

American

**Sokol**™



November / December 2007

Volume 130 Issue 8

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



**AMERICAN SOKOL HAS A NEW OFFICE AND ADDRESS!**

Please change your records!

**American Sokol ● 9126 Ogden Avenue ● Brookfield, Illinois 60513 USA**

Phone, fax, website, and email addresses remain unchanged.

## AMERICAN SOKOL

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

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

## Calendar of Events

### DECEMBER

1	Sokol Gr Cleveland St Nick Dance
7	Sokol MN Svaty Mikalas Children's Party
8	Sokol San Francisco Annual Mtg & St. Nicholas Party
8	Sokol Stickney Spaghetti Dinner
8	Sokol Washington St. Nicholas Dinner
8	Sokol New York Mikulas Party
9	Sokol MN Membership Christmas Party
9	Sokol New York Membership Party
13	Sokol Naperville Tyrs Pizza Party
22	Sokol Spirit Holiday Party
22	First Day of Winter - Let it snow!
24	Štědrý den (Christmas Eve)
25	1. svátek vánoční (Christmas)
26	2. svátek vánoční (St. Stephen's Day)
30	Sokol San Francisco End of Year Dinner/Dance
31	New Year's Eve

### JANUARY - National Blood Donor Month

1	Happy New Year!
13	Sokol Little Ferry Holiday Party
19	Sokol Tabor Pig Roast
19-20	American Sokol Winter Slet - Chicago, IL A New Wing Event
20	Sokol St. Louis Cooking Class
21	Martin Luther King Jr. Birthday
26	Sokol Minnesota Roast Duck Dinner

### FEBRUARY - American Heart Month

2	Ground Hog's Day
2	Sokol St. Louis BOI Dance
6	Ash Wednesday
14	Valentine's Day
17	Sokol Stickney Pancake & French Toast Breakfast
17	Sokol St. Louis Cooking Class
18	President's Day
29	Leap Day (Friday)

**Send your Events to**

**[Editor@American-Sokol.org](mailto:Editor@American-Sokol.org)**

**or add them to the Calendar at**

**[www.American-Sokol.org](http://www.American-Sokol.org)**

## President's Column

Greetings Brother and Sisters,

Wow! What a busy year. Congratulations to Sister Bea Walko, President of Sokol USA, and the Sokol USA Slet Committee on a great and memorable Sokol Festival in Pittsburgh this summer.

Our National BOI and staff also deserve lots of praise for the successful Instructor's School and National Summer Camp that took place this year. We've had many compliments on both events.

The Southern District and Sokol Ft. Worth hosted the annual District Director's Meeting, School Board Meeting and Development Conference. The weekend had great attendance and was full of information including extensive information for the 2009 Slet. The enthusiasm of the weekend was overwhelming.

In October, my wife Lil and I had the privilege of attending Sokol New York's 140<sup>th</sup> Anniversary. We thoroughly enjoyed the event. Thanks to all of the members that made it a very special occasion.

The last weekend in October, I attended the 60<sup>th</sup> Anniversary of Sokol Washington, DC. The unit also annually lays a wreath at the Tomb of the Unknowns on Czechoslovakian Independence day October 28<sup>th</sup>. Sis. Jean Hruby and I were honored to be given the opportunity to lay the wreath. This was a very impressive ceremony. Special thanks to Brother Miroslav Neovesky, President Sokol Washington, for the invitation and many arrangements. The anniversary banquet was also special with many dignitaries from Washington and Sokol members from Sokol Baltimore and Sokol New York.

I want to take this time to also thank everyone associated with Sokol's Strategic Planning Committee and Teams. It's been a year like no other. I know that all American Sokol members look forward to our moving forward into the future.

Nazdar,

Brother Larry Laznovsky  
President, American Sokol

*From the National Trust for Historic Preservation*

It's hard to believe, but officials at Arlington National Cemetery plan to replace the original Tomb of the Unknown Soldier with a new replica solely because of repairable cosmetic imperfections. This 1932 monument is nationally significant and eligible for listing in the National Register of Historic Places. Visit [www.NationalTrust.org](http://www.NationalTrust.org) more on this plan.



### Tomb of the Unknowns October 2007

*Submitted by Jean Hruby*

Bro. Larry and I participated in the wreath laying ceremony in Washington DC. President Miroslav Neovesky of Sokol Washington DC invited us. Also at the ceremony were other members of Sokol Washington DC, Major General Emil Pupi, Military Attaché, from the Czech Republic Ministry of Defense serving in Washington DC, Colonel Ing. Miroslav Giertli from the Slovak Republic Ministry of Defense, Sis. Norma Zabka and Sis. Irene Mergl from Sokol New York., Brother Joe Vrzalik of Sokol Baltimore/Ft Worth and Sis. Carrie Baker of Sokol Baltimore. Joe is famous for his moto "a handstand a day keeps the doctor away!"

I was so proud to participate - proud to be a Sokol, proud to be an American and proud of my Czech Heritage - and dually honored to be part of such an historic and patriotic ceremony.





# The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

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Happy Holidays to all our Sisters and Brothers.

May we all find much-deserved peace in the coming New Year!

*Did you know ...*

Before the National Bank Act of 1863, individual banks could issue their own currency. Several chose to decorate their One, Three for Five dollar bills with Santa Claus. He was honored by the Pittsfield Bank, Pittsfield, MA; Howard Banking Co., Boston; White Mountain Bank, Lancaster, NH; and Central Bank of Troy, NY. Today, these bills can fetch from \$200 to \$300 each.

