

American Sokol



New Czech Ambassador Arrives In Washington

<http://www.mzv.cz>



Petr Kolář, the new Czech Ambassador to the United States, officially assumed his duties on December 2, 2005. On that day, Dr. Kolář presented his letter of credentials to the President of the United States, George W. Bush.

Ambassador Kolář previously served in Prague as the Deputy Foreign Minister for Bilateral Relations (2003-05), his postings as Ambassador in the past include Ireland (1999-03) and Sweden (1996-98). In early nineties, he participated in a training program at the Woodrow Wilson International Center for Scholars.

The new Ambassador is very well aware of the special importance and high standard of Czech-American relations and plans to further enhance the already flourishing relationship between our countries

Petr Kolář, Ambassador Extraordinary and Plenipotentiary

Born September 27, 1962, in Ceske Budejovice, CR
Married to Jaroslava Kolarova (Bendova), two sons – Ondrej (born 1984) and Adam (born 1990).

Education:

Charles University, Faculty of Arts (Prague, CR)
Majors: Information Technology and Library Science, Ethnography (graduated in 1986)

Post-graduate Studies:

1991 Woodrow Wilson International Center, Washington, DC
1992 University of London, Institute of Historical Research

Work experience:

1986-1987 Specialist at the Institute for Ethnography and Folklore Studies at the Czechoslovak Academy of Science
1987-1988 Short-term positions, predominantly as a laborer (porter and cleaner at the Institute for Ethnography and Folklore Studies, loading mail in the Prague Central Station Post Office, scrap yard watchman)
1988-1989 Military Service
1989-1990 Specialist at the Research Center for Peace and Disarmament Issues of the Czechoslovak Academy of Science
1990-1992 Researcher at the Institute for Contemporary History of the Czechoslovak Academy of Science
1992-1993 Chief Researcher at the Institute for Strategic Studies of the Ministry of Defense in Prague.
1993 (January-July) Researcher at the Norwegian Nobel Institute in Oslo
1993 (July-December) Researcher at the Institute for International Relations in Prague

1993 (December) - 1996 Ministry of Foreign Affairs of the CR
1993-1995 Director of the Department for Czechs living abroad and Nongovernmental Relations
1995-1996 Director of "Eastern & Southern Europe Territorial Department", Foreign Policy Adviser to the Foreign Minister
1996-1998 Czech Ambassador Extraordinary and Plenipotentiary to Kingdom of Sweden
1998-1999 Adviser for European Integration and the Balkans to Vaclav Havel, President of the Czech Republic
1999 - 2003 Czech Ambassador Extraordinary and Plenipotentiary to Republic of Ireland
2003 (September) - 2005 (October) Deputy Minister of Foreign Affairs for Bilateral Relations

From 1991 to 1993 he also worked as foreign policy editor and commentator as well as foreign affairs correspondent with a number of Czech dailies and magazines (Metropolitan, Telegraf, Lidová demokracie, Kosmopolitan 2000). During his academic career he initially concentrated on the National Revival period and has been focusing on contemporary history since 1989 (in particular the period from 1938 to 1948), present international conflicts and relations between small and large states. During his time as guest researcher at the Norwegian Nobel Institute in Oslo, he participated in an international research project entitled "The Superpowers and International Systems". He was a lecturer (1999) at the Faculty of Social Sciences of Charles University on the topic of European integration and the Balkan conflicts and published a number of specialized articles.

Interests: International politics, sport, literature, history, fine arts.

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ASO Executive Board meets every 4th Tuesday (except July/Aug) at 7:30 PM.

ASO Board of Instructors meets every 2nd Wednesday (except July/Aug) at 7:30 PM.

To submit information for the publication:

Email Editor@American-Sokol.org

Mail Nancy Imbrone
2809 Matilda St.
Roseville, MN 55113

Phone: 651-470-6153

Calendar of Events

February

3-5	Ski Trip Holiday Valley NY – Sokol Ceska Sin
4	Tae Kwon Do Tournament – Sokol NY
4	Mardi Gras Dance - Sokol St. Louis
5	Tea Party, Kroj Fashion Show & Silent Auction – Sokol MN
5	Super Bowl/Dart Party – Sokol NY
11	Euchre Tournament – Sokol MN
12	Pork Jaternice Dinner – Sokol/Sokolice Milwaukee
14	Sokol/Sokolice Milwaukee Gymnasts & Parents Pizza Party with WFLA
17	Fish Fry – Sokol Gr Cleveland
18	Baca Cup Annual Ski Race – Sokol Washington
18	Exhibition – Sokol Gr Cleveland followed by Social at Bohemian Nat'l Hall
19	Czech Film – Firemen's Ball / Horí, má panenko Sokol MN & CSCC
25	Sibrinky-Fasiangy – Sokol Washington
26	Kolache Bake Sale – Sokol MN
26	Pork Dinner – Sokol Gr Cleveland
26	Celli Fundraiser – Sokol NY

