

Congratulations 2010-2011 Merit Award Winners

These recipients have been selected by the American Sokol Merit Award Committee and approved by the Executive Board to receive a \$500.00 award for the 2010-2011 school year. Turn to page 5 and 6 to read their essays entitled, *How Sokol has Prepared Me for the Future.*



Brittney Collett
Sokol Omaha
Western District



Anna Dulock
Sokol West
Southern District



Phillip Soulides
Sokol Tabor
Central District



Alex Wilt
Sokol Spirit
Central District



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

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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

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From the Editor...

This is an exciting time for our organization. Individual Sokol Units are coming back from summer break and beginning a new year of Sokol classes. Some are implementing new classes to encourage participation from the entire community such as cooking and language classes. The excitement from convention and the focus of the executive board propels the Sokol organization towards the future. We each need to do our part: volunteer, donate time or money or great ideas to make this organization a success for years to come.

And to make this publication a success, I need quality, relevant submissions from you, the reader. If you have an article, newsletter or calendar of event, please send it to me via email at editor@american-sokol.org. I love to hear what each Sokol Unit is doing and share that with the readers!

NAZDAR!



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Meet the American Sokol Executive Board

Bob Podhrasky 2nd Vice President



Bob has Sokol roots that go back to Moravia in the late 19th century. His maternal great grandfather,

soon after immigrating, was a founder and first president of the first Sokol in Texas, Sokol Karel Havlicek Borovsky, in Ennis. His fathers' parents joined Sokol Dallas in its first year of existence and were lifelong active members.

He is a veteran of three District Courses, and one National Course. He enjoys the athletic aspects of the organization with a great appreciation of how it helps children develop and adults stay fit. He also speaks the Czech language and enjoys the Czech cultural opportunities that Sokol provides and has had many opportunities to visit the family and friends in the homeland.


As an innovator and successful businessperson, he attributes a great deal of his success to the training and role models that were provided in his Sokol experience. He has served as President of Sokol Dallas, President of the Southern District and Chairman of the American Sokol By-laws committee.

Let me begin by saying that I believe Sokol has had great value to our society. Sokol came to the United States as part of the culture of those immigrating from the Czech lands. Initially it played the important role of providing a familiar community to this group of new Americans as they adapted to their new home. Over the years the organization has changed to meet the needs of second, third, fourth, fifth and even sixth generation Czech-Americans and to welcome others into its ranks. As we look forward and recognize that American Sokol continues to be less ethnically focused we need to acknowledge that we will have to augment the support of the Czech community that has carried this organization for so long. I believe that we must make good choices now to insure that Sokol continues to provide value to the communities it serves. Its continued existence hinges on this value. I am committed to addressing issues with a long term vision and make every effort to influence others in leadership positions to do the same. Having said this, I see no need to hasten the demise of the support of the Czech community. There will be many opportunities to embrace this cultural heritage that the organization has and make it an important part of its programming.

Over the years as I have served in other roles in this organization, I have always been impressed by the knowledge, skills, talents, dedication and resourcefulness of those around me. Sokol is fortunate to have very capable people within its ranks. These people are the ones that make the wheels turn. I am committed to identifying those who can contribute in meaningful ways and help give them the support, confidence and when appropriate, guidance, to fulfill their potential and their potential for Sokol.

My vision is for our individual Sokol Units to continue to be the centers of their communities, providing valuable services to persons of all ages. The structure must continue to encourage individuals to volunteer their time for causes they believe in. Our Sokols must be more than commercial gyms, day care centers, dance halls, and closed social environments. As part of a strong national organization they will have access to the resources of programming and business operations necessary to keep our facilities active, successful and financially sound. As part of a active national organization they will be able to continue to provide educational programs and national events that would not otherwise be available to individual Units working independently. As part of a confederation of Sokols around the world, our Units will continue have a role in the international community.

Over the years I have run across leaders whose mission was to 'protect' Sokol. I recognize that this is one of the responsibilities of elected office and will do my best to see that no harm comes to the organization. I believe a more important mission is to create opportunities for the organization. This requires forward thinking, a big picture perspective, embracing new ideas, and taking risks. If you don't try, you can't achieve.

My vision is for Sokol to see renewed growth by building on the ideas of its founders. To have the identity of an international organization with Czech roots. To embrace these roots whenever appropriate while welcoming our entire communities to the opportunities and benefits the organization has to offer. 



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

JULY

Named in honor of Julius Caesar by Marc Antony.

Originally called Quintilis because it was the 5th month of the year with March being the first.

National blueberry, picnic, ice cream and hot dog month.

July 1, 1883: Sokol Crete, NE was organized.

July 1, 1888: Sokol South Omaha was organized.

July 4, 1896: Slovak Gymnastic Union Sokol of America, now called Sokol USA was established in New York.

July 6, 1415: Jan Hus was burned at the stake in Constance for fighting for his ideals for church reform.

