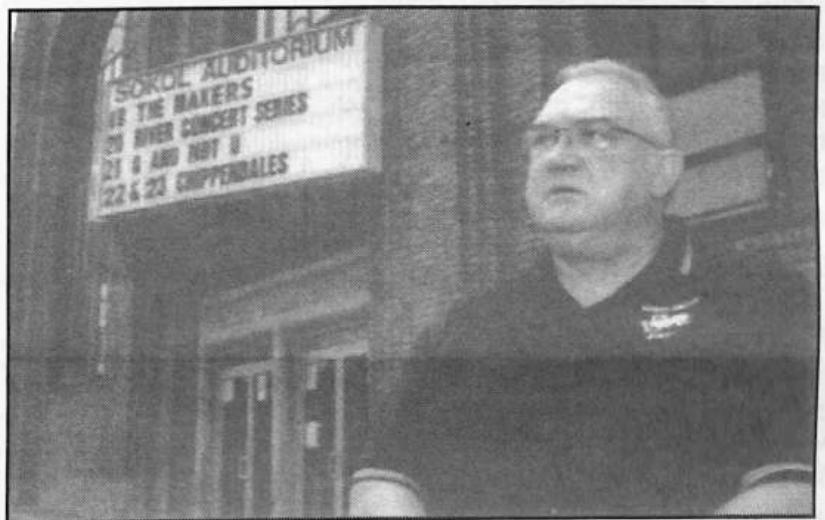
*From "The Reader," November 18-24, 2004, Omaha, Nebraska*

### Sokol Underground Ties as Readers' Choice Best of the Big O

It's hot, it's smoky, it's downright dingy. The parking is bad, the lighting is sketchy, and there's generally nowhere to sit down. It also just happens to be the home of Omaha's indie rock explosion.

Sokol Underground—and its beefier mother of an auditorium that looms above it—are ground zero for everything indie in the Omaha music scene. In addition to being just about the only place to see the nationally adored Saddle Creek Records artists perform live, Sokol consistently hosts the hottest national touring indie rock bands. So far this year, the venue south of the Old Market has been host to Death Cab for Cutie, Of Montreal, My Morning Jacket, They Might Be Giants, The Black Keys, and the list goes on and on.

The brain trust behind these high-quality shows is One Percent Productions, the team of Marc Leibowitz and Jim Johnson, who have been booking shows at the Sokol beginning with Ani DiFranco way back in 1997. More than 300 shows later and the company has become as synonymous



with Omaha's music reputation as Saddle Creek itself. But they're not alone. Behind the scenes, **Sokol President, Gary Masek**, (pictured above outside Sokol Omaha's building, home of Sokol Underground) keeps the bar well-staffed and stocked and the building ready.

Never comfortable resting on its laurels, the Sokol has made a number of investments in its Underground this year, including a massive upgrade to the sound system and installation of much-needed smoke-eaters.

# PIONEER SKIERS

Building trails through the woods, they put Anchorage on nordic map

*Edited from an article by Melissa DeV Vaughn, Anchorage Daily News, December 2004*

When Milly and Yaro Mucha left Cleveland for Alaska in 1965, they had seen snow, but nothing like the 89 inches that fell in Anchorage that year.

"We had three monsters with us, and we had to do something with them," Milly said affectionately about her children, now 51, 50 and 45 years old.

As Milly describes it, she and her husband sat in the parking lot in front of Barney Sylar's sporting goods store one day and pondered the choices: downhill or cross-country skiing?

Once inside the shop, the decision was simple. they could outfit their whole family with cross-country

gear at a fraction of what downhill skis cost. So they walked out with the equipment they needed to propel them into a new sport. Little did they know that the day forever changed their lives.

Today the Mucha (pronounced Moo-cha) family is considered one of an elite handful of pioneering Anchorage ski families. They arrived in Anchorage at the height of the development of cross-country skiing, pitching in with such well-

known names as the Richters and Mizes and Mahaffeys to create a city centered on skiing half the year.

Trails were just beginning to blossom. The Nordic Skiing Association of Anchorage was only 2 years old -- what Milly called a "kitchen-table operation."



And the cross-country community consisted of a few close-knit families that put on races for their children, built trails throughout the city that ultimately expanded skiing opportunities for the masses.

Earlier this month, Alaska Pacific University's Nordic Ski Center hosted its second "Pioneers in Anchorage Cross-Country Skiing" banquet. The event focuses on longtime Alaskans who sculpted a trailless backwater into one of

the world's premier cross-country skiing destinations. The Muchas were the guests of honor.