March

4	Šibřinky – Sokol MN
4	Strudel Making Class – Sokol Gr Cleveland
5	Spaghetti Dinner – Sokol MN
11	Exhibition – Sokol Tabor
12	Exhibition – Sokol Chicagoland
17	Exhibition – Sokol Naperville
17	Fish Fry – Sokol Gr Cleveland
18	Exhibition – Sokol Stockney
19	Czech Film – <i>My Sweet Little Village / Vesničko Má Stredisková</i> Sokol MN & CSCC
25	Exhibition – Sokol Spirit
26	Flavors of Slovakia Dinner – Sokol MN
26	Chicken Paprikash Sokol Sunday Dinner – Sokol Gr Cleveland

From your Editor...

Last month, I erroneously listed Exhibitions for Sokol's Tabor, Chicagoland, Naperville, Spirit, and Stickney as being in February. They are indeed in March and listed above correctly. I apologize most sincerely.

Nancy



A Message from Our President ...

Greetings Sisters and Brothers!

I have some exciting news for our organization. I received the following letter from Mr. Ivo Broskevic, Cultural Section, Embassy of the Czech Republic in Washington, D.C. Please read on ...

Greetings from Washington, DC!

It is my pleasure to inform you that the Czech Embassy would be honored to nominate the American Sokol Organization for the Czech Ministry of Foreign Affairs "Jan Masaryk Gratias Agit" award in 2006.

Since 1997, each year in June, the award is traditionally presented by the Czech Minister of Foreign Affairs to foreign Czechs positively promoting the Czech Republic and Czech issues around the world. The ceremony takes place at Czernin Palace, the seat of the Czech Ministry of Foreign Affairs in Prague.

In connection with the letter of nomination that we are going to send to Prague, we would like to ask you to kindly provide us with the background material related to the history and present days of American Sokol in the USA, its activities, achievements and other information.

If we could receive the material and your consent with our intention by November 30, 2005, we would really appreciate it.

Again, thank you for your dedication to Czech issues, and I look forward to hearing from you soon.

Sincerely,

Ivo Broskevic

I want to thank Sis. Jean Hruby And Bro. Paul Lebloch for assembling the information we submitted to the Embassy. American Sokol is truly honored to be nominated for this award.

Nazdar!

Larry Laznovsky

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. Ellen Jeanne Schnabl, Educational Director

NAZDAR! Sisters and Brothers:

Did you know that February's name is taken from "Februa", the Roman festival of redemption? We have many days to celebrate besides the various Presidents' birthdays, Valentine's Day, Black History month, Potato Lovers' month, National History month, beginning with National Freedom Day on the 1st.

Check out the following:

- 1 1899 Inauguration of divisions for Women in the Sokol gymnastic organization in Bohemia.
- 4 1719 Publication of the first edition of a Czech newspaper in Prague.
- 5 1820 Birth of Bozena Nemcova -beloved Czech author; her famous "Babicka" is a classic.
- 12 1817 Election of first executive committee of the American Sokol Society, in Chicago, IL.
- 14 1865 First Sokol gymnastic society founded in America, under the name of "Spolek Sokol" in St. Louis, Missouri, with a membership of 65, which increased to 100 by April 4th.
- 15 1965 Commemorative stamp honoring the centennial of the Sokols in America was issued in Washington, D. C.
- 16 1862 First Sokol Unit held its first mass meeting in Prague. It was the founding of Sokol as we know it.
- 25 1858 Joseph Cermak is born. Greatest exponent of Sokol ideals in America. Great teacher & leader.
- 29 1864 Birth of Joseph Machar, Czech poet & author. Called "The Nation's Conscience."

Meaningful dates in March:

- 1 1863 First public athletic & gymnastic exhibition by the Prague Sokols.
- 7 1850 Birth of Thomas Garrigue Masaryk. He met with Dr. Miroslav Tyrs to discuss the value of Sokol in building a strong Czech and Slovak nation.
- 17 1832 Birth of Dr. Miroslav Tyrs
- 28 1592 Birth of Jan Amos Komensky, an educator who created and introduced to the world a modern system of education.

Notes from the Pacific District...