December 12th is Poinsettia Day: Congressman and Secretary of War, Joel Roberts Poinsett, introduced the plant to the U.S.A.

Clara Barton was born on December 15, 1821. She established a school for the children of the workers at her father's sawmill. She moved to Washington D.C. and had a job with the Patent Office, but because of the war, she felt a need to provide assistance to the soldiers who were already wounded, hungry or without bedding or clothing. She was dubbed the "Angel of the Battlefield". In 1869, she went to Switzerland to rest and was introduced to the founder of the Red Cross, Henry Dunant. The Geneva Convention adopted these ideas, and Clara Barton organized the first American Red Cross in 1881.

*Czech Sayings About The Weather...*

- If St. Barbara, Dec. 4th, wears a white apron (snow) there will be abundant grass and hay.
- A dark, gloomy Christmas Eve produces a good milk cow, and a light, bright Eve means good laying hens.
- Snow on Christmas Day brings a good hops crop, but a green Christmas means a white Easter.
- High winds on St. Stephen's Day (Dec. 26<sup>th</sup>) brings a meager grape harvest, but sun and wind on St. Sylvester's Day (Dec. 31<sup>st</sup>) give a good grape crop.
- A clear day for St. Paul's (Jan. 25<sup>th</sup>) means a bountiful year.
- Weather forecasters, in Czech tradition, watch the first 12 days of January to tell the weather for each corresponding month.

*GIFTS you can give all year long: (from Sokol St. Louis newsletter, 1996)...*

**The Gift of Praise:** appropriately mentioned, right in front of the other person.

**The Gift of Consideration:** putting yourself in the shoes of the other person, providing genuine understanding.

**The Gift of Concession:** humbly saying, "I'm sorry; you are right and I am wrong."

**The Gift of Gratitude:** never forgetting to say "Thank You" and never failing to mean it.

**The Gift of Attention:** when another speaks, listen attentively. Meet their eyes squarely.

**The Gift of Inspiration:** plant seeds of courage and action in another person's heart.

**The Gift of Personal Presence:** in sickness, in trouble or in joy, there is nothing quite equal to your personal expression of sympathy or congratulations.

NAZDAR ! EllenJeanne Schnabl, American Sokol Educational Director

# STRATEGIC PLANNING UPDATE

## CORE PROGRAMS

Here we introduce three of the four core programs the Program Team has completed and received approval from the Executive Board to move forward. These three programs are the **Educational-Safety and First Aid Education (S.A.F.E.)**, **Cultural-A Taste of Sokol**, and **Social-Sokol Nights**. We want to hear comments back about these programs; please send them to [mfiordelis@yahoo.com](mailto:mfiordelis@yahoo.com). The plan is to send the entire program packets for all three programs to your unit so you will be able to read them in their entirety. Remember, the Program Team does NOT expect the Board of Instructors to be responsible for these programs but they will be a Unit's responsibility.

Nazdar, Maryann Fiordelis, Interim Strategic Plan Manager



## EDUCATIONAL PROGRAM

The Program team has completed the "New" educational program piece as part of their responsibility of developing core programs for the four focus areas of fitness, educational, cultural and social. Team Leader, Mary Cushing, with assistance from her fellow teammates, made a presentation to the Executive Board at their August meeting and was given approval to move forward. I'm proud to present a synopsis of our new Educational Program. This DOES NOT take the place of any current educational program already established in the units. This is in addition to those programs.

### Safety And First Aid Education (S.A.F.E.)

Summary: Training in safety, first aid and CPR to prepare people of all ages in emergency and non-emergency situations. This program is designed to teach life saving techniques and injury management to a wide range of ages. The American Red Cross CPR and First Aid training classes will be the primary focus. Certification is available.

#### GOALS

- To educate Sokol members and non-members of the community at all age levels in valuable lifesaving skills and knowledge to respond to emergency situations utilizing the American Red Cross programs.
- Instill an ongoing safety awareness and proactive injury prevention attitude in every Sokol Unit.



#### OBJECTIVES

- Have qualified/certified trainers to conduct all classes to ensure desired quality.
- Provide classes for all age levels.
- Provide Sokol Units with information about the American Red Cross programs applicable to the S.A.F.E. Program.
- Provide Sokol Units with resource information for materials available through the American Red Cross.
- Provide the opportunity to become certified where applicable.
- Have instructors in other existing programs become more safety conscious.

To meet the objective of providing classes for all age levels, there will be a variety of age appropriate classes being offered, such as:

#### **F.A.C.T. (First Aid for Children Today) for 5 to 8 year olds**

This class may be conducted by any responsible adult who has completed the leader kit. This class will lead children through health promotion and injury prevention activities that are age appropriate. Its environmental theme teaches safety in a non-threatening way.

#### **B.A.T. (Basic Aid Training) for 8 to 10 year olds**

This class may be conducted by any responsible adult who has completed the leader kit. This introduces children to the emergency action steps, Check, Call, Care and basic first aid procedures. An activity book with puzzles and games teaches them how to prevent injuries and what to do in an emergency.

#### **Babysitting Training for 11 to 14 year olds**

This class is conducted by a certified Red Cross instructor. This class offers an interactive, educational format that tasks the youth with activities such as identifying safety problems around the house and yard and selecting appropriate toys and games for children in their care. Participants learn by doing. This format along with course

video and enthusiastic course instructor, provided by the American Red Cross, keeps the interest of the babysitters and provides a meaningful classroom experience.

