

Happy Holidays
2010



from the American Sokol

American
Sokol[™]


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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.

AMERICAN SOKOL

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Meets every 2nd Wednesday* at 7:30 pm

*except in July and August

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From the Editor...

"Christmas is forever, not for just one day, for loving, sharing, giving, are not to put away like bells and lights and tinsel, in some box upon a shelf. The good you do for others is good you do yourself..."

-Norman Wesley Brooks, "Let Every Day Be Christmas," 1976

Please send your submissions to be included in the publication to me by mail or email (editor@american-sokol.org). I look forward to your interesting, relevant articles, newsletters and calendar of events!

NAZDAR!



To Submit Items for Publication:

Email: editor@american-sokol.org
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Correction: The Sokol Town of Lake Camp Reunion article in the October issue was submitted by Henretta Banfi Milan. We apologize for the error.

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Meet the American Sokol Executive Board

Maryann Fiordelis
National Physical
Director



I am a third generation Sokol. My maternal Grandfather was born in Kutna Hora and immigrated to the United States in the early 1900's. He settled in the Toledo, OH area where my grandmother and him were long-time members of Sokol Moravan.

My parents moved to Michigan in 1941 and soon became active members of Sokol Detroit. I have gymmed at Sokol since girls class and became a member in 1965. In the early 70's I became the Women's Director, a position I've held until 2010 with only a year or two break. I have been the Northeastern District Director since shortly after the 1980 convention. I have attended several Unit and District instructor schools and attended my first National Instructor's School when I was 56. I'm glad I had that opportunity but I do not think I have the energy to attend another one!

I have been active in Sokol in many aspects on a unit, district and National level. I truly enjoy traveling to the Czech Republic and participating in Slets, finding out more about my heritage especially visiting where both sets of grandparents were born. I think Prague is the most beautiful city in the world and I truly look forward to going back in 2012.

One of my proudest Sokol moments was during the Sokol USA Slet in Pittsburgh where I competed in artistic and volleyball with my daughter and granddaughter, continuing on the tradition of three Sokol generations together.

Sokol is a very big part of my life from the strong friendships that have developed over the years, the fun in participating in the many activities that are offered and yes

even the hard work that goes along with maintaining a viable organization.

I have been active in developing our current strategic plan, overseer of many of the teams that have and are working on the various goals outlined in the plan and as well as working diligently trying to restructure our organization. There is a saying if it ain't broke don't fix it. Unfortunately, that is not where our organization is today. It is broke; we are losing members, failing to bring in revenue at all levels to support our buildings, programs and leaders and driving our volunteers away by constantly piling more and more on their plates, many times without support. Even if all this doesn't convince you that we ain't broke there is always room for improvement.

That is where I hope I will be a valuable asset to this organization. I don't think anyone can deny that our Board of Instructors is the most active, forward moving group in our organization. But even here, there is room for improvement. We have already developed some good programs but units are not utilizing them. We need to address why and get them excited about using them. We need to continue to evolve in our programming aspects with new programs and offering them to our communities. We need to cultivate relationships with more outside organizations and truly become partners with them – not just in the gymnastics area but in other areas of fitness and health. These are just some of the areas our current National Board of Instructors are discussing as I believe it is not just my vision I need to be working towards but those on my board. Nazdar! Ⓢ



The Sokol Educator

Sis. Ellen Jeanne Schnabl, Educational Director

NOVEMBER

The muted month with the wind whispering, flowers fading, animals scurrying for shelter. A time for quiet and withdrawal. Yet there is a cleanliness as the air is sharp, damp and penetrating.

Topaz has trace minerals which create these gems in colors from blue & green to pink, sherry and even black. It is the sun jewel. Reminded the Egyptians of Ra and the Romans of Jupiter. It is thought to improve eyesight and break spells.

START a "survival kit" in case the power goes out in your home or if you're stranded on a lonely road:

- Keep your cell phone charged; enclose it in a sealed plastic bag to keep it waterproof; keep change handy.
- A small unbreakable mirror can reflect sunlight to signal your rescue party.
- A plastic whistle - better than yelling; a metal one could stick to your lips.
- Kitchen matches covered with nail polish to keep them waterproof plus some sand paper or emery board.
- A candle or a mini flashlight, but check the batteries frequently.
- A single-edged razor blade can be used to shave wood chips for starting a fire.
- Two 12" x 12" sheets of foil can be shaped into a drinking cup or small pot for melting snow. Remember that cold fluids lower your body temperature.
- A bullion cube will nourish you and won't spoil; granola bars and dried fruit as well.
- A small pack of salt helps you retain water and prevent dehydration.
- Bandages, waterproof adhesive tape, safety pins and paper clips.
- Keep an extra blanket, poncho or space blanket, plus boots, scarf, gloves & extra sox in a couple of plastic bags in your trunk.
- Don't forget your prescription medicines - keep them & the doctor's notes on your person.