Submitted by Sis Lillian Roter, Editor Sokol Notes & Financial Secretary/Membership Sokol Los Angeles



The Pacific District meets twice a year -- generally in May and October, alternating between the Fresno and Los Angeles Units.

Sokol San Francisco has an annual Christmas party as well as several "parties" throughout the year.

Sokol Fresno sponsors an annual family campout in July at Dinky Creek campground with competitive games/prizes for children of all ages and just good old-fashioned family fun. Several District members look forward to this campout each year. Sokol members have first priority for camp sites with non-members admitted only if space is available.

Sokol Los Angeles is the most active unit in the District. We have two social functions each year -- spring and fall, and we hold Czech language classes for those interested in learning. We are looking forward to our first annual Youth Day this summer.

Our October 2005 Heritage event was a big success with a few of our members arriving in traditional dress. We had a traditional Czech meal and lots of yummy pastries donated by our members with prizes to the best home-made submissions. Traditional Czech music kept the dance floor busy.

AMERICAN SOKOL WINTER SLET

Submitted by Howie and Jane Wise

The first American Sokol Winter Slet was held in the Chicago area December 2-4, 2005. This Slet was organized by the National New Wing coordinators and was intended to be a unique form of competition for the young adults of Sokol. One goal of the New Wing group is to have events that will keep their age group interested and active in Sokol and develop friendships with other Sokols. There were 65 competitors giving it their all at the various competitions.



The events included bowling, indoor sand volleyball and a corn hole or bags tournament. (A bags tournament is similar to horseshoes except bean bags are used and the goal is to throw it into a hole cut into a slanted board.)

Bright and early Saturday morning 40 bowlers arrived at the lanes for the 8 AM start. They eagerly began bowling their three games. Many unique bowling styles could be seen that morning.

Everyone changed their focus from bowling and headed over to the North Beach facility for the Indoor Sand Volleyball competition. This one of a kind facility offered 2 sand volleyball courts colorfully decorated in an ocean

and beach motif. The 7 teams began their tournament at 12:00 and finished just before 5 PM. A Tiki Hut socializing area was available for the players when they were not playing along with beverages and snacks.

Everyone had a little time to recover before heading over to Sokol Tabor for the evening social and bags tournament. A band, food, and beverages were available to enhance the socializing of the evening. Well over 100 people were in attendance....most of them under the age of 30. What a great sight to see! Now it was time for the bags tournament. 24 two person teams were entered. Serious competition took place for well over 3 hours before the champions were decided. More socializing ended the evening as attendees attempted to catch up on the lives of their Sokol friends from other cities.

"ROSAMUNDE"/"BEER BARREL POLKA"/"ROLL OUT THE BARREL"/and OTHERS.....

Compiled by Bob Martin from "Skoda Lasky" and other sources.
Submitted by Eva M. Pilik Public Relations Director

So, which came first? Which one is the oldest? What is the origin of this music? If you think you know, you just might be surprised. (NOTE: A former Foreign Minister of Germany Hans-Dietrich Genscher even made a bet that it was a German Song ... HE LOST THE BET!!!)

The Melody was composed in 1927 by the Czech musician/composer Jaromir Vejvoda (1902-1988). Since it lacked lyrics and a base line he titled it "Modrany Polka"(Polka of Modrany). In 1929 he wrote the base line. Then in 1934 Vaclav Zeman wrote the first lyrics for it titled "Skoda Lasky"



(Wasted Love). It gained in popularity and in 1938 Will Glahe Published the German version with the name "Rosamunde". In 1939 the English lyrics were written by Lew Brown and Wladmir Timm and published by Shapiro Bernstein under the name of "Beer Barrel Polka". It is also known as "Roll out the Barrel".

It has 16 language versions and has been used in 136 films and TV series. During World War II the song was popular among soldiers of most combatant armies, but it was not until after the WWII that the real author became widely known. It has been performed by the Andrews Sisters, Glenn Miller Orchestra, Benny Goodman, Billie Holiday, and the Lawrence Welk Orchestra among others. In 2000 the song was awarded the title "Czech Hit of the Century"!

P.S. - Another Amazing Bohemian!!



AMERICAN SOKOL GYMNAST



Kandi Pajer – 117 Oakland Grove, Elmhurst, IL. 60126
kandipajer@american-sokol.org

FEBRUARY IS HEALTHY HEART MONTH!

Here are some tips to help you keep your heart fit and disease free. KP;)

Many factors play a part in heart health. Some, such as age, sex and family health history can't be influenced. Others, known as modifiable risk factors, give us some control over our heart health, and these include diet, weight, smoking and exercise. If you practice good habits you can decrease your risk for heart disease.

