

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

February 2011 | Volume 134 | Issue 2

FRIENDSHIP

GYMNASTICS

EXHIBITION

EAT  
HEALTHY

KOLACKY

CZECH  
ROOTS

EXERCISE  
MORE

NAZDAR

VOLUNTEER

SOKOL

COMMUNITY

FITNESS

WHAT  
WOULD  
TYRS  
DO

**B** **E**

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**S** **OKOL**

**V** **ALENTINE**

## AMERICAN SOKOL

9126 Ogden Avenue  
Brookfield, Illinois 60513 USA

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

[www.american-sokol.org](http://www.american-sokol.org)  
[aso@american-sokol.org](mailto:aso@american-sokol.org)

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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

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**From the Editor...**

“Love is a promise, love is a souvenir, once given never forgotten, never let it disappear.” -John Lennon

In this month of love, reach out to help others, get involved and volunteer. Share your love and others will return in-kind.

Don't forget to submit relevant, interesting articles, newsletters and more to be featured in *American Sokol*. Send material to me by mail or email (editor@american-sokol.org). I look forward to hearing from you!

NAZDAR!



**To Submit Items for Publication:**

Email: editor@american-sokol.org  
 Postal Mail: American Sokol Editor, Angela Hartford,  
 1652 West Grace #3, Chicago, IL 60613

**Postmaster:**

**Send Notice of Undeliverable Periodicals to:**  
 American Sokol, 9126 Ogden Ave, Brookfield, IL, 60513



## Meet the American Sokol Executive Board

**Lori Laznovsky**  
**National**  
**Membership**  
**Director**



I'm Lori Laznovsky, a lifetime member of American Sokol and Sokol Karel Havlicek Borovsky Ennis. Many could argue that if it wasn't for Sokol, I wouldn't exist since my parents met each other at a National Slet. I grew up in the organization attending unit, district and national events. I have served as the Southern District Women's director for over 15 years and taught classes at both Sokol KHB Ennis and Sokol Fort Worth. At the National level I served on the National Executive Board from 1995-2000 as the National PR Director and have served as the National Camp Director for the past 10 years.

My appreciation for the organization is vast as I have gained many valuable skills and experiences by being involved in Sokol. Not only have I gotten to see the world and build many relationships, but Sokol has also given me great opportunity to develop skills which I use in my everyday life.

I have a degree in Recreation and Leisure Services with a specialization in Program Management from the University of North Texas. In addition to my duties at Sokol, I have served as a member of the USA Gymnastics, Gymnastics For All Committee since its inception in 1993 and have been heavily involved in the development of TeamGym rules and regulations in the United States. I've served in various capacities managing National and International events including the USA Delegation to the World Gymnaestrada since 1995. I am the co-founder of a consulting company, GymRoots Inc. which serves gymnastic professionals and clubs across the country.

I'm so excited about the potential that the American Sokol has, but it will take all of us to truly maximize that potential. As the National Membership Director, I am asking for your assistance in supporting the efforts of American Sokol and your local unit. Please consider what valuable things you and/or your children have gained from being a part of Sokol and make the choice to support the growth of the organization. It's all of our responsibility to make sure we are recruiting new members. How many of your family members are Sokol members? How many of your friends are Sokol members? Without members, our organization would not exist. Don't you want all of your friends and family to benefit from the physical, cultural, educational and social aspects of the organization?

I hope to bring a fresh perspective to the membership department of the American Sokol. We have so many opportunities! With more members we have the opportunity to provide more programs and gain more exposure.

Do you have ideas about recruiting new members and benefits? Please feel free to send me any and all ideas you might have. Again, it's all of our responsibility and I thank you in advance for your efforts in helping to grow the organization! Ⓢ



# The Sokol Educator

*Sis. EllenJeanne Schnabl, Educational Director*

## FEBRUARY

The Sokol movement was founded by Dr. Miroslav Tyrš and Jindřich Fügner in 1862 in Prague, Czechoslovakia. It developed into one of the greatest physical culture organizations and the most influential forces in the national life in the country and a dominant factor in the establishment of the Republic in 1918.