Sara Josepha Hale was instrumental in making Thanksgiving a National holiday. She also authored "Mary Had a Little Lamb". Until the middle of the 19th century Thanksgiving was celebrated on a local basis. On Oct. 3, 1863, Pres. Lincoln proclaimed it a common day for the Nation. In 1941 it was made an official National Holiday.

The Pilgrims were not called that but "Saints", "Separatists" or "Puritans" as they all broke away from the Church of England.

In the Ojibwa language, Corn is "mandaamin" meaning food of wonder. Beans are "mashkodesimin"; squash is "ogosimaan"; potatoes are "waabizzi"; cranberries are "mashkiig omi"; while turkey is "mizise" and deer is "waa waa shke shii".

Nov. 11, at 11 AM 1918: this day became known as Armistice Day when WWI was over - it became a National holiday in 1938. In 1954, Congress passed the bill which proclaimed Nov. 11 as Veterans' Day.

- | | |
|---------------|--|
| Nov 6, 1869: | First American college football game held in New Brunswick, New Jersey |
| Nov 22, 1859: | Charles Darwin published "On the Origin of Species" |
| Nov 17, 1869: | Opening of the Suez Canal - a 101 mile passage from Port Said on the Mediterranean to Suez on the Red Sea |
| Nov 10, 1938: | Kate Sith premiered "God Bless America" on her radio show. Irving Berlin wrote it 20 years before but then reworked it as a "peace song" |
| Nov 2, 1620: | Battle of Bila Hora (white mountain) in which the Czechs lost their independence for 300 years |
| Nov 10, 2706: | First school of engineering in Central Europe was founded in Pilsen |
| Nov 23, 1919: | First Sokol educational school (Kurz) opened by the Czech Sokol Organization in Prague |
| Nov 29, 1869: | Founding of the "physical culture club of married women & single girls" in Prague |
| Nov 1904: | National Hall, co-owned by Sokol South Omaha and C.S.P.S. Lodge #145 was completed |
| Nov 17, 1989: | Velvet Revolution began & ended with the election of Vaclav Havel |

Remember all service men and women; be thankful for all the bounty you have! (S)



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

DECEMBER

Turquoise is the gem of the month which is mined in arid & semi-arid lands. It ranges in color from blue to green. In the 3rd Century, A.D., it was thought to keep the owner from falling off a horse. To Native Americans, it embodies the blue of heaven and the green of earth.

Dec 1, 1951: The USA & 11 other nations agreed to keep Antarctica a peaceful place of scientific research. The treaty bans nuclear testing & dumping of radioactive waste. Today 47 countries and scientists at over 100 research stations pursue various subjects in addition to the hole in the ozone layer.

Dec 10, 1918: "Kde Domov Muj" & "Nad Tatrou sa Blyska" were chosen (as one) as the national anthem of the newly-formed Czechoslovak nation

Dec 11, 1892: Sokolice Crete was organized

Dec 10, 1787: Birth of T.H. Gallaudet - pioneer teacher of the deaf in USA

Dec 16, 1773: Boston Tea Party

Dec 18, 1890: Animal crackers were introduced

Dec 18, 1897: In Chicago, the district society of the American Sokol Union was formed under the name of Fügner-Tyrs

Dec 20, 1803: Louisiana Purchase became part of the United States

Dec 21, 1913: First crossword puzzle was published

Dec 21: Winter begins - as temperatures go down in winter, food intake tends to go up with possible weight gains - counteract this by exercising more. Don't go overboard with alcoholic pick-me-ups but rather warm up with cups of bouillon, spice fruit juices or vegetable juices.

Dec 22, 1938: Capt. H. Goosen caught a 5ft. long 127 lb. fish with fins that looked like limbs and determined it to be a Coelacanth previously known only from fossils & presumed extinct for 65 million years. They are most often found in the Indian Ocean at depths of more than 300 feet.

Dec 23, 1967: Dr. Christiaan Barnard performed the first human heart transplant

Dec 23, 1947: Bell Labs physicists John Bardeen & Walter Brattain used wire plastic, a paper clip, gold foil & germanium to a power source to create the first transistor

Dec 25, 1571: John Kepler famous astronomer is born

Dec 27, 1988: Sokol Minneapolis merged with Sokol Minnesota

Dec 28, 1902: Sokolice South Omaha was organized

Snowman making is one of man's oldest folk arts. "Frosty" debuted in 1949.

Dec 15th: Celebrate Bill of Rights Day which Pres. F.D. Roosevelt began as an annual commemoration of its ratification in 1791. And it was Benjamin Franklin who said, "Those who would give up essential liberty to purchase a little temporary safety deserve neither liberty nor safety".

OUR WISH FOR YOU IN 2011: *(Author anonymous)*

May peace break into your home & may thieves come to steal your debts.

May the pockets of your jeans become a manet of \$100 bills.

May love stick to your face like Vaseline & may laughter assault your lips.

May your clothes smell of success & may happiness slap you across the face.

May your tears be those of joy.

May the problems you had forget your home address.

