

American

SokolTM



January 2007
Volume 130 Issue 1

**The mission of
American Sokol
is to provide fitness
and community
for individuals and families
through physical,
educational,
cultural and social
programs.**

American Sokol Strategic Plan Takes Off ...
See Page 4 for Information from Maryann Fiordelis, Interim Strategic Plan Manager

AMERICAN SOKOL

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Calendar of Events

FEBRUARY

1	Sokol MN Kolache Make & Take Class
3	Sokol Gr. Cleveland Boy's Team Competition
3	Sokol St. Louis BOI Annual Dance
3	Sokol MN Kolache Make & Take Class
3	Sokol Minnesota in Winter Carnival Torchlight Parade - St. Paul, MN
5	St. Agatha's Day
5	Sokol MN Intro to Czech Language Class - Mondays for four weeks
10	Sokol Washington DC Sibrinky/Fasiangy
10	Sokol Yukon Valentine's Dance
11	Sokol St. Louis Anniversary Meeting
14	Valentine's Day
16	Sokol Gr. Cleveland Winter Exhibition
17	Sokol Gr. Cleveland Gymnastics Exhibition
17	Šibřinky - Sokol MN
17	Šibřinky -Fasiangy (masquerade dance dinner) - Sokol Washington
17	Sokol Yukon Masopust (Mardi Gras) Dance
22	Ash Wednesday
25	Sokol MN Kolace Bake Sale

MARCH

4	Sokol Gr. Cleveland Annual Swim Party
5	Sokol MN Beginner Lv 2 Czech Language Class - Mondays for eight weeks
7	Sokol MN Beginner Lv 2 Czech Language Class - Wednesday's for eight weeks
10	Sokol Tabor Exhibition
11	Sokol Chicagoland Exhibition
15	Sokol MN Genealogy Class - Your Czech or Slovak Family History & How to Get Started
16	Sokol Naperville Tyrs Exhibition
16	Sokol Gr. Cleveland Fish Fry
17	Sokol Stickney Exhibition and After-Party
17	St. Patrick's Day
17	Sokol Yukon St. Patrick's Dance
18	Sokol Gr. Cleveland Girls Team Competition
19	Den Svatého Josefa (St. Joseph's Day)
24	Sokol Spirit Exhibition and After-Party
24	Masaryk Dinner/Dance - Sokol San Francisco
25	Sokol MN Flavors of Slovakia Dinner
29	Sokol MN Genealogy Class - Tracing your Ancestors Back to the Old Country

From the President...

Bro. Larry Laznovsky

Sisters and Brothers:

Best Wishes for a Happy and Successful New Year!

2007 promises to be another exciting year for the American Sokol.

The Strategic Planning Task Force is completing their presentations to all of our units. If your unit has not had the presentation yet, please make an effort to attend and consider volunteering for one of the National Committees that will drive the plan, as this is very important to our organization's survival.

Another big event this year will be SokolFest 2007 hosted by our sister organization Sokol USA. The dates are June 28-July 1, 2007. For more information go to www.sokolusa.org.

Nazdar!



2006 Prague Slet Souvenir Items Available from American Sokol

Item	Suggested Donation
Opening Gala DVD	\$15
Opening Gala VHS	\$20
Slet Performance DVD	\$20
Slet Performance VHS	\$25
Souvenir Book *limited supply – must be ordered from the Czech Sokol Org. – delivery may be delayed	\$45
Prague Performance Team DVD	\$25

If you're interested in any of the above items, please write to the National Office. Donations must accompany requests.



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

**HAPPY NEW YEAR ONE AND ALL!
It is now 2007 (seven).**

January was named after Janus, a Roman god of doors, or material openings – making good beginnings do insure good endings. Since he was a two-faced god, he could look backwards to see what may have gone wrong and then look forward to achieve success.

With the new beginnings, come many resolutions – but think about it: Let's replace resolutions with achievement – write yourself a letter explaining what you've not accomplished in the past year. Did you attend all the Sokol meetings you should have? Were you in attendance at all the gym classes? Did you help out at your Unit's fund-raisers? Admit your shortcomings and confess to procrastination, but don't make excuses. Take an honest look at where you are mentally, spiritually, financially and physically. Then seal this letter and hide it. Open it one year from today and hope that you have succeeded.

Don't forget to mark that fresh new calendar with all those important dates like birthdays, anniversaries and YES, Sokol functions of every kind – Unit, District and National events.

Remember January 23rd is John Hancock's birthday which is also National Handwriting Day – personal notes mean a lot to the recipient.

Perhaps better known and remembered is the Czech tradition of sampling fish at the stroke of Midnight, Dec. 31st for Good Luck. Then the 6th of January is the Epiphany when the 3 Kings Kaspar, Melichar and Baltazar make their appearance. Children dressed as these men receive small gifts after caroling through neighborhoods.

"Make new friends, but keep the old; one is silver, the other gold". This adage reminds us to befriend the newer members of our organization – make them feel welcome, make them feel wanted and needed. On the other hand, never neglect your long-time Sokol friends who have been with you through thick and thin.

NAZDAR !

EllenJeanne Schnabl
American Sokol Educational Director

AMERICAN SOKOL STRATEGIC PLAN TAKES OFF

At the Board of Governors meeting in Chicago the weekend of November 11-12, the Strategic Planning Task Force presented the strategic plan to the Board of Governors and Unit Presidents, addressed their concerns and answered questions. During the Board of Governors meeting on Saturday afternoon, they unanimously approved this Strategic Plan process, our new mission statement, continuance of the Interim Strategic Plan Manager and presentation of the plan to all units by Strategic Planning Task Force members.

