



Strength in the Eye of Sokol

For current 2009 Slet Information,
visit the website:

www.slet2009.com



April/May 2009
Volume 132
Issue 4

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

9126 Ogden Avenue
Brookfield, Illinois
60513 USA

Phone 708-255-5397
Fax 708-255-5398
(call first)

www.American-Sokol.org
ASO@American-Sokol.org

AMERICAN SOKOL

ISSN 003-1259

Published 9 times each year. (Jan, Feb, Mar, Apr/May, June, July/Aug, Sept, Oct, Nov/Dec).

Periodical postage paid at Brookfield, IL and additional mailing offices.

Subscription: \$12.00 per year
Postmaster: Send address changes to American Sokol at address on cover.

Board of Governors

Larry Laznovsky	Bohus Bata
Mickey Dalton	Richard Miller
Mary Cushing	Mary Steinman-Hargiss
Tom Pajer	Beverly Domzalski
Bob Podhrasky	One BOI Representative

Executive Board

Larry Laznovsky	President
Gary Masek	1 st Vice President
Paul Lebloch	2 nd Vice President
Bev Domzalski	Secretary
Meribeth Tooke	Treasurer
Mary Steinman	Financial Secretary
Chuck Kalat	Men's Director
Barb Vondra	Women's Director
Nancy Imbrone	Editor
EllenJeanne Schnabl	Educational Director
Mary Ellen Newsom	Membership Director
Jean Hruby	Public Relations
Open	Foundation
Roger Martanovic	Board Member
Jan Kalat	Board Member
Jerry Milan	Board Member
Maryann Fiordelis	Alt. Board Member
Allison Gerber	Alt. Board Member
Candace Short	Alt. Board Member
Bob Podhrasky	By-Laws Chairman

ASO Executive Director: Greg Harris
ASO Office Manager: Jean Hruby
Library, Archives & Museum Curator: Annette Schabowski
National BOI Office Secretary: Juanita Lo Giudice
Webmaster: Stephanie Valentine

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

To submit information for publication:

email Editor@American-Sokol.org
mail Editor, American Sokol
Nancy Imbrone
916 Lawnview Ave.
Shoreview, MN 55126

Calendar of Events



June	
6-7	NE District Slet - Cleveland
14	Flag Day
13	Sokol San Francisco Picnic - Chabot Park
13-19	Sokol MN Czech & Slovak Culture Day Camp for Children
21	Father' Day
23-28	2009 International Sport & Cultural Festival
27	Remembrance of the Victims of the Communist Regime (Den památky obětí komunistického režimu)
July	
4	Independence Day
5	St. Cyril and St. Methodius Day (Den slovanských věrozvěstů Cyrila a Metoděje)
6	Jan Hus Day (Den upálení mistra Jana Husa)
12	Sokol Gr.Cleveland (SGC) Cesky Den (Czech Day DTJ Farm)
17	SGC Fish Fry
19	SGC Sunday Dinner
August	
8	SGC Golf Outing
September	
12	Sokol San Francisco Picnic - Chabot Park
12	SGC Vcelka Dramatic Society play
13	SGC Vcelka play and Goulash Dinner
18	SGC Fish Fry
27	Sokol LA - 100 Year Anniversary Celebration
28	St. Wenceslas Day/Czech Statehood Day (Den české státnosti)

June 23-29, 2009 International Sport & Cultural Festival in Fort Worth, Texas

Is your important event missing from this list?
Send your Events to
Editor@American-Sokol.org



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

May is named for Maia, the mother of Mercury. The Romans identified her as the ancient goddess of spring.

Days in May:

- 2, 1866: Bedrich Smetana's "Bartered Bride" premiered.
- 5, 1961: Alan Shepard orbited the earth in the first manned United States spacecraft.
- 5, 1937: the dirigible Hindenburg exploded with 62 survivors, but 36 died.

The 3 Iron Men: "Zelezny muzi"

12th - St. Panrac

13th - St. Servac

14th - St. Boniface

15th - St. Sofie --story goes that the 3 men went fishing on a sunny day, but the temperature dropped so much that they froze. They were nursed back to health by their housekeeper, but she cried so much that most often it rains on the 15th!

21, 1927: Charles Lindbergh's solo trans-Atlantic flight took 33 hours, 32 minutes.

27, 1907: Rachel Carson born in Springdale, PA; wrote "Silent Spring" in 1962.

27, 1937: California's Golden Gate Bridge opened.

28, 1815: Jon Malypetr, 1st teacher of calisthenics & staunch disciple of group gymnastics born.

30, 1872: Publication of Dr. M. Tyrs' "Fundamentals of Physical Culture".

Earliest Mother's Day is traced back to Ancient Greece and honored Rhea, mother of all the gods. In parts of Yugoslavia, it is observed 2 weeks before Christmas. In the United States, Pres. W. Wilson signed the resolution and it has been the 2nd Sunday of May ever since.

Recognition of Father's Day the 3rd Sunday of June was suggested by Mrs. J. Dodd of Spokane, WA, in 1910. This was decreed by Pres. C. Coolidge in 1924.

Memorial Day was originally called Decoration Day and set aside for remembering the soldiers who died during the Civil War, suggested by General Logan. First official observance was conducted at Arlington National Cemetery in 1868.