In simple words: May 2011 be the best year ever. ☺

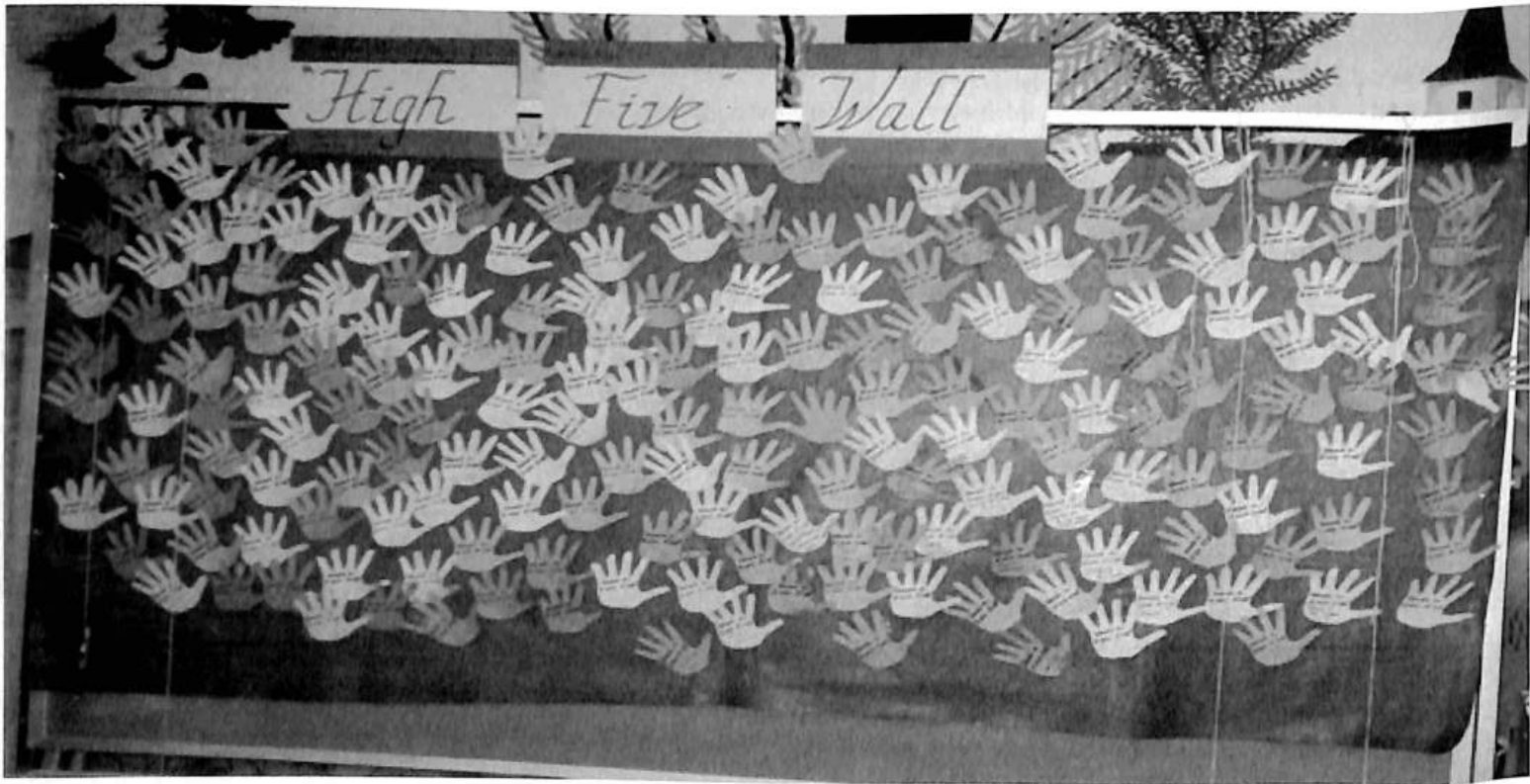
NAZDAR! EllenJeanne Schnabl, American Sokol Educational Director

BOI Development Conference

Submitted by Maryann Fiordelis, National Physical Director

Our National Board of Instructors recently sponsored a development conference geared toward leadership. This conference was kicked off by a session jointly presented by our Strategic Planning Leadership Development Team and our BOI Leadership Development Team titled "Sokol Leadership, Where Do You Fit In? During this session the group discussed traits of a good leader, did an exercise to see what types of roles they were best suited from their viewpoint and that we indeed were all leaders. Part of what we need to do a better job at across the board is recognizing good leadership qualities which was kicked off with "Have you been high fived today". Each attendee received several hands that they could give out to anyone who demonstrated a good leadership trait. They were to put person's name on the hand along with a brief description of what/how they demonstrated the trait and post it on our HIGH FIVE board throughout the conference.

We don't want this recognition to stop with the conference or with just those who attended. Have you High Fived Anyone Today?