Realizing that it is impossible to get all our members together, I would like to highlight sections of this plan over the next several months. Nothing takes the place of face-to-face dialogue and providing opportunity to ask your questions and express your ideas and concerns, you should get a pretty good picture about where we hope to be in five years.

It is important to remember that this plan is for all of American Sokol so you need to keep the big picture in mind while you go through this information so that you are not thinking that doesn't affect me or my unit doesn't need that kind of help. In fact, we want to tap into those areas that work well and see if and how other units can benefit from it.

The need for a strategic plan came up at the 2000 convention. Shortly afterwards a committee was formed to begin looking at what the plan should entail and how others have put a successful plan together. While the committee was willing to move forward with this task, someone to lead this group was not to be. During the 4th quarter of 2005, I was asked to chair this team and after much deliberation I agreed to do so with the request that we could bring in an outside professional with expertise not only in developing strategic plans but who had experience with non-profit organizations.

So how did we begin? ...with the basics of what is the purpose of a good strategic plan: clearly defines the purpose of the organization, establishes realistic goals and objectives which are consistent with the mission, communicates these things to its members, provides clearer focus on how/when/why and sets the direction to run organization using sound business practices. Before we had our first face-to-face meeting we performed Fitness, Cultural, Educational and Social program analyses to determine which areas we needed to enhance, increase or drop. We individually looked what/where we thought American Sokol needed to do then came together as a group to see which ones we should focus on. We then identified strengths and weaknesses in these areas and began to set goals and some action plans on how to move forward.

We also needed to step back to determine why we needed to have a strategic plan in the first place. Here's what we came up with. Our adult and youth membership numbers are declining and have been for many years; the number of units are also declining and not just from mergers; our communities where are units are located are becoming more diverse and the Czech/Slovak culture is no longer their focal point; we are not meeting the needs of the public and offering them programs to entice them to join; volunteerism is becoming a scarce commodity and its harder and harder to get people to volunteer their time to keep us going; still after 141 years of existence we are still unknown; although we have resources in our physical and financial assets they are limited and often restricted. BUT we do have a great product and we need to do everything in our power to ensure it is around for future generations to know, love and share.

The nine critical areas we decided to concentrate on, which we call our strategic imperatives cover a new mission statement, standardized programs, personnel including executive director, instructors and volunteers, finances looking at sources, grants and unit assistance, membership types and database, organizational development looking at our structure and a unit handbook, communication standards and methods, marketing plan and branding and finally leadership development around recruitment and internal training.

Strategic Plan continued on Page 5

Let's take a look at our first strategic imperative, **Mission** by starting with what is a mission statement. It should state what the purpose of the organization is and what it wants to accomplish; it should also provide direction needed so that the efforts of many independent work groups are focused toward accomplishment of the organization's reason for existing. Why did we need a new mission statement? Our current one is too long to make it member or donor friendly, since our membership is becoming more diverse culturally appealing to only the Czech/Slovak captures a small percentage of current and potential members and lastly it was difficult to do marketing around it. So here the goal was to adopt a unifying mission for American Sokol that will promote growth and prosperity through Sokol ideals and values. And (drum roll, please...) the new American Sokol mission statement which we want to start publicizing and using in all our marketing materials at all levels is: **The mission of American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.** It's short and to the point as physical, educational, cultural and social programs is what we do; we included fitness and community to help create a pathway to growth whereby we identified what makes us broadly appealing and unique in the marketplace and indicates we are "not just another gym".

Over the next month or two, I'll take you through the remaining eight strategic imperatives and goals, talk about how we can fund the plan, what some of our next steps are as well as how members can help us move forward with this plan. I hoped I've piqued your interest so that you look forward to hearing more about this plan as much as I look forward to spreading the word, getting input, generating excitement, soliciting and obtaining your help so we can move forward. You can also go to www/American-sokol.org, click on members and see information on the Strategic Plan as well as how you can get involved.

NaZdar,
Maryann Fiordelis
Interim Strategic Plan Manager

St. Joseph's Day (Den Svatého Josefa)

http://www.myczechrepublic.com/czech_culture

Contributed by Petr Chudoba

"Joseph also went up from Galilee, out of the city of Nazareth, into Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David." (Luke 2:4 NKJV)

Czechs and Moravians think red every year on **March 19th**, St. Joseph's Day (Den Svatého Josefa). This is their version of St. Patrick's Day, but there is little religious significance related to it. Instead, it is a day to honor the most common name, Joseph.

St. Joseph's Day has always been a day for the whole community, an occasion for fun and liveliness. Folk beliefs about the day include the following two proverbs:

Na Svatého Josefa vyskočí beran na vršek a poděkuje hospodáři.

"On St. Joseph's Day, the ram jumped on top and thanked the farmers."

Pěkně-li na Svatého Josefa, bývá dobrý rok.
"If it is nice on St. Joseph's Day, it will usually be a good year."

In Cedar Rapids' Czech Village, here in the United States, the taverns serve red beer, the bakeries sell red bread, and the village is decorated with red flowers.