REMEMBER: On that day when you fly the American Flag, you must raise it to the top of the staff before lowering it to half-staff at sunrise. Then at noon it is again raised to the top. This proper procedure was proclaimed by Pres. D. D. Eisenhower on March 1, 1954.

NAZDAR ! EllenJeanne Schnabl, American Sokol Educational Director



The Most Amazing Story You Never Heard

ACCIDENTAL ARMY

DVD - \$25 plus shipping

Available from American Sokol

Order Form

Please accept this order for _____ (qty) DVD's at \$25.00 each (+\$4.95 S&H) for a Total of \$ _____

Checks payable to:
American Sokol
9126 Ogden Ave
Brookfield IL 60513
708.255.5397
Email: jeanhruby@american-sokol.org

Ship to: _____
Address: _____

Phone: _____
Email: _____

We accept credit cards. Please call the American Sokol national office to order by credit card.

HISTORY OF THE STONE SIGN OF "SOKOL HAVLICEK-TYRS"

Sokol Havlicek Tyrs begins September 17, 1911 with the merger of Sokol Miroslav Tyrs, organized Jan 23, 1903 and Sokol Karel Havlicek organized August 6, 1904.

Sokol Havlicek Tyrs laid the cornerstone of their new building on October 11, 1911 at 2619 Lawndale Avenue, Chicago, Illinois.

Sokol Vysehrad merged in 1914 and Sokol Komensky in 1921 the 10th Anniversary

In 1926 a new building took place with additions of a new front, balcony and other rooms. That is when new stone markers were inserted with the name "SOKOL HAVLICEK – TYRS"

In August 1973 the building was sold. One year later, in June 1974, the building was destroyed by fire.

Now the Story Begins!

HISTORY OF THE STONE SIGN OF "SOKOL HAVLICEK-TYRS" (continued)

A phone call, by a member living in the neighborhood of the building, alerted Joseph J. Janecka that a wrecking crew was demolishing it. Joseph, a former president of the Czech Philatelic Society and an avid collector of Czechoslovak memorabilia, tried in vain to muster interested members to help rescue at least the stonework and sign. No one volunteered, so Joseph hurried to the building and immediately began negotiating with the foreman to save the sign. The wrecking ball was just ready to start on the front of the building. Joseph talked the foreman into giving him the sign, but he needed two hundred dollars to take it down and load it onto his pickup truck. Tires nearly flat, Joseph slowly drove to his Ogden Avenue sheet metal shop. Employees helped unload the sign where it remained unnoticed under a car shed until 1990.

In May, on Memorial Day 1990, Jerry and Henrietta Milan visiting in Berwyn, Illinois attended a ceremony at the CSA Building. They met Joseph and his wife Erma and began talking about collections of Sokol postcards and other artifacts. Joseph mentioned the Sokol Havlicek -Tyrs sign and invited us to see it.

Joseph was very concerned about the fate of this incredible piece of art and history. He said he wished someone could make use of it. Henrietta and Jerry knew the exact place for its new home, Sokol Karel Havlicek Borovsky and the Tyrs Pool in Ennis, Texas. Jerry and Joseph struck a deal for the two hundred dollars that it cost him to have it saved. The next problem was how to get it to Texas; Joseph's pickup was out of the question! Contact with Bro. Larry Laznovsky brought about a plan. He contacted Raymond Zapletal at Leggett and Platt, a mattress company in Ennis, arranged for a truck "deadheading" back from the Chicago area to pick it up.

Jerry and Emil Milan flew to Chicago, staying with relatives Annette and Bill Schabowski, gathered tools and materials, met Joseph and Erma, built crates for each piece and finished just as the truck pulled up.

Photos were taken to record the event, the sign was gingerly loaded, and it was off to its new home in Ennis where devoted members waited to help with the unloading.

The sign was stored from 1991 to 2008 in the Sokol storage building. Finally, with the excitement of the Southern District hosting the 2009 Sokol Slet and International Sport and Cultural Festival, Henrietta felt many visitors would want to come see

the sign. She had her son, Rome Milan, draw a design that would adhere to the architectural concept of the building. A committee approved the two markers and the project was in motion. After many meetings and trips to Ennis, Jerry and Henrietta, Karl van Hulst, Larry Laznovsky, and Sam Pleiner, staked out sites, found matching brick, and Adam Fuentes of ABF Concrete hired to do the work, the project was off and running.

It was a real thrill to watch as each brick and parts of the stone were cemented into place. The workers struggled with the weight of the pieces; it took eight men to manhandle the Sokol emblem to its place.

Surely it would fall and knock down the entire structure...but they made it! As they were near the closing, Larry said "Henrietta, I can't believe you didn't think of putting in a time capsule." She said, "I can't believe you thought of it." So Larry dashed inside the



building, and in minutes came out with a clean wine bottle and cap. Jerry and Henrietta enclosed photos and information and the "Time Capsule" was sealed inside forever.

Photos were taken and then the thought came, maybe the Karel and the Borovsky should be added?