As you can see the board was nearly filled with these 'recognition' hands reiterating the fact that all of us can be leaders. One thing that highly encouraged me as I looked around at all the attendees whether it was at registration, joint sessions, meals or the hospitality room was the number of young people in attendance – this is where our future lies and we need to support, train and mentor them to lead on! This can't just be the task of our Board of Instructors but must filter down to all our boards, committees and at all leadership levels. The SP Leadership Development Team is busy working on leadership training, are you willing to support their efforts by mentoring a young person, attend or help fund someone in your unit or district to receive this training and allow them to lead?

Thank you Greater Cleveland for hosting this conference. Nazdar! ☺



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

Happy Holidays from the American Sokol

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And District Directors-

Kathy Barcal, Donna Sbriglia,
Brian Flaherty, Lori Laznovsky
and Rome Milan

Step INSIDE

November issue of Family Circle Magazine

Just because the weather is changing doesn't mean your fitness routine has to stop. "We all need 30 minutes or more of physical activity most days of the week," says Julia Valentour, a personal trainer and program coordinator for the American Council on Exercise. "So when it isn't practical to be walking outdoors, it's important to find creative ways to get moving inside." Valentour suggests inviting a friend over and following the 30-minute plan below to increase your energy and keep off the pounds during the cold winter months.

INDOOR WALKING ROUTINE

Minutes	The Move
0:00-2:00	Heel taps: Alternate tapping your right and left heels in front of you.
2:01-4:00	High knees: Lift your right knee and raise both arms overhead. Continue, alternating legs.
4:01-6:00	Jumping jacks: Keep it at a low intensity.
6:01-8:00	Stairs: Go up and down a flight of steps. If you don't have stairs, consider investing in an exercise step.
8:01-10:00	Brisk walk: Move around your home quickly, focusing on your breathing.
10:01-12:00	Squats: Stand with legs shoulder-width apart (hold on to the back of a chair if necessary). Lower your body so thighs are parallel to the floor while feet stay flat. Hold for 20 seconds. Stand and repeat.
12:01-14:00	Brisk walk.
14:01-16:00	Bird dogs: Get on all fours with hands directly below your shoulders. Slowly raise and straighten your left leg out and your right arm forward so they're parallel to the floor. Repeat with your opposite leg and arm.
16:01-18:00	Brisk walk.
18:01-20:00	Glute bridge: Lie on your back with knees bent and feet flat on the floor hip-width apart. Gently contract your glutes and raise your hips, forming a straight line from your shoulders to knees. Lower and repeat.
20:01-22:00	Brisk walk.
22:01-24:00	Plank: Lie on your stomach. Lift your body into a push-up position (arms straight but not locked) while maintaining a straight line from head to toes. Avoid sagging your lower back, raising your hips or bending your knees. Hold for 10-30 seconds. Lower and repeat.
24:01-26:00	Cool down with these three yoga poses.

Downward Dog: Get on all fours with your palms flat on the floor, hands shoulder-width apart and toes curled under. Lift your buttocks and straighten your legs. Relax your head and neck between your shoulders and attempt to put your heels flat on the floor. Your body will form an inverted V.

Cobra: From the previous position, lower onto your stomach, legs flat on the ground and toes pointed. Straighten your arms and lift your chest away from the ground so your lower back is arched.

Child's Pose: End by bringing your body to a kneeling position and sit on your feet, which should be pointed outward. Reach your arms forward and place your forehead on the floor. (S)

ON THE ROAD AGAIN – Traveling Nutrition

From-USAG Gymnastics Magazine

By Lindsay Langford, MS, RD, CSSD

The food you eat has a direct link to your performance in the gym. Frequent travel to and from competitions greatly increases your chances of finding your next meal at a fast food joint or a concession stand. When faced with the dilemma of eating most meals on the road, be sure you're making good choices to fuel your body with high-quality foods that will increase energy levels, decrease recovery time, and increase overall performance and health.

Top Tips for Eating on the Road

1. Design a meal to fit your needs. You are the customer and are able to determine how you want your food presented. Many foods on the menu could be "healthy" if prepared differently. Don't be afraid to special order.
2. Choose broiled, baked, steamed or grilled. These preparation methods are much healthier options to the popular high-fat frying methods.
3. Start meals with a side salad. This will help curb your appetite, allowing you to eat smaller portions of the main course and add another vegetable group to your goal of 3 per day. Always be sure to get dressings on the side to monitor the amount of this typically high-fat salad addition.
4. Trim or peel all visible fat. When eating a meat source (beef, pork, chicken), cutting off visible fat can save serious calories. Also, removing the skin from a fried chicken breast can save you 350 calories and 25 grams of fat!
5. Substitute side items. Choose grilled vegetables, fruit, salad, yogurt, or a baked potato for side options when possible. An average fast food meal can run as high as 1,000 calories. Substituting the french fries drastically reduces the unhealthy trans-fat intake.
6. Beware of the liquids. A 32-ounce soda consists of 385 calories and more than 100 grams of sugar (equivalent to 4 candy bars worth of sugar). Choose water, low-fat milk, 100% fruit juice, or unsweetened tea to prevent the "empty" sugar calories.
7. Beware of condiments. Some items such as a single-patty burger can be a good choice, but it comes down to the condiments. Dismiss or go light on "white spreads" (mayonnaise, sour cream, cream cheese, tartar sauce, ranch). Ketchup, mustard, salsa, and cocktail sauce are all acceptable sauces that add little additional calories, but large amounts of taste.
8. Reduce portion sizes. Keep in mind that one serving of meat (protein source) is 3-ounces. This is equivalent in size to a deck of cards. I don't know many restaurants that serve a 3-ounce steak! Cutting your meal in half or ordering the "kids meal" are two ways of reducing massive serving sizes.
9. Eat slowly. Chew each bite slowly and savor the flavor before cutting or collecting your next bite. This will help you to slow down and become more in tune with your hunger signals, making you less likely to overeat.
10. If any at all, limit to one fried food. At most fast food restaurants, you're typically able to find some assortment of non-fried options. If this is not the case or this becomes your "splurge" meal, limit fried food options to one item. So, if you decide on the chicken nuggets, substitute the French fries for something more nutritious.