St Joseph with the Infant Jesus by Guido Reni

In Memoriam:

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



THIS IS YOUR LIFE ANNE BASTA

Submitted by Sokol Havlicek

Anne Basta, born in the Czech Republic to Frank and Antonia Jenny on April 26, 1921. Her family came to the United States when Anne was four years old and settled in the 26th Street area of Chicago, Illinois. When Anne went to Kindergarten, at Gary School, she only spoke Czech and didn't know any English. After elementary school, Anne attended Farragut High School. Anne also went to Czech school classes the whole day on Saturday and a half-day on Sunday. In 1926, Anne began attending classes at Sokol Havlicek Tyrs on 2619 Lawndale Ave. in Chicago. As an adult in Sokol, Anne met her future husband George. On their first date, George took Anne to Sokol Chicago's exhibition. "What a guy." They married August 16, 1943, and were married for 53 years.

Along with her husband, Anne was very active in Sokol Havlicek. She cooked in the kitchen at the Sokol's masquerade dances (Sibrinky) and also for the Sokol's New Year's Eve dances. She also cooked at Havlicek's camp in Crystal Lake, IL. Daughter Sue says she was a very good cook and baker, and made excellent soups and fruit dumplings. She was especially noted for her 12-layer cake that she made for birthdays. Anne arranged many fundraisers, Bunco parties where she made lots of sloppy Joes and baked pans of cherry slices, picnics in the Forest Preserves, and the October Dinner dances. She also organized many bus tours including the trip to the Lidice Commemorations and the Milwaukee Folk Fare.

Even though Sokol Havlicek Tyrs merged with Chicagoland, Anne also became a dual member of Sokol Spirit, and always helped out with their fundraisers. Anne always held the love for Sokol Havlicek deep in her heart. Anne then became president of the Sokol Havlicek Seniors.

In 1994, Anne and George took their three granddaughters Chris, Kim and Carrie to the XII All Sokol Slet in Prague. And then, in 2000, Anne took her daughter Sue to the Czech Republic.

Some of Anne's busy life:
President of Central District – 3 years
Head of ASO Uniform Division
Czech School Board
CSA Convention Delegate
Secretary of the Czech Free Thinking Schools
Secretary of her CSA Lodge
President of Sokolice of Havlicek Tyrs

SISTER BEATRICE PAVOUCEK

Submitted by Sis. Jolene Dalton, Sokol So. Omaha

Sis. Beatrice Broz Pavoucek was born June 13, 1925 in Omaha, NE, the 2nd daughter of Frank & Emma Mastalir Broz. She went to West Side Elementary School and South High School. She married Edward J. Pavoucek on May 10, 1945. For almost 52 years they were each other's best friend, lover and staunch supporter. Bea was a legal secretary at Service Life Insurance Company for 35 years.

Being of Czech parents and having the same love for the Czech heritage as her husband did, Bea joined Sokolice South Omaha in August 1962. She adapted herself to the Sokol program as though it had always been a part of her life. She was very active all of her 44 years in the organization, serving on numerous unit, district and national committees. She was not known so much for all the offices and chairmanships she held, but for her work "behind the scenes". Her love of Sokol and willingness to help out in ways we couldn't even think of will forever be her legacy.

In the saying "behind every successful man is a woman", Bea was the "woman". Ed held many Sokol offices and chairmanships and was one of our outstanding Sokol leaders. Bea was always his co-officer or co-chairman, even though she didn't officially hold the title. They were instrumental in starting an annual South Omaha Sokol Day (the forerunner of our annual Czech Festival), in forming our Honor Guard Committee, in establishing the Honor Roll plaque of our deceased members, and in starting our Sokol South Omaha newsletter (serving as editor for 14 years). They were chairmen of our monthly Sokol dinners, were instrumental in getting our two SOKOL SPECIAL cookbooks assembled and printed, were chairmen of the Building Fund for our new hall after the fire, were Festival Chairmen 3 years, and on & on.

Because of their deep love of their Czech heritage and the Sokol way of life, they spearheaded the establishment of the Sokol South Omaha & Czechoslovak Museum as a way to preserve this for future generations. Bea worked tirelessly to continue this dream after Ed died.

Unable to have children of their own, one of their greatest joys was helping hundreds of children in our Sokol gym program throughout the years. They were like parents to all the kids. They helped start the Sokol South Omaha Gym Club for our gymnasts over 13 years of age and served as the Club Counselor for many years.

In recognition of her outstanding contributions, Bea was made Honorary Member of Sokolice South Omaha in 1986 and was the first recipient of the American Sokol Western District Ed Pavoucek Outstanding Service Award in 1998.

Since Ed was professionally involved in the printing industry, Bea was a member of the Omaha Club of Printing House Craftsmen Auxiliary, serving as President and on various committees. She was also a member of WFLA Zest Lodge No. 296 and served as their Financial Secretary plus helping on numerous committees. Bea's hobbies included stamp and coin collecting.

Bea passed away on November 18, 2006.

BROTHER ALBERT E. POKORNY

December 2, 1918 - December 14, 2006

Submitted by Anči Červin Huber, VP Sokol Baltimore

Brother Albert was born into a Sokol family. His grandfather and father were gym instructors. His Dad, Br. Joe Pokorny, was a well-known name at Sokol in the Eastern District and the Pacific District. Br. Al grew up in the old Sokol Hall at Gay and Preston Streets. There were so many members with their children; the children grew up together and many married. Many activities, such as; gymnastics along with exhibitions and competitions, bowling, track-and-field, choir, theater, picnics, dinners, frequent dances to the music of Sokol Bands were thoroughly enjoyed. At the early age of 17, he met a sweet young lady; by the name of Marie Mentlik, and she later became his wife of over sixty-years.