July 19, 1848: First Women's rights convention was held in Seneca Falls, NY.

July 20, 1969: Neil Armstrong & Buzz Aldrin stepped onto the lunar plane.

July 1919: The snow cone made its debut at the State Fair of Texas by Sam Bert, inventor.

July 1913: The U.S. Navy adopted the cotton t-shirt named for its T shape as part of its uniform.

July 31, 1854: Renata Fuegner born - the daughter of Jindrich Fuegner & later the wife of Dr. Miroslav Tyrs.

Haagen-Dazs was created by a Polish immigrant and his wife in the Bronx, NY. It is not an exotic Scandinavian recipe.

Fireworks first appeared around 1000 A.D. in Chinese religious ceremonies. Barium makes them green, copper - blue and aluminum is responsible for the sparkle.

Bands & orchestras play the 1812 Overture to celebrate the 4th of July. It was composed by Piotr Ilyich Tchaikovsky, a Russian, to celebrate his Czarist-ruled nation's victory over France in the Napoleonic Wars. He wasn't enthused over the work and spent a month in 1880 composing it - but declared it too loud & noisy. It was first played in 1974 by the Boston Pops conducted by the late Arthur Fiedler on the Charles River Esplanade.

NAZDAR! EllenJeanne Schnabl, American Sokol Educational Director

AUGUST

July, 2010, is but a memory - of very hot days, warm, mosquito-buzzing nights and some torrential rainstorms.

August, on the other hand, has "the dog days of summer". The term "caniculares dies" (days of the dog) came from the Romans. These hottest weeks of summer coincided with Sirius, the brilliant Dog Star in the constellation Canis Major.

The August birthstone is the peridot, a greenish stone with an oily luster and sometimes called the evening emerald - used as an amulet against night terrors.

August 1, 1904: First instructor's course held for men in Prague.

August 6, 1904: Gymnastic meet held by the American Sokols in St. Louis during the World's Fair exposition.

August 11, 1877: Astronomer A. Hall found the moons Phobos and Deimos orbiting Mars.

August 18, 1587: Virginia Dare born on Roanoke Island.

August 19, 1883: Gabrielle "Coco" Chanel was born in Saumur, France.

August 19, 1866: Founding of what is now known as Sokol Tabor, Berwyn, IL.

August 21, 1959: Hawaii became our 50th United State.

August 23, 1851: Birth of Alois Jirasek, Czech writer of historical romances.

August 28, 1872: Wedding of Dr. Miroslav Tyrs and Renata Fuegner

"Back to School" is a phrase seen in supermarkets, malls and homes. It brings relief to some and dread to others -- you be the judge -- BUT don't dread going BACK TO SOKOL CLASSES! ☺

Brittney Collett
Sokol Omaha
Western District

How Sokol has Prepared Me for the Future

Being involved in Sokol has taught me many things that will help me in the future. One important thing that I have learned is responsibility. Once I began teaching little girls, I took on a lot of responsibility. I had to watch over these girls and was responsible for anything that happened to them during the class time. In the future, I am going to have many responsibilities. Along with all those responsibilities comes dedication. Sokol has taught me how to prioritize and dedicate myself to the most important things first.

Another thing that Sokol has helped me with is cooperating with new people. Throughout the rest of my life, I will be constantly interacting with people that are new to me. I have met so many people through Sokol, which has helped me because it has become easier for me to interact and become friends with others. When I went to Instructor's School, there were always many new faces and I learned to get along with all of them because I was with them for two weeks. Having gone to Instructor School will also be a help to me in the future. I learned so many important things while I was there. I learned more about Sokol, what to do in case of an emergency, and how to fill out an accident form. All of which are very useful things to know for any case scenario.

Throughout my years of involvement, I have met many people all throughout the United States and some in other countries, this is something that has already helped me and will continue throughout my future. This past year, I moved to Chicago, IL to attend school, this was a whole new experience for me because I have never lived anywhere else besides Omaha, NE. Through Sokol, I knew many other people native to Chicago, which came in very handy. Many of them have been very helpful in any questions I have or if I ever get lost in the city. Knowing all these people has really helped and in the future if I ever decide to move again, I know that if there are Sokols around, there is also lots of help waiting. ©

Anna Dulock
Sokol West
Southern District

How Sokol has Prepared Me for the Future

Sokol has helped me make goals in my life. It has helped me to develop leadership, unity, and friendship. Sokol has given me the strength to take risks and to be successful in any path I may choose. Sokol has taught me to work as a team as well as individually. It has prepared me for the future in many ways.