Where and who could match the font and color? Arlington Cast Stone that's who! Nick Eisen was contacted; he became involved, made a trip to Ennis with cast samples, matched the font (even Czech fonts) and called to say "come pick up Karel and Borovsky". They were delivered to Adam, inserted and the Project was completed January 8, 2009

The Milan Family is proud to have helped to preserve this small portion of Sokol Havlicek - Tyrs and the glorious history of the American Sokol. They dedicated these signs as monuments, in "Honor of Sokol Pioneers and Leaders" Who Gave Their Time, Energy, Talents, and Dedication in order to Perpetuate the Future of Sokol for generations to come.

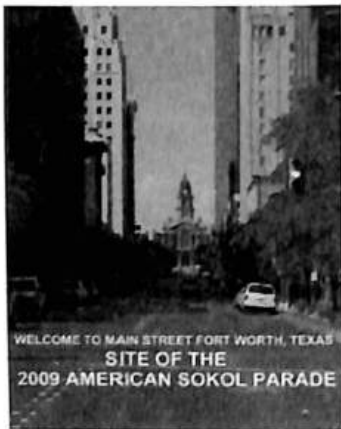
NAZDAR! (On to Success)





FORT WORTH

**A VERY SPECIAL THANKS
TO OUR SPONSORS**



American Sokol 

PRESENTS




**2009 INTERNATIONAL
SPORT &
CULTURAL
FESTIVAL**

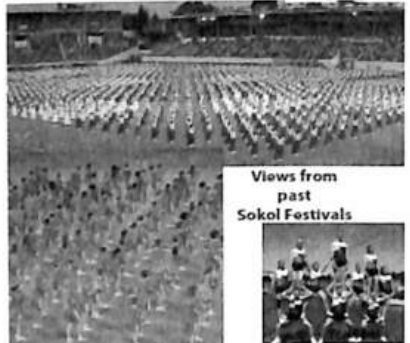
JUNE 23 - 28
FORT WORTH TEXAS


TALON says, this will be one of the most exciting sporting events in Texas this decade. You won't want to miss the action. Activities like a Parade, Volleyball, Gymnastics, Group Gymnastics, Fitness Challenge, Basketball, 5K Run, Arts and Crafts and Much, Much more.

**Come join the action on
June 23rd - 28th**



USA GYMNASTICS  SNAPS  



Views from past Sokol Festivals 



www.2009iscfestival.com

AMERICAN SOKOL'S 2009 INTERNATIONAL SPORT AND CULTURAL FESTIVAL™

Bowling

- Multi-sport activities - Artistic gymnastics, Rhythmic Gymnastics, Volleyball, Basketball, Fitness Activities, Golf Tournament, Bowling, Fun Run/Walk, Marching Competition
- Main Street Parade
- Exhibit Hall open to public
- Opening and Closing Ceremonies

PAN-AMERICAN GYMNASTICS UNION GALA

- Education Forum and Workshops
- Choreography Session
- PAGU Gala Evening
- Planning and Workshops for 2011
- World Gymnastrada



Marching Competition

Display Gymnastics

Fitness Challenge

Basketball

Volleyball

USA GYMNASTICS

- Competitions - TeamGym Nationals, USA Gymnastics for All Challenge, International Rhythmic Gymnastics Invitational, Festival Rhythmic, Aesthetic Gymnastics Invitational
- Displays - National Gym Fest, USA Gymnastics/Sokol Gala Showcase Evening, City Performances, Large Group Performance Opportunity for the Closing Ceremony
- Education - Coaches Congress & Forum, TeamGym Instructor and Judge's Course...and more!
- Fun - Fitness Challenge, Social Activities, Etc.

SPECIAL NEEDS ACTIVITIES

- Gymnastics, Basketball, Fitness and Golf

Rhythmic Gymnastics



Team Gym



Sport and Culture Museum

American Sokol • 9126 Ogden Ave. • Brookfield, Illinois • 60513 • 708-255-5397 • aso@american-sokol.org
www.american-sokol.org • www.2009iscfestival.com

Brochure created by Julie Black Smith • www.jbsartanddesign.weebly.com

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

Kandi@pajer.us

What to do to

“Plan for a Healthy Lifestyle for your Child”?

The United States Department of Agriculture has published a new food guide pyramid. I included information from the pyramid in my Issue in February 09. Here are some more specifics on what to do to STAY HEALTHY! Below are tips for an average boy, ages 2-5, who gets 60 minutes of exercise a day.

Please go to MyPyramid.gov to get a specific plan for your child-or children in your classes to help guide them to a healthier lifestyle! KP ;)

Use the Plan below as a general guide for what and how much to offer your child each day. You don't have to be exact in these amounts every day. Try to balance the amounts over a few days or a week.

Food Type	Amount
Grains	5 Ounces
Vegetables	2 Cups
Fruits	1.5 Cups
Milk	2 Cups
Meat & Beans	5 Ounces

- ❖ Offer different food from day to day.
- ❖ Encourage your child to choose from a variety of food.
- ❖ Serve food in small portion.
- ❖ Beverages count too. Make smart beverage choices. Choose 100% juice.
- ❖ OILS-are different from solid fats. The daily allowance for a boy 2-5 is 5 teaspoons of oil a day.

For Kids

Eat Right. Exercise Have Fun.

What is physical activity?

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be **moderate** or **vigorous** and add up to at least 30 minutes a day.