When World War II started, almost all of the young men at Sokol were either drafted or enlisted. So, began Br. Al's career in the Army Air Corps. Br. Pokorny, a Captain in the 82nd Airborne Division, severely fractured his leg during a difficult parachute landing at Fort Bragg, North Carolina. Br. Pokorny advanced to Lt. Colonel and spent 38 months in Europe in the 832nd Combat Aviation Engineers, attached to Patton's third Army.

Brother Pokorny retired from the Army in 1962 and moved back to Baltimore, Maryland with his wife, Marie; and their two sons, Rick and Tom. During this time Br. Al became very active in Sokol. He was an excellent instructor, gymnast, President of Sokol Baltimore, chairman of various committees such as by-laws committee and budget finance committee. Br. Pokorny held the Eastern District position of By-laws Chairman and attended several conventions as a by-laws representative.

Brother Al was a mentor to an entire generation of Sokol members. He gave this group confidence to pursue various positions in Sokol and in the world of business. Br. Pokorny was Sokol Baltimore's official speaker at public appearances and funerals. He carried a flag at every Memorial Service at the National Bohemian Cemetery. He had the ability to communicate his thoughts in an organized and efficient manner. A passion of his was golf; he shot a score of 88 up to several months before he died.

Brother Pokorny was the patriarch in his family and set an example as a person who accepts responsibility and acts in a fair and honest manner. His strong faith in God and the future of this country; was obvious by those who were fortunate to know him. He was admired, respected and loved by the next generation of Sokol members. His loyalty to Sokol encompassed 70 years of membership. He was our mentor and father figure. Although he is no longer with us, he continues to live on in our memory and in our hearts.

What's in a Czech name?

Sent in by Sis. Evelyn Weed, Sokol Little Ferry, NJ - first published in January, 1981

I was reared in the Borough of Little Ferry, when it was predominantly a Czech community. The pleasing aroma of roast pork, dumplings, and sauerkraut filled the air in most homes on Sundays. Goose, rather than turkey, was usually the holiday bird, and *houska* and *kolace* the pastries.

Czech mushroom-pickers would roam the wooded areas in search of the delicious morsels, and most of the pickers had their own secret areas for finding them.

Gradually the makeup of the town changed, and now those familiar Czech family names are a pleasant memory. Interestingly enough, many of the names had specific meanings. They ranged from *Krai* - a king, to a little mosquito - *Komarek*.

We had a *Forst*, a senior forest ranger, and a *Forstik*, a junior forest ranger. There was also a *Vosika* - a tree of the aspen family, *Striska*, a small portion of a tree (actually a wood splinter), *Korinek* - a small root, as well as *Vorisek*, a general term for any small nut.

Audubon would have been pleased with the variety of bird names. These included *Spacek* - a starling, *Cejka* - a blue jay, *Papousek* - a parrot, *Lastovka* - a swallow, as well as *Cermak*, *Slavik*, *Stehlik*, and *Strnad*. All of the latter are European species. *Ptacek* indicates a small or immature bird.

As for fish and game, there was a *Stika* - a fish of the pike family, *Jelinek* - a young deer, and *Vevera* - a squirrel. Terrain also received attention. *Hora* is a mountain, *Horak*, a mountaineer, and *Lhotak*, one living on flat land.

In the vocational category, there were *Krejci* - a tailor, *Kovarik* - a young blacksmith, *Mlinar* - a miller, *Sedlacek* - a young farmer, *Svec* - a shoemaker, and *Zahradnik* - a gardener.

Other interesting names included *Kobliha* - a doughnut, *Kozich* - a fur piece, *Polevka* - soup, *Pythk* - a bag, *Trnka* - a plum, *Varecka* - a wooden ladle, and *Perina* - a feather bed.

Smetansky was derived from the word *smetana*, meaning cream, and *Nejeczleba*, a directive against eating bread, was the name of a family which operated a bakery in town for years. *Svoboda* is the word for liberty, and *Vesely* means happy.

Adding a bit of color, as well as an International touch, there were families named *Sedivy* - meaning gray, *Rysavy* - brown, *Cerny* - black, *Cerveny* - red, *Modry* - blue, and *Straka* - mottled. There were also *Nemec*, meaning a German, and *Turek*, a Turk.

A free Czech school conducted classes on Sunday mornings. Czech heritage has left an Impact on Little Ferry. Perhaps the best evidence of this is the American Sokol Organization. This Organization was founded in Little Ferry in 1897. For the past 83 years, it has not merely advocated, but practiced "physical fitness through gymnastics!" Consequently, it has given thousands of our young people a better start in life.

Incidentally the word *sokol* means falcon in Czech, and the falcon is the organization's emblem. And that is the long, *dlouhy*, and the short, *kratky*, of my story.

Jerry W. Komarek
Little Ferry

Mr. Komarek was the first member of his family to be born in the United States and he learned to speak Czech before he learned English. He is (was in '81) financial secretary of the American Sokol.

AMERICAN SOKOL GYMNAST

Pages 7-10 are specifically designed to be a benefit to the Gymnastics programs of American Sokol.

Please pull, copy and distribute to your participants as you see fit.

