

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



## SOKOL POSTCARDS

1882 - 1994

The following information and photos of Sokol postcards was taken from the Internet and used with Copyright permission from the Smithsonian National Postal Museum web pages <http://www.postalmuseum.si.edu/Alphabetilately/index.html> and <http://alphabetilately.com/sokol/>

Sokol developed and thrived during the heyday of postcards, the late 19th and early 20th century. Hundreds of postcards, many designed by famous artists of the era, were produced as advertising and souvenirs for Sokol events, called Slets. There were local and Regional Slets yearly, with huge "All-Sokol" national and even international Slets at longer intervals.

The word "Sokol" means falcon, a symbol of freedom among Slavs at the time. The Sokol uniform, khaki pants with red shirt and skull cap adorned with a falcon's feather was based on the Italian Garibaldist uniform, as a symbol of the organization's nationalist patriotic ideals. Images of falcons and of members in their uniforms are popular themes on the postcards, as are lions (another symbol of strength and freedom) and patriotic banners.

Gymnastics and calisthenics are central to the Sokol physical culture system, and Slets incorporate demonstrations and competitions of those activities, which are featured prominently on many of the postcards.

Slavic groups outside Czechoslovakia also found the Sokol ideals and goals attractive, and formed Sokol units. The area that became Yugoslavia was the most active, with several major Slets in Ljubljana and Zagreb.

In future issues, we will highlight additional postcards and the stories that accompany them.

Here is an unused postcard with vignette of the Silver Challenge Shield with text: "No gain! No celebration!" The shield was awarded to the "Triumphant" winners of the



international gymnastic competition held in London in 1910, which was sponsored by the British National Physical Recreation Society. Patron: H.M. King Edward VII, President: Rt. Hon. Viscount Gladstone. The shield was won by the Prague Sokol's with a French team second and a Dundonian team from Scotland, third. This shield was later bought by the London Sokol's and was presented to the

COS on 25th May 1925, on the day of the official opening of the Tyrš house in Prague, where it is still exhibited.

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## AMERICAN SOKOL

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ASO Executive Board meets every 4<sup>th</sup> Tuesday\* at 7:30 PM  
ASO Board of Instructors meets every 2<sup>nd</sup> Wednesday\* at 7:30 PM  
\*except in July and August

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Mailed submissions cannot be returned.  
Digital photos must be in .jpg, .tiff, or .bmp format and a minimum of 2" sq., and 150 dpi.

## Calendar of Events

### FEBRUARY

6	Ash Wednesday
9	Sokol Little Ferry 5th Annual Beefsteak
10	Sokol/Sokolice Milwaukee Czech Dinner & Bazaar
14	Valentine's Day
17	Sokol Stickney Pancake & French Toast Breakfast
17	Sokol St. Louis Cooking Class
18	Sokol/Sokolice Milwaukee Gym Valentine Party w/WFLA
18	President's Day
20	Mardi Gras in New Orleans

### MARCH

2	Read Across America Day
9	Daylight Savings Begins
15	Sokol Stickney Exhibition
15	Sokol Little Ferry Corned Beef & Cabbage Dinner
16	Sokol St. Louis Cooking Class
16	Palm Sunday
17	St. Patrick's Day
20	First Day of Spring!
21	Good Friday
23	Easter

### APRIL

1	April Fool's Day
13	Sokol LA Heritage Dance & Luncheon - Granada Hills, CA FMI email mikul8laska@yahoo.com
18	Sokol KHB-Ennis, TX 100th Anniversary Reunion
19	Sokol KHB-Ennis, TX 100th Anniversary Celebration
20	Passover Begins
22	Earth Day

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)

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## A Message from

**American  
Sokol  
President**

**Brother Larry Laznovsky**

Sisters and Brothers,

Best wishes for a Happy & Prosperous New Year.

The New Year finds our National Office at a new location: 9126 Ogden Ave., Brookfield, Ill. 60513. Our previous landlord made the decision to use the space we occupied, so we were given 6 weeks notice to move. After researching several possible locations, the search committee recommended this new location to the Executive Board, which was approved. We believe the new location will serve our organization well. It will take some time to get all the kinks ironed out, but Sister Jean Hruby, with the help of Officers and Members have made a quick turn around of this huge project.

We thank the CSA for renting space to us for the last few years and we look forward to working with them on our common goals.

On a personal note: The Unit that I am a member of, Sokol KHB Ennis, will celebrate its 100<sup>th</sup> Anniversary the weekend of April 18-19-20. Watch for details and plan to join us for this special event.

Again, I want to thank all those who helped and are helping with the office move. Also a Big Thanks to all the hard working members of our Strategic Planning Teams.