Moderate physical activities include:

- Walking briskly (about 3 ½ miles per hour)
- Hiking
- Gardening/yard work
- Dancing
- Golf (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (general light workout)

Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4 ½ miles per hour)
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)

Some physical activities are not intense enough to help you meet the recommendations. Although you are moving, these activities do not increase your heart rate, so you should not count these towards the 30 or more minutes a day that you should strive for. These include walking at a casual pace, such as while grocery shopping, and doing light household chores.

Some Ideas for activities for your children's classes. Change things up by going outside on a nice day-of using different types of hand held equipment (such as a rubber chicken instead of a ball-see how many laughs you get from that!).

Blind Man's Bluff Age: 6+

This is a very old favorite, thought to date back to Tudor times at least! It was originally known as Blind Man's Buff. There is also a traditional Chinese version known as "Blind Man" or "Chicken".

You will need: All you will need is a blindfold and enough space for some excitable children!

How to play: Choose one child to be "it", and blindfold him or her. Turn her round a few times to disorientate her a little, while the other children group themselves around her. Then let her try to tag one of the other children, who will then become "it".

Variation: Play as above, but when a child is caught the blindfolded child must try to guess who it is by carefully feeling their face and hair.

Catch the Dragon's Tail Age: Any

This traditional Chinese game is great fun for the playground. You will need a large group of children - at least 10, but the more the merrier!

The children all form a line with their hands on the shoulders of the child in front. The first in line is the dragon's head; the last in line is the dragon's tail. The dragon's head then tries to catch the tail by maneuvering the line around so that he can tag the last player. All the players in the middle do their best to hinder the dragon's head. Don't let the line break! When the head catches the tail, the tail player takes the front position and becomes the new dragon's head. All the other players move back one position.

Going to Town Age: Any

This traditional girl's Chinese chase game can be played with a large group of kids - or just two. Boys enjoy it too, and it causes much giggling! Children have to learn to work together in this activity.

Children stand back to back in pairs and link arms. One bends down so that the other lies flat on her back, with her legs in the air. Then they return to the middle, and the other bends down. Still linking arms, each pair sits on the floor. Now, without letting go or arms, try to stand back up again!

Spider and Flies

Choose one child to be the spider; the rest are flies.

Tell the children that they are going to play tag, and that the spider is going to try to catch the fly. Every fly that the spider catches becomes part of its web, holding hands with the spider and trying to catch the remaining flies (which can take some co-ordination and concentration!) Each fly that is caught holds on to the chain and helps catch more flies. The last player to be caught becomes the new spider.

GYMNASTICS-What does it teach?

*They are more than mats, bars and beams-they are building blocks for life!
From- The USA Gymnastics Website*

- ❖ **Balance beam**-teaches grace and poise, and yes, even balance. Valuable life skills indeed.
- ❖ **Pommel horse**-develops core mobility, rhythm and timing.
- ❖ **Trampoline**-gives young athletes a jump on valuable skills like spatial awareness and control.
- ❖ **Floor exercise**-is a launch pad for somersaults and life filled with poise and self-confidence.
- ❖ **Uneven bars**-teaches courage, while developing valuable traits like precision and strength.
- ❖ **Horizontal bar**-is a high flying exercise in manual dexterity and precision.
- ❖ **Acrobatic gymnastics/pyramid building**-partners skill development with teamwork and confidence.
- ❖ **Still rings**-helps kids soar by teaching strength and control.
- ❖ **Vault**-gives young gymnasts a running start toward skills like speed, agility and power.
- ❖ **Parallel bars**-are unparalleled in their ability to sharpen focus and build self-esteem.
- ❖ **Rhythmic gymnastics**-is anything but routine. It teaches creativity, flexibility and coordination.

Ahhh...The Glide Kip

By Karen Goeller, Published in USA Gymnastics Magazine November\December 2004

To teach the **Glide and Toes to Bar Drill**, instruct your gymnast to stand slightly further than arms distance from the low bar. Once in place, instruct your gymnast to jump, immediately lift their toes forward and tuck their buttocks under while in the air. They must immediately grasp the bar, holding a hollow and slightly piked position. Once their hands are on the bar, your gymnast must glide forward, keeping their feet off the mat and reaching an extended position. It may be easier for the gymnast if you remind them they must see their feet throughout the glide. Once they are extended, instruct your gymnast to bring their feet\ankles to the bar and hold them there, even when their body swings\falls (due to gravity) to the hanging position. Holding their feet up is not easy; your gymnast may need help with this drill. Once mastered, you may want to ask your gymnast to perform multiple glides before the leg lift portion of the glide kip.

Another very useful glide drill is the **Octagon Glide, Extend, and Lift Drill**. It involves the use of an octagon to teach our gymnasts how to glide with their legs in front of their body rather than below their body. This drill should also help teach the gymnast to extend their hips completely at the end of the glide and perform the leg lift from that extended position.