Kandi Pajer – 117 Oakland Grove – Elmhurst, IL 60126

KandiPajer@American-Sokol.org

Whenever I receive good articles, I like to pass them on to you. Here is one that not only gives good suggestions to parents, but many are things you can take back to your classes and utilize there as well. Make the kids responsible and allow for growth!!
(A New Years Resolution perhaps?!) KP;)

PARENTING AN ATHLETE

High Expectations

Do you underestimate your children? Are you so close to them that you sometimes decide, before you give them a chance, that they can only do so much? This is normal but hurtful in the development of our children.

Many children today are getting a "free ride." Which hurts them as when they go out on their own where they will see the real world. There aren't many opportunities out there for pampered, less than hard working, less than aggressive, non confident in their own abilities young adults. We do a poor job of parenting if we let them "ride for free" and then send them out, without us, into a world of "pay or get off." I believe hard work makes people feel good. Even children. Sports allows us to teach this. The harder you work the more you will accomplish and the more confident in your abilities you will become. Every day is a challenge at sports practices and at competitions. The children learn virtually every minute.

So how many challenges are there at home? How high are the expectations? Are we cheating our children if we don't have high expectations about all of the things around the house? Thanksgiving is coming up, any expectations for the adults in the family to make this a great family day? Any expectations for the kids? Do you want your children to be passengers in life or do you want them to want to help drive? (you can write that one down if you want) Do you want to see your children sit in the back row of life? (okay, that's over the top a little bit)

Bottom line, including the kids in responsible jobs in helping make things better is the way to parent, and grow, mature young adults. Have higher expectations.

Attainable High Expectations

Having high expectations is good, not bad. It is good, not pressure. It teaches. It also shows your confidence that they are capable of reaching higher. Of course crazy expectations are not good. But there is a wonderful middle ground between mediocrity and craziness. In coaching we have high expectations for each of our athletes but the vast majority of the coaches give the athletes "attainable challenges." Expect more than mediocre from your children. That is unless they have mediocre parents. A kid has no choice in what parents they get and what genes they got from those parents.

Parents As People

Most of you are not made of money. Most of you still have personal likes and dislikes. Most of you are pretty interesting people. Most of you still have dreams that you are capable of accomplishing. And then the kids came along. Everything personal stopped. Or was slowed down.

Does life stop, as we had dreamed of it, when you heard that first cry? Let me interpret for you the meaning in that first cry, "stop what you are doing, I have arrived. I am now the most important person in your life. I am more important to you than your husband, even yourself. Your personal desires are now hereby put on hold for 18 years. Take care of me, pamper me, pay for me, give everything to me, and where is the blanket because I am cold."

From one cry? Or do "we" create some of the above? Do we give too much of ourselves to our children? Do we give them so much that they start taking things for granted? Do they see that our lives "revolve" around them? That we don't even have our own lives outside of working so we can pay for them, feed them, house them and drive them?

Children are terrific. However, I have this theory that we will be better parents if we are also better people. We will be better parents if we take care of ourselves.

Test - Go somewhere with your spouse for an uninterrupted 20 minutes by yourselves. See if you can actually talk to each other for that 20 minutes without discussing the children. This was your boy friend, your fiance. Your lover. Your soul mate. Twenty minutes. Keep building your own person within. I don't think the children need us 24/7. They never asked for that.

Ups And Downs Of Sports

If you are afraid of your child getting disappointed, take them out of sports. If you never want your child to get frustrated, take them out of sports. If you never want your child to take risks, take them out of sports. If you never want your child to feel pressure, take them out of sports. If you never want your child to question themselves once in awhile, take them out of sports.

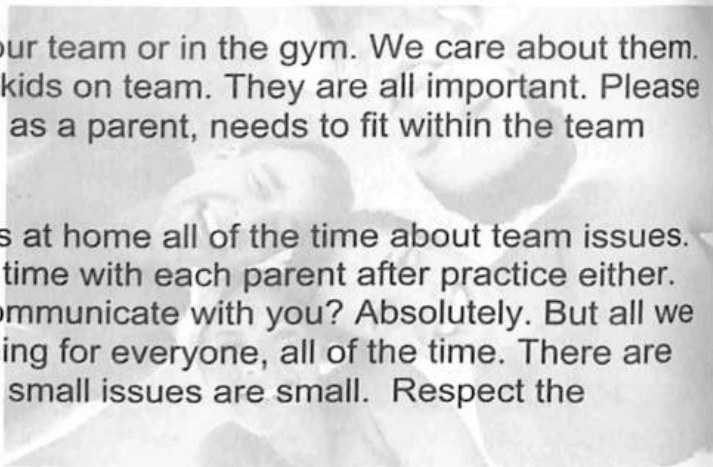
Sports naturally test your athlete. This is good. We are educating in a controlled environment. Sure there will be ups and downs. You don't WANT your child to only experience UP situations. Life doesn't give you all UPS. Marriage doesn't give you all UPS. College doesn't give you all UPS. Relationships don't give you all UPS. Parenting doesn't give you all UPS.

They need to experience and learn from the DOWNS. You want your son to strike out in the bottom of the 7th with 2 outs and your team behind by one run once in awhile. Look at all of the DOWNS the Detroit Tigers were able to learn from at this past World Series. You want your child to challenge themselves and make it or break it sometimes. Children are resilient. They will bounce back and be better tomorrow. And no, we don't have to hire a grief counselor when they strike out. Sports are about learning, not about 100% success.