#### **First Aid/ CPR for teenagers to adults**

This class is conducted by a certified Red Cross instructor. This class combines lectures, demonstrations, and video with hands-on training and practice. Participants learn to recognize and respond to emergencies including shock, cardiac and breathing emergencies for adults, children and infants, heat and cold emergencies, sudden illnesses and poisonings. Additionally they will learn first aid for everything from cuts and scrapes to muscle, bone and joint injuries.

#### **Sports Safety Training for teenagers to adults**

This class is conducted by a certified Red Cross instructor. This class is ideal for coaches, athletes or parents of an athlete. This course covers sports-related injury prevention, first aid care and Adult CPR. An optional Child CPR Course can also be added.

Why would we decide to go with an American Red Cross program? The biggest deciding factor was that it is already established, covers the age ranges we are interested in and provides certified instructors if needed as well as materials. In other words, they didn't have to reinvent the wheel!

The Program Team is currently working with the American Red Cross to set up a National Chapter for American Sokol. This will help to standardize cost of the classes across the country, get us volume purchase discounts, and instructor certification of our own Sokol members.

Although implementation of this program is NOT the responsibility of the Program Team, they have included some suggested implementation strategies in their program packet – soon to be distributed to Unit Presidents. This packet also contains a section on 'Frequently Asked Questions'. But what about funding to get this program started, and advertising costs, whose area of responsibility does this fall under? Some of these questions will be addressed by the Finance Team. In the beginning we anticipate that the new Executive Director will oversee this program, as well as implementation of other areas, as teams work through establishing ways to obtain their goals. What we do know is that this program does not and should not fall under the Board of Instructors.



## SOCIAL PROGRAM

### Sokol Nights

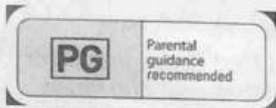
One important aspect from the Program Team perspective is that they want this to be a Social Program and not just another unit fund raiser. They also realized that it needs to be more diverse than other Programs, incorporating a wide variety of "activities" to be sure this Program will attract many people of all ages, with varied interests. They also realized it will need a different set up than other Programs, simply because of its nature. "Sokol Nights" is only the title. Activities do not have to take place at night. They could be a weekend afternoon for example.

#### Goals & Objectives

- Stimulate Sokol unity, togetherness and fun.
- Encourage families, individual members and non-members of the community to spend time together.
- Develop groups with similar interests.
- Encourage our Units to open their doors at alternate times.
- Create and implement fun activities removed from normal Unit business.
- Work efforts should be minimal.

Because this is a very different type of program than the others, the age breakdown is also different; it is broken into Family Nights - activities based around (but not limited to) family group participation (all ages) and Fun Nights - activities based around individual participation, which may include some separation by age ranges. It is based on four-month sessions to be offered bi-monthly (could do 3 each year) and is divided into seven Activity Periods (or AP's) for each session.

Family Night activities include Movie Night with G or PG movies (twice), Game Night (board games), Craft Night (hands on). Fun Night activities include Hobby Night (where you bring down you hobby to display), Movie Night with PG 13 movies, Open Gym with sessions going on throughout the evening for different age groups. The complete program includes a list of appropriate movies, suggestions for hobbies, crafts and board games, check list for the various nights, sample waiver form for open gym and more. (I can't wait for our unit to start utilizing this program, I've been dying to see Pirates of the Carribbean - my granddaughter just loves Johnny Depp).



See page -11 - for **Cultural Program** information.

# AMERICAN SOKOL GYMNAST

Pages 7-10 are produced by Kandi Pajer, specifically 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

## 2007 American Sokol Instructor School



**Instructors:** Steve Wise, Jane Wise, Joe Vorlicek, Sonja Nakonecznyj, Kevin Fitzpatrick, Mary Cushing, Peter Lattanzio, Gretchen Vencl, Kenny Fron



**Row 1 - Instructors:** Steve Wise, Jane Wise, Joe Vorlicek, Sonja Nakonecznyj, Kevin Fitzpatrick, Mary Cushing, Peter Lattanzio, Gretchen Vencl, Kenny Fron  
**Row 2 –** James Powers, Ashley Puchala, Rebecca Schoepke, Soleil Saraiva, Stacey Hoffman, Kelsey Soneson, Brittney Collett, Adriana Adams, Cindy Stevens, Caleb Conrad, Taylor Vachata, Moises Rivera, Katie Thieret, Emma Amaral, Kelsey Jackson  
**Row 3 –** Michael Romano, Dayona Barrett, Alyssa Carlozzi, Jennifer Stagner, David Gurreri, Alix Wilt, Melissa Karlson, Brittany Winkelman, Mary Bajek, Christine Vasquez, Jolene Sinkule, Charles Malina  
**Row 4 –** Lou Bajek, Jennifer Jacobson, Anne Marie Suchanek, Melanie Soneson, Ryan Newcomer, Jonathan Rus, Victoria Schoepke, Allison Schoepke, Ryan Breidenbach, Danny Bajek, Bob Bajek

## American Sokol Instructors School 2007

Students from fifteen units of the American Sokol as well as students from D.A. Sokol, Sokol USA Monesson, and Sokol Canada (Toronto) attended this year's American Sokol National Instructors School, hosted by Sokol Greater Cleveland. This is the first time in a long time that all 4 North American Sokol Organizations had students attending. So it was actually an "international" school.