Here is how you would use an octagon for the glide, extend, and leg lift drill. Have your gymnast grasp the bar securely. Place an octagon approximately one foot from the bar, so that your gymnast can see it. Once your gymnast is holding the bar securely, ask them to place their heels\feet on an octagon. Next, instruct your gymnast to hold a hollow and/or slightly piked position keeping their buttocks under. Once your gymnast is in the beginning position of the drill, a relaxed hang with their heels on the octagon, have them glide forward, literally rolling the octagon forward with their calves and then return to the starting position. Once they have mastered rolling the octagon with the back of their legs, ask your gymnast to

perform three glides consecutively. Your gymnast must reach an extended position during each complete glide. When your gymnast is completely extended for the third time, instruct them to quickly bring their toes\ankles to bar and hold them on the bar even when their body swings\falls (due to gravity) to the hanging position (as if they just did a leg-lift) The octagon often rolls away when the leg lift occurs. (Be sure to remind your gymnast to hold on tight and be ready to spot if necessary.)

And one more note regarding the glide portion of the kip. If you ask your gymnast to think of throwing the bar back as soon as their shoulders and hips are directly underneath the bar, they may be able to glide more efficiently for their kip. The action of throwing the bar back should increase their momentum and extension of the glide, therefore, making the kip portion easier.

The few drills explained here should help your gymnast learn to completely extend their hips and shoulders prior to the leg-lift portion of the glide kip. Once they have mastered the leg-lift from the completely extended position, your gymnast may perhaps be on their way to performing beautiful and efficient Glide Kips!

Remember, it is imperative that your gymnast perform these drills with the correct form and technique in order to learn the skills correctly, condition their muscles correctly, and prevent habits of form breaks or incorrect technique.

Good luck on your training and practice for the competitions coming up!! If you have any skills you have questions on teaching or need suggestions on-please contact me~! Kandi Pajer -kandi@pajer.us - KP:)

AMERICAN SOKOL
1st Annual
UNIFORM SUMMER SALE
JULY 1, 2009 thru SEPTEMBER 1, 2009

Stock UP on Uniforms this summer!
 Be prepared for next season!
 We have slashed the prices!
 We want to help our units and give you an opportunity to save money.

Also, no more waiting for your shipment to come in! No more last minute orders!
 Start planning now to place your order.
 Orders will be filled on a 1st come, 1st served basis!
 Get ready - while supplies last!

Sale Prices are only effective between the Sale dates, and the prices are only good for items that are **in stock** at the National Office.

Regular Shipping and Handling fees will be applied.

UNIFORM SALE – 7/1/09 thru 9/1/09

Prices only valid on items in stock and while supplies last.

TOTS

SHORTS	2T, 4T, 6X, YS, YM, YL	\$10
TSHIRT	YXS – YXL	\$10
TSHIRT	SA-2XL	\$10

GIRLS

RED LEO	YS – YL	\$24
RED LEO	SA – 3XL	\$24

JR GIRL

BLUE LEO	YL, SA-3XL	\$24
----------	------------	------

BOYS

RED SHIRT	YS-YXL	\$17
RED SHIRT	SA-LA	\$17
SHORTS	YS – YXL	\$12
SHORTS	SA – XLA	\$12

JR BOYS

BLUE SINGLET	SA – 3XL	\$24
SHORTS	SA - XL	\$12

WOMEN

SHIRT	SA – 3XL	\$25
SHORTS	SA – 5XL	\$12

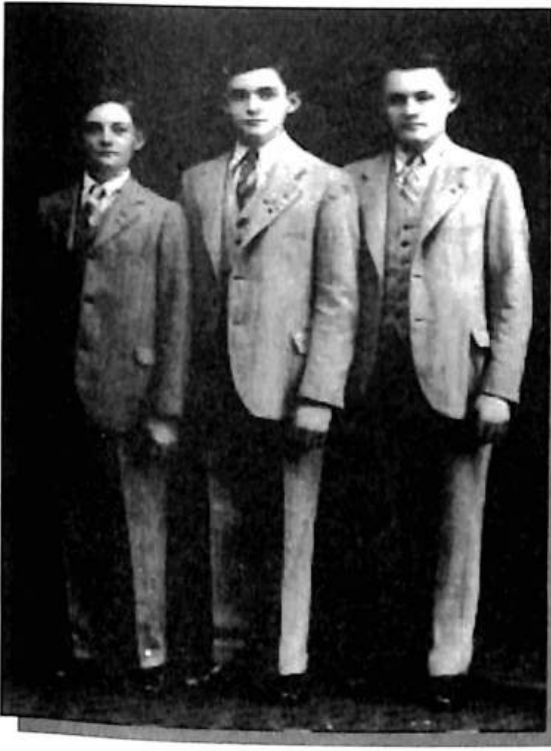
MEN

SHIRT	SA - 3XL	\$25
SHORTS	SA – 5XL	\$12

WHITE SLIPPERS

EUROPEAN SIZES	#24 – 48	\$10
----------------	----------	------

THE BARCAL BROTHERS: Emil, Stanley, and Robert



Robert, Stanley, and Emil about 1930

The Barcal brothers were born on a farm near Zurich, Kansas, to Czech immigrants Alois and Anna (Vaclavek) Barcal. Alois had been a Sokol instructor in Vodnany and was active in Sokol in Chicago where he met Anna at a Sokol social gathering. After they married in 1909 they moved to Kansas. Emil was born in 1911, Stanley in 1912, and Robert in 1914. In 1917 the family moved to a farm near Webster, Kansas. Their house had four rooms with no electricity or running water. Outdoor plumbing and a hand-dug well thirty yards from the house were the main conveniences. Wash water had to be hauled from the well and heated outside over an open fire. Kerosene lamps provided light. The house would get so cold in the winter that ice would form in the water in the bucket in the kitchen.