Thus, one way Sokol has prepared me for the future is by developing strong leadership skills. By becoming an instructor, I have learned to be a role model for younger children. It has also helped me to become a hard worker and to have responsibilities to carry out. Along with leadership, Sokol has showed me how to be a team member and get others involved. Listening to others on how to teach and learn different routines has motivated me to strive harder as an instructor. Sokol has helped me to become a better person and has taught me to make every effort count not only in Sokol but in my classroom work and other organizations that I volunteer in. Sokol is also a place to study training for your body and mind while having fun. The most essential thing Sokol has helped with my future is to take one step at a time. Also to remember your family and friends are there for you to lean on when you have tough times.

Sokol has played a significant part in my family heritage Sokol has been in my family for three generations. It is because of my grandmother that I became involved in Sokol. She breathed and lived for Sokol. She was everyone's Sokol grandmother. I lost my grandmother this past year. It has been tough for us all even the kids that participated in Sokol. She will always be remembered. We all know she is watching over us.

To sum it up, Sokol has helped me to grow into the young lady I am today. I will always be involved in Sokol even after I graduate from High School and continue my college career. Sokol is a big part of my life and family. ©

Philip Soulides
Sokol Tabor
Central District

How Sokol has Prepared Me for the Future

I prepared for Sokol classes, local and national skills competitions, artistic competitions, exhibition performances, social events and travel for fifteen years as a result of attending all levels of instruction from the tots program through Junior Boys, authoring Special Number routines, being a member of the vaulting team and Ballroom Dance class, competing at two National Slets in Chicago and Ft. Worth, and attending four National Camps in New York and St. Louis. I considered all of these things to be fun and a way to meet new people and make friends. I didn't realize that Sokol was actually preparing me for my future.

Now that I attend and reside at St. Mary's University in Minnesota, and no longer have the structure of my home or Sokol gym, I rely daily on the lessons and skills I acquired to be organized and prepared, stay healthy - both physically and mentally, and to assist others when I can.

Being a college student of theater and dance, I now have real demands, not only on my time for study and work, but for endurance, strong core muscles, balance, and creativity. Participating in competitions and exhibitions allowed me to perform in front of small and large audiences; therefore, I am a stronger and more confident performer as a result.

I am using the core fitness and strength exercises I learned in Sokol not only to benefit myself, but to assist members of a local dance team as well as other St. Mary's University students.

The physical training techniques and leadership skills I learned in Sokol classes, the independence I gained while traveling to national events across the U.S., and the confidence I achieved through competition as well as meeting new people and trying new things, have prepared me to be a better student and better citizen of my communities, college and Sokol.

"You've achieved success in your field when you don't know whether what you're doing is work or play" - Warren Beatty. ©

Alix Wilt
Sokol Spirit
Central District

How Sokol has Prepared Me for the Future

Not many high school seniors can honestly say that they do not know what their life would be like without the presence of their favorite sport or extracurricular activity. When I think about my life without Sokol, I cannot even begin to imagine where I would be right now. The organization that has been a part of my life since I was born has continued to fill my time even after 18 years. I have come to realize that Sokol has played a crucial role in developing my past, present and future, making it impossible to have coasted along all these years and not become prepared in multiple ways for the big changes and decisions that I will soon be facing.

While it may be easy to say that Sokol has taught me discipline, social skills, coordination and leadership qualities, that only begins to describe the ways this organization has prepared me for the future. After attending three American Sokol Instructor Schools and assisting to teach the group of 2nd class girls at Sokol Spirit, I have finally begun to plan out my future. Over the years in Sokol I have gone from being a shy tot to being the outspoken young adult getting the kids up and moving around. Through my experiences in the gym I have realized my passion for teaching others, which is why I plan to study Elementary Education in college. Other than teaching, I have had the chance to lead my peers as well as learn how to interact with people of all ages. While teaching at my Sokol gym is what gave me that extra push into planning my future career path, I look back and realize the list describing what Sokol has done to prepare me for the future is endless. While I plan to give back to Sokol in the future, it seems nearly impossible to reciprocate the great things this organization has done for me. My goal though, is to help other young people benefit from Sokol in the way I have and encourage them to look at it the same way I do: Sokol is my home, and the members are truly my brothers and sisters. ©



AMERICAN SOKOL GYMNAST

Pages 7-10 are specifically designed to benefit the Gymnastic programs of the 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

Why Stretch?

Source: *Stretching by Bob and Jean Anderson, Shelter Publications, Inc.*

Stretching, because it relaxes your mind and tunes up your body, should be part of your daily life. You will find that regular stretching will do the following things:

- Reduce muscle tension and make the body feel more relaxed.
- Help coordination by allowing for freer and easier movement.
- Increase range of motion.
- Help prevent injuries such as muscle strains. (A strong, flexible, pre-stretched muscle resists stress better than a strong, stiff, unstretched muscle.)
- Make strenuous activities like running, skiing, tennis, swimming, and cycling easier because it prepares you for activity; it's a way of signaling the muscles that they are about to be used.
- Helps maintain your current level of flexibility, so as time passes you do not become stiffer and stiffer.
- Develop body awareness; as you stretch various parts of the body, you focus on them and get in touch with them; you get to know yourself.
- Help loosen the mind's control of the body so that the body moves for "it's own sake" rather than for competition or ego.
- Helps you feel good! ☺

American Sokol has been signed up to Michelle Obama Let's Move Campaign

America's move to raise a healthier generation of kids
www.LetsMove.gov

THE WHITE HOUSE, WASHINGTON – First Lady Michelle Obama today announced an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight and unveiled a nationwide campaign – Let's Move – to help achieve it.