Diet: Some things you can do to reduce your risk for heart disease-

1. Eat a good variety of foods.
2. Eat plenty of fruits and vegetables.
3. Eat oat meal and other whole grains.
4. Make sure you get your essential omega 3 vitamins (from eating fish or supplements).
5. Drink plenty of water. (Drinking ice cold water helps burn energy because your body has to warm it up before it can be filtered.)



Exercise: Some ideas you can use daily to help reduce your risk for heart disease.

1. When at work or going grocery shopping, park far away from the doors to help add a few extra steps and get your legs moving and blood pumping.
2. When at work or the doctors' office, use the stairs not the elevator to go up and/or down floors.
3. When sitting at work or at home watching TV, sit up straight. This helps balance and strengthen the core muscles, burns calories and may help reduce back pain.
4. When sitting in the car in traffic stretch! It will help improve circulation, will help you wake up, and may even relieve the tension you feel in your shoulders during rush hour!
5. Clean your house, mow the lawn, play with your kids, and play with your pets, **HAVE FUN!** Exercise should be something you enjoy doing not dread, so find out what you like and stick with it.



❖ The Merit Award Committee is now accepting applications for the 2006 Merit Awards ❖

2006 AMERICAN SOKOL MERIT AWARD

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates of the XII American Sokol Convention (held in Detroit in June, 1975) approved Merit Awards to be paid from the Sokol Future Leaders Fund.

Students who are planning a full time (at least 12 hours per semester or equivalent) course program in an accredited two-year or four-year college or who are already participating in such a course of study are eligible to apply.

The application process begins with the submission of the form below to obtain application forms and instructions.

The amount to be awarded is \$500. Each district is allowed 2 merit awards per year regardless of membership. If a district doesn't have 2 qualified applicants, the remaining merit award(s) for that district may be given to another applicant(s) who did not receive an award because 2 awards per district initial limit in their district. These "extra" awards are given on an "at large" basis to the next most qualified applicant(s) regardless of district affiliation. There are NO merit award renewals.

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

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

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

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

Submit this form to: Merit Award Committee c/o American Sokol
122 W. 22nd Street, Oak Brook, IL 60523

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

Name: _____

Address: _____

City: _____ State: _____ Zipcode: _____

Phone: _____ Email: _____

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

Application request should be received no later than May 1, 2006

Application Deadline Is June 1, 2006

Activities for Seniors, are they good or bad?

I frequently have articles for Sokol instructors to motivate, ideas to improve ability etc., for younger classes. I came across this article and realized that there needs to be something for my instructors for my Senior classes too.

Sorry, I didn't forget you?! It is often thought that seniors shouldn't exercise because it increases their risk to get injured, but as this article below states (and most of us loyal Sokols believe as well) that it increases seniors balance, coordination and agility and helps them decrease their chance for injury. KP;)

Life Script – Healthy Advantage Magazine

Seniors Improve Balance with Exercise

Tuesday, December 20, 2005

Anyone who's ever visited a local community center is familiar with the list of hastily-photocopied schedules for "senior group exercise" classes tacked to the bulletin board. However, skepticism has led many to wonder whether group exercise is indeed healthy and effective or merely a forum for socializing. A new Canadian study published recently in the American Journal of Public Health should put those doubts to rest, finding that group exercise classes do play a significant role in improving balance and agility among older adults. The study found that older adults who participate in group exercise classes, as opposed to private individual exercise, experienced fewer falls and injuries and reported more agility. For a list of community centers offering group exercise near you, consult your phone directory.

Ideas For Activities In Your Senior Classes

Strengthening exercises:

Help build muscle, strengthen bones and increase your metabolism which helps keep your weight and blood sugar in check. -sitting in chairs/or standing up-have class members lift and work with hoola-hoops, balls, bottles of water-juice-etc., teddy bears. Have them raise them up and down, side to side, pass them around, twist with them, put them between their feet and lift up and down, side to side, etc.



Balance exercises:

Help build leg muscles and help prevent falls. Each year, U.S. hospitals have 300,000 admissions for broken hips, and falling is often the cause of those fractures. Balance exercises can help you stay independent by helping you avoid disabilities that may result from falling. -standing, with a chair to use, balance on one foot and switch, close eyes and balance on two feet-if easy one foot at a time. Add difficulty by doing arm circles while balancing, reaching up, like grabbing something from kitchen cabinets, and walking an obstacle course on floor, ex: walk in and out of cones, on a line taped on floor (do not fall off), sideways walks to each side, and backwards walks. Make it fun and challenging.