We began with 39 students on the first day and ended with 37 by Graduation. Fortunately, this was not due to anyone being sent home because of behavior problems, but rather one homesick student from Monesson and one older student who knew she could only participate for one week because of work and family duties, but wanted to come anyway. There were 3 Novice, 15 Beginners, 15 Intermediates, 2 Advanced and 4 Advanced II students. All students passed.

Being the new school director this year was quite exciting. Some things were a bit different, including some of our core classes, scheduling and free time. Our two outings were fun and different, too. One was an evening with Cosmic Bowling, while the other was a cookout and swim at the lake. We also had a unique "positive behavior" reward system this year. Students' names went into a drawing, if they had a perfect 10 for the day. The three winners for the day had the option of "taking" someone else's prize already won, or drawing a number for a brand new prize in a "white elephant" sale. These prizes were all Sokol & gymnastics memorabilia donated by the units from the hosting district and staff members. The students loved it!

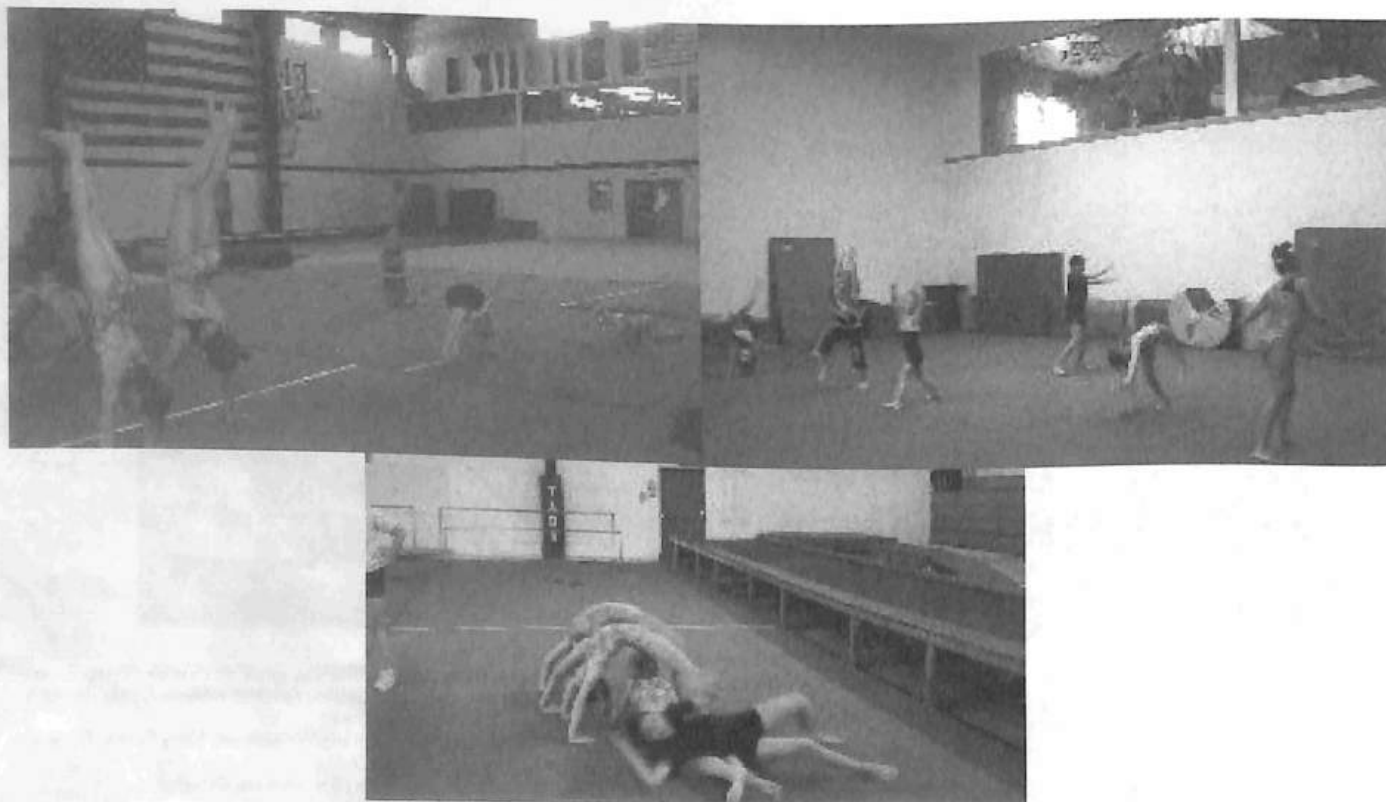
*Note:*

Watch for a review of the course in next months issue by Jonathan Rus. Rus was the recipient of this years Bob Liptak award. Read a summary of the course from a participants point of view. Please read this to your classes and try to get your "junior classes" interested and exited to participate in the future. Course is a great and positive tool for you students not only to be able to give back to their unit but also skills they can use in different facets of their lives and in the future. KP ;)

## NATIONAL GYMNASTICS DAY CELEBRATION

Stacey Domzalski-Head American Sokol GIJO Instructor

The Sokol G.I.J.O. (Greater Illinois Junior Olympics) team practiced August 4th and celebrated National Gymnastics Day. We played games, did relay races, and each girl picked one piece of equipment to show off a new trick, a made up routine, or their favorite thing. Everyone had a good time, and it was something different and fun for the girls to do during practice. Of course, we also did more gymnastics during the practice too.