The Let's Move campaign will combat the epidemic of childhood obesity through a comprehensive approach that builds on effective strategies, and mobilizes public and private sector resources. Let's Move will engage every sector impacting the health of children to achieve the national goal, and will provide schools, families and communities simple tools to help kids be more active, eat better, and get healthy.

To support Let's Move and facilitate and coordinate partnerships with States, communities, and the non-profit and for-profit private sectors, the nation's leading children's health foundations have come together to create a new independent foundation – the Partnership for a Healthier America – which will accelerate existing efforts addressing childhood obesity and facilitate new commitments towards the national goal of solving childhood obesity within a generation. ☺

Go to www.LetsMove.gov to read more! KP:)



Helping Parents Make Healthy Family Choices

From: www.letsmove.gov

Parents play a key role in making healthy choices for their children because the earliest decisions regarding food and physical activity occur in the home. But in today's busy world, it isn't always easy. Parents and other caregivers need a community of support. So Let's Move to offer parents the simple tools, support and information they need to make healthier choices for their family. Children learn from the choices they see adults make. If children see parents enjoying nutritious foods and physical activity, they're more likely to do the same.

Let's Move is building communities by bringing together families, schools, private industry and government to make healthy living easier. With greater understanding and opportunities for good nutrition and physical activity, parents can take simple steps so busy families can live healthier lives.

- **Empowering Consumers:** By the end of this year, the Food and Drug Administration will have collected research, conducted dialogue with the industry, consumers and experts, and completed guidance for retailers and manufacturers to adopt new nutritionally sound and consumer friendly front-of-package labeling. This will put us on a path towards 65 million parents in America having easy access to the information needed to make healthy choices for their children. Many are already answering FDA's call – including the nation's beverage industry who are taking steps to provide clearly visible information about calories on the front of their products, as well as on vending machines and soda fountains.
- **A Prescription for Healthier Living:** The American Academy of Pediatrics, in collaboration with a broader medical community, will educate doctors and nurses across the country about obesity, ensure they regularly monitor your child's Body Mass Index, provide counseling for healthy eating early on, and even write a prescription for parents laying out the simple things they can do to increase healthy eating and active play.
- **Next Generation Food Pyramid:** To better help the public make healthier food and physical activity choices, the US Department of Agriculture plans to revamp the famous food pyramid symbol and online interactive tools. MyPyramid.gov is one of the most popular websites in the federal government and a 2.0 version of the website will offer consumers a host of tools to put the Dietary Guidelines into practice.
- **Empowering Change:** The USDA has created the first-ever Food Atlas, an interactive database that maps components of healthy food environments down to the local level across the country. This information can be used by all sectors – including parents, educators, government and businesses – to empower and create change across the country. It will include tools to identify the existence of food deserts, high incidences of diabetes, and other conditions in their communities.
- **Let's Move Start Up Tools:** This spring, Let's Move will provide parents with simple and easy to use tips and toolkits to help get them moving. Check back for Let's Move toolkits, including your interactive family contract to set your goals, pick your activities, and track your success.

Healthy self-esteem is a child's armor against the challenges of the world. Kids who feel good about themselves seem to have an easier time handling conflicts and resisting negative pressures. They tend to smile more readily and enjoy life. These kids are realistic and generally optimistic.

In contrast, kids with low self-esteem can find challenges to be sources of major anxiety and frustration. Those who think poorly of themselves have a hard time finding solutions to problems. If given to self-critical thoughts such as "I'm no good" or "I can't do anything right," they may become passive, withdrawn, or depressed. Faced with a new challenge, their immediate response is "I can't."

Here's how you can play important role in promoting healthy self-esteem in your child.

What Is Self-Esteem?

Self-esteem is the collection of beliefs or feelings we have about ourselves, our "self-perceptions." How we define ourselves influences our motivations, attitudes, and behaviors and affects our emotional adjustment.

Patterns of self-esteem start very early in life. For example, a toddler who reaches a milestone experiences a sense of accomplishment that bolsters self-esteem. Learning to roll over after dozens of unsuccessful attempts teaches a baby a "can-do" attitude.

The concept of success following persistence starts early. As kids try, fail, try again, fail again, and then finally succeed, they develop ideas about their own capabilities. At the same time, they're creating a self-concept based on interactions with other people. This is why parental involvement is key to helping kids form accurate, healthy self-perceptions.