The American Sokol, with the founding of the first Unit in St. Louis, MO, in 1865, attempted to bring every American of Czech extraction into the organization.

One obligation is expected from members: that they live their lives honorably to the best of their abilities, to be faithful to the truth and proud of being an American.

How can we strengthen this purpose, so important to the welfare of all of us? By asking ourselves what our Units, District and National Body are doing for us? NO!! Rather, we should ask ourselves what are we doing for our Units, Districts and National Body. Do we contribute our share of friendliness, neighborliness and communication to each other? Do we give our time and talents to increase the vitality of our activities? Answer this honestly, each of you — only then can we all go forward to complete our goals. (Excerpted from Fraternal Herald).

The February birthstone is the amethyst which is made of quartz, the second most abundant mineral on earth. Colors range from wine-purple to pale lilac. The stone is thought to represent sobriety.

**February 2nd** – Day of Hromnice which comes at the same time as Groundhog Day, and in Czech folklore it is weather related as well. It marks the middle of winter! If it is sunny on that day, there will be 6 more weeks of winter. If there is snow or thunder, Spring must be near. If green sprouts come, Easter will be white.

**February 14** – The real Valentine was a young Christian priest who lived in Rome in the 3rd Century and was martyred because of his faith. While imprisoned he often thought of his loved ones and just beyond his cell window grew a cluster of violets with heart-shaped leaves - he scratched "Remember your Valentine" on one of them and sent it off by a friendly dove. The next day, he sent more messages saying simply "I love you". That is the legend.

**Feb. 10, 1949:** "Death of a Salesman" opened on Broadway. It was written in just six weeks by Arthur Miller.

**Feb. 12, 1909:** The NAACP was founded on the centennial of Lincoln's birth.

**Feb. 15, 1820:** Susan B. Anthony was born in Massachusetts - the daughter of an abolitionist father. She joined the antislavery and temperance movements and began campaigning for women's rights.

**Feb. 15, 1933:** An attempt was made on the life of President elect Franklin Roosevelt in Miami, FL. The bullet struck Anton Cermak, Mayor of Chicago. He was born in 1873 in the coal mining town of Kladno, Bohemia and worked as a coal miner in Braidwood, IL.

**Feb. 24, 1868:** The House of Representatives voted to impeach President Andrew Johnson an advocate for leniency in re-admitting secessionist states to the Union. He was acquitted by one vote in May and was able to complete his term.

**Feb. 25, 1865:** The Prague Sokol Unit presented its first masqued ball: SIBRINKY. The announcements were printed backwards: yknirbis - it was a gala affair and is just like Mardi Gras. The name comes from the Czech word "Sibriti" which means to jest.

Let's also remember Dr. Seuss – Theodor Seuss Geisel – was born on March 2, 1904 and left a legacy of books that changed the way we think about children's literature beginning with "The Cat in the Hat" which had only 236 words!

NAZDAR! EllenJeanne Schnabl, American Sokol Educational Director

# AMERICAN SOKOL NATIONAL CONVENTION

*Submitted by Jolene Dalton, By-Laws Chairman*

*Note: This is the second report about the Convention. For the first report see the American Sokol January Issue.*

The XIX American Sokol Organization Convention was held April 19-25, 2010 in Omaha, with the meetings being held at the Embassy Suites-Old Market, the opening Social at Sokol Omaha, and the Friday night Social & Dinner at Sokol South Omaha. Last month we reported about the Convention in general and this month we will discuss the highlights of the various Committee recommendations that were approved at the Convention. This is the "meat" of the Convention. What new plans are in the making? How will the decisions affect you, the Sokol member?

109 delegates representing the American Sokol, its 6 Districts and 31 Units from around the country spent many long hours during the 5-1/2 days, either in general session or in committee meetings, reviewing the status of our organization, discussing ideas, and then planning & setting goals for the next 4 years. Here are the highlights of their work.