With these tips, I hope you find yourself making more cautious and nutritious choices to fuel your body like an athlete while traveling. Ⓢ

NUTRITION TIPS FROM THE NATIONAL TEAM

"It is really important to eat a good breakfast before starting your day. Even if you aren't hungry in the morning, try to make yourself eat something so you have enough energy for the day. And, drink plenty of water throughout the day to stay hydrated!"

– Nastia Liukin

"My tip would be to always have a snack for practice. I keep fruit or a power bar at the gym. Keeping a snack in a cubby or in your locker is a good idea because if you have long workouts you are going to need to keep your energy up and your muscles fueled."

– Cassie Whitcomb

"I freeze Yoplait Whips. It's a healthy alternative to ice cream and you can have it in tons of flavors."

– Kayla Williams

"My nutrition tip would be to stay hydrated. I always have a water bottle with me! Rarely am I seen without one!"

– Michelle Milstein

"The best nutrition advice I have is to find a healthy snack that can be eaten in-between meals to control hunger. My favorite bedtime snack: raisin bran or frosted mini wheat cereal with a banana sliced on top."

– Tim Gentry



Kip Drills for the Glide Kip on Bars

From: Drillsandskills.com

- Work glides on a low bar, being sure to keep straight legs, head in, shoulders open.
- If the gymnast has a good glide then they can work glide and lift their toes to the bar on the rearward phase. Ensure that they do not lift their toes too early.
- Once they can glide and lift their toes then they can work kips with a spot to develop a feel for the motion.
- Hanging leg lifts will greatly improve kips as it strengthens both the abs and the critical muscle groups in closing the shoulders.
- Stem rises: On a bar mounted near a wall, or a set of P-bars set uneven (distance apart will depend on size and strength of gymnast) hang on the higher bar with feet on the low bar (or wall) push off the bar/wall with the feet and pull the bar to the waist with straight arms. Widen the bars to make it harder.
- On a low bar, stretch body over a barrel or round mat. Shoulders should be extended and body straight. (glide swing extension). Pull toes to bar and kip.
- Place a block or stacked panel mats next to a high bar upright. Loop an elastic band with handles over the bar. Lie on your back with your bottom close to the edge of the mats/block. Hold the handles, lift your legs to the handles and pull down while bringing your feet to the ground and trying to stand up.
- Lay down and hold a weight slightly off the ground with your arms by your ears. Then aggressively bring the weight with straight arms to your quadriceps and sit up.
- Fun game, good drill. Place foam blocks or other small light object at the extension point of the gymnasts glide. Have the gymnast grab the block with their feet and throw it over the bar. Ⓢ

If you have a skill that you need help instructing — PLEASE let me know and I can put it in the GYMNAST to help you and others! Kandi@pajer.us KP:)

Report of the World Sokol Federation Meeting and Sokol na Slovensko Slet

Submitted by Paul Lebloch

COS held their convention 18-20 of June. Bro Bernard was re-elected as president. Bro Vrana and Sis Kocmichova were approved by the convention as directors.

I met with Bro Dostal, WSF secretary and separately with the directors. The American Sokol's proposed changes to the WSF fitness test were discussed in detail. They will submit our recommendations to the Charles University Physical Education and Sport faculty for evaluation.

Regarding 2012 All Sokol Slet- An exhibition of all Slet cals will be held on December 12, 2010. A DVD will be sent. A cal clinic after the Cleveland Slet should not be a problem. Special numbers will be performed throughout the city. Our participation is welcome. They can provide affordable housing in schools similar to accommodation provided for the Gymnastradas.

I viewed portions of the men's cal. It is similar to the 2006 cal. The tosses from the 1994 cal will be included. They will wear long pants. This seems to be a trend for both males and females in Europe.

I rode to Trencin with the COS officers. It was an opportunity to get to know them better. Upon arrival we changed and attended a reception hosted by the Governor of the Trencin region. I extended greetings from the American Sokol and gave a brief history and overview of our organization. That evening I attended a country western dance in a large venue. The music was great. I thought I was back in Ft. Worth.