Happy New Year, Nazdar, Larry Laznovsky



***Brother Laznovsky and Sister Jean Hruby submitted the following request from the Czech Republic's Consulate in Chicago .....***

Mr. Marek Skolil, Consul General, and Mr. Borek Lizec, Deputy Consul, of the Czech Republic's Consulate in Chicago contacted Bro. Larry Laznovsky requesting American Sokol inform our members of an invitation to all friends of the Czech Republic to encourage their respective Congressmen to join the nascent Czech Caucus in Congress.

Members of Congress Hon. Joe Barton, Hon. Daniel Lipinski, Hon. Ellen Tauscher and Hon. Thaddeus McCotter, and U.S. Senators Hon. George V. Voinovich and E. Benjamin Nelson recently called upon their colleagues to join them as members in Czech Caucus, convened to promote strong cultural connections between our countries and to strengthen the Czech - U.S. alliance.

Both the Members of Congress and the U.S. Senators refer to the Czech immigrants and their descendants as important constituents who continue to enrich and contribute to your wonderful country as well as to excellent relations between our people, executive and legislative branches, militaries, and business sectors.

This entirely bi-partisan initiative of the American Friends of the Czech Republic aims at promoting goals which the Czech-American Community fully shares - to highlight, safeguard and strengthen the Czech-American traditions, friendship and networks.

They request our kind assistance in raising the awareness and support of this initiative among the local representatives in the U.S. Congress and Senate, and acknowledgement of those representatives who are already involved is highly appreciated.

Interested Members of Congress should contact the offices of their colleagues listed above, Mr. Ryan Thomson at 202-225-2002 (Hon. Joe Barton), Mr. Keith Devereaux at 708-837-6190 (Hon. Daniel Lipinski), Mr. Paul Blocher at 202-225-8171 (Hon. Thaddeus McCotter) or Mr. Simon Limage at 202-225-1880 (Hon. Ellen Tauscher); interested Senators either Ms. Jeannie Salo at 202-224-3353 (Senator G. V. Voinovich) or Mr. Andy Vanlandingham at 202-224-8966 (Senator E. B. Nelson).

On behalf of the Czech Republic and our Consulate in Chicago, I - Mr. Marek Skolil, Consul General - thank you in advance for your help and support of this exciting and long overdue plan consolidating the Czech - American friendship.



# The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

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The New Year is here and what better time to nourish yourself inside and out?

- ✓ Eat super foods - cut way back on supplements.
- ✓ Build in workouts - park the car at the far end of the mall.
- ✓ Do about 20 to 30 minutes of cardio reps three or four times a week.
- ✓ Cut back on saturated fats.
- ✓ Work out at work with a jump rope hidden in your desk drawer or jog in place.
- ✓ Drink only in moderation.
- ✓ Keep eyes healthy - wear those sunglasses!
- ✓ Don't skip meals - remember breakfast.
- ✓ Protect your skin by using natural cosmetics and sunscreen.
- ✓ Make snacks count - think of them as mini-meals.
- ✓ Keep a journal of your emotions. It will help you sleep.
- ✓ Keep a bottle or pitcher full of water nearby to stay hydrated,
- ✓ De-stress whether by meditation, relaxing music or short vacations.
- ✓ Think positively -- you'll feel inspired and uplifted.
- ✓ Love your work - if you dread it, then change it.
- ✓ Nurture your creative side - take classes or write poetry.
- ✓ Be nice to yourself and banish criticism or negative self talk.
- ✓ Laughter lowers stress and relaxes muscles. Have a good belly laugh every day.
- ✓ Visualize success in whatever you attempt.
- ✓ Exercise your mental muscles with crossword puzzles or chess.
- ✓ Be environmentally conscious.



These, in addition to being a regular participating member of your Unit and District - in classes and in meetings -- will make you a better, more knowledgeable Sokol!

NAZDAR ! EllenJeanne Schnabl

## STRATEGIC PLANNING



The Christmas holidays are now behind us. All the hustle, bustle, extra work, parties and gatherings didn't slow down any of the active Strategic Imperative teams. They all met right up to the week before Christmas, had assignments during the holidays and met again on January 2. What dedication! Here's a summary of what the teams have been involved in...

### EXISTING TEAMS

**Database** The database team separated into sub-teams to evaluate four software programs; which has been narrowed down to two. They will re-evaluate these as a whole before presenting their recommendations and project charter to the Executive Board at the January meeting.

**Finance** Minor set back with the loss of their Team Leader but team with much determination is moving forward. They've added a new member: Jean Hruby (welcome aboard). By now, I hope you know that the Finance Team has sent out two surveys to all the units: (1) Fund-raising, and (2) Buildings. Several Finance team members, along with some from the Programs team, worked together to submit a grant to Firestone for assistance with the National Instructor's School. This grant request was for \$4,000; American Sokol was awarded \$3,850. Way to go!

They are also actively assisting Sokol Crete with their building issues. The team is researching grant areas to help subsidize the much needed work – hopefully this too will be successful. The Team is also reviewing Program fees; what the fees should be based on, how the fees should be handled, etc. This is especially important now that three of the four core programs have been approved by the Executive Board.