## BOARD OF INSTRUCTORS (BOI):

- Changed their structure from a Men's Physical Director & Women's Physical Director to a single National Physical Director with assistants specifically knowledgeable in men's and women's activities
- Because of unuse, the number of National Merit Awards were reduced from 12 to 6 and the remaining monies will be used to fund other leadership development endeavors.
- National Instructor Schools will continue to be offered annually as long as viable host sites can be found.
- National Sokol Camp, an annual cooperative effort between American Sokol, Sokol USA, and DA Sokol, celebrating it's 10<sup>th</sup> anniversary this year, will continue.
- Traveling summer Sokol camps for 7-14 yr. olds have been held in the Central District. Efforts will be increased to hold these camps in other districts.
- New, simpler uniforms have been approved.
- Looking into using or improving the BOI website, Facebook, Twitter, Blog, etc. to effect better communications
- Set goals to develop a Family Camp program, and Adult Camp program, and a Nutrition program

## EDUCATIONAL COMMITTEE:

- Have our archives put on computer
- Make an informational Power Point or DVD on "What Is Sokol?" with individual District and Unit information
- Improve our Youth education and activities

## FINANCE COMMITTEE:

- Annual dues were increased \$10/year/member. Convention assessment was increased \$2/year/member. Youth membership dues were increased from \$5 to \$10/year with \$5 going into the Future Sokol Leaders Fund.
- Current cash flow and expenses are being reviewed and monitored for "Stop Gap" Action.

## FOUNDATION COMMITTEE:

- Create a public relations brochure and national & district program inserts, with goal to target non-members as well as members.
- Have information and how to donate on our American Sokol website.

## MEMBERSHIP COMMITTEE:

- Improve the membership application by having Units able to personalize the form and add more Unit-specific questions (preference on helping out, cell phone #, email address, etc.)
- Find ways to transition Associate Members into active, Voting Members.

## PUBLIC RELATIONS COMMITTEE:

- Launch a new website where each Unit will have a page that either contains their basic Unit contact information or a link to their Unit website.

*continued on page 6*


## AMERICAN SOKOL NATIONAL CONVENTION

*continued from page 5*

### PUBLIC RELATIONS COMMITTEE:

- Encourage all members to wear Sokol logo items at Sokol & non-Sokol events.
- Have a Marketing Kit that will be given annually to every Unit.
- Improve communication at all levels of the Organization.

### PUBLICATION COMMITTEE:

- Encourage Units to send in monthly highlights of their Unit's activities, pictures, and upcoming events.
- Look into sending the Publication electronically, if desired, and having it on the ASO website (with only member access). 

*Celebrate*  
**NATIONAL LIBRARY WEEK**

April 11–13, 2011  
11:00 a.m. – 3:00 p.m.

American  
**Sokol**<sup>TM</sup>



AMERICAN SOKOL OFFICE  
9126 Ogden Avenue • Brookfield, Illinois  
708-255-5397





# 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

## Cardio 101-The Facts About Cardio (To Get More Healthy)

*By Paige Waehner, [exercise.about.com/cs/cardioworkouts](http://exercise.about.com/cs/cardioworkouts)*

With a large percentage of Americans overweight, it's clear that many of us are not following the latest exercise guidelines that prescribe an hour of exercise a day. In fact, there was no doubt a collective groan when people realized they would now have to find an hour each day to do something they can't seem to find 5 minutes for. How important are these guidelines and what can you do to make them fit into your life?

### The Simple Facts About Cardio

Before we talk about how much cardio you should do, you should at least know why it's so important. Cardiovascular exercise simply means that you're involved in an activity that raises your heart rate to a level where you're working, but can still talk (aka, in your Target Heart Rate Zone). Here's why cardio is so important:

- It's one way to burn calories and help you lose weight
- It makes your heart strong so that it doesn't have to work as hard to pump blood
- It increases your lung capacity
- It helps reduce risk of heart attack, high cholesterol, high blood pressure and diabetes
- It makes you feel good
- It helps you sleep better
- It helps reduce stress
- I could go on all day, but you get the point

