



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

October 2011 | Volume 134 | Issue 8

Anthem Etiquette



According to US Code, Title 36, Subtitle I, Part A, Chapter 3, § 301

During a rendition of the national anthem, when the flag is displayed—

- (A) individuals in uniform should give the military salute at the first note of the anthem and maintain that position until the last note;
- (B) members of the Armed Forces and veterans who are present but not in uniform may render the military salute in the manner provided for individuals in uniform; and
- (C) all other persons present should face the flag and stand at attention with their right hand over the heart, and men not in uniform, if applicable, should remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart.

Source: <http://uscode.house.gov/download/pls/36C3.txt>

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ASO Board of Instructors

Meets every 2nd Wednesday* at 7:30 pm

*except in July and August

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From the Editor...

If you have an memory, article, newsletter or calendar of event, please send it to me via email at **editor@american-sokol.org**. This publication's content is driven by - YOU!

NAZDAR!



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Meet the American Sokol Executive Board

Angela Hartford
Editor




I have been involved in Sokol as long as I can remember. My mother, Juanita LoGiudice would tell you that I was practically born at Sokol Tabor. She sat in wooden bleachers nine months pregnant with me and watched my sister participate in her first exhibition – two days later I was born. I have been a member of Sokol Tabor from tots to woman's class, participating in calisthenics, gymnastics, rhythmic, volleyball, fundraising events and much more. Sokol has been a very important and integral part of my life and has made me a well-rounded person. I attended my first National Slet at age four and have attended many, many others since. As my mother was always involved in Sokol, it was very natural for me to follow in her footsteps. Once I became old enough, I assisted in tots class for many years; attended Sokol instructor courses, skills clinics and participated in many district Sokol Days/Slets.

In my professional career, I am an experienced marketing professional and graphic designer. When the Editor position was presented to me, I thought it would be an exciting opportunity. While I have not held many national or district leadership positions, I feel that my knowledge of the Sokol organization paired with my corporate experience helps me bring fresh eyes to our organization. I have planned many corporate events, driven new sales with various campaigns, developed newsletters and much more.

As Editor, I have gained an insight into the workings of our organization. I can tell you first-hand there are no easy solutions to some of the challenges we face. Our communities are changing, our dedicated members are getting older and it will become harder to survive if we do not evolve in this ever-changing environment. It is important to embrace the diversity of our communities and create new programs to increase participation and the visibility of the organization. But in the end, as everything does, American Sokol's continued success comes back to making our organization financially sound to continue into the future.

I am leading efforts to increase the financial standing of this publication. One of these efforts is developing a media kit that can be provided to perspective advertisers. We have a broad membership base that would appeal to a wide variety of businesses and organizations so if you know of potential advertisers or have ideas, please let me know!

Every issue I try to include relevant articles, unit updates and organizational events. I want to make sure this publication remains relevant and interesting. Please keep sending material to me at editor@american-sokol.org. I look forward to hearing from you. Nazdar! 



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

OCTOBER

Gone is summer, days are shorter
Autumn ready starts the season
Apples and pears ripening
And that most pleases us

pryc je leto, den se krati
podzimni jiz nastal cas
jablicka a hrusky zraji
a to nejvic tesi nas

- October 4, 1582: Gregorian Calendar comes into effect
October 7, 1925: Wilber, NE Sokol organized
October 12, 1492: Columbus discovers America
October 13, 1867: Sokol New York organized
October 14, 1918: First convention of the American Sokol Organization held in Cleveland, OH
October 18, 1918: Czechoslovakian Independence proclaimed in Washington, D. C. by Tomas G. Marsaryk
Independence proclaimed in Praha
October 31, 1821: Karel Havlicek Borovsky, talented publisher & poet born

October is the month of —

All-American and better breakfast; Family history; Mom & apple pie; pickled peppers; pizza; pretzel; biscuit; honey; mushroom; seafood; toilet tank repair and vegetarian awareness.

Did You Know:

America's Stonehenge is in Salem, N.H. and is more than 4000 years old. Until 1982, it was known as Mystery Hill. Although it doesn't share any physical characteristics to its English namesake, it is a series of walls and caves all scattered over 30 acres.

Every leaf speaks to me, fluttering from the Autumn tree — Emily Bronte

All Hallow's Eve began as an ancient Celtic and later a Roman harvest festival. About 58% of the people believe in ghosts and 22% said they have actually seen or felt one.