If your Unit not turned in their fund-raising or building surveys, please encourage them to do so and offer your assistance. Who knows maybe there's an area where the Finance Team can help your unit!

**Personnel** Executive Director; unfortunately the first attempt at hiring an Executive Director did not come to fruition. But, never fear, we try again. The team evaluated lessons learned and greatly reduced the amount of time allowed for this process. They also found that earlier involvement and a different approach with the Board of Governors is necessary. In early January, a slightly revised posting will return to the Internet with expectations that an Executive Director will be hired in early March.

**Programs** The Programs Team also had a set back with the loss of their Team Leader. But, they are more committed than ever to see their tasks through to completion. They are currently working on their last core program – Physical. They saved this one for last anticipating it would take the most time to put together.

# Teamwork Teamwork Teamwork

## NEW TEAMS

**Instructors Standards** This newly formed team began meeting in early December. Team members include: Allison Gerber (Sokol Cedar Rapids), Bob Kucera (Sokol Naperville-Tyrs), Kandi Pajer (Sokol Spirit), Bryan Pracko (Sokol USA Lodge 306) me (Maryann Fiordelis) as Team Lead. We are looking at qualifications, job descriptions, performance evaluations, compensation, etc. The information will be published in a handbook for easy use and reference.

**Implementation Team** The Strategic Planning Task Force recommended an Implementation Team be formed to assist in getting our new core programs out to all the units, obtain input and feedback from units, etc. An email was sent to all District Presidents on December 10 informing them about the start up of this team and asking for their assistance by recruiting one candidate from their district to become involved in this project at a National level; as well as opportunities for others to become involved on a district level.

We are looking for members who are highly motivated and effective communicators, familiar and supportive of the Strategic Plan, and who are willing and able to participate. We are also looking for people who are well known and respected in their District; in other words -- our Sokol Influencers.

How much time will this require? We don't have a definite answer to this question. Most of the teams are meeting for an hour a week (via teleconferencing) with typically an hour of assignment work.

For this position, we are asking this person to take it one step further. We need you to be our eyes, ears and voice in your District to keep our membership informed of the implementation plans, encourage units and members to initiate and participate in these core programs, and later on in any additional actions that come from this Implementation Team or the Executive Director. One way we anticipate this happening is for each representative to have sub-committees in their District to help gather input and brainstorm ideas of each other as this Implementation Team moves forward.

So, as for the time involved, this may entail another hour or so, on a weekly basis. Do you fit this bill? Are you willing and able to help out? PLEASE talk to your District President and let them know you are willing to be involved. The deadline for submitting the name from each District was January 6 - but don't let that deter you.

You may wonder why we took this recruitment effort to the District Presidents. The biggest motivator is the fact that no matter how often we ask members to volunteer or ask the Executive Board and Board of Governors to promote it there is still little representation from outside the Central District. The Team Members want to know WHY! We need your help. You know the saying -- many hands make for light work! Same is true for Brain Power! Please contact your Unit President, District President, the home office, or me and offer to help!

*NaZdar,*

*Maryann Fiordelis  
Interim Strategic Plan Manager*



# 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

## Happy New Year

on behalf of the

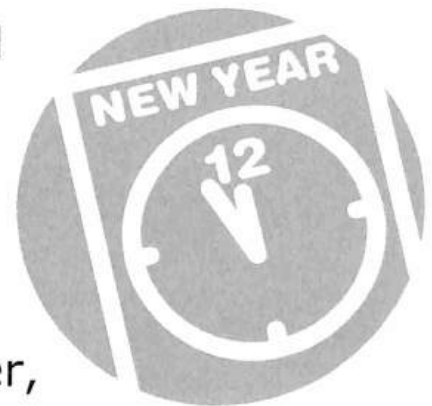
American Sokol Board of Instructors

(names are in no particular order)

### National Men's and Women's Directors

### Chuck Kalat and Barb Vondra

Robert Kucera, Nancy Pajeau, Jan Kalat, Tom Pajer, Juanita Lo Giudice, Beverly Domzalski, Barb Kucera, Vojmir (Bud) Benak, Sandy Benak, Buddy Benak, Paul Lebloch, Lynn Conrad, Frank Michalek, Christina Curran-Wurst, Jerry Milan, Mary Cushing, Maryann Fiordelis, Edward Schnabl, Peter Lattanzio, Elizabeth Kocek, Irena Polashek, Kevin Fitzpatrick, Ronald Jaros, Howie Wise, Jane Wise, Ellen Jeanne Schnabl, Patti Vondra, Richard Miller, Rome Milan, Allison Gerber, Donna Sbriglia, Maryann Fiordelis, Kandi Pajer Lynn Miller, and Lori Laznovsky



# 7 Steps to a Healthy New Year

For recipes and more information go to [www.pathmark.com](http://www.pathmark.com) (article used with permission from Pathmark Newsletter)

The key to successful New Year's Resolutions is to set realistic and attainable goals. Let's look at some steps to get you moving in the right direction.