Bottom line: you need cardio if you want to get your weight under control and get your stress to a tolerable level. ☺

## February is Healthy Heart Month

*What can you do to keep your heart healthy?*

*Go to: [www.heart.org](http://www.heart.org) - from the American Heart Association*

### Life's Simple 7

1. **Get Active** – By exercising as little as 30 minutes each day-you can reduce your risk of heart disease. Without regular physical activity, the body slowly loses its strength and ability to function well. Physical activity=living longer, healthier life. By doing this you: lower blood pressure, increase HDL “good” cholesterol in your blood, control blood sugar by improving how your body uses insulin, reduce feelings of stress, control body weight and make you feel good about yourself.
2. **Control Cholesterol** – Cholesterol comes from two sources-your body and food. Your liver and other cells in your body make about 75% of blood cholesterol. The other 25% comes from the foods you eat.
3. **LDL cholesterol is the “bad” cholesterol.** When too much of it circulates in the blood, it can clog arteries, increasing your risk of heart attack and stroke. LDL cholesterol is produced naturally by the body, but many people inherit genes that cause them to make too much. Eat better to help your cholesterol.
4. **Eat Better** – A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. However, there are a lot of mixed messages and myths out there regarding healthy eating. It's not surprising that a lot of us are confused about the different types of fats. We have lots of questions regarding sodium and meat and dairy. With all the differing opinions, it's best to get informed from credible sources, so you can make smart choices in your diet for long-term benefits to your heart and health. It's the overall pattern of your choices that counts most.
5. **The American Heart Association** recommends that you eat a wide variety of nutritious foods daily from each of the basic food groups.
6. **Manage Blood Pressure** – High blood pressure is the single most significant risk factor for heart disease. Uncontrolled high blood pressure can injure or kill you. It's sometimes called “the silent killer” because it has no symptoms. Blockages and blood clots mean less blood can get to our vital organs, and without blood, the tissue dies. That's why high blood pressure can lead to stroke, heart attack, kidney failure, and even heart failure.
7. **By keeping your blood pressure in the healthy range, you are:** Reducing your risk of your vascular walls becoming overstretched and injured; Reducing your risk of your heart having to pump harder to compensate for blockages; Protecting your entire body so that your tissue receives regular supplies of blood that is rich in the oxygen it needs.
8. **Lose Weight** – If you're overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. When coming up with a fitness and nutrition plan to lose weight, it's crucial to understand your recommended calorie intake. And then the amount of food calories you're consuming verses the energy calories you're burning off with different levels of physical activity. It's a matter of balancing healthy eating (caloric energy) with the (molecular) energy that leaves your body through a healthy level of exercise. If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes.
9. **Reduce Blood Sugar** – The American Heart Association considers diabetes one of the six major controllable risk factors for cardiovascular disease. In fact, adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes. Diabetes is treatable, but even when glucose levels are under control it greatly increases the risk of heart disease and stroke. In fact, most people with diabetes die of some form of heart or blood vessel disease.
10. **Stop Smoking** – Smoking is the most important preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis — the buildup of fatty substances in the arteries — which can lead to coronary heart disease, heart attack (myocardial infarction) and stroke. Controlling or reversing atherosclerosis is an important part of preventing future heart attack or stroke. Ⓢ

## How to Teach a Front Hip Circle

The front hip circle is a difficult skill to perform. With hard work, dedication and some drills to help as well, your athletes may be able to overcome the constant pursuit of this difficult bar skill.

- I am a visual learner and like to have something that I can see. I draw a circle just past the high bar on the mat underneath, and tell the girls it is a pie. They need to dig their face in the pie and at the end of the front hip they must look at the mess they made.
- A lot of the trouble with the front hip circle is when the gymnast tries to bury their chin in and that in short cuts the circle short. You must instruct the gymnast to lift up and get the bar on their thighs-arch slightly-and then dig their face in the pie.
- Along with my theory of cutting the circle short-a lot of athletes also bend their elbows to get around the bar faster as well. It may seem that it is initially giving them speed-but it makes it harder to get up on the other side of the bar. Yes, physics does come into play here, and you thought you would never use that information again! It is crucial to keep the arms straight within the first 90 degrees of the circle and must be pushing down on the bar.