# Websites Help Those Who Sit and Want to Be Fit

## Stay in Shape While Working a Sedentary Job

By Joan Hadac - Liberty Suburban Newspaper - July 2007

Sitting in front of a computer all day is not the way to stay in shape. At the end of the day, the mind is tired and the body aches from inactivity. Going home to a half-hour or, worse, more exercise routine seems too much to contemplate. Dieting seems as unpalatable as eating a bug. But now, the same tool that kept millions idle and unfit may help those same people get back to physical well-being. With information on diet tips and foods, calorie calculators, exercise demonstrations and general information necessary to maintain a healthy lifestyle, Web sites are becoming an ally in the dieting process, rather than the enemy it once was. Sit down and let your fingers do the walking on the information superhighway with these sites. They may even give you ideas you can use in your classes - KP;)



### **Fit Day** [www.FitDay.com](http://www.FitDay.com)

**Mechanisms:** Members chart what they are eating and their physical activity. Reports detail nutrition stats for thousands of foods. Long-term diet analysis available.

**Benefits:** It's free. The site helps members keep track of everything from calorie, carb, fat and protein counts to where a member has been and where she should be heading. Other options, such as keeping a public diary and reading success stories, are also available.

For those who want to keep their dietary habits and weight loss/gain private, there's also FitDay PC, for the home computer. This can be downloaded for about \$30.

### **Jenny Craig** [www.jennycraig.com](http://www.jennycraig.com)

**Mechanisms:** For the free Jenny Craig online program, click e-tools on the home page. Some of the features include an online menu planner, interactive journal, chart to track food intake, activities and weight loss/gain, recipes, message boards, chat rooms and newsletter. No food.

Registering for the whole program will set you back about \$300, plus the cost of food each week. There are unusually specials, such as losing a number of pounds for one price, plus the cost of food.

**Benefits:** Jenny Craig offers an online program and features centers with counselors, so the option is open to lose weight via the Internet, or get face-to-face counseling.

Jenny Craig offers prepared food like Nutrisystem, so there's no calorie counting or portion guessing. But it does teach members portion control.

### **Safe Computing Tips** [www.safecomputingtips.com](http://www.safecomputingtips.com)

**Mechanisms:** Several different pages containing help for people who are chained to a computer help for most of the work day. It's about preventing such afflictions as carpal tunnel syndrome, repetitive stress injury and musculoskeletal disorders. It's also about a lot of ergonomic information for the office, computer, laptops, chairs, training and software. Ergonomic exercises also are included.

**Benefits:** Helps workers avoid the pain of being computer bound, and keeps them in the loop regarding current information about being ergonomically correct.

### **President's Challenge** [www.presidentschallenge.org](http://www.presidentschallenge.org)

**Mechanisms:** Allows members to enter activities performed and shows how many calories burned. Has numerous activities from weight lifting to gardening and allows you to enter low intensity to high intensity.

**Benefits:** Can compete against others in same level and age as you-helps members get excited about competing and getting points for entering activities. Also has prizes for people when they meet their goals.

This is a program that the American Sokol is looking to implement in their classes in the future!!! KP;) )

Click and be fit: Good Advice Websites with an Emphasis on Exercise:

**The American Heart Association** [www.choosetomove.org](http://www.choosetomove.org)

**Shape Up America** [www.shapeup.org](http://www.shapeup.org)

**Mayo Clinic** [www.mayoclinic.com](http://www.mayoclinic.com)

**American Council on Exercise** [www.acefitness.org](http://www.acefitness.org)



Cedar Rapids Sokol recently recognized the following members for their years of commitment ...  
*Allene Pease, Membership Director and Financial Secretary*

1967	<b>40 years</b>	1967
	David Benesh Errol Lindsey	
1972	<b>35 years</b>	1972
	Vera Plesek Margaret Fiala William Grow Marilyn Madsen Terry Brosh Wesley Vondracek	
1977	<b>30 years</b>	1977
	Murl Madsen	
1982	<b>25 years</b>	1982
	Debbie Allison Steven Kriz Charles Nejd Pam Hoogerwerf	
1992	<b>15 years</b>	1992
	Shelly Cairns	
1997	<b>10 years</b>	1997
	Eric Stumpf Barb Edmunds Frank Edmunds	

Note: Marilyn and Murl Madsen traveled to Cedar Rapids, Iowa from Arizona to accept their awards. These are very proud Sokol members.

Photo from the Loss collection:



**Sokol in the life of a member: Ladd Loss**

by Rosie Loss Bodien, used with permission from the Slovo, Sokol MN

History is reflected in the lives and contributions of individuals, and for Sokol Minnesota those of its long-standing members. With the passing of its oldest member, Ladd Loss, we can take the time to review the many associations, friendships, and occasions that marked his life.

Ladd was an active Sokol gymnast starting in the late 1920s. His father, Alois Ladd, joined CSPA in Antwerp, Ohio. Two years later, June 24, 1909, Ladd was born to Alois and Frances in St. Paul. Like many Sokols, the Loss family lived near the hall at 427 St. Clair Avenue. While Alois was active in the lodge activities, Ladd and his siblings (Amelia, Alois Jr., Florian, Frank, George, Anne) took part in Sokol activities.

The family would spend their summer vacations at the Sokol Camp on Pine Lake. There were fish to be caught, besides swimming and boating while visiting with the other families. There are many pictures of Ladd's family at Sokol Camp on Cross Lake during the summer. In 1930, Ladd received his accounting degree from the University of Minnesota by going to night classes. Thus, he started his career as an accountant with the federal government, later on in 1939 became a special agent for the Internal Revenue Department.