The largest pumpkin weighed in at 1140 pounds.

Some scary places to live: Bat Cave, NC; Bloody Springs, MO; Frankenstein, MS; Pyro, OH; Screamer, AL; Witch Lake, MI.

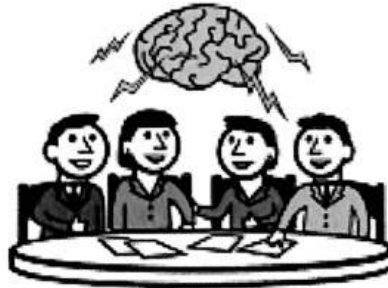
More "Found Each Other" at Sokol:

- Lesli & Talon Milan - Ft. Worth
- Gloria & Chas. Schultz - Chicago
- Helen (Berwyn) & Ed Hlinka, Chicago
- Lucille (Chicago) & Laddie Lankas - Town of Lake
- Vivian & Lenny Navratil - Town of Lake
- Bess & Bill Kostecki - Chiago
- Ethel & Joe Rus - Havlicek-Tyrs

I'm sure there are more of you out there — let's hear from you!![®]

NAZDAR! EllenJeanne Schnabl, American Sokol Educational Director

AMERICAN SOKOL PRESENTS:
~ THE 2012 ADMINISTRATIVE CONFERENCE ~
JANUARY 14 & 15, 2012
Sokol Spirit, Brookfield, IL



If you are a district officer, unit officer, or serve in any administrative capacity in Sokol, this conference is for you. If you are a long-time officer, the conference will offer an array of topics to help you build on the valuable knowledge you already possess. If you are new to your role, the conference will offer assistance & training to help begin in your new role.

TENTATIVE CONFERENCE TOPICS

- ✓ Leadership Development ✓ Grants & Grant Writing ✓ Strategic Plan Update
- ✓ General Manager Position ✓ Fund Raising ✓ Building Maintenance
- ✓ Community Involvement ✓ Legal Liability ✓ Financial Responsibility
- ✓ Membership – Dues/Reporting Volunteerism ✓ PR/Marketing/Advertising
- ✓ IT/Websites/Social Networking ✓ Insurance – Building/Gymnastics/D&O
- ✓ Sokol Protocol - Bylaws/Parliamentary Procedures/Roberts Rules

If you have any other topics you would like to be considered for inclusion please email, Sis. Candy Short at cshort@ameritech.net.

CONFERENCE SCHEDULE

Saturday – 8:00 a.m. to 9:00 p.m. Sunday – 8:00 a.m. to 12:00 noon

Please make air reservations for after 3:00 p.m. on Sunday. The registration fees for the conference are forthcoming. The fees will be similar to the BOI Development Conference.

HOTEL INFORMATION

ClubHouse Inn & Suites, 630 Pasquinelli Drive, Westmont, IL 60559

Phone: 630-920-2200 - (www.clubhouseinn.com)

Room information (hot breakfast buffet included):

King or two Queen Beds \$69.00 + 11% tax

Business Room (Incl. microwave, fridge & couch) \$77.00 + 11% tax

Suite \$99.00 + 11% tax

Call the ClubHouse Inn directly at 630-920-2200 for reservations. Let them know you are with American Sokol to receive the discounted rate. Please make your reservations by December 15, 2011. ☺

Reflections 9/11/01-9/11/11

By: Br. Kevin Gallagher, Sokol New York Newsletter

It's hard to fathom that we are approaching the 10th anniversary of the attack on our country and way of life at the World Trade Center and the Pentagon. September 11, 2001 has become one of those dates in American history that automatically asks the question, *Where were you that day?* It seems every generation of Americans have their day of infamy. America's Greatest Generation has the December 7, 1941 attack on Pearl Harbor. The Baby Boom Generation has the November 21, 1963 assassination of President Kennedy. Our present generation has the attacks on September 11, 2001. A few of us can recall all three; many of us can recall two; all of us can recall one.

The common thread that runs through all three events is the loss of innocence and the feeling of vulnerability. Both the attack at Pearl Harbor and the attack at the World Trade Center brought us into a war that up until then we watched largely from a distance. Now suddenly it's on our turf and now it's personal. At least during World War II we had an enemy we knew and could recognize. Today the enemy is more insidious and unrecognizable.

The tangible wounds of the attack on the World Trade Center are finally healing as the site is slowly reconstructed. The