Here are a few drills that I picked up from a gymnastics web site:

[www.gymnastike.org/coverage/235093-technique-tuesday/video/314236-drills-front-hip-circle](http://www.gymnastike.org/coverage/235093-technique-tuesday/video/314236-drills-front-hip-circle)

These drills aid in keeping the arms straight and pushing down on the bar in the beginning phase of the front hip circle-the first 90 degrees.

The success of the front hip circle usually comes with good technique of the first part, however-it never hurts to do drills, conditioning and breaking down the second part as well. The second part of the front hip circle is also the last part of the glide kip as well!-These last four are my drills-I am sure you can find them online-but these are the ones that I find most helpful.


- **Lat strength**-using an elastic band-hang it over a high bar. With straight arms have the athlete start with hands overhead-slightly in front-draw arms down to thighs while keeping arms straight. I also like to have them flex their wrists at the last second as well to help aid in the stress of straight arms and rotated wrists.
- **Rope on bar**-have the athlete in a front support position and lean over the bar-so they are folded in half. Put a rope over their back, around the bar and tie it on top of the back of their upper thigh. Have them perform the front hip with the rope around them-Make sure you keep reminding them of the lean, straight elbows and pushing down on the bar.
- **Mat sit support up**-stack up skill cushions just in front of the low bar (so if in a front support on bar-legs do not hit the mat), high enough to be just below the bar. Have athlete sit on mats with feet straight out in front in a pike position. Have gymnast start with straight elbows and rotated wrists, push down to end in a front support on the bar. (I also suggest having them try it without rotated wrists and show them how hard it is when your wrist is not on top of the bar. It makes you push away, instead of pushing down on the bar.)
- **Elastic band swing**-Tie an elastic band around bar-gymnast should put feet in the band and while hanging on bar, swing three times-on the third swing push down on the bar rotate wrists and end in a front support on bar-making sure arms are straight. As they practice more-have them do only two swings-and then down to one swing. Ⓢ

Good luck on your front hip circles, have fun with the drills and keep practicing hard. I would love to hear some success stories. KP ;)

## 11 Indoor Family Activities

from: *active.com*

You're warm and cozy--but you're stuck inside. How do you amuse kids for hours on end? It can be challenging to come up with various activities, but have no worries, here are 11 ideas to entertain your children.

1. **Stage an Indoor Olympics** – Measure how far your children can jump. Teach them to do somersaults and stand on their head. Host a wheelbarrow-racing marathon. Don't forget to present awards.
2. **Stage a Harmless War** – Turn on some band music and march around the house collecting supplies (blankets, kitchen chairs, Q-tips and straws). Help them build forts. Then give them a straw and a handful of Q-tips and let them shoot away. Turn the band music back on as they march around and clean up.
3. **Bust a Move** – Turn on your favorite dance music and show you kids a few moves. Hand them a few props like a hat, scarf, or walking stick and show them how to use it as they move. Not only is dancing fun, but you and your kids will get a great workout accomplished.
4. **Create a Shadow Puppet Show** – Choose a fairy tale from [Storynory.com](http://Storynory.com) and make shadow puppets to represent the characters. This allows everyone to get creative with their imagination. Practice speaking with different voices. Whether you're the wolf in "The Three Little Pigs" or the fairy godmother in "Cinderella," you and your children are sure to have a memorable afternoon.
5. **Break Out Board Games** – When else do children learn how to play Monopoly or Clue or Chinese Checkers? Don't forget about Battleship and Yatzee and Scrabble and Guess Who and Dominoes. Newer games such as Apples to Apples or Settlers of Catan also offer hours of fun.
6. **Paper Airplanes Anyone?** – Make paper airplanes and race them down the stairs. Choose where your planes destination might be and research about that location. This way your kids can learn about geography and have fun with paper airplanes.
7. **Don't Forget About Puzzles** – If you don't have any stashed away in a closet, try doing one online at [JigZone](http://JigZone.com) or [Just Jigsaw Puzzles](http://JustJigsawPuzzles.com). Puzzles are great for your mind and working together as a family.
8. **Try a New Recipe** – Find a new recipe to try and teach your child how to cook or bake. This way your kids will learn about healthy meal options, ingredients and new math skills. Plus, you all can enjoy a delicious snack together. Check out [Cooking with Kids](http://CookingWithKids.com) for recipe ideas.
9. **Get Crafty** – Is someone's birthday coming up? Have your kids draw pictures, learn how to knit, paint, create cards, paper masks, picture frames, etc. For craft ideas, check out [Crafts Kaboose](http://CraftsKaboose.com) or [Allcrafts.net](http://Allcrafts.net).
10. **Sing Together** – You can find the words to many children's songs at [Grandparents.com](http://Grandparents.com).
11. **Get the Band Together** – Play musical instruments. Put together a rhythm band or make and play musical water glasses. Don't forget to give your band a name and design your own T-shirts too. 