Saturday was devoted mainly to rehearsals. I participated in a fitness hike up to the castle. Special number exhibition, disco and banquet were held in the evening.

Sunday morning was the WSF meeting with delegates from ASO, Sokol USA, Canada, Australia, COS, Slovakia, Slovenia, Serbia, France, Germany, Sweden and guests from the Ukraine who expressed a desire to join the WSF. I was asked to be the English recording secretary and I accepted.

The results of the WSF special number completion and fitness test were announced and laminated certificates for the winners were distributed.

The WSF will finance the renovation of the memorial plaque that was dedicated to Sokol victims at the Mauthausen concentration camp in Austria.

A postage stamp and 200 kc silver coin will be issued by the Czech Republic commemorating the 150th Anniversary of Sokol in 2012.

Project SLICE (System of Linguistic Interaction for Children Entertainment) was discussed in detail. Copy of the proposed Sokol program was given to the ASO. It will be tested by Sokol Paris and Sokol Brno.

After the meeting, we all assembled in the city square for the parade to the stadium. It was festive with marching bands, majorettes and folk dancers. The Mayor of Trencin greeted all the participants. I marched with the WSF behinds the flags, Sokol na Slovensko officers and the Mayor.

The Slet had 16 numbers, 8 from Slovakia and 8 from COS. All were unique and well performed. There were approximately 3000 participants. The castle and surrounding mountains were a beautiful background for the Slet. Sokol Trencin and their district, Zupa M.R, Stefanik were perfect hosts. The American Sokol was recognized at all venues.

After the Slet, I rode on the Sokol Velke Bilovice bus. This was my father's original unit. They are celebrating their 100th Anniversary. The town museum had a large Sokol display. There were names and pictures of my relatives. They are located in the largest wine growing region in the Czech Republic. Needless to say, I had a great time.

It was honor to represent the American Sokol. Nazdar! ☺



The History of Miroslav Tyrš

Excerpt from the book *Věvec Vavřínový* by Frantisek Kozik

Submitted and translated by Joseph Sulz, Educational Director, Sokol St. Louis

Prior to 1862, gymnastics clubs did not exist in Prague (approximately 500,000 inhabitants). A few students from Charles University decided to create one, but they were notified that they would have to submit their bylaws for approval. Baron Seutner von Lotzen, a rich benefactor donated large sums of money for a gym club, but it

was to exclude any Czech nationals. This led Tyrš and a few well-known and influential individuals to submit bylaws for creating a Czech Gymnastic Club.

In addition to teaching gymnastics, the club would incorporate singing, fencing, drama, and other cultural activities. The date was the 17th of December 1861; in a couple of days the police department approved the bylaws. On the 16th of February 1862 an appeal was published in the newspaper informing the readership that a gym club would be formed for Czech citizens. Seventy-five men signed the membership list. At their first meeting, Jindrich Fügner was installed as the first starosta (president). They named their club "Sokol", the name taken from the southern Slavic people who bravely fought against intruders from occupying their country.

Tyrš was given the title of director of men (nacelnik). At their next meeting it was decided that members would call each other "brothers" and would address each other with the Czech familiar "ty". They also discussed adopting an official greeting. (At that time the Czechs in the Austrian monarchy were collecting money on the streets of the cities to fund and build a National Theater in Prague. Monies were collected in containers equipped with a money slot. They greeted their donors with the words "Na Zdar" --"On to Success".) The newly-formed Sokol club also decided to adopt this greeting --Na Zdar, as their greeting.

The young gym club was growing like wild fire. What began with 75 members soon grew to a membership of thousands. The club did not only teach gymnastics and calisthenics, but they featured drama, singing, dancing, and many other activities. During the summer months they held picnics in neighboring villages. Their trek across the countryside took a couple hours. For older seniors a few wagons pulled by horses were always available. People from the small villages always welcomed their brother Sokols with music, and the

ever-popular serving of kolace. Entertainment included music, eating, singing, and camaraderie, which lasted till the wee hours.

New Sokol units were not only founded in Bohemia, but also in Poland, Russia and what later became Yugoslavia. The first unit in the U.S. was founded in St. Louis, MO.

Austrian officials didn't look favorably on the growing Sokol movement. They suspected that some subversive activities were taking place at Sokol gatherings and meetings. The authorities sent spies to gather information. Tyrš was called to the police station to explain what was taking place.

In November 1865 Fügner became gravely ill. The doctors prescribed bed rest, but soon doctors came to the conclusion that Fügner suffered from serious skin cysts. And an operation was scheduled, but blood poisoning set in, and it was too late to save Fügner. Tyrš stood by his bedside. He offered him some medicine, but Fügner only lifted his arm and refused to take it. He took a deep breath and exhaled for the last time. He was only 44 years old. The Sokols lost their first president and their most generous benefactor.

Fügner's body laid in state in the Sokol gymnasium in Prague which was financed and owned by Fügner. For three days and nights an honor guard of 12 men was posted by the coffin. Thousands of people marched in the funeral procession. He was then buried in the National Cemetery called "Slavicin". After his death, his wife gave ownership of the Prague hall to the Sokols.