The boys had chores to do from a very early age— feeding chickens and geese, gathering eggs, milking cows, separating milk from cream, feeding and watering pigs and herding turkeys. Since Bob was so small, not all of his early efforts to help were successful. One time when he crawled in the coup to gather eggs, two geese attacked him. As time went on and the boys grew, Emil, being the oldest, watched over the other kids. Two younger sisters, Mildred and Helen, were born in 1916 and 1919. One day a family gathering almost ended in tragedy. Emil (four years old at the time), Stan (three years old), and two older cousins tied a corn cob on a string and pretended to go fishing in a deep hole that was filled with rain water.

Emil recalled: "I fell in the hole! The two cousins ran and hid. Stan, the youngest of the group, ran to the house, which was quite a distance away and told Aunt Mary Barcal that Emil fell into the pond. She had seen us around the hole earlier. She ran to the spot, having to roll under the barbed wire fence, and jumped in after me. I was on the bottom by then. She pulled me out and knowing first aid, she was able to revive me after considerable effort. It was reported that I said 'I was resting for awhile and would have come up again.'"

Despite the hard work the boys found time to have fun. Once, when their parents went to town (an all day trip) they made what they called "homemade beer" out of baking soda and vinegar. They tried to see who could drink the most but when it made them sick they fed it a chicken by the teaspoon. The poor bird walked a few steps and fell over dead, so the boys quickly heated water and plucked and cleaned the bird. The family had fried chicken for dinner that night. Another time the boys suspended a thin wire between two buildings in the yard. When their father rode into the yard in a wagon pulled by quickly moving horses, he was knocked off his seat. Fortunately, he wasn't injured. Mil recalled how her brothers took care of her when their parents went to town for supplies: "They would tie me into the swing, supposedly for safety so they could give me a high swing, which they did ONCE and then they went off and left me sitting tied in the swing until the folks came home and rescued me. Another time, they locked me in a granary filled with wheat. There was only one small window at the very top. When I tried to crawl up to that window, the wheat started an avalanche that almost buried me. Mom heard me cry and holler and rescued me again." The schoolhouse the Barcals attended was a one-room schoolhouse about a mile away from their farm with one teacher for grades one through eight. Since only Czech was spoken at home, Emil couldn't speak English when he started school. His first year was spent learning the language and then teaching the rest of the family. The next year Stan entered the first grade with Emil. Emil stated, "I have no recollection of the first four grades in the new school, except it required hard work on my part. Stan, on the other hand, never seemed to have to do any homework all through the years. The teacher, Ada Brown, the daughter of the country doctor, let it be known she would make 'gentlemen out of the ruffians'. She was a great influence in all our lives."

The boys had to cut across fields and pastures to walk to school. In the winter Emil would carry Mil on his back over the drifts and when they got to school he would remove her high laced shoes and rub her feet to warm them. When Emil was twelve years old, Stan eleven, and Robert nine, their father developed health problems which made it difficult for him to do heavy farm work. This meant that most of the heavy work fell on Emil, Stan, and their mother. Bob and Mil did the lighter chores. The years 1925-1927 brought very dry weather and terrible dust storms. Even with every window and door sealed, there was still dust everywhere in the house. By the time the winds died down, the crops were ruined. Farm equipment was buried in mounds created by the dust and had to be dug out. Their well went dry and the Barcals had to haul water from a well several miles away for themselves and all of their farm animals. Then in 1927 the bottom dropped out. In Mil's words: "I remember 1927 and the flood. Mom and Dad were standing at the kitchen door, looking on in despair. I stood there too, scared to death. With each flash of lightening we could see the water rising closer and closer to the house and the animals and poultry being swept away. In one big flash of lightening we saw the big frightened eyes of a cow as she was trying to swim past us but was carried downstream by the force of the rushing water. She was gone forever! The next morning the sun shone brightly as if nothing had happened, but mud and devastation were everywhere. That's when Mom and Dad decided they had had enough of Kansas. In April or May, after Emil and Stan graduated from eighth grade, they sold whatever equipment they could and moved the family back to Chicago. When we left, withdrawing five kids from the school, it had to be closed for lack of students! Can't say we didn't have an impact on the community!"

Shortly after moving the family to Chicago, Alois applied for a job at Sokol Chicago as a Manager/Janitor and got the job. For Stanley and Robert especially, that was the beginning of a lifelong association with Sokol.

Compiled by Julie Barcal. Information taken from "The Barcal Family History" by Emil, Stanley, and Mildred Barcal

Thank you!!

American Sokol would like to recognize the following supporters of our
2009 International Sport and Cultural Festival:

FORT WORTH



A special thank you to the City of Fort Worth for their very generous sponsorship of the 2009 International Sport and Cultural Festival!