Your Athlete Is Important - But

We love your kid. We love having them on our team or in the gym. We care about them. We care about you. But We have lots of kids on team. They are all important. Please understand that the needs of your athlete, and you as a parent, needs to fit within the team structure.

No we can't have all of the parents calling us at home all of the time about team issues. We do have a personal life. We can't spend lots of time with each parent after practice either. Please understand our situation. Do we want to communicate with you? Absolutely. But all we ask is that you understand that we can't do everything for everyone, all of the time. There are limits. The important issues are very important, the small issues are small. Respect the coaches.



Coaching Mistakes

When did coaches get the reputation of being perfect? Sports are not perfect. Officiating is not perfect. Parenting is not perfect, in any family. The key is to be reasonable and have realistic expectations.

There will be times when the coaches make an incorrect decision. Welcome to reality. Life is not perfect but we sure seem to get ourselves worked up to a frenzy when things go bad. This is sport and sport is imperfect. Your athlete is imperfect. You as a parent are imperfect. Don't expect everyone around you to be perfect. Again, being reasonable is what is important.

Is a 15 year old umpire, with 10 hours of umpiring instruction, going to make the proper call every time? Of course not. Could that bad call be against your team? Possibly. Could it affect the outcome of the game? Yes. But this can, and will, happen the longer your family is in sports. And is it a good lesson for your athlete to learn that everyone isn't perfect? I think it is a huge lesson. The key is to do our best and respect the efforts of others.

Newsletter Publisher Tom Burgdorf

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2007 MERIT AWARDS

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.

The Merit Award Committee is now accepting applications for the 2007 Merit Awards from 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. 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 criteria, more consideration will be given to those training in the physical education field.

I desire to make application for the American Sokol Merit Award.

Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Phone: _____ Email: _____
Age: _____ years. I am a member of Sokol _____

Please mail this application form and other application materials to:

Merit Award Committee, c/o American Sokol, 122 W. 22nd Street, Oak Brook, IL 60523
Application request should be received no later than May 1, 2007

Application Deadline is June 1, 2007

DR. JOYCE TESAREK PETRIK OF SOKOL MINNESOTA RECEIVES THE CZERNIN (ČERNÍN) PALACE MEMORIAL BRONZE MEDAL AND DIPLOMA

The Czech Republic's new ambassador to the United Nations, Dr. Martin Palouš, spent a week (late August 2006) in Minnesota as visiting scholar and keynote speaker for the Vaclav Havel Civil Society Symposium, sponsored by St. Thomas University, House of Hope Presbyterian Church, and the Minnesota Czech community. Previous speakers have been President Havel and Madeleine Korbelt Albright.

This is Dr. Palouš' sixth visit to Minnesota, previously as Czech Ambassador to the United States. A good friend to Sokol Minnesota, he attended a reception and award ceremony at the Sokol Minnesota CSPA Hall, Sunday October 1. At the reception, the Czernin (Černín) Palace Memorial Bronze Medal and Diploma was awarded to Dr.



Dr. Palouš, Dr. Joyce Tesarek Petrik, and Dr. J. Mestenhauser

Joyce Tesarek Petrik, past president of Sokol MN, for her "great and significant contribution to the progress of Czech-American relations".

Although the Czech Ministry of Foreign Affairs has a number of awards for various forms of achievement on behalf of the Czech Republic, none was specifically directed at Czech-American relations. Former Ambassador Palouš initiated this award which is made on behalf of the Minister of Foreign Affairs – hence the name of the medal "Czernin" Palace where the Ministry of Foreign Affairs is located. The award is made on the basis of nominations from Honorary Consuls who are entitled to make one nomination each year. Ambassador Petr Kolar approved Dr. Tesarek's nomination made by Dr. J. Mestenhauser, Honorary Consul of the Czech Republic. Last year's recipient, Dr. Norman Sladek, is also a Sokol Minnesota member.

For more information on Dr. Tesarek Petrik, please visit <http://www.cs-center.org/events/cernin.html>

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WELCOME!

Learn all about us!

SOKOL is Czech for "falcon." SOKOL is English for a great group of people bonded by a common ethnicity, heritage or interest. SOKOL has been in the United States since 1865 and has spread from coast to coast and from the northern border