In May, 1931, the St. Paul Sokol gymnasts went to Cadott, Wisconsin, to help this new unit with their program. There Ladd met his future wife, Lydia Straka. In the book The Czech Americans by Stephanie Sakson-Ford, on page 93, there is a picture of ten St. Paul Sokol gymnasts in formation, including Ladd on parallel bars, in Cadott. Ladd and Lydia were married in St. Paul on September 5, 1936. That year, Ladd also qualified and participated in the married men's Sokol team competition at the Northwestern Gymnastic Festival in the St. Paul Hippodrome. In 1946, Ladd survived the Hotel LaSalle fire in Chicago while attending a training session. Sixty other people died. Luckily, Ladd had asked to be moved from the fourth floor (where the fire started) to the eighth floor, thinking it would be quieter. His family saw a picture of him right after the fire in the newspaper, sitting with a blanket around him. That's how Lydia knew Ladd was ok.

The Sokol community continued to be a part of Ladd and Lydia's life. There were Saturday gymnastic classes, plus the many cultural activities to be enjoyed. Lasting friendships were made that continued even after Ladd and Lydia moved to Washington State to be near two of their daughters in 1970. They made trips back to St. Paul timed around Sokol cultural activities. Ladd loved the singing and dancing.

Ladd passed away June 16 in Kirkland, WA. His daughters and their families gathered in Kirkland on June 23 to celebrate his life. On October 14, there was a memorial celebration of Ladd's life at the CSPA Hall in St. Paul, MN.

## CULTURAL PROGRAM

### A Taste Of Sokol

After reviewing survey results and group discussions, the Program Team decided that the Cultural Program should be a cooking one. I think they uniquely combined recipes from various countries with cultural facts that can be shared in a fun way. This program is designed to teach the tastes and techniques for cooking the foods of various countries through ethnic recipes and provide information about these different cultures to a wide range of ages. It will also instruct the participants in basic food safety, kitchen sanitation, kitchen equipment and recipe reading.

#### Goals & Objectives

- To culturally enrich Sokol members and non-members of the community
- To learn, understand and appreciate the history, geography, and cultural diversity through ethnic cooking.
- Opportunity to work together as a group and individually through cooking.
- Appreciation for cultural diversity in our community through ethnic cooking.
- Certification through Sokol upon completion of the program.
- We will provide Sokol Units with a lesson plan form, suggested ethnic recipes and "Certificates of Completion" for this program.

The recipes are written for various age groups and include a variety of ethnicities. This program can be run as demonstration only or as hands on depending on the situation in the unit. Included as part of this program are the requirements, some suggestions around implementation, sample lesson plan, certificate, food safety and sanitation tips, suggestions for basic kitchen equipment for any chef (not necessarily just for this program), how to read a recipe (for kids), and a whole section on suggested recipes to run this program for all ages groups. This program is based on four classes for children ages 3-5, and 6-12, teens ages 13-17 and adults 18+. In fact the program is very in-depth with over 40 pages in all. Hope you'll be anxiously awaiting to see the full program and are excited about trying these mouth-watering dishes. YUMMMMMM, I made myself hungry, gotta go.

Remember, we want your feedback with regard to these programs. Please send them to [mfiordelis@yahoo.com](mailto:mfiordelis@yahoo.com).

Here we introduce three of the four core programs the Program Team has completed and received approval from the Executive Board to move forward. These three programs are the Educational-Safety and First Aid Education (S.A.F.E.), Cultural-A Taste of Sokol, and Social-Sokol Nights. We want to hear comments back about these programs; please send them to [mfiordelis@yahoo.com](mailto:mfiordelis@yahoo.com). The plan is to send the entire program packets for all three programs to your unit so you will be able to read them in their entirety. Remember, the Program Team does NOT expect the Board of Instructors to be responsible for these programs but they will be a Unit's responsibility.

Nazdar, Maryann Fiordelis, Interim Strategic Plan Manager

### Zdenka "Jean" Freehauf

Submitted by Jean Hruby

"Last year, Zdenka called the ASO office and ordered DVD copies of the Prague Slet and Gala performances - since she was pretty much confined to her room. These kept her busy and so happy - as she reminisced on her Sokol past. She really enjoyed them. I was glad she was able to see them and proud that Sokol was something that filled her final days with joy."

Jean was born December 10, 1910, at Kladno, Czech Republic, to Frank and Zdenka Krejci Macich. She married Clarence Freehauf October 12, 1935 at Chicago. She was a legal secretary and enjoyed knitting and crocheting. Her annual December birthday party was a local tradition. She was of the Catholic faith. Jean lived in Bull Shoals since 1960, moving from Lake Geneva, Wisconsin, and was a former resident of Glen Ellyn, Illinois. She was a member of Sokol Chicagoland for 78 years, Diamond Rebekah Lodge 75 of the 100F for 78 years, Czech American Club of the Ozarks, Ozark Organ Guild, Lakeview Home Extension, Pinochle and Bridge Group, Bull Shoals Lions Club and Bull Shoals Volunteer Fire Department Auxiliary. She was past president of Rivercliff of the Ozarks Ladies Golf.