Stretching exercises:

Help give you more freedom of movement to do the things you need and like to do. Stretching exercises done will not improve endurance or strength, but will help increase circulation, help maintain flexibility and range of motion, as well as aid in decreasing arthritis pressure/pain and immobility.



- + Sitting on a chair-
 - 1) Stretch shoulders by hugging yourself, bringing arms across your chest and squeeze.
 - 2) Reach arms up in the air and try to stretch arms as straight as possible.
 - 3) Reach arms out to the side and try to stretch as far open and back as you can and then reach them down to floor and reach them as far back as you can.
- + Sitting on a chair-
 - 1) Stretch legs by straightening them out and pointing and flexing toes a few times.
 - 2) Bend knees holding on to chair, and point and flex toes with knees bent.

Endurance exercises:

Any activity-walking, jogging, swimming, raking—that increase your heart rate and breathing for an extended period of time. Build up your endurance gradually, starting with as little as 5 minutes of endurance activities at a time if you need to.



- + The obstacle course listed above can be used as an activity to help increase heart rate.
- + Have your class march around the gym to music for five minutes (if they can sing as well, that helps increase lung capacity also).
- + Calisthenics is a great endurance activity!

Other ideas:

Large exercise balls

- + Sitting on a chair (and holding on to your chair) put your feet on the ball and try to balance. Then move your feet in a circle, bend your knees in and up and back straight, and balancing one foot at a time while lifting the other foot.

Exercise bands and/or Towels

- + Using the large exercise bands – (sitting and standing) exercise arms and legs, holding the band with both feet and/or arms stretch them apart and together. Utilize the bands to aid in stretching and to pass it between classmates.



Have fun, a lot of the things you do in younger classes can work for the older classes as well! You just might need to modify a little. KP;)

American Sokol Performance Team *Progress and Fundraising*



The music has been selected, the number has been written, and the team is hard at work learning the number and practicing to make sure that the American Sokol is well represented Prague. It is hard work, but the team is motivated and excited as the performance begins to take shape. Practices are long and tough and the team is committed to perfection. In addition, travel plans and preparations for the trip are moving forward as the Slet week approaches. We are a little behind on our fundraising but hope that everyone can pitch in with the "Adopt a Team Member" fundraiser and the NEW "Pyramid Donation" fundraiser. The target goal for the team is \$25,000. Currently, the team is this far...



Upcoming fundraisers for the team are as follows:

<u>April</u> Souvenir DVD	<u>May</u> Art Raffle	<u>June</u> Cash Raffle and Dinner
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At this time, please support the **"Adopt a Team Member"** fundraiser found in the January issue of American Sokol, and **"Pyramid Donations"** fundraiser found in **THIS ISSUE!**

Thanks for all your support!!!

The American Sokol Performance Team

“Pyramid Donations”

As you may know, The American Sokol Performance Team has been invited to the Czech Republic to perform in their Gala Celebration in July. In order to get there, we need to raise \$25,000 by that time. This fundraiser is a great chance for you, your Unit, and/or your District to help the team get to its destination and be a part of the success. Please help out by donating what you can to support this endeavor. In return, please accept the small tokens listed below in appreciation. Please be assured, the American Sokol Performance Team is working hard and is committed to representing you and everyone in the American Sokol with the highest of standards. All of the donation levels below come with that guarantee!

Ground Support - \$5 to \$24

- Thank you letter from and signed by every member of the team

Base Helper - \$25 to \$99

- Thank you letter from and signed by every member of the team
- 8X10 “Thank You” Picture from Team in Prague

Middle Tier - \$100 to \$499

- Thank you letter from and signed by every member of the team
- 8X10 “Thank You” Picture from Team in Prague
- Your name on the back of our practice and warm-up t-shirts

Upper Level - \$500 to \$999

- Thank you letter from and signed by every member of the team
- 8X10 “Thank You” Picture from Team in Prague
- Your name on the back of our practice and warm-up t-shirts
- “American Sokol Performance Team in Prague” DVD

Top of the Pyramid – \$1000 or more

- Thank you letter from and signed by every member of the team
- 8X10 “Thank You” Picture from Team in Prague
- Your name on the front and back of our practice and warm-up t-shirts
- “American Sokol Performance Team in Prague” DVD
- Business card size ad in the National Magazine for May and June issues

Please send your donation along with your name and address to:

American Sokol – “Pyramid Donations”
122 W. 22nd St.
Oak Brook, IL 60523

Thank you very much for your support!!!