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Central District

Donations for the period May to December, 2006

Donors	In Memory Of	Future Sokol Leadership Fund	Foundation Fund
ACCS (American Czech Cultural Society)	Mildred Prchal	\$ 9,952.15	
Sokol Town Of Lake	Bro. John Kosnar	\$ 25.00	
Sokol Chicagoland	Anne Basta	\$ 25.00	
Marie Lewandowski	Anne Basta	\$ 25.00	
Sis. Janet & Bro. Tony Kirch And Mrs. Blanche Jirousek	Anne Basta	\$ 70.00	
Mr. & Mrs. Anthony Faikus	Anne Basta	\$ 50.00	
Joe & Ethel Rus	Anne Basta	\$ 25.00	
Havlicek Tyrs Srs	Anne Basta	\$ 50.00	
Helene Keppler And Family	Anne Basta	\$ 200.00	
Kenneth Dvorsky	Anne Basta	\$ 20.00	
Doris Barda, Diane, Jessica, And Jonathan Rus	Anne Basta	\$ 20.00	
Mr. & Mrs. George Kourim	Anne Basta	\$ 25.00	
Lodge Jan Hus Cesky Lev #91 - CSA	Anne Basta	\$ 50.00	
Fraternal Life	Betty Prener	\$ 25.00	
Mildred Slezak	Betty Prener	\$ 25.00	
Sokol Spirit	Betty Prener	\$ 15.00	
Louise Nekuda	Beverly Pohanka	\$ 50.00	
Sokol Stickney Sr Women's Class	Beverly Pohanka	\$ 50.00	
Sokol Stickney	Bro. John Kosnar	\$ 100.00	
Mr. Kosnar's Daughter's Friends - Group Called "Taks"	Dagmar Fiala	\$ 25.00	
Mary Ellen Newsom	Emil Zoula	\$ 25.00	
Sokol Chicagoland	Emil Zoula	\$ 50.00	
Paul Hall	Eva Faltus	\$ 15.00	
Joe & Ethel Rus	Eva Faltus	\$ 25.00	
Tony And Janet Kirch	Eva Faltus	\$ 25.00	
Sokol Chicagoland	Fred Kala	\$ 15.00	
Louise Nekuda	Helen Dvorsky	\$ 50.00	
John A. Kuba	Helen Dvorsky	\$ 25.00	
Tony And Lorraine Faikus	Helen Dvorsky	\$ 25.00	
Sokol Chicagoland	His Late Wife, Dagmar Fiala	\$ 50.00	
Frank Fiala	Irene Marek	\$ 25.00	
Sokol Spirit	Josephine Sommer	\$ 25.00	
Sokol Town Of Lake	Milton Pleva	\$ 25.00	
Sokol Chicagoland	Miroslav Lukas	\$ 25.00	
Sokol Town Of Lake	Vera Kurka	\$ 15.00	
Joe & Ethel Rus	Emil Zoula	\$ 10.00	
Rose Barcal	Louise Kfiner	\$ 25.00	
Havlicek Tyrs Srs			
Jan Schatz			\$ 20.00

Where Should We Find Sokol in the History of American Physical Fitness Education?

Submitted by Ronald E. Jaros - Sokol Philadelphia

I think it's about time we ask ourselves why one of the world's most influential programs, before 1950, in the areas of fitness and gymnastics was ignored by the educational system and most of the health and fitness experts of this country. At one time Sokol, with the Tyrs training system, was the largest and fastest growing physical fitness/culture organization in this country, not to mention the world. It had surpassed the German Turners and the Swedish Gymnastics program in both performance results and membership. Yet these other two organizations are always the ones talked about in books, college courses and educational circles as if nothing else of any consequence existed. I was even shocked to learn when searching the internet for information on the Turners and Swedish Gymnastics that, according to the write up, Sokol was just a minor knock off of their system and didn't make a big enough contribution to warrant more than the half line it was given.

It wasn't that our members didn't make themselves and the Sokol program known. There were units all across this country and Canada. The Slets and exhibitions were seen by tens of thousands over the years. Our grandparents and parents marched and rallied to help bring the country of Czecho-Slovakia into being and against Hitler's takeover of the Sudaten land. They sold War Bonds, and our young men were the most fit enlistees at military induction for WW I and WW II. Sokols were the honor guard at the signing of Slavic independence at Independence Hall in Philadelphia in 1918. The last surviving participant of that historic event is Sokol Rose (Jaros) Cihlar, originally of Sokol Philadelphia and now a proud and long time member with Sokol Baltimore.

There were some who did bring the Tyrs program to the U.S. educational system. Dr. Margaret Brown, president of Panzer Collage of Physical Education and Hygiene in East Orange N.J. (now Montclair University) and a judge of gymnastics at the London Olympic Games, hired Sister Maria Provaznikova to teach the physical fitness program. Another insightful educator was Dr. Russell L. Sturzebecker, then Dean of Health and Physical Education at West Chester University (then West Chester State Collage). "Sturz" was an authority on the history of physical education, comparative and international physical education, and taught about the influence of the Sokol movement in his graduate courses. I had the pleasure of taking his courses and later the honor of being asked, for many years, to guest lecture about Sokol. As department head, he wanted students to experience what he thought to be the best program available. To this end he hired Milan Trnka – Sokol gymnast, coach, and teacher. As he told me some years later, Brother Trnka was hired because of his Sokol background and what he would bring to the students and program at West Chester.

One of the possible answers to my original question may be found when examining the ideological differences between the goals of the Sokol founders and the driving forces behind sports and fitness philosophy of the United States. Tyrs' vision was for a program that would develop and strengthen the entire person and all people to the best of their capabilities no matter what their age, physical limitations, or status might be and to instill in them the desire to participate along with their friends and neighbors.

It was not to be a program for the production of super athletes who would perform while the rest of the population watched from a comfortable spot and imagined they were part of the action.

One of the most interesting things about the Tyrs fitness system was its adaptability. It was not a hard set of *this is the way its done* rules like the Turners and Swedes. If new methods were shown to produce better results they were incorporated into the system. An example of how this might work today would be with the information now known about walking/running and heart attack. As an activity walking/running only deals with the body's ability to use oxygen, commonly called VO2 Max. A low VO2 Max is not a risk factor for Cardio-vascular disease. Secondly running has only limited calorie burning ability making it less desirable for weight loss than some of the other less talked about activities available today. In the Sokol program these other activities would have been added and taught to all its members.

If you think what you have just read is what goes on in this country guess again. The Presidents Council for Physical Fitness went against the recommendations of training experts as far back as the early 1960's. Sister Provaznikova was asked for her input but was told afterward that the other groups and sports would be upset if they used her program because their games were not being shown as the best method for getting fit. I would like to add here that the Council came to Provaznikova for advice leading me to believe they considered her to be an expert in the field.