1910 - 2007

**Sokol Town of Lake Camp Reunion  
October 14, 2007 - Willow Springs, Illinois**

*Submitted by H. Milan*

Another great day with a gathering of 26 Sokols. The day started with a light rain-drizzle, so last minute changes were made. Vlasta Stribny had earlier made contact with the Ranger station and a friendly "Kathy" arranged for a pavilion on the road next to camp road. She also had the "Rock" area mowed and spread wood chips. We had to improvise. Luckily Raydeen Banfi Naughton had brought lesson plans to work on with materials such as markers, paper, cord and balloons. We hurriedly made signs, arrows and filled balloons to mark the road entrance location. We used lanyard cord to tie signs on posts. Her cord was also used to hang the Camp Sign (made by Frank "Buchta" Havlicek seven or eight years ago) under the pavilion. Thank you Annette Schabowski, keeper of the signs, Sokol logo flag, photo albums and lanyard kits. And a very special Thank You to those providing the fried chicken and other dishes and desserts. The food was delicious.



beer mugs, soda bottles, etc. We were glad to have Julie Barcal with us enjoying the fresh air. Her mother Rose recently passed on, so we shared memories with her. This year we had no cheers, no singing. I guess we were too busy visiting and looking at photos and new items of memorabilia. Also, no total group photo was taken because everyone had scattered down the many camp trails.

Thank you for the contributors to the American Sokol Museum. It helps to remember our past history. A card was signed to Joe Chocola (1951 lifeguard) who recently had hip surgery. It was great to see Dan Farley (1953 lifeguard) come in from El Paso, Texas.

We had a great day with a lot of smiling faces. We hope to see more next year on the second Sunday in October, 2008. Plan on it now!

Many small groups walked to the "Camp Rock" and down camp trails where Hare and Hound chases took place. Several of us poked around with sticks for treasures buried around the grounds ... broken dishes,



**Sokol Tabor B.O.I. Presents:**

**TABORFEST IV PIG ROAST**



**SATURDAY, JANUARY 19, 2008**

Sokol Tabor Lower Hall  
1602 S. Clarence, Berwyn, IL



## Libby Imbrone Receives the Czernin Palace Memorial Bronze Medal and Diploma

Submitted by Nancy Imbrone

On November 4, 2007, long time Sokol Minnesota member Libuse (Libby) Rybnicek Imbrone received the Czernin Palace Memorial Bronze Medal and Diploma for "her great and significant contribution to the progress of Czech-American relations". Honorary Consul Dr. Josef Mestenhauer presented the award on behalf of Dr. Petr Kolář, Czech Ambassador to the United States. The award is granted based on nominations from Honorary Consuls and Honorary Consuls General.



Libby is known as highly organized, personal, intelligent, creative, hard working, dedicated, responsible, reliable and sophisticated .. in short, she is a wonder and an inspiration. The following is her acceptance speech (abbreviated). No one could have said it better.

I extend my sincere gratitude to His Excellency Dr. Petr Kolář, Czech Ambassador to the United States for presenting this award to me. Also, my sincere "thank you" to Czech Ambassador to the United Nations, Dr. Martin Palous, for instituting this recognition of achievement award to Czech Americans. ...

Let me tell you about my Czech background. My parents emigrated from Bohemia in the early 1900's. I was named "Libuse" after the Czech Princess who had a vision of "A beautiful city rising to the stars" - Praha -Prague . . . How could my heart **not** be connected to my Czech heritage? All my life I've been asked about my name's origin and pronunciation. The legend of Libuse and Premysl is this: There were Three sisters, Teta, Kazi a Libuse - Princess Libuse inherited the throne from her father the King . She was single and considered wise and although she was loved, the people wanted her to marry. So Libuse told her subjects to go out into the fields and she would marry the first man they find eating his lunch on the plowshare in the field. - - She married this man, Premysl, and they created the Premyslid dynasty. (The dynasty ruled until about the 14<sup>th</sup> Century). Libuse was considered the mother of Prague!! Her reign was the last of several generations of strong women leaders in Czech history.

I enjoyed a rich culture among playful, happy Czech families while growing up in North Dakota. My parents inspired me by their hospitality, interest and involvement in parish and civic affairs. My belief is: we are each given talents by our Creator and have to give an accounting of how we use those talents. . We all have those moments when we know there's an opportunity calling us - that fits our abilities.

I have simply responded to opportunities with enthusiasm and have received many blessings in return. I became Sokol MN Outreach Chairperson in the early 1990's. When Sokol Minnesota was invited to attend a meeting about a proposed visit to the Twin Cities by President Vaclav Havel of the Czech

Republic, I was requested by Sokol MN to attend the meeting. As Outreach Chairperson I was named the Czech Community Coordinator for the visit of President Vaclav Havel in 1999. The prospect of the Havel visit meant all the divergent Czech interests had to meld into a workable group.

I made my short presentation to the Havel Visit Planning Committee and spoke of the Sokol organization and its mission of developing teamwork for a healthy mind and body. It was a pleasure to point to the long existence of the C.S.P.S. Hall as a landmark in Saint Paul. My passion for the Czech and Slovak cultures and the Sokol ideals made me proud and happy to share my heritage keeping in mind that it is a tremendous responsibility to present it accurately and with propriety.

In gratitude for this honor and remembering the rewards of my volunteer efforts, I recall this poem.

"There is a destiny that makes us brothers,  
No one walks his way alone;  
All that we put into the lives of others,  
Comes back into our own."