AMERICAN SOKOL PERFORMANCE TEAM LAUNCHES ONLINE "ART STORE"

The American Sokol can now benefit when people decorate their homes with art they buy on the Web

Internet shopping is on the rise with online retail purchases expected to increase from \$172 billion to \$329 billion over the next five years. Many consumers favor the Web to buy everything from steaks to the freezers they store them in.

But what about art? What was once a complicated purchase is now convenient, simple and affordable online. Shoppers can view hundreds of images in minutes, change frames to create different looks, and easily find art to add that finishing touch to any room.

Personal Preference, Inc., a Chicago-area art company, offers these point-and-click innovations, and they take it a step further. They've created the **American Sokol Performance Team Art Network** online art store – fully stocked with high-quality, sought-after framed artwork.

A percentage of your purchase made at this online store will go to the American Sokol Performance Team. A typical purchase generates \$50 to \$100 toward the Team's financial goals.



Through the online art store, you'll pay only \$100 to \$300 to have the look of an original oil painting. Browse at your convenience through the store's framed original art and meticulously created reproductions on canvas.

And, when you're looking for a unique gift, the charming "Miniature Art" pieces and other smaller artwork are only \$36 to \$100. Prices overall are 20% to 30% below average retail.



Visit the art store at

www.AmericanSokolArtNetwork.com

We're sure that, when you like the art on your computer screen, you'll be amazed at its quality and beauty when it's delivered.

If art is not your thing, please visit www.igive.com and choose "**American Sokol Performance Team**" as your cause. At this site you can shop for virtually anything and a percentage will be donated to the team.

Pass the word – tell your family, friends and co-workers.

Thanks for all your support!!!!

Frank "Doc" Michalek Honored

Submitted by Bro. Chuck Kalat

At the 2005 American Sokol National Convention in Cleveland, the delegates, upon the recommendation of the National Board of Instructors, bestowed the title of HONORARY NATIONAL DIRECTOR on Frank "Doc" Michalek in recognition of his dedication to Sokol and efforts as the ASO National Men's Director from 1990-1995.



Frank, at age five, started Sokol in the Ceska California neighborhood on the west side of Chicago in 1939 at Sokol Havlicek-Tyrs. At this early age his mentors were Brothers Pokorny and Vaclav Stransky who influenced young Frank to dedicate his life to Sokol. The youthful Michalek also worked under the tutelage of ASO National Director, Jarka J. Jelinek, at Sokol Chicago. It was from these Sokol stalwarts that the seeds were sown in his young mind to choose Physical Education as a career and devote a lifetime to fitness and moral character development. In 1948 he attended his first Instructors Course (Cvicitelsky Kurz) in Crystal Lake, Illinois.

Frank became an adult member of Sokol Havlicek-Tyrs in 1952. He started attending Chicago Teachers College that year, lived at home, and helped his parents at Michalek's Tavern. He was musically talented and played drums in a Czech-American dance band that helped him work his way through college. Frank received a Bachelor of Education degree, served 2 years in the US Marine Corps, earned a Masters Degree in Physical Education, taught in the Chicago Public Schools for almost 40 years, achieved his ultimate goal of a doctor of philosophy degree, and during his 26 year tenure at Chicago City College was appointed a full professor in 1990.

As an instructor, Frank has taught children's, juniors and adult Sokol classes for the past 60 years, at one time or another at Sokols Havlicek-Tyrs, Brookfield, West Suburban, USA Lodge 306, and currently Chicagoland. He ran Sokol Camp Lidice in Crystal Lake, IL for over two decades and camps at the Sokol Camp in Potters Lake. He has served over 30 years on the Central District Board of Instructors (BOI), and over 25 years on the American Sokol National BOI, from 1990-1995 as National Men's Director. He has served several years as president of Sokol West Suburban, and Secretary and President of Chicagoland Sokol Building Assoc. since its inception in 1974. Under his leadership it purchased a 30,000 square foot facility in Downers Grove, IL in 2004. He was on the National School Board from its inception until 1995, and has taught at Sokol Instructors Schools for over 25 years. Frank was instrumental in establishing the National Gymnastics Skills Program, and has conducted clinics on countless subjects at the Unit, District, and National levels.

It was because of his love and success in competition that he has been competing in Sokol for over 60 years, while attending COS Slets in Europe, Slets in Canada, and countless ASO and Sokol USA Slets in America. His life's dream became a reality when he performed in Strahov Stadium in 1994.

Sokol has been a way of life for Frank. It has been a labor of love. His favorite saying is that if you love what you do, you will not work a day in your life. Keep your body in shape and your mind sharp, and you will fulfill the philosophy of our founding Sokol fathers of a "Sound Mind in a Sound Body". In essence, Frank says "all of us become missionaries of these precepts".