"The reason we started this (dinner) is because we want to recognize that there is a really strong core of skiers in Anchorage," said Jim Galanes, APU nordic ski director and head

coach, who also trains APU's masters team. "Without their efforts, we wouldn't have this great trail system that we have today."

The average skier today probably does not know the Mucha name because there is no ski trail named after them. Neither Milly, 73, nor Yaro, 75, is out winning races—although Yaro consistently posts top times for

his age group.

But their efforts helped put many Anchorage trails on the map. As Jim Mahaffey said at the APU banquet of the late Tom Besh, who also was honored at the event, "Pioneers stay. Pioneers create. These pioneers have created a culture of skiing."

## PIONEERING STRENGTH

Anchorage's older skiers are still going strong, solving trail-use

*Continued on Page 9.*

issues, entering races and passing what they know onto younger skiers.

"A lot of people question why we run a program like the masters. What value does it have?" Galanes, of APU's Nordic Ski Center, said at the banquet. "It brings a feeling of community."

Galanes said the masters skiing program is strong, with steady membership of 80 to 100 skiers.

APU ski program manager Jon Quinn-Hurst, who works with the junior and college-age ski team members, said it is nice to watch masters skiers interact with the younger ones.

"Their lifestyle and their commitment to the sport, I think, sets a really good example for the younger athletes," Quinn-Hurst said.

Quinn-Hurst said he thinks the younger athletes inspire the older ones, too, and more older skiers are taking up racing. Participation in the 55 and older age group has increased in both the Besh Cup and Tour of Anchorage over the past five years.

#### THE NEXT GENERATION

Don and Marion Richter, Dick and Ann Mize, Milly and Yaro Mucha, Jim and Dee Mahaffey and others have helped build a trail system that has firmly rooted Anchorage as a nordic skiing stronghold.

At the Pioneers in Cross-Country Skiing event, Milly Mucha stood up to accept the award. She has been the national chairwoman of races in Canada, Japan and throughout the United States, and she helped put on countless races in Alaska.

"I have been to Europe and to

Japan and when you go to these places, you realize you can't beat Alaska," she said. "We shoveled snow in Russian Jack in the '60s so we could have a race, and whoever won it was no problem. We're all healthy Americans and we keep on going. You don't get that kind of commitment anywhere else.

"It's been, really, a wonderful 40 years."

Then Milly paused and laughed.

"Forty years," she said. "Isn't that terrible?"

And everyone applauded.



#### Bro. Yaro Mucha writes to American Sokol about Yaro & Mildred Mucha:

I attended Sokol since 1938 and competed in zaci, dorost and muzi at Sokol Tyrs, Cleveland and attended the Sokol Slets of 1947, 1949, 1953, 1955 and 1965. I had the pleasure of meeting Bro. Stan Barcal and competing with him in St. Louis in 1955.

Mildred Mucha was a member of Sokol Nova Vlast and attended the same Slets.

We both graduated from Baldwin Wallace College and departed for Alaska in August 1965. We were going to be teachers in the Anchorage School District.

Since we had a Sokol background, we wanted our

children to be active in physical fitness sports, especially gymnastics. However, when we arrived in Anchorage, we learned there was no gymnastic program in the schools. Also, two P.E. teachers who were our friends were tied down in lawsuits involving minor mishaps of falling down in P.E. classes.

We enrolled our children in a Swim Club program and then we gravitated toward the Nordic Ski Club for cross country skiing. The Ski Club was a group of families of European background that was like a circle of Sokol friends.

Mildred was undeterred and was prominent in ordering school apparatus for a new girls gymnastics program in the public school. The boys didn't have gymnastics, but wrestling took the slot to balance girl and boy sports.

We volunteered into the Nordic Ski Club program wherever we were needed.

I'm happy to say our children were active the year 'round in cross country running, cross country skiing and track & field. The boys also did wrestling.

The summer Nordic Club program included running and soccer playing to keep in trim. We would load up a car with our children and their friends to go for a scheduled activity in the summer followed by a visit to the ice cream parlor as a reward incentive.

I'm still active in Masters swimming, a summer triathlon and sport fishing. I attend the Alaska Club Fitness. We hope to make it to the Slet.