"Culture, Community and Cowboys!" Fort Worth is a cosmopolitan city offering a quality of life second to none. Its cultural district boasts a number of museums, the highly visited stock yard area, and Sundance Square, the city's growing, exciting downtown area which offers an array of restaurants, theaters, and nightspots plus the world-renowned Bass Performance Hall.

and to Sokol Blosser





Sokol Blosser

For supplying the wine for our VIP gift baskets. In 1971, Susan Sokol Blosser and her husband planted grapes on just 5 acres in the Dundee Hills. As one of the pioneering wineries of the region, Sokol Blosser has played a key role in developing and shaping the now-prominent Oregon wine industry. The winery is still family owned and operated, with the second generation now at the helm: siblings Alex and Alison Sokol Blosser. While the estate has grown to over 90 acres, the winery works to create wines of world-class quality, produced in a sustainable manner, which reflect the distinctive flavors of the grapes, soil and climate, as well as the winery's values and sense of place.

Paid advertisement ...

§ Legal Advice in Czech & Slovak

by Attorney at Law in Czech Republic

JUDr. Jan Kerbach

Offers legal service in civil law, family law (divorce etc.), real estate law, prosecution, company start-up, representative at court and other.

For affordable prices.

Please contact our office (in Czech, Slovak or English):

JUDr. Jan Kerbach, attorney, Spotřebitelska 483, 155 31, Praha, Czech Rep.

e-mail: jankerbach@seznam.cz

Tel: cell 011 420 607940630 or 011420257922971

You can advertise here too – contact Jean Hruby at the ASO office ...

General Milan Ratislav Stefanik Flag

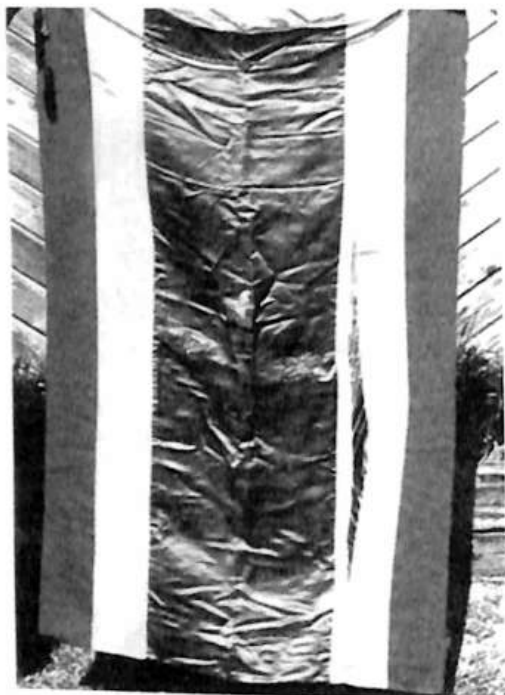


Photo and Description:

Overall Size –

approx. width - Thirty Four and one half in. (34 ½")

approx. length - Fifty seven in. (57")

Consisting of:

A Red Band running lengthwise 4 ¾ in. wide.

A White Band running lengthwise 4 ¾ in. wide.

A Blue Band in the center running lengthwise 15 ½ in. wide.

White Band running lengthwise 4 ¾ in. wide.

Red Band running lengthwise 4 ¾ in. wide.

In the center of the Blue Band are four metallic Gold Stars as a circle.

Each five pointed star is 3 ⅛ in. from point to point.

Also, a 40 in. metallic gold rope approx. one half inch in diameter and two 6 in. metallic gold tassels.

Acquisition and History:

This flag was given to Jerry B. and Henrietta Milan of Fort Worth, Texas by Emily Musak Kubat Polasek, the wife of Artist/Sculptor Albin Polasek.

On several visits to the Polasek home and Museum on Lake Osceola in Winter Park, Florida, the Milan's would visit and go to lunch with Emily and listen to her wonderful stories. On one occasion, in June 1983, while talking about Albin's love for Sokol and his gyming on homemade apparatus after work, with children and neighbors watching his performance, Jerry mentioned that he collected Sokol memorabilia. Emily stated that Albin had an old flag that he had always cherished very much. She said "I think it is a Sokol flag. I have no use for it. I will give it to you". She went into the house and came out with a Christmas ornament box with the above mentioned flag in the box. We looked at it, said "Thank You", took a photo, put it back in the box and brought it back to Texas. After arriving home and studying the flag Jerry was puzzled and did not think it was a Sokol flag and put it in a closet. He tried to do research in Sokol books to no avail, then mentioned it and showed it to Jan Waldauf, a very informed Sokol friend from Toronto, Canada. Jan, also, did not think it was a Sokol flag, but was sure he had read about it in a book, and would look it up when he was back home in Canada. Jan sent a photocopy of a page from the book that he had read about the flag. The author of the book was telling about being at a fund-raiser for the formation of Czechoslovakia. He describes the dignitaries and festivities, saying he was privileged to have received a small flag, about the size of the page in his book that was to become the new flag of Czechoslovakia, known as the Stefanik Flag.

Thrilled, Jerry went to the Sokol Fort Worth museum where he remembered seeing a framed poster of the founding of Czechoslovakia. On the poster was a map of the new Czechoslovakia, with United States president, Woodrow Wilson, President Tomas Garrigue Masaryk, General Milan R. Stefanik, Karel Kramar, and at the bottom the crossed flags of the United States of America and the Stefanik Flag. It had been right under Jerry's nose all along.

More research would reveal that this flag was used in ceremonies at fund-raising and recruitment efforts across the USA, from New York, Cleveland, Pittsburgh, Chicago, etc.