Certainly, President Vaclav Havel's visit was the highlight of all the events; others, the Breakfast here in the Hall for 100 visiting dignitaries including members of the Czech Parliament; the visit of Madeline Albright, former Secretary of State, during the 2<sup>nd</sup> Vaclav Havel Civil Society Symposium; the Terezin Exhibit. This was a major event. For the choir "Nova Ceska Pisen" we were able to locate a venue and secure hosts for 32 choir members from Plzen, Czech Republic for their 2-day stay. The violin and piano virtuoso's concerts and various programs were numerous, including a whirlwind of receptions for dignitaries.

We as a Sokol Unit also befriended the MAST students. [MAST is Minnesota Agricultural Student Training program.] These are Czech and Slovak young people who come to the Saint Paul Campus of the University of Minnesota to work and study in agricultural situations. To this day, I remember these students and treasure their

relationships. They were amazed that we had such a strong and active Czech and Slovak Community here and we in turn remember them and love them as our own.

There is the saying, "for everything there is a season" - and how true! The world has changed much; each group of new arrivals comes with different expectations, gifts and values. We continue to progress because we continually learn from each other. We have formed great friendships with Czechs and Slovaks abroad as well as keeping in touch with our relatives so freely.

My season is ending - there are now younger dedicated members who have stepped in with their special talents to continue this work and they are doing a spectacular job. How exciting is our past, our present and our future!

With the advice and support of Dr. Mestenhauer, the Czech Government has given us assistance and moral support to continue our efforts of promoting cultural events and furthering education.

Looking back to 1990 we have made fantastic strides - and the West 7<sup>th</sup> Street Community can look to us with pride in our accomplishments, our sustaining power and our future plans.

Dr. Mestenhauer, thank you for your friendship, the trust and confidence you placed in me, and the spirit of teamwork, with which you communicated to me throughout the years. My sincere appreciation and gratitude goes to past presidents, Bob Vanyo and Joyce Tesarek Petrik, the officers, members, Singers, Dancers and our special volunteers at Sokol MN. From the very beginning of my tenure as Outreach/Public Relations Chairperson you always made the completion of any project more perfect by your cheerful efforts and dedication. **I gratefully and humbly accept this award.**

Thank you very much! Dekujie!  
Libuse Rybnicek Imbrone (Libby)

## THE MUSHROOM PICKER

The Life of Matt Konop, a one-man show by Patrick Dewane (Member, Sokol Minnesota)

Story submitted by Joe Landsberger, President of Sokol Minnesota

*Patrick Dewane:* "Being Czech - and being American - is at the heart of my one-man show about Lt. Colonel Matt Konop, my grandfather and a WWII war hero. In the performance, I share his incredible journey as a Czech-American soldier fighting in Czechoslovakia, and how that untold story came to me years after his death." Show presented at the CPSP Hall (St. Paul, MN) on December 13th, 2007.



Konop grew up in a Czech farming hamlet in the Upper Midwestern US, speaking only Czech until he was sent to school at age six. He soon learned assimilation was the quickest route to the American dream and that his Czech background was something to overcome as he made his way in the world. Like countless Americans before him, the military would be his means of upward mobility.

However, by the end of WW II his entire concept of himself turned inside out. What he had fled became what he pursued. When he came home from the war he grew to be more intentionally Czech than anyone in his hometown. He brewed his own beer, researched his family's genealogy decades before such things became fashionable, and picked wild mushrooms. While everyone called him "The Colonel" he rarely spoke about the war. And when the CB radio craze of the 1970s hit, he chose as his handle "The Mushroom Picker," much to my disappointment.

As a boy, I loved war movies and would beg him to tell me a war story. But The Greatest Generation didn't do much of that, especially modest Czechs. He'd change the subject or make a joke so I concluded he spent most of the war peeling potatoes. I had no idea how wrong I was. In 1983 I was a pallbearer at his funeral and figured we buried his war stories with him.

Then a few years ago my sister Jane found a pile of type-written papers in a box in a basement. It turns out, in the last years of his life my grandpa spent dozens of hours in the furnace room of his house clacking away on a Remington manual typewriter, chain-smoking Camel straights, racing time to get down onto paper what he had experienced. My sister was shocked by what she found, incredible stories written on the backs of blank insurance forms, on scrap paper or anything else he could find to hold onto his thoughts. She made copies and gave them out as Christmas presents. And the ghosts I met in those stories have changed my life.

My grandfather had a Forest Gump-like knack for accidentally being where the action was. One example is he helped liberate his family's Czech hometown, walking the same cobblestones that his grandfather had walked eighty years earlier on his journey out of Bohemia to America. But while his grandfather's journey was but another departure by an anonymous peasant, the grandson's homecoming was met with flowers and flags and kisses from pretty girls. He was shocked by the reception he received, and it awakened in him a curiosity about all things Czech that became the greatest passion in his life.

People respond to this story in wonderful and unpredictable ways. I've had WW II veterans thank me for telling it like it was. I've had young people tell me they had no idea that the war was so all-encompassing. And I've had many people in their sixties, folks for whom WW II is the beginning of time, tell me they want to see the show again. It seems the further we get from WW II the more relevant it becomes. For more reactions to the story, please check out the website [www.themushroompicker.com](http://www.themushroompicker.com)

We Czechs have assimilated so well that many of us hardly know where we came from, or why that would even matter. That was my case. But I believe my grandpa wrote his stories in his basement for me, so I can tell them to you. So I offer my story about my grandpa, which is also about me, and maybe all of us.

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