At the time of Fügner's death, his daughter, Renata, was 11 years old. Miroslav Tyrš consequently became her tutor.

After Fügner passed away, Tyrš was installed as the President of Sokol. With this title came a lot of responsibilities. The spacious building/gymnasium that Fügner had built with his own money was not paid for; 60,000 in that days currency still had to be paid. Monies had to be obtained.

In addition to his Sokol responsibilities, Tyrš was elected a congressional representative to Northern Bohemia. In this capacity, he had to travel to Munich, Paris, London and Berlin. While abroad Tyrš visited museums and collected much information for a book he was writing about art, paintings, and sculptures. While in London, a robber accosted him, but the physically fit Tyrš knocked the intruder to the ground. Ⓢ

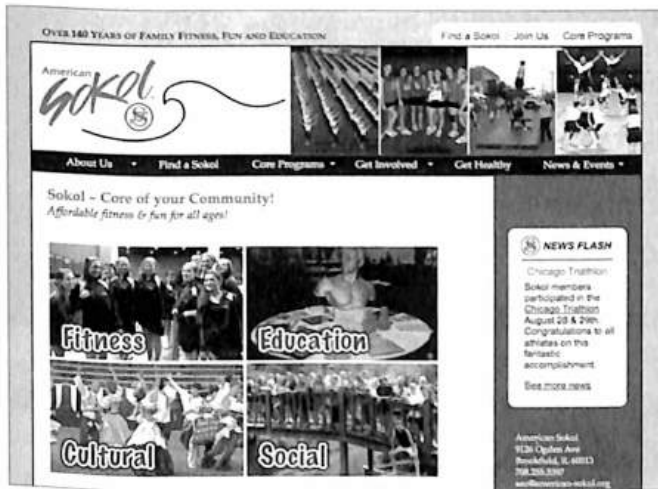
Easier Navigation. More Resources.

A Better Experience at www.american-sokol.org

The newly designed website showcases the strengths of the American Sokol and provides new links to the Core Programs, Finding a Sokol, Getting Involved, and News and Events, which will also include the American Sokol Publication on-line. Altogether, the new website will channel viewers to gain a strong understanding of our expertise, experience and innovation.



Check out some enhancements:



Home Page

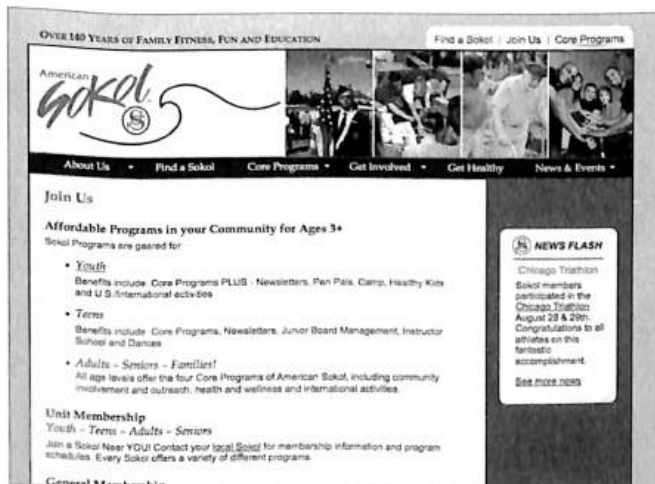
- Expanded navigation with drop-down menus
- The four Core Programs are prominently displayed and link to their respective pages
- Top-bar links easily take you to **Find a Sokol**, **Join Us**, and the **Core Programs**



Find a Sokol

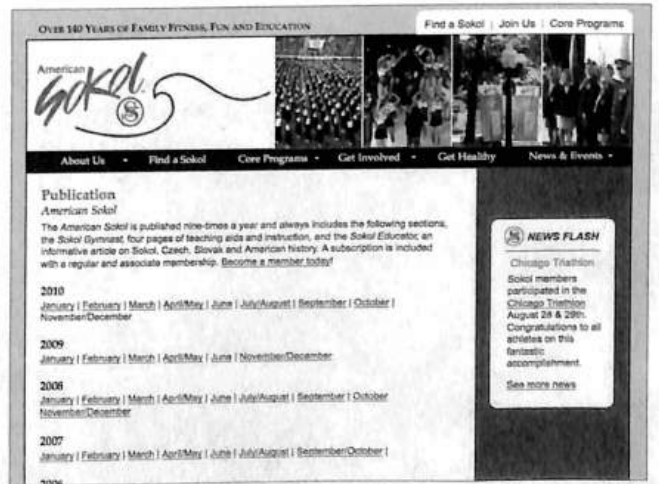
- An interactive map takes you to a listing of the local area Sokols
- Sokol listings provide photo*, contact information and website (if available) of units in the American Sokol

**If there is no photo of your Sokol building listed in the directory, send an electronic image to aso@american-sokol.org.*