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In Memoriam:

It is with great sorrow we recognize the passing of some long-time Sokol members.



Brother Jiri Liska

submitted by Mila Prochazda

Jiri Liska was a very kind man with an open heart and good word with encouraging smile for everyone.

Although a jurist doctor by profession, he worked with his wife as a butler for long years. In his spare time he was a dedicated Sokol, writer, organizer, and lecturer. For some 25 years he served as a President or Director of men, Editor in Chief of Sokol Notes and Educator. He contributed many articles of gymnastics nature to Sokol periodicals, wrote pamphlets and essays with physical educational thematics. Jiri Liska remains in our reminiscences like a tireless and patient teacher, leading instructor of calisthenics compositions (prostna) for all local, American and international Sokol Slets (Vsesokolsky Slet). Together with Sister Louise Nekuda he actively represented our L.A. unit in Chicago and elsewhere with American Sokol Organization. In essence, he was a good fellow, friend, great guy of lustrous character. His hobby, if he didn't work for Sokol, was art, painting and travel.

"Dear Jiri, the remembrances hurt but at the same time they invoke following your example. Rest in peace."

Brother Curt Mentzer

submitted by Sister Meribeth Tooke

"Curt was active as an officer in Town of Lake, Central District Executive Board as the Town of Lake delegate and Czech American Congress delegate from Central District. He was the winner in 2004 of the President's Award in Central District. His easy smile, comments, dedication, support and sincerity will be missed. "

Brother Jan Babinec

Sokol NY Newsletter Jan 2006

Brother Jan Babinec was born in Czechoslovakia. During WWII he served in the Czechoslovak contingent of the British Army in England. After the War, he immigrated to the United States. He joined Sokol New York in 1969. He served on several committees and was President of the Unit for seven years, from 1973 to 1979.

Studying Czech bears fruit

[21-01-2006] By Pavla Horakova
<http://www.radio.cz/en/issue/74849>

The Czech word for fruit is **ovoce**. The symbolic meaning of the word is the results of a long-time endeavour, such as in the expression **jeho práce přinesla ovoce** - his work bore fruit - or in the Old Testament phrase "fruit of labour" - **ovoce práce**. Another biblical reference is the "forbidden fruit" - **zakázané ovoce**. Although we instantly recognize the idiom as related to the story of Adam and Eve eating the fruit of the tree of knowledge, interestingly, the phrase "forbidden fruit" does not appear anywhere in the Bible.

Although the forbidden fruit in Eden is usually depicted as an apple, most likely it was an apricot, a pomegranate or a fig.



Fruits in the language have metaphorical meanings based on their form, taste or texture. A peach-like skin - **plet' jako broskev** - is smooth and healthy looking - "peaches and cream" as people say in English. On the other hand, **hlava jako meloun** - a head like a water-melon is big and swollen.

The sour taste is generally considered unpleasant and therefore sour fruits stand for unpleasant emotions. "His face looks like he's just bitten a lemon" - **tváří se, jako by kousl do citronu** - no explanation is needed. "To bite a sour apple" - **kousnout do kyselého jablka** - means to gather your courage and face an unpleasant situation. Sour grapes - **kyselé hrozny** - is an internationally recognized idiom, originally coined in a fable. The fox in the fable was not tall enough to reach for the tantalizingly ripe grapes in a vineyard and so he said they were sour anyway. The expression now stands for the denial of the desirability of something after one has found out that it cannot be reached or acquired.



The plums - **švestky** - are a traditional fruit in these parts and "to catch someone gathering plums" - **nachytat někoho na švestkách** - means to catch someone in the act

of committing something wrong, to catch someone red-handed, just like a little boy who has climbed over the fence to steal the plums in the neighbors' orchard.

If we expect something to be short-lived, we can say to **nevydrží do švestek** - literally, "it won't last until the plums", meaning it won't last till the end of the summer when the plums are ripe; it won't last too long.

More on the Olympic Flame

Submitted by Bro. Robert Podhrasky

The location was Pistoia, Italy, which is about 40 miles east of Pisa, Italy. The Flame is on its way to the opening ceremonies of the 2006 Winter Olympic Games to be held in Torino, Italy February 10 through 26. Joining us to carry the Flame were fellow Sokols Rome and Tal Milan of Sokol Ft. Worth. Rome carried the flame on the first day in Rome and Tal carried the flame in the medieval town of Multipulciano. Each torchbearer carries the flame for about one fourth mile.