Self-esteem also can be defined as feelings of capability combined with feelings of being loved. A child who is happy with an achievement but does not feel loved may eventually experience low self-esteem. Likewise, a child who feels loved but is hesitant about his or her own abilities can also end up with low self-esteem. Healthy self-esteem comes when the right balance is reached.

Signs of Unhealthy and Healthy Self-Esteem

Self-esteem fluctuates as kids grow. It's frequently changed and fine-tuned, because it is affected by a child's experiences and new perceptions. So it helps to be aware of the signs of both healthy and unhealthy self-esteem.

Kids with low self-esteem may not want to try new things, and may frequently speak negatively about themselves: "I'm stupid," "I'll never learn how to do this," or "What's the point? Nobody cares about me anyway." They may exhibit a low tolerance for frustration, giving up easily or waiting for somebody else to take over. They tend to be overly critical of and easily disappointed in themselves. Kids with low self-esteem see temporary setbacks as permanent, intolerable conditions, and a sense of pessimism predominates.

Kids with healthy self-esteem tend to enjoy interacting with others. They're comfortable in social settings and enjoys group activities as well as independent pursuits. When challenges arise, they can work toward finding solutions and voice discontent without belittling themselves or others. For example, rather than saying, "I'm an idiot," a child with healthy self-esteem says, "I don't understand this." They know their strengths and weaknesses, and accept them. A sense of optimism prevails.

How Parents Can Help

How can a parent help to foster healthy self-esteem in a child? These tips can make a big difference:

Watch what you say. Kids are very sensitive to parents' words. Remember to praise your child not only for a job well done, but also for effort. But be truthful. For example, if your child doesn't make the soccer team, avoid saying something like, "Well, next time you'll work harder and make it." Instead, try "Well, you didn't make the team, but I'm really proud of the effort you put into it." Reward effort and completion instead of outcome.

Be a positive role model. If you're excessively harsh on yourself, pessimistic, or unrealistic about your abilities and limitations, your child may eventually mirror you. Nurture your own self-esteem, and your child will have a great role model.

Identify and redirect your child's inaccurate beliefs. It's important for parents to identify kids' irrational beliefs about themselves, whether they're about perfection, attractiveness, ability, or anything else. Helping kids set more accurate standards and be more realistic in evaluating themselves will help them have a healthy self-concept. Inaccurate perceptions of self can take root and become reality to kids. For example, a child who does very well in school but struggles with math may say, "I can't do math. I'm a bad student." Not only is this a false generalization, it's also a belief that will set the child up for failure. Encourage kids to see a situation in its true light. A helpful response might be: "You are a good student. You do great in school. Math is just a subject that you need to spend more time on. We'll work on it together."

Be spontaneous and affectionate. Your love will go a long way to boost your child's self-esteem. Give hugs and tell kids you're proud of them. Pop a note in your child's lunchbox that reads, "I think you're terrific!" Give praise frequently and honestly, without overdoing it. Kids can tell whether something comes from the heart.

Give positive, accurate feedback. Comments like "You always work yourself up into such a frenzy!" will make kids feel like they have no control over their outbursts. A better statement is, "You were really mad at your brother. But I appreciate that you didn't yell at him or hit him." This acknowledges a child's feelings, rewards the choice made, and encourages the child to make the right choice again next time.

Create a safe, loving home environment. Kids who don't feel safe or are abused at home will suffer immensely from low self-esteem. A child who is exposed to parents who fight and argue repeatedly may become depressed and

withdrawn. Also watch for signs of abuse by others, problems in school, trouble with peers, and other factors that may affect kids' self-esteem. Deal with these issues sensitively but swiftly. And always remember to respect your kids.

Help kids become involved in constructive experiences. Activities that encourage cooperation rather than competition are especially helpful in fostering self-esteem. For example, mentoring programs in which an older child helps a younger one learn to read can do wonders for both kids.

Finding Professional Help

If you suspect your child has low self-esteem, consider professional help. Family and child counselors can work to uncover underlying issues that prevent a child from feeling good about himself or herself.

– Therapy can help kids learn to view themselves and the world positively. When kids see themselves in a more realistic light, they can accept who they truly are.

– With a little help, every child can develop healthy self-esteem for a happier, more fulfilling life. Ⓢ

Reviewed by: David V. Sheslow, PhD

Date reviewed: November 2008

Taken from the letsmove.gov website! Please visit for more helpful tips! KP ;)

Here are 10 no-nonsense tips for fast, healthy weight loss :

These are all things you can do to get more healthy in general!!