## **Plan on Touring with the American Sokol!**

**The American Sokol invites you to join us on the National Tour.  
Together as ONE, American Sokols will be THERE!**

### **SAVE the DATE**

**More details to come...**

**Actual Slet Participation Days**

**JULY 1-7, 2012**


**Complete tour will be approximately 12 days**

**Tour unique and famous places throughout the Czech Republic. This tour will allow for everyone to travel together! In each location there will be the option to take the Main Tour or go off the beaten path and see some local treasures!**

**For More Information Contact:  
Jean Hruby – National Office**

## Sokol Central District Rhythmic Competition

*Submitted Beth McCloskey, Sokol Chicagoland, Central District Rhythmic Meet Director*

Sokol Chicagoland recently hosted the Sokol Central District's annual rhythmic gymnastics competition "Red Carpet Rhythmic" at the Elite Sports Complex in Downers Grove. On December 5, girls and women from Sokol Chicagoland, Sokol Naperville Tyrs, and Sokol Spirit competed in the sport of rhythmic gymnastics in levels 3-6 and group. The events contested at this year's meet included rope, ribbon, and group ball. Younger gymnasts not yet ready for level 3 had the opportunity to compete in the skills testing competition. At that level, they are tested on 3 skills in four different events (floor, rope, ball, and ribbon). Gymnasts competing represented a wide range of ages from 4 years to 60+ years! 



### The following awards were given to the top places in each level and age division:

#### Skills Testing:

(20-29 points=yellow ribbon, 30-39 points=white ribbon, 40-49 points=red ribbon, 50+ points=blue ribbon)

Nicole Bajek (Naperville Tyrs) – red ribbon  
 Jenna Biancofiori (Naperville Tyrs) – red ribbon  
 Eleanor Cassata (Chicagoland) – white ribbon  
 Natalia Cassata (Chicagoland) – red ribbon  
 Rhiannon Cassata (Chicagoland) – blue ribbon  
 Gianna Chimino (Naperville Tyrs) – red ribbon  
 Ashanti Cunningham (Chicagoland) – white ribbon  
 Lily Dudas (Chicagoland) – red ribbon  
 Kerry Glimco (Chicagoland) – red ribbon  
 Bridget Hartman (Chicagoland) – blue ribbon  
 Jacqueline Hartman (Chicagoland) – blue ribbon  
 Eliana Hepburn (Naperville Tyrs) – white ribbon  
 Kristina Huda (Chicagoland) – red ribbon  
 Jessica Li (Naperville Tyrs) – red ribbon  
 Morgan Michalek (Chicagoland) – yellow ribbon  
 Teagan Michalek (Chicagoland) – red ribbon  
 Clare Podczerwinski (Spirit) – white ribbon  
 Keya Porch (Naperville Tyrs) – white ribbon  
 Alena Spreitzer (Chicagoland) – red ribbon  
 Amy Spreitzer (Chicagoland) – white ribbon  
 Isabel Villegas (Spirit) – yellow ribbon