NAZDAR! Yaro Mucha



# American Sokol

## **YOUTH PROGRAM**

### Activities and Information

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

#### **YOUTH ACTIVITIES AT THE 2005 SLET IN CHICAGO!**

The youth committee is excited about seeing everyone at the Slet this year! So...we have decided to have a lot of activities and prizes ready and waiting for the kids! Make sure to remind them to Check It Out!

- Carnival Games at the Competitors Social
- Airplane toss for prizes at Opening Ceremonies
- Limbo contest at awards dance
- Balloon Making Clowns at Slet rehearsal
- Lots of give-aways and prizes!

AND OF COURSE...remind all of them to bring their **PASSPORTS** so that they can get the stamp for the Slet!

## **THANK YOU!**

As my duties as Youth Director come to a close, I wish to express my thanks to all the youth committee members that have helped to make our first 5 years of youth membership such a great success. I would also like to thank all of the Unit Directors, District Directors, and National Directors for promoting the youth activities in their Units and Districts. Please continue to support all of the youth activities as **our new Youth Director, Bob Kucera**, takes the reins and takes youth membership to new heights! Good luck to all and Nazdar!

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 Unit youth ambassador or call or e-mail Tom Pajer at 630-833-6916 or [tompajer@american-sokol.org](mailto: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**

## 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:

## AMERICAN SOKOL

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

Sokol	Name	NEW! Address	City	State	Zip
_____	_____	_____	_____	_____	_____

# 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.



## EDUCATIONAL & B.O.I. MATERIALS, MEMBERSHIP PINS & KITS

### EDUCATIONAL MATERIALS

"Sokol and the Sokol Ideal"  
"Our Task, Aim and Goal"  
"Dr. Josef Scheiner"  
"Highlights of Czech History"  
A.S.O. 125th Anniversary Book  
"American Sokol Sings" Songbook  
Gymnastic Activities w/Hand  
Apparatus  
Sokol Gymnastics Manual  
Unit ID Ribbons

### BOARD OF INSTRUCTORS

Director's Newsletter Subscription  
Instructors' Digest (Vol. I, II, III, IV, V)  
Unit Directors' Handbook  
District Directors' Handbook  
Girls'/Boys' Skills Program Materials  
Large Packet (25 Participants)  
Small Packet (12 Participants)  
Tots' Skills Program Materials  
Large Packet (25 Participants)  
Small Packet (12 Participants)  
Separate Cards, Patches, Bars and  
Ribbons Also Available  
Birthday Ribbons

### MEMBERSHIP PINS & NEW MEMBER INFORMATION

Membership Kit  
Plain Pin (*No Year*)  
Year Pins (in 5-year increments: 5, 10,  
15, 20, 25, 30, 35, 40, 45, 50-Year)  
55 Years & Over Citation of Merit

For information on all items, contact:

**AMERICAN SOKOL**  
**630-368-0771**

## AMERICAN SOKOL

122 W. 22nd Street • Oak Brook, IL 60523-1557

# UNIGLOBE

## Cihak Travel, Inc.

6300 Kingery Hwy., Ste. 414  
Willowbrook, IL 60527-2271  
630-986-8100  
1-800-426-8826

Call for airline, hotel and tour  
reservations worldwide.

Exclusive U.S. and Canadian  
agent for Prague Suites,  
the hotel alternative.

# UNIGLOBE

WE WILL CHANGE  
THE WAY YOU TRAVEL.



*Hop on board!*  
2005



## STOP PAYING TAXES NOW...

ON MONEY YOU WON'T USE UNTIL RETIREMENT!

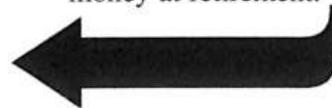
CSA FRATERNAL LIFE  
122 W 22ND STREET  
OAK BROOK, IL 60523

\$50,001 & UP EARNS **4.00%**

\$10,001-50,000 EARNS **3.75%**

\$1,000-\$10,000 EARNS **3.50%**

Use CSA's tax deferred  
annuity to accumulate  
money at retirement.



**Call 1-800-543-3272 today!**

*We Can Help You With Your 401K Rollover.*

# WEBER TRAVEL AGENCY



*Complete Worldwide Professional Travel Service*

SPECIALIZING IN TRAVEL TO CZECH REPUBLIC  
SINCE 1958

3729 Grand Blvd. • Brookfield, IL 60513-1623  
Tel. 708-485-1333 • 800-886-7012



## wfla western fraternal life association

1900 First Avenue NE, Cedar Rapids, IA 52402  
(319) 363-2653 • (877) WFLAINS • Fax (319) 363-8806