Get Involved > Become a Member

- Brief explanation of what a Sokol membership offers with links to **Find a Sokol** near you



News & Events > Publication

- View past publications easily with a click of the mouse

2010 Houby Queen: Jane Malina

Submitted by: Sis. Christina Curran-Wurst, National Public Relations Director

On Friday, October 1, 2010, Jane Malina, Junior Girl from Sokol Spirit was crowned the 2010 International Houby Queen at Skylight West Banquets in Berwyn, IL. The evening included a formal dinner followed by the pageant: opening number, talents, formal evening gown entrance, question and answer, farewell speech from the 2009 Houby Queen, Kaitlan Short (Sokol Tabor) and last but not least, the crowning. Jane's talent was a cello solo "Oriental." Her escort was Brother Adam Wilt, President Sokol Spirit. Jane was featured in the Houby Day parade two days later, which included dozens of festive floats from local businesses, government entities, community groups and a number of members from the Central District who tumbled, carried banners and flags, distributed postcards and Frisbees, waived to parade goers and marched in festive support.

Jane is a senior at The Willows Academy High School. She has been playing the cello for ten years and is a member of the West Suburban Youth Orchestra. Among her many interests and hobbies is playing volleyball, dancing and gymnastics. After college she hopes to major in Business Management and minor in French, in order to someday run her own event planning business. Her community involvement activities include her participation in 3 Relays for Life to raise money for cancer research.

I asked Jane how her experience has been so far as the 2010 Houby Queen.

"It's been amazing being the 2010 Houby Queen! I am so honored to receive such a title, especially when it means so much to my community; that there are girls like me who want to channel their talents and hard work towards success and making a positive difference. I have enjoyed going to several community events in the past month including The Rotary Club's Oktoberfest Dinner, a bank re-opening in Cicero and an event at the Hawthorne Museum at Morton College. It was so wonderful meeting people in my community who are working to make a positive difference here and who value community as much as I do. This coming year I am looking forward to staying involved in my community and making as many appearances as the Houby Queen as possible. I want to meet and greet people and show that this title is important to me and worthwhile for this community. I am also looking forward to graduating high school and getting started on the new and exciting life awaiting me when I go to college."

Congratulations, Jane on being crowned the 2010 Houby Queen!



Jane Malina with her family and friends from the pageant.



Jane Malina with Sokol Spirit Men's Director Howie Maskil and Women's Director Kathy Barcal.



Jane Malina speaking at the Czech Oasis at the Houby Fest



Mark your Calendar

Events around the American Sokol

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

December

- Dec 5** **Central District Rhythmic Competition** — 9am at Sokol Chicagoland/Elite Sports Complex
- Dec 9** **What's Cooking In Yorkville? Vánočka** — Sokol New York 6:30pm – 8:00pm
- Dec 10** **Czech Slovak American Club of Tucson Special Holiday Party** — Traditional Roast Pork/Dumpling Dinner with all the fixings. Entertainment by the Bouncing Czechs. Reservations will be required. Details will be announced later. As posted on <http://tucsonczechslovak.homestead.com>
- Dec 26** **Sokol Washington Skiing Trip in Vermont - until January 3, 2011** — A week-long ski trip to Burke Mountain, Vermont. For children with or without parents. For more information or to sign up, contact Br. Pavel Klein at: (301) 424-1658 or at kleinp@epilepsydc.com
- Dec 31** **Sokol Greater Cleveland New Years Eve and Breakfast**— Live Band: Polka Pirates. For more information visit www.sokolgreatercleveland.com or Facebook SGCnewyear
- Dec 31** **Yukon Czech Hall New Year's Eve Dance** — Masopust Polka Band - 8 to 12:30 - \$8 admission. For more visit, www.czechhall.com

January

- Jan 7-9** **Central District Skillz & Progressions Clinic** — Sokol Tabor, 1602 S. Clarence, Berwyn, IL; \$95 per child ages 10-18 for the entire weekend includes food, lodging, instructor fee, t-shirt, awards, certificates and miscellaneous expenses. Variety of activities includes concentration on main apparatus for males and females, obstacle course, volleyball, marching as well as some surprises! For more information contact Christina Wurst at curran216@aol.com
- Jan 16** **Milwaukee Sokol/Sokolice presents Czech & Slovak Film Series**— Norway House, 7507 W. Oklahoma Ave. 1pm; FREE and open to the public. *Accidental Army*, 2009
- Jan 22** **Sokol Minnesota's Eighth Annual Candlelight Roast Duck Dinner** — 5pm, \$22 per person; pre-paid reservations by January 17, Call: 952-941-0426
- Jan 28** **Sokol Detroit Winter Gymnastical**
- Jan 29** **Sokol Tabor BOI Spaghetti Dinner** — 4pm to 8pm; Live Entertainment, Bags Tournament. For more information contact info@sokoltabor.org



American Sokol Deadline

Send your submissions, articles, events and photos to editor@american-sokol.org for the *American Sokol* by the 15th of the month prior to the publication issue!



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