1. **Drink 8-10 glasses of water each day** – This helps flush your body of impurities and fat. You can also substitute a few glasses of water for green or herbal tea.
2. **Break up your meals into 5 or 6 smaller ones** – This will help speed up your metabolism and keep you from getting too hungry in between meals.
3. **Increase your fruit and vegetable intake** – These are packed with vitamins.
4. **Decrease your fat intake** – Try for no more than 20 grams per day.
5. **Exercise for 30 minutes each day** – Take a walk, or play a game with your kids. Just get moving.
6. **Find a hobby** – Take up knitting or painting to keep your hands busy.
7. **Don't eat that late night snack** – Try not to eat for at least 2 hours before going to bed.
8. **Listen to your body** – Your body will tell you when it is full, hungry, stressed, tired. Learn the signs and obey what your body is telling you.
9. **Increase your fiber** – Choose whole grain pasta and bread.
10. **Cleanse and detoxify** – This may be the most important. Rid your body of harmful toxins and chemicals, while allowing it to function normally. (Talk to your doctor about detoxing!) Ⓢ

The above info from weightlosslib.com! KP ;)

Little Ferry Installs New Officers



These newly elected officers will serve for two years. Pictured from left to right: Cynthia MacPherson, financial secretary; Frances Garlicki, treasurer; Laurie Romano, vice president; Joyce Nasta, president; and Eva Rohifs, recording secretary. In addition outgoing president Nancy Chlodnicki was thanked for her many years of exemplary service and sacrifices, she made for the organization. ©

Submitted by Joyce Nasta, Little Ferry

Memorial Day Celebration Bohemian National Cemetery

Baltimore, Maryland
May 1, 2010

Reprinted from Sokoletter, Sokol Baltimore

It was a beautiful day and about 60 people attended the celebration. Greetings were extended by Rev. Michael G. Rokos. The Czech and Slovak Heritage Association's Choral Group sang the national anthems of Slovakia, the Czech Republic, and the United States of America as the flags were raised.



Jana Racová representing the Czech Embassy spoke. Rev. Rokos gave Ms. Racová a double tailed lion pin. The pin is available for sale; they are handcrafted and come in gold or silver. Proceeds benefit the Cemetery. Made by Pride Metal in Parkville, workers from the old Stieff Company ... among the last of the Baltimore Silversmiths.

The CSHA Choral Group sang several other selections dedicated as a memorial to Dolores Soul and Emily Slezak. Rev. Rokos said a prayer to remember all who gave their lives in defense of our country and in remembrance of all our loved ones. A moment of silence was observed during the playing of Taps by Bro. William Kool and the placement of flowers at the base of the flag. This was followed by the procession of those present to the grave of Sgt. William R. Jecelin, Medal of Honor recipient, killed in the Korean conflict in 1950. At the closing, singing of America the Beautiful. There was a reception in the house and Czech and American desserts were available for a small donation. ©



Photo courtesy Lois Hybl

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The Next Chapter in the Lives of Tyrs and Fugner

Forward by Sister Jean Hruby – Business Manager, American Sokol

The response to my recent Zbecno article printed in the February issue was overwhelming! In the ten years I have been working for the National Office of American Sokol, I have never received so many letters from our readers. Not only did this article spark an interest in our American Sokol membership, but this article reached our readers in Sokol Sydney, Czech Sokols and Sokol Pariz!

I want to thank all readers for their responses and excitement about Tyrs and Fugner's lives. My friends in Zbecno, the Fiala's, truly appreciated my story about them and were taken back by the responses as well. They simply wanted to show me something they "thought I might be interested in" (touring Zbecno, Krivoklat, etc) and had no idea this simple tour would take on a life of its own in our publication.

Honza Fiala, Jr. has been investigating more information on this birthplace of the Sokol Idea and sent me the "next chapter" about the lives of Tyrs and Fugner. He is also working with me on a tour of these places that will be available during the 2012 Slet in Prague. I fondly thank Honza Fiala Jr. for his work in putting this information together for me to share with all of our readers.

Also, with sincere gratitude, I thank my dear friends Martin Udall and his father Milan Udržal, from Perth, Australia for translating Honza's story for us. Although, they are no longer active in their Sokols, long-time friends Milan Udržal and Jan Fiala Sr. used to frequent Sokol Karlovsky Vinohrady as young men! It is obvious that their love of Sokol remains a part of their friendship and ironically, our brothers and sisters in Sokol Sydney, Australia will be thrilled to see this story has an Australian connection! Once a Sokol, always a Sokol, no matter where you go in life! Tyrs and Fugner set the example of a true Sokol friendship and many will continue to carry it on, following in their "footsteps". Thank you all and Nazdar!



Honza Fiala Jr.

In the footsteps of Fugner and Tyrs in the Krivoklat region

Solitude at 'Na Krali'

Close to the village of Hudlice a beautiful forest road leads travellers to the villages of Svata, Kublov, Veliz and the historic settlement of 'Na Krali'. Legend has it that the King Vaclav IV rested at 'Na Krali' by the natural spring 'Kralovka'. For many decades these forests prospered under the ownership of the Furstenburg family. Many of generations of forest rangers and workers lived there.