#### Level 3:

Blue ribbon in the ribbon event – Mary Ellen Newsom, Chicagoland

#### Level 4 (age 9):

1<sup>st</sup> place in Rope and All-Around – Erica Alves, Chicagoland  
 1<sup>st</sup> place in Ribbon – Olivia Papadopoulos, Naperville Tyrs



Some 1<sup>st</sup> class girls from Sokol Chicagoland prepare with Coach Andrea

**Level 4 (age 12-14):**

- 1<sup>st</sup> place in Rope – Jessica Bendyk, Chicagoland  
 1<sup>st</sup> place in Ribbon – Jessica Scheirer, Chicagoland  
 1<sup>st</sup> place All-Around – Danielle Hojnicky, Chicagoland

**Level 4 (Masters):**

- 1<sup>st</sup> place in Rope, Ribbon, and All-Around – Andrea Scheirer, Chicagoland

**Level 5 (age 10-11):**

- 1<sup>st</sup> place in Rope, Ribbon, and All-Around – Angela Bajek, Naperville Tyrs

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

- 1<sup>st</sup> place in Rope and All-Around – Veronika Ilavska, Naperville Tyrs  
 1<sup>st</sup> place in Ribbon – Staci Dabrowski, Spirit

**Level 5 (age 15-18):**

- 1<sup>st</sup> place in Ribbon – Jane Malina, Spirit  
 2<sup>nd</sup> place in Ribbon – Jenny Braun, Spirit

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

- 1<sup>st</sup> place in Ribbon – Cassie Croft, Spirit

**Level 5 (Masters):**

- 1<sup>st</sup> place in Rope, Ribbon and All-Around – Missi Finkle, Chicagoland

**Level 5 (Masters II):**

- 1<sup>st</sup> place in Rope, Ribbon and All-Around – Florence DelCarlo, Chicagoland

**Level 6 (Masters):**

- 1<sup>st</sup> place in Rope, Ribbon, and All-Around – Laura Kwak, Chicagoland

**Group Ball (2<sup>nd</sup> class/Junior Mixed Group):**

- 1<sup>st</sup> place – Sokol Naperville Tyrs (Marie Dix, Veronika Ilavska, Lily Roussel, Jessica Vierke)

**Group Ball (Junior Group):**

- 1<sup>st</sup> place – Sokol Chicagoland (Jessica Bendyk, Danielle Hojnicky, Madeline Nelson, Nicole Zolman)

**Group Ball (Senior/Masters Mixed Group):**

- 1<sup>st</sup> place – Sokol Chicagoland (Laura Kwak, Beth McCloskey, Anny Moravec, Andrea Scheirer)



Sokol Naperville Tyrs Skills Testing Participants



Sokol Spirit Juniors and Seniors



## 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*

*This is the last excerpt from *Věvec Vavřínový*. I'd like to extend a big thank you to Joseph Sulz for translation and submission of this informational article.*

In 1881, Tyrš achieved his life-long ambition. He became a full-fledged professor at Charles University. He agreed to write a

history on art —2700 pages in all. Tyrš' lectures drew so many students they couldn't fit in the classroom.

When Tyrš was 50 years old, his salary was adequate but one request was made to him by the Austrian government – “Give up your membership in Sokol.” They reasoned that this membership was not honorable enough for a University Professor. After much soul-searching, he agreed to their condition, reasoning that he already gave Sokol more than half of his life, and someone else could carry the Sokol banner. His wife, Renata, agreed.

But an old malady reappeared. He walked with difficulty and mentally he could not concentrate as he suffered harsh headaches. Upon Renata's urging, he left Prague and went to Detzu in the Austrian alps. He walked in the mountains and sometimes drove with a native on the narrow edges of the river below, where a sign was posted listing the death of a person who plunged into the river below. “Is this a warning for us. No, this is to remind us of the danger”.