In July 2000, after participating in the All Sokol Slet in Prague, Jerry and Henrietta visited the Gen. Milan Stefanik Memorial at Bradlo and the Museum located in his home in Kosariska near Myjava, Slovakia. A simple cotton duplicate of the flag was on display there.

Questions:

- a. Who was the designer of the flag? (Gen. Stefanik himself.)
- b. How many designs were there for the Czechoslovak flag? (3 or more)
- c. Why was it not chosen to be the flag of Czechoslovakia? (Too much Slovak Blue)
- d. Was this flag actually the one used in the USA for the formation of Czechoslovakia? (According to Albin and Emily Polasek)
- e. What do the colors represent?
- f. Do the stars represent the nations that made up Czechoslovakia? (Cechy, Morava, Slovensko, Podkarpatska Rus,)
- g. How did Albin Polasek come by this flag? (He was instrumental in many of the fund-raising events.)
- h. Where does this flag belong? (Czech History Museum in Prague, Stefanik Museum in Kosariska, Slovakia, National Czech and Slovak Museum in Cedar Rapids, Iowa, Czech Heritage Museum in Temple, Texas, American Sokol Museum in Chicago, Sokol Fort Worth Museum in Ft. Worth, Texas????)

History of Acquisition of Flag: Owner - Jerry B. and Henrietta Milan, Fort Worth, Texas

This "Flag" has been preserved and museum mounted by Textile Preservation Associates Inc. of Ranson, West Virginia and will be on display in the Museum during the 2009 American Sokol International Sport and Cultural Festival.

"Come See It!"

Martha Milan Inducted into the T .A.A.F .Hall of Fame



On January 15, 2009, Martha Milan of Fort Worth, Texas, was inducted into the Texas Amateur Athletic Federation (TAAF) Hall of Fame, Class of 2009.

For the past 60 years, Martha has excelled in athletic events, primarily softball. In 1947, she won the Jr. Girls Division in a Dallas city track meet, and the next year played for the Dallas Lumberjacks, who advanced to the city softball champions that year.

Martha says she should actually thank her brother, Sam, for getting her started in sports---as-he always made her play catch with him in their back yard or in the street. They lived on a corner lot about 150 deep and she could throw a baseball about half that distance before she even started school. People would stop and watch her throw, and with all the attention, she began to like playing catch with Sam.

When she was about 11 or 12, the father of one of the boys they played with, invited her to go see a ladies softball team as he knew the coach. Martha was invited to their practice and by the following summer was playing on the team as there was no age limit then. In 1949 Martha played her first TAAF State Tournament in Austin and was selected All Star Utility Infielder.

In 1951 and 1952, Martha was selected TAAF All-Star Shortstop, and in 1952 she played in the Women's World Softball Tournament in Toronto, Canada, where her team placed 9th. In 1953 she played with the Kansas City Dons and traveled through-out the United States. In 1962 Martha played in the Women's National Softball Tournament in Stratford, Connecticut, and in 1964 and 1965, she played in the International Women's Fast Pitch Tournament held in Mexico City, and was selected All Tournament 2nd Base in 1966, 1967, and 1968.

In June 1967 while playing in a tournament in Fort Worth, Martha met one of the umpires, and in 1969, she and Umpire Frankie Milan were married. Martha retired from Sherwin- Williams Co. in 1992, but continued her role in Softball. From 2002 to 2004 and again in 2007, she played first base for the Saginaw Co-Ed Church Slow Pitch

Softball League. In 2004, Frankie Milan was inducted into the TAAF Hall of Fame, and with Martha's induction, they are the only couple to be so honored. Martha is one of only six women to have received this honor. Martha has been a member of Sokol Fort Worth for 40 years, and still actively participates in the senior's class and assists with gymnastic classes week days. She is a member of SPJST Lodge 154 Fort Worth where she served as a youth Leader for 3 years-



PERIODICAL

9126 Ogden Avenue
Brookfield, IL 60513



CSA Fraternal Life offers an excellent portfolio of affordable life insurance and retirement annuity plans. As a fraternal Society, CSA also offers member benefits that give added protection.

CSA has recently introduced **Final Expense** insurance plans that are now available. **Final Expense** insurance is affordable, permanent whole life insurance designed to pay down immediate expenses, such as medical, funeral and other legal costs, incurred when a loved one passes.

Our dedicated sales professionals are available to assist you. **Please contact Roberta at 800-LifeCSA (800-543-3272) or visit our website www.CSAfraternalLife.org to learn more about our Partners in Planning — Partners in Life commitment.**

Weber Travel Agency
Worldwide Travel

(800) 886-7012 ♦ jrabas@webertravel.com

Advertise with American Sokol

Reach over 4,000 people of Czech and Slovak descent.

¼ page \$200
½ page \$300
Full Page \$500

To place your ad, contact Jean Hruby at the National Office, 708-255-5397 or email JeanHruby@American-Sokol.org

Consider a Sales Career with **wfla**

Health Insurance Pension Up To 120% on Whole Life

Call or Email us today! Rudy A. Pino info@wflains.org

Licensed in: CA, CO, IL, IA, KS, LA, MI, MN, NE, ND, OH, OK, OR, SD, TX, WA, WI

western fraternal life association 1900 First Ave. NE, Cedar Rapids, IA 52402 1-877-WFLAINS