1

**Start slowly and set small goals that are not overwhelming. Don't try to tackle everything at once.**

For instance, aim to achieve 3 servings of dairy a day. Yoplait® Light is an easy choice because it has the delicious creamy taste of Yoplait® yogurt but it's fat-free and contains less calories than its original counterpart. Yoplait® Light contains vitamin D in every cup, a vital nutrient that research shows many individuals lack. During the winter months, getting vitamin D can be especially challenging because our skin has less exposure to sunlight. Sunlight on our skin helps our bodies make vitamin D, a nutrient needed to absorb calcium and help maintain bone health. Just one 6 ounce serving of Yoplait® Light contains 20% of the daily value for vitamin D and calcium. (Visit [www.pathmark.com/pdf/HS\\_001.pdf](http://www.pathmark.com/pdf/HS_001.pdf) for great muffin recipe)



2

**If you've made resolutions that have the words "avoid, always/never eat," "cut out," or something similar, you've already set yourself up for disappointment.**

It is not realistic to tell yourself that you will never eat a particular food again, especially if you enjoy it. Instead, use phrases like "strive to eat less of..." and "aim to eat more of..." Keep plenty of Nestlé® Pure Life® flavored water on hand. It's a healthy drink option to help you consume the recommended 64 ounces of water and to keep yourself hydrated every day. Studies show that people can burn up to 30% more calories in the 10 to 40 minutes after drinking 17 ounces of water. This means that drinking six 8 ounce glasses of water a day would help you burn an extra 17,400 calories a year, or about 5 pounds! If you are trying to cut back on soda but are having difficulty because plain water is "too bland," Nestlé® Pure Life® flavored water is an excellent choice to help you make the transition. These flavored waters are 100% carbohydrate and calorie free and come in four delicious flavors: Strawberry Splash, Lemon Splash, Raspberry Splash, and Orange Splash.



3

**Commit to learning more about healthier food choices.**

The 2005 Dietary Guidelines for Americans recommend that half of our total grain intake come from whole grains. Weight Watchers® has a line of delicious breads that are low in calories and are a good source of whole grains. Their 100% whole wheat bread contains 3 grams of dietary fiber and only 100 calories per 2-slice serving, making it easier to fit the foods you love into a healthy lifestyle.



4

**Fit in fitness.**

Research studies show that staying physically active regularly can help prevent or delay many diseases and disabilities while helping you maintain a desirable weight. Fitting in fitness can be as easy as parking further from the office, taking the stairs instead of the elevator, or walking during your lunch break.



5

**Stop Smoking.**

According to the Center for Disease Control, "cigarette smoking is the leading cause of preventable disease and death in the United States." Smoking causes a range of illnesses and negative side effects including cancer, emphysema, and premature aging of the skin. Although addictive, stopping cigarettes is not impossible. Nicoderm® CQ® is a "stop smoking quit aid" that can help you achieve a healthier lifestyle by quitting for good. If you're still not convinced, immediate benefits to quitting are: lower blood pressure, improvement in lung function and premature aging of skin, cleaner smell in clothes and breath, and better tasting food! These are just a few of the many benefits you'll enjoy, so what are you waiting for?



6

**Learn to enjoy smaller portions of the food you eat regularly.**

Lean meats are a natural choice because they are low in fat and calories. Hormel® Natural Choice® pre-sliced deli meats are free of preservatives, artificial flavors, colors, MSG, and gluten. They're full of taste and are excellent sources of lean protein for quick and healthy meals or snacks. Check out the West Coast Ham Sandwich recipe; one sandwich is only 200 calories! Pair it with a mixed green salad and fresh fruit for a wholesome meal.



7

**Fruits and Vegetables — More matters.**

Did you know that one of the most popular vegetables in the United States is actually a fruit? Botanists categorize tomatoes as fruits. Tomatoes are appreciated for their combination of sweetness and acidity a delicious way to add nutrients to your diet. Del Monte® Organic Diced Tomatoes contain powerful antioxidants that may help prevent the onset of certain chronic diseases. Increasing your intake of antioxidants is easy since every half-cup serving of diced tomatoes or tomato sauce counts as one serving of vegetables. Del Monte® offers a quick and convenient way of including vegetables in your diet every day. Other vegetable parts of their organic line include green beans, sweet peas, and whole kernel corn.



## 2008 AMERICAN SOKOL MERIT AWARD

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates of the XII American Sokol Convention, held in Detroit in June, 1975 approved Merit Awards to be paid from the Sokol Future Leaders Fund. The Merit Award Committee is now accepting applications for the 2008 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 a criterion, additional consideration will be given to those training in the field of physical education.