The Olympic Torch Relay is an event that precedes each Olympics. The flame is ignited using the rays of the sun in Olympia Greece and transported to the country hosting the games. This year it began a 64 day tour of Italy and five neighboring countries in Rome on December 10. It will be carried by 10,001 torch bearers and will light the Caldron at the Olympic Stadium on February 10. The Torch Relay symbolizes the passing of Olympic traditions from one generation to the next! More information and lots of photos can be found on the websites of Coca-Cola and Samsung.



Bro. Bob passing the Flame to Wife Sis. Diane

Our participation in the relay is a result of my employer Garrett Metal Detectors receiving the designation of Official Supplier to the Torino Games. Participation in the relay is granted to outstanding athletes, notable persons and companies that provide support to the games.

Garrett Metal Detectors has been participating in Olympic security since 1984. Security at the summer games in Los Angeles rose to a new level as a result of the tragedy which occurred at the 1976 games in Munich. The IOC and USOC decided that screening persons going into the Olympic Villages and event venues was necessary. Screening on this scale had never been done before. Garrett provided free equipment and training toward this effort and in doing so wrote a new chapter in the book of large event security. Since 1984 Garrett has supplied equipment to all of the summer games and many of the winter games.

My attendance at the 1984 event was especially meaningful as I had the opportunity to be in the audience when the Men's Gymnastic team, which included fellow Sokols Jim Hartung and Phil Cahoy, won the Gold Medal. Attendance at the Sidney Australia Games in 2000 gave me an opportunity to visit the most beautiful facility of Sokol Sidney.



Milan Brothers Run The 2006 Olympic Games Torch

NWTC Times Record Newspaper, Dec 1, 2005, Pg 11

Although born and raised in northwest Fort Worth, Talon and Rome Milan have traveled all over the world as huge sports fans and Olympic enthusiasts. They've attended eight of the Summer Olympic Games, beginning in 1972 when they traveled to the games in Munich, Germany.

The brothers will add to their Olympic travelogue next Tuesday when they head for Italy. This leg of their travels holds special significance. The pair will be running the Olympic torch for the 2006 Winter Games in Torino, Italy.

Particularly fitting, Rome Milan will carry the Olympic torch on December 8 in the city for which he was named - Rome, Italy.

Rome's mother, Henrietta Milan, was an American Sokol gymnastics champion back in the 1950's and early '60's. She had hoped to compete in the 1960 Rome Olympics, but gave birth to her first son the winter before the games. Still rebounding from the pregnancy, she placed 13th in the U.S. competition and didn't make the cut for the Olympic team. Instead, she named her son Rome in honor of the upcoming games.

Talon Milan was born four years and one day after his big brother. The year was 1964 and the Olympic games were slated for Tokyo, Japan. "I think if I had been named Tokyo, I surely would have studied international marketing or something similar," Talon quipped.

Instead, his mother chose to honor another group dear to her heart, the American Sokol organization, and named her second son Talon - the Sokol mascot falcon's name.

Talon will run this year's Winter Olympics torch in Montepulciano, Italy. It is the highest Tuscan city and produces some of the country's finest wine. City folklore claims that Bacchus and Arianna proclaimed the city proclaimed the city "king of all wines."

"With that in mind; I promise there'll be no Gatorade® at the finish line for me at the end of my run," joked Talon.

The Milan's received the invitation to participate in this year's Olympic torch run in October from Dallas-based Garret Security Service.

In addition to gymnastics champion Henrietta, the entire Milan family has been active in athletics. They have all been participants and supporters of the Sokol on Boat Club Road over the years.

The boys' father, Jerry Milan, retired after 35 years of coaching and teaching, most recently at Euless Trinity High School.

The brothers' trips to Olympic Games have included Munich, Germany (1972); Montreal, Canada (1976); Los Angeles (1984); Seoul, Korea (1988); Barcelona, Spain (1992); Atlanta (1996); Sydney, Australia (2000); and the 2004 games in Athens, Greece. They didn't attend the 1980 Olympics in Moscow because the United States boycotted the games.

As a memento, Rome and Talon have had a specially posed photograph taken in each country they've visited over the past 30 years. In the pose, Talon holds Rome over his head, parallel to the ground.

"We can still do the pose," Talon said. "It just takes a bit more effort these days!"

When they're not globe-hopping to an Olympic game, Talon and Rome run the family business, Milan Gallery in Fort Worth's Sundance Square, with their mother.



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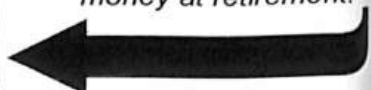
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