Czech history takes note of two important events which occurred in this place:

Katerina Jungmannova

The mother of the famous linguist and cultural revivalist of the Czech nation, Josef Jungmann, was born here on 6 January 1739. Katerina's father, Josef, married Dorothy from Krivoklat on 10 October 1736 in the village of Zbecno. Katerina's father and his companion died tragically during a badger hunt at 'Na Kulnach'. Both of them suffocated after

they climbed head first into a badger's burrow which they had 'smoked' minutes earlier. Katerina's father was 30 years old. His funeral took place in Hudlice on 15 October 1745.

The meeting of Tyrs and Fugner

Frank Nittinger and family arrived in Bohemia from Baden in Germany in the late eighteenth century. Nittinger was appointed by the Furstenburg's to the position of 'Forest Ranger' in 1794 at 'Na Drevici'. In 1803 he was promoted to 'Chief Ranger' in Nizbor and later became manager of the entire Furstenburg estate at Krivoklat. Nittinger was instrumental in the construction of a horse-drawn railway line from Lany to Prague. As a member of the Czech royal museum he met famous figures such as Palacky, Reiger, Jungmann and Gerstner. He quickly mastered the Czech language at both the spoken and written level. He died in 1839 and was buried in the cemetery in Novy Jachymov - the town which he himself established.

Frank had a nephew by the name of Karl Nittinger who was also a forest ranger.

Jindrich Fugner took residence at Karl Nittinger's estate in 1858. Karl later married Fugner's daughter Fanyinka and also was given a prized ranger's lodge at 'Na Krali'. Karl fell in love with the deep and beautiful forests around his lodge and sometimes took up residence at a small, lonely chateau in Drevic.

The Fugner and Nittiger families enjoyed entertaining guests and lead an idyllic life at 'Na Krali'. One day Fugner met a young tutor employed by his family friends the Bartelmuses.* This tutor's name was Miroslav Tyrs. Tyrs was a personal tutor and teacher to their son Edward Bartelmuse. Tyrs was, at the time, a student himself and spent his spare time preparing for final exams. Tyrs and Fugner frequently saw one another on family outings and quickly became friends. They often spoke about the future of physical education of the nation and combining it with the motion of mind and soul.

Their ideas culminated in the foundation of the Sokol Organization in 1862 in Prague. The establishment of Sokol in Prague was in stark contrast to the peace and tranquility of the forests of 'Na Krali' where the two men shared their original thoughts. The realisation of their dreams impacted Czech life not only in Bohemia but around the world.

**The Bartelmuse foundry at Novy Jachymov*

The brothers Bartelmuse, owners of a foundry in Brno, went on establish a second foundry specialising in white enamelled cast iron pots and pans in Novy Jacymov. These products were at the cutting edge of technology at the time. Goods were exported throughout Europe and quickly became famous and set a new benchmark in the industry. Annual production peaked at 80,000 pieces. In 1856, the company employed 298 workers and manufactured goods to the value of 289100 zl (gold coin legal tender). (S)

References : Viktor Palivec HAJEMSTVI ZELENE

Compilation: Honza Fiala Jr. (Zbecno, Czech Republic)

Translation: Milan Udržal (Originally from the Czech Republic but now living in Perth Australia, Milan is the father of Martin Udall who assisted in the February article.)

Did You Know Augustine Herman?

*Submitted by EllenJeanne Schnabl,
Education Director, American Sokol*

Recently, Sis. Audrey Benda of Sokol Little Ferry attended an Elderhostel program in Crisfield, MD. She came across an important name in Czech history and wanted to share with us some of his accomplishments.

Augustine Herman was the first immigrant, from what is now the Czech Republic, to the new colonies. For his valuable services, he was given a land grant of 4,000 acres in Maryland in 1662 and selected the most northern, and the shortest, river on the peninsula. He named this the Bohemia River and his home Bohemia Manor. Herman was one of the greatest personage of his day on the Eastern Shore and died in 1686.



Briefly, his accomplishments –

- Leading citizen of Dutch colony of New Amsterdam
- Trained surveyor and map maker
- Sometimes supporter, sometimes opposer of Peter Stuyvesant
- Great experimenter, grew indigo and tobacco on Manhattan Island
- Sent to Rhode Island and to Boston to appease citizens of poor decisions made by Stuyvesant
- Married Annetje Verlett in New Amsterdam (2 sons, 3 daughters)
- Helped settle complicated boundary disputes in Maryland
- Created a map of the province for Charles Calvert, the third Lord Baltimore and governor (two copies of this map still exist)
- Received another 10,000 acres in land grants
- In 1666, the Herman family became the first foreign-born persons naturalized in Maryland
- Envisioned a canal to connect the Chesapeake to the Delaware, his path was used as a portage road

Tips for Surviving the Summer

Get outdoors and enjoy the weather

I wanted to share some cool tips on a few of my favorite exercise combos for quick workouts you can do during the summer, as well as some easy diet tips for maintaining your beach body without starving yourself.