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

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zipcode: \_\_\_\_\_

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

Age \_\_\_\_\_ years. I am a member of Sokol Unit \_\_\_\_\_

APPLICATION REQUEST SHOULD BE RECEIVED NO LATER THAN MAY 1, 2008  
APPLICATION DEADLINE IS JUNE 1, 2008

Please mail application request and other applicable materials to:  
Merit Award Committee, c/o American Sokol, 9126 Ogden Ave. Brookfield, IL. 60513

## Will You be the 2008 Miss Czech Slovak USA?

**Entries must be received no later than June 1, 2008. Entries will not be accepted after June 1, 2008. All changes to entries must be made by JULY 1.** No additional information or entry changes will be allowed during the pageant weekend. Mail entries to MaryElizabeth Lackey, Chairman, 2144 Serenidad Lane, Maryland Heights, MO 63043, together with the entry fee of \$50.00 payable to the Miss Czech Slovak USA pageant, photo (head shot) and kroj description. Please note the above address is only accurate until March 1, 2008. Please see the website [www.missczechslovakusapageant.com](http://www.missczechslovakusapageant.com) for the most accurate address or contact MaryElizabeth at 785-317-5010.

### Rules and Procedures

1. Failure to comply with any of the below rules will result in disqualification of contestant from the Miss Czech Slovak USA pageant.
2. Contestants must be between the ages of 16 and 26 prior to August 1 of the current year. She must be attending high school, a Junior college, Tech school, college, university, or be a high school graduate.
3. Contestant must be a citizen of the United States of America.
4. Contestant must be of partial Czech, Moravian, Slovak or Silesian descent.
5. Contestant must appear in a Czech, Moravian, Slovak or Silesian kroj (Costume). See *Kroj modeling for complete details.*
6. Contestants are limited to bringing only 3 kroj for the pageant.
7. There shall not be more than one contestant from a state in the 50 United States. Any contestant may represent a state where they are not a legal resident but attending an accredited high school, college, university, tech school, trade school or business school.
8. Contestant must perform a talent. This talent must be described in detail on the pageant entry form. You can not change your talent after JULY 1. See *Talent rules for complete detail.*
9. Contestant must be personally present during all four pageant categories and all pageant scheduled events as scheduled per pageant program. The four categories in order are: Private interview by Judges, Introduction and Interview by the Pageant Master of Ceremonies, Kroj modeling, and Talent presentation. Failure to complete any category or to attend a weekend event will result in disqualification from the pageant.
10. All contestants will be required to stay at the Historic Wilber Hotel. (Only pageant contestants are allowed to in the hotel)
11. Contestants are required to check-in the Wilber Hotel by 6pm on Friday evening.
12. Contestant must attend the mandatory orientation Friday evening.
13. Contestants must respect the 11:30p Wilber Hotel curfew each night.
14. Males are not allowed on the 2<sup>nd</sup> floor of the Wilber Hotel after 6pm on Friday.
15. No alcoholic beverages will be consumed by contestants between 6pm Friday and the completion of their stay at the Wilber Hotel.
16. Little Sisters will be appointed from the Wilber, Nebraska area by the Miss Czech-Slovak USA pageant committee.

*Photo in kroj, of any size, must accompany the Entry form. This picture is used for publication. It must be a headshot (from waist up). Photo can be either color or black and white.*

### Kroj (costume) Rules

- A **300 word** description of your kroj must be sent with the Entry Form. This description will be read aloud as you model your kroj on the stage during the kroj competition. Example: Suzy is wearing an Americanized kroj. *If the description is more than 300 words the pageant committee will edit the contestant's description.* There are two divisions in the Kroj category: *Americanized and Authentic divisions.*
- Kroj description should include (but not limited to):
  - If the kroj should be judged in the Authentic or Americanized category.
  - The origin, how it represents you, if any part is authentic, the meaning of the kroj and physical description
- Authentic kroj are traditional Czech, Moravian, Silesian or Slovak costumes that are from the native country or are very similar representatives of the original. For example if you took a picture and recreated the authentic picture. The winner of authentic kroj will receive a \$500 savings bond.
- Americanized kroj are costumes that represent Czech, Moravian, Silesian or Slovak ancestry with American or modern accents. The winner of Americanized kroj will receive a \$500 savings bond.

**Editor's Note: Watch for Kroj details in the next issue of American Sokol!**

### On-stage Interview Rules

- Contestant must be interviewed in the same kroj she will be judged for the kroj modeling category.
- Contestant will draw for two formal questions. Formal topics will be given to the contestants during Contestant Orientation.

**Oratory Award:** An oratory award will be present to the contestant who has the best overall oratory skills. These skills include presentation, poise, clarity, expression, and public image. Judges will watch for these skills throughout the pageant weekend.