I have talked to numerous people over the last two years, from presenters at clinics to some of the leaders in the cutting edge "Functional" or "Core Training" movement like Juan Carlos Santana of the Institute of Human Performance. They are all saying the same thing. America is spending 90% of its energy developing players instead of athletes. In other words, we want to develop superstars in one activity and not a healthy and fit population. Each and every one has stated that this country has taken out of physical education classes everything that is needed by our youth and replaced it with the teaching of games and game skills. You see it every day. Little children learning and playing one sport, one set of skills, so they can be as good as they can get at that one activity. As the level of competition rises the number of active participants declines. Our obsession with competition, being the best and winning has diminished our ability to maintain the greatest number of involved people in an active lifestyle.

The Functional/Core fitness concepts that I mentioned earlier would have generations of Sokols feeling right at home. The idea of training movements and not individual muscles through the use of body weight, medicine balls, wands, dumbbells, and stability balls is exactly what Tyrs taught to those early members 144 years ago. This "new" old concept which has taken decades to be reborn into the hottest exercise program in my lifetime is just another example of why Sokol should take its place in the history books as a major force in providing sound fitness training to every man, woman, and child in this The United States of America.

Do more than compete – get and stay fit. NaZdar

Anheuser-Busch and Budejovicky Budvar Form Historic Alliance in U.S. Market

http://beeradvocate.com/news/stories_read/f-905385 as posted by "Jason"

Jan 2007 - After nearly a century of disagreements in certain parts of the world over rights to the Budweiser name for their beers, Anheuser-Busch and Czech brewer Budejovicky Budvar have formed a historic alliance in which Anheuser-Busch will become the U.S. importer of Czechvar Premium Czech Lager, the two brewers jointly announced today.



The agreement gives Czechvar, currently sold in 30 states, access to Anheuser-Busch's marketing and sales expertise and wide-reaching U.S. distribution network. It gives Anheuser-Busch another European import as part of an aggressive push into high-end beer categories that has led to alliances with

Grolsch, Tiger, Kirin and most recently InBev, which added Stella Artois, Beck's, Bass Pale Ale and other beers to its import portfolio.

The agreement does not impact existing litigation or trademark disputes between the two brewers in other countries, and they have agreed the partnership cannot be used to support either side in any trademark cases.

"After years of differences, this is a meaningful step for two great brewers to form a relationship that is good for both of our businesses," said August A. Busch IV, president and chief executive officer of Anheuser-Busch Cos. Inc. "For Anheuser-Busch, it also represents an opportunity to enhance our import portfolio with a super-premium Czech import. Working with our family of wholesalers, we look forward to introducing Czechvar to a new audience of beer lovers."

The imported Czechvar beer will continue to be brewed at the BBNP brewery in Ceske Budejovice, Czech Republic.

"Our business agreement will particularly please all connoisseurs of imported beers in the USA. Experience of many brewers' generations, who have brewed beer in our town for more than 700 years, lies behind our premium lager," said BBNP's CEO, Jiří Boček.

"At the same time, the agreement represents a historical turning point between our companies. We have managed to move away from discussions between lawyers and towards a practical dialogue, which is going to be beneficial to both sides. Our

corporation has therefore gained the best importer in the USA," added Boček.

Czechvar is a super-premium light lager. A 90-day maturing period and use of only top quality ingredients, including Saaz hops, assorted Moravian malt barley and pure spring water gives this beer its characteristics. Czechvar features a thick head, distinctly golden color and full aroma.

The brand is available in individual 330-milliliter bottles, in six- and 12-packs of 330 milliliter bottles, in a 500-milliliter bottle and on draught.

The agreement will broaden Czechvar's U.S. distribution by giving the Czech brewer access to the Anheuser Busch network of nearly 600 independent wholesalers. The European import is an important addition for Anheuser-Busch wholesalers as imported beer is one of the fastest-growing segments of the U.S. beer industry. The U.S. import segment grew 7% in 2005 and 10% through the third quarter in 2006.

The agreement was effective Jan. 5. Terms were not disclosed.

BBNP brewery, based in Ceske Budejovice, Czech Republic, has long been one of the most successful Czech companies in the food and drink industry. Thanks to its gradual and goal-oriented expansion into foreign markets and the strengthening of sales on the domestic market, BBNP managed to achieve a significant position in the beer market both in the Czech Republic and abroad. Based on the volume of exported beer, the original Czech premium lager brewed by BBNP is one of the best-selling Czech beers abroad. This beer has earned numerous medals and diplomas from domestic and foreign quality competitions. Today BBNP exports nearly half of its output to more than 50 countries on five continents. For more information, visit www.czechvar.com.

Based in St. Louis, Anheuser-Busch is the leading American brewer, holding a 48.8% share of U.S. beer sales. The company brews the world's largest-selling beers, Budweiser and Bud Light. Anheuser-Busch also owns a 50% share in Grupo Modelo, Mexico's leading brewer, and a 27% share in China brewer Tsingtao. Anheuser-Busch ranked No. 1 among beverage companies in FORTUNE Magazine's Most Admired U.S. and Global Companies lists in 2006. Anheuser-Busch is one of the largest theme park operators in the United States, is a major manufacturer of aluminum cans and one of the world's largest recyclers of aluminum cans.

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