1. **Jump Rope with Push and Pull Supersets** – Complete 100-120 turns with the rope, then immediately drop and do 25-50 push-ups, then go to the pull-up bar and do a set of 5-10. Rest 30 seconds and repeat for 3-5 sets. You get a full body workout in about 15 minutes.
2. **15 Minute Sprint Workout** – Go to a track or open space and sprint 60-100 meters, 8-10 times with a 1 minute rest in between each sprint.
3. **Short Pool Workout** – Go to your local pool or body of water, preferably one with laps that are 25 meters or less, to swim one full lap freestyle and then do 10 dips on the edge of the pool. Swim the breaststroke back and do 10 dips on the side of the pool again. Try to do these as fast as possible and get at least 5 lengths of each stroke. For an extra challenge try swimming without taking a breath for the entire length of the pool.
4. **Easy and Affordable Diet** – Eat healthy during summer time by basing your meals around seasonal vegetables and fruits and add lean meat for protein. Breakfast could consist of a fruit smoothie with Greek yogurt, or a bowl of fresh fruit with fried eggs and bacon. Lunch could be a big chicken salad with fresh veggies from the farmers market. Enjoy dinner with another seasonal salad with grilled veggies and a serving of meat. If you plan to attend a traditional BBQ with a lot of sweets, such as bread and refined carbs, then plan your calorie intake accordingly. Reduce all meals prior and ideally get in a tough workout that day. Your body will be carb depleted and will store more of the meal as glycogen in your muscles instead of fat. ©

Note: Please check with your physician before starting any diet or exercise plan.



[Art work by John Stribrny Jr. 1925-2002]

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By Charles Malina
Sokol Tabor,
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Mark your Calendar

Events around the American Sokol

Get your event featured! Email editor@american-sokol.org

August

- Aug 1** **Czech American Congress Annual Czech Festival Picnic** – Kiwanis Park, 8820 Brookfield Ave, Brookfield, IL. Starts at 11am; live Music-Folk Dancers-Dancing-Czech Food & Drinks! Free Admission.
- Aug 1-10** **National Sokol Camp – Sokol Camp, St. Louis, MO.** Join us for the 10 Year Anniversary of National Sokol Camp! For more information visit www.sokolnationalcamp.org or email sokolsummercamp@american-sokol.org.
- Aug 28** **Annual Sokol Detroit Golf Outing – Fox Hills Golf & Banquet Center, Plymouth, Michigan.** Shotgun Start 1:30pm. Only \$120 per golfer. Package Includes: 18 hole golf scramble with cart, lunch with beverage, banquet dinner and open bar (after golf). Hosted by the Sokol Detroit Endowment Fund Committee, contact Gorton Greene at (248) 851-3681.
- Aug 29** **SwinRideRun Chicago Triathlon** – 9:00am race start. For more information contact Matt Carlozzi at ride2camp@gmail.com.

September

- Sept 5** **Pancake Breakfast – Sokol Camp Dining Room, South Lyon, MI.** Bring your family and friends. Serving from 8 -10 am, Adults \$3.50, Children \$2.50 (under 12).
- Sept 11** **Sokol San Francisco Picnic – Lake Chabot Park, San Leandro, CA.**
- Sept 17** **Sokol Greater Cleveland Fish Fry – Sokol Greater Cleveland, Cleveland OH.** Downstairs Dining Room. Service: 5pm to 7:30pm.
- Sept 17-19** **Sokol Detroit Fishing Derby – Sokol Camp, South Lyon, MI.** Prizes for Largest Bass, Bluegill, Crappie and Pike. Entry fee: Adults-\$20, Kids under 18-\$10*; *Includes fish dinner.
- Sept 19** **21st Annual Czech-Slovak Festival – Highland Park Pavilion, St. Paul, MN.** 11am – 4:30pm. Featuring the German-Bohemian Band, folk songs and dancers, cuisine and beverages and Sokol fitness. To help or join in the fun, call 651-297-9000 or email festival@sokolmn.org.
- Sept 19** **Sokol Town of Lake Camp Reunion – Willow Springs, IL.** Camp Picnic Reunion 11am
- Sept 26** **71st Moravian Day – Lithuanian World Center, Lemont, IL.** 14911 127th Street. Holy Mass 10am, Program 2pm; Donation \$15 per person; Polkas, Waltz, Modern, Disco. Adult & Children Groups Performing. For more information call (708) 795-7790 or visit www.UnitedMoravianSocieties.org.
- Sept 26** **Czech-Moravian-Slovak Heritage Celebration – Knollwood Country Club, Granada Hills, CA.** 12024 Balboa Blvd. As posted on www.sokolla.org.



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