### Talent Rules

- Talent act is limited to not more than **five minutes**. It begins with a formal introduction and concludes with work, note or motion.
- Talent can be signing, dancing, playing a musical instrument, dramatic reading, art display, dress designing, poetry, drawings, gymnastics, or a talk on a subject or topic.
- We encourage contestants to perform their talent in Czech or Slovak language or works by Czech or Slovak composers. However performing a Czech or Slovak talent is not mandatory.
- Grand talent winner (\$500 cash award) and talent runner up (\$300 cash award) will receive awards.
- There will be an official talent timer located next to the judges table. The timer will hold up cards at minute intervals for the contestant's information. At five minutes the timer will hold up a STOP card. If the stop card is held up the contestant will be deducted 5 points from her overall talent score.

# New Year's Resolutions and January History and Trivia

Submitted by EllenJeanne Schnabl

- Take heed -- no one will ever get out of this world alive.
- Resolve therefore to come to maintain a sense of values.
- Take care of yourself - good health is everyone's major source of wealth.
- Resolve to be cheerful and helpful. People will repay you in kind.

- Avoid zealots - they are generally humorless.
- Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak.
- Do not equate money with success.

Millions of people make resolutions to make changes in their lives. Most want to lose weight and/or get in shape. As a Sokol Member, you have the best place to go to achieve this goal. It's a safe place to meet with your fellow Sokol Members. Give your long-time Sokol friends a call if they haven't been around for a while and GET GOING!

## January Trivia and History:

January is the coldest month in the northern hemisphere, but warmest in the southern half of the world. The birthstone for January is Garnet, and the flower is Snowdrop.



### January 1

- Paul Revere was born in Boston, 1735
- Flag maker Betsy Ross born in Philadelphia, 1752
- Lincoln signed the Emancipation Proclamation, 1863
- First publication in Czech printed in America, 1860
- Work on the Panama Canal begun, 1881
- Ellis Island Immigrant Station in New York formally opened, 1892

### January 5

- Union & Confederate troops skirmish near Hancock, Maryland, 1862
- Nellie Taylor Ross became 1st woman governor of Wyoming, 1925

### January 7

- Galileo Galilei sighted four of Jupiter's moons., 1610
- The first presidential election was held, 1789

### January 8

- United States forces led by General Andrew Jackson defeated the British in the Battle of New Orleans, ending the War of 1812, 1814
- Singer Elvis Presley was born in Tupelo, Mississippi, 1935

### January 10

- Thomas Paine's *Common Sense* was published, 1776
- The League of Nations established 1920
- The Holocaust began, 1933

### January 12

- The first public museum in United States (South Carolina) established, 1773

### January 15

- Queen Elizabeth I crowned, 1559
- Martin Luther King, Jr., was born 1929
- First Super Bowl held, 1967

### January 16

- United States Civil Service was established, 1883
- United States Prohibition began, 1920

### January 17

- Benjamin Franklin was born, 1706
- Brink's Inc. reported robbery of \$2.8 million, 1950

### January 19

- Edgar Allan Poe was born in Boston, 1809
- First presidential news conference filmed for television with permission of President Eisenhower, 1955

### January 20

- Martin Luther King Day first observed, 1986

### January 24

- Gold was discovered in California, 1848
- First United States Congressional Medal of Honor awarded, 1894
- First Boy Scout troop organized in England by Robert Baden-Powell, 1908

### January 27

- Thomas Edison received a patent for his electric incandescent lamp, 1880

### January 28

- First telephone exchange opened, 1878

### January 31

- 13th Amendment to the United States Constitution abolishing slavery was submitted, 1865

FIRE was first used by Peking Man about 500,000 years ago. Ale or Beer was a popular drink in Mesopotamia and made from barley **before 6000 B.C.** - there's a list of 19 different brews. Clay tablet found in Babylonia record the words of a drinking song. (I guess the Sokols are not the only ones who sing while imbibing!)

## Sokol Central District's Annual Rhythmic Gymnastics Competition

Sokol Chicagoland recently hosted the Sokol Central District's annual rhythmic gymnastics competition at the Elite Sports Complex in Downers Grove. On December 9, girls and women of all ages competed in the sport of rhythmic gymnastics in levels 3-6 and group. The events contested at this year's meet included ball, clubs, and group ribbon. The following awards were given to the top places in each level and age division:

### Level 4 (age 9):

- 1<sup>st</sup> place in Ball – Viona Grace Lugo
- 2<sup>nd</sup> place in Ball – Jessica Vierke
- 1<sup>st</sup> place in Clubs – Divya Jasthi
- 1<sup>st</sup> place All-Around – Viona Grace Lugo

### Level 4 (age 10/11):

- 1<sup>st</sup> place in Ball – Veronika Ilavska
- 2<sup>nd</sup> place in Ball – Kyra Jones