He sent a telegram to Renata, asking her to join him in Austria. Two days later, he took his daily walk. He came back to his room at 10:00 a.m., drank a glass of milk and again left, leaving his wallet on the table. He left his door open, because it would be an insult to the local people to lock it. The owner of the hotel was named Haidu and he

soon became aware that the professor did not return. At the railroad station, Renata waited for Miroslav uselessly. Haidu drove Renata to the hotel from the train station.

She went to his room and found it empty. The local dwellers and authorities began to look for Tyrš. The daily newspaper brought the news of his disappearance. Each day, pictures of Tyrš were sent to homes, posted in hotels and taverns. Sokol Prague donated financial support to facilitate his discovery. After 14 days, a fisherman named Karel Schope found a naked body of a man in a cesspool in the river Aachy. It took a rescue crew 6 hours to build a platform and bring his body to shore. Although his wedding ring was no longer on his finger, the body of Tyrš was positively identified.

The Czechs wanted his body to be transferred to Prague, but because of the hot weather, this was not possible. On Saturday, August 23, 1884, a coffin was built in a cemetery in Oetz, Austria. Only a few hairs and stones were sealed in a box and transferred to Prague. On the 5th of November, the steel coffin with his remains were brought to Praha to the Sokol gymnasium.

The entire coffin was surrounded by wreaths. The coffin was decorated with his Sokol cap and feather, his horn, and flowers from Renata. Day and night, eight Sokols with lancers guarded the coffin.

Dr. Gregr gave a short eulogy. The funeral procession was led by four horses, followed by a large military band, all Worker Unions, eighty-nine Sokol units, seventy-two flags and 1600 grieving marchers. The funeral carriage was lead by six horses. The procession included the rector of Charles University, University professors, the mayor of Praha, and newspaper journalists. The first carriage carried his widow Renata, only 30 years old.

Miroslav Tyrš' body was laid to rest next to Jindrich Fügner.®



## Mark your Calendar

### Events around the American Sokol

Get your event featured! Email [editor@american-sokol.org](mailto:editor@american-sokol.org)

## February

- Feb 13 **Sokol Greater Cleveland Girls League Home Gymnastic Competition** – 8:30am
- Feb 13 **Sokol Stickney Pancake and French Toast Breakfast**
- Feb 19 **Sokol Greater Cleveland Winter Gymnastic Exhibition** – Cuyahoga Heights High School Gymnasium, 4820 East 71st Street 6:30 pm. Enjoy our Social immediately following at the Bohemian National Hall, 4939 Broadway Ave.

## March

- March 4 **Sokol San Francisco Czech Movie Series: Vesnicko ma strediskova/ My Sweet Little Village** – Stanford University
- March 5 **Sokol San Francisco Masaryk Dinner and Dance** – Tarragon Restaurant in Sunnyvale
- March 6 **Sokol Chicagoland Exhibition** – Elite Sports Complex, 6360 S. Belmont Downers Grove IL 2:00pm
- March 6 **Sokol Greater Cleveland Dedication of Thomas Masaryk statue and reception**
- March 12 **Sokol Tabor Exhibition** – 1602 Clarence, Berwyn, IL 6:30pm
- March 12 **Sokol Detroit Team Trivia Night Celebrating St. Patrick's Day** – Contact Allen or Mary Cushing for more information: [acush47@comcast.net](mailto:acush47@comcast.net) or [marycsokol@comcast.net](mailto:marycsokol@comcast.net)
- March 13 **Sokol New York Annual Gymnastics Exhibition** – 420 East 71st Street, New York, NY, 1pm – 4pm
- March 18 **Naperville Tyrs Exhibition** – Naperville Central High School 7:00pm
- March 18 **Sokol Greater Cleveland Monthly Fish Fry**
- March 19 **Sokol Stickney Gymnastics Exhibition**
- March 19 **Sokol San Francisco Walk for your Health** – Mt. Diablo St. Park
- March 27 **Sokol Greater Cleveland Corned Beef Dinner**
- March 26 **Sokol Spirit Exhibition** – George Washington Middle School



### ***American Sokol Deadline***

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



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