### Level 4 (age 12/13):

- Tie for 1<sup>st</sup> place in Ball – Baylee Hussain and Kayla Noffsinger

### Level 5 (age 10/11):

- 1<sup>st</sup> place in Clubs – Katie Baxter

### Level 5 (age 12-14):

- 1<sup>st</sup> place in Ball – Julia Bajek
- 2<sup>nd</sup> place in Ball – Kristen Grivas
- Tie for 3<sup>rd</sup> place in Ball – Geanna Fedele
- 1<sup>st</sup> place in Clubs – Julia Bajek
- 2<sup>nd</sup> place in Clubs – Jennifer Braun
- 3<sup>rd</sup> place in Clubs – Caroline Stanko
- 1<sup>st</sup> place All-Around – Julia Bajek
- 2<sup>nd</sup> place All-Around – Jennifer Braun
- 3<sup>rd</sup> place All-Around – Caroline Stanko

### Level 5 (age 25-34):

- 1<sup>st</sup> place in Ball – Erika Woyner

### Level 5 (age 35-49):

- 1<sup>st</sup> place in Ball, Clubs, and All-Around – Laura Kwak,

### Level 5 (age 50+):

- 1<sup>st</sup> place in Ball, Clubs, and All-Around – Flo Del Carlo,

### Level 6 (age 18-24):

- 1<sup>st</sup> place in Ball – Angeli Rutkowski
- 1<sup>st</sup> place in Clubs – Mary Bajek
- Tie for 1<sup>st</sup> place All-Around – Angeli Rutkowski and Mary Bajek

### Level 6 (age 35-49):

- 1<sup>st</sup> place in Ball – Nicole Lawler

### Group Ribbon (age 9-12):

- 1<sup>st</sup> place – Sokol Naperville (Jessica Vierke, Kayla Burke, Julia Bajek, Angela Biancofiore)

### Group Ribbon (age 12-14):

- 1<sup>st</sup> place – Sokol Chicagoland (Katie Baxter, Leah Kania, Jennifer Pilichuk, Jessica Majeske)

### Group Ribbon (age 18+):

- 1<sup>st</sup> place – Sokol Chicagoland (Erika Woyner, Laura Kwak, Beth Kocek, Mary Bajek)

## Congratulations to All Participants



**Chicagoland**  
 Angeli Rutkowski  
 Berenice Andrade  
 Beth Kocek  
 Brianna Conley  
 Chicagoland Jrs.  
 Chicagoland Srs.  
 Erika Woyner  
 Flo Del Carlo  
 Katie Baxter  
 Kristen Grivas  
 Kyra Jones  
 Laura Kwak  
 Leah Kania  
 Myranda Rozell  
 Rebecca Andrade  
 Sophia McBride  
 Stacey Domzalski

**Naperville**  
 Divya L. Jasthi  
 Jessica Vierke  
 Julia Bajek  
 Kayla Burke  
 Mary Bajek

**Naperville Tyrs**  
 Veronika Ilavska  
 Viona Grace Lugo

**Spirit**  
 Jennifer Braun  
 Tricia Leja

**Stickney**  
 Carrie Boike  
 Emma Luczak  
 Thalassa Millwood  
 Viviana Abundes

**Tabor**  
 Ally Mangia  
 Baylee Hussain  
 Caroline Stanko  
 Geanna Fedele  
 Jessica Ratliff  
 Julie Miller  
 Kayla Noffsinger  
 Nicole Lawler  
 Suzana Sulc  
 Tenessa Tangney

**Mike Sweeney - Former Sokol Stickney Gymnast - Elected President, World Powerlifting Congress and the Amateur World Powerlifting Congress**

Used with Permission / As reported by Ryan Long, [rlong@mysuburbanlife.com](mailto:rlong@mysuburbanlife.com), Berwyn Life Tue Jan 15, 2008 For full story, visit <http://www.chicagosuburbannews.com/berwyn/sports/x469076151>

This past November, Former Sokol Stickney Gymnast Mike Sweeney was elected president of the World Powerlifting Congress and the Amateur World Powerlifting Congress in Tolyatti, Russia for a two-year term. A native of Stickney, Sweeney also became the first non-Russian to be named an Honorary Russian Master of the Sport.



In the eighth grade, Sweeney was the AAU National Gymnastics Champion after working out with Sokol Stickney. The DeKalb resident and Morton West High School graduate (class of 1970) earned varsity swimming records in the 50-yard freestyle and the 100 breaststroke for the Mustangs.

The athletic background he obtained at Morton West and Sokol Stickney helped him down the road as Sweeney went on to bench 501 pounds in the 242-pound weight class when he was in his 40s.

In the Photo: Former Stickney resident Mike Sweeney (left) shakes hands with California Gov. Arnold Schwarzenegger (right) at the 2007 Arnold Sports Festival. Sweeney has been a judge at the festival eight times.

More Sokol Postcards – continued from page 1

**Bulgarian Sokol card, for a Slet in Sofia, June 27-29, 1910. The Bulgarian organization was called Yunak = Hero.**



**1935 East Bohemia Pippichov Group 50th anniversary postcard posted on 18.VI.35 from Ceske Trebove to Decin.**



## OUR LIFE – FIRST FIVE YEARS IN CZECHOSLOVAKIA DURING WORLD WAR II

Submitted by Nada and Mildred Dobias (taken from Sokol Chicagoland Newsletter)

We were born in May, 1942 in Pilsen, Czechoslovakia. This was the time of World War II. We lived in the most beautiful farming estate located 10 kilometers south of Pilsen. Our villa consisted of fourteen wonderful big rooms with high ceilings and tall broad windows. It was two stories high. The surrounding land around the villa was an orchard with all the different kinds of fruits you can think of. The trees were the dwarf type, therefore, there were many. We also had an English garden with sand covered walks, and a beautiful rock garden right in the middle of it. We played everywhere, and loved to hide behind the evergreen trees and mighty shrubs. Our dad planted all of this, as landscaping was his favorite hobby. He really should have been an arborist.

Our fields yielded four main crops which were: wheat, barley, oats and rye, and also, clover, alfalfa and poppies. We had 300 acres under plow.

Our property also included a 12<sup>th</sup> century fortress, which was once owned by royalty, who actually lived there at the time. Our dad and grandpa Dobias planted 600 cherry trees all around the fortress, and in the springtime, it was a sight to behold. All the light pink fragrant blossoms encircled the rising fortress in the midst of them. It was breathtaking! We had a painter paint an oil painting of this from a black and white photograph, and she did a wonderful job. The painting now hangs in our living room above the sofa.

During the war, our maternal grandparents also lived with us, and grandma helped take care of us, as well as helped with the cooking. We had three nationalities of soldiers coming to our estate. The first group was the Russians. They were dangerous, illiterate, barbaric and unclean. Mama and the two of us always hid in the attic when they came, and were afraid that they would attack us. They used the toilet as a wash basin, and the wash basin as a toilet. Good thing mama had plenty of Lysol to disinfect the bathroom. They also went into the pantry, cracked the eggs, drank the insides, and threw the shells all over the floor. Another big clean up for mama!

The next group was the Germans, who were intelligent, systematic, but strict. They had it perfectly figured out as to how much each field would yield, and how many eggs each chicken would lay. We had to divide it all up and give it not only to the Germans, but also to the people from the adjoining village. Meat was very scarce, and if we each had a couple of mouthfuls each week, we were lucky. Since dad was an American (born 7/4/10 on 19<sup>th</sup> and Laflin in Chicago), he was considered an enemy, and, therefore, had to report to the Gestapo office in Pilsen each week. He had to speak German only, so it was a good thing it

was a required language in grammar school. They asked him many questions, and he never knew whether or not he would return home, or if they would put him in jail, since he was American. The Germans took all the workers from our fields and shipped them to Germany to make ammunition. Poor dad had to take a big wagon with horses and pick up prisoners in the Pilsen jail to work in our fields. He had no choice. That meant that we had to feed them all at lunch time, so mama and grandma had plenty to do, and had to cook without any meat. They ate plenty, and we remember all the men sitting behind our large kitchen table with their black and white striped outfits, and all that was heard was the clatter of silverware. They didn't talk. Milly and I sat at our little table in the corner of the kitchen, and ate at the same time, silently watching the prisoners.

When the air raids came, we could hear them clearly, and we all ran to hide in the cellar. We heard the bombs coming down, and the earth shook as they crashed. Our home wasn't that far from Pilsen. They wanted to bomb the Skoda Works, where trains, automobiles, and ammunition were manufactured.

Our third group of soldiers that came to visit was the Americans, who were stationed in Nepomuk, just southwest of our home. By some chance, they found out that an American was living in the farming estate at the top of the hill on the main road. They contacted him (our dad), and gave him all kinds of information, and he told them all he knew. They brought us oranges, chocolate, and chewing gum. Well, we had never seen oranges or gum. The smell of the orange rind is unforgettable, and we shall never forget our first whiff of it. Wonderful! When we chewed gum for the first time, we kept asking our dad when we should spit it out, as this was new to us. The American soldiers were very kind and friendly, but we ran off and hid each time they came, as we thought they were the enemy.

We came to America in April, 1948, along with our good friend, Jana Smolik, and her son, Joey. The Communist takeover was in the autumn of that year. Our farming estate was made into a state run farm, and five families were put into our villa. They tore down some walls, put up others to accommodate these people, who were to work the fields but knew nothing of farming!

Our estate is now a very run down spooky looking place, and cannot be compared in any way to what it was when our dad and grandpa Dobias ran it and owned it.

We vividly remember most everything we wrote, but some of the details were told to us by our father. We shall never forget it, and the past shall always be an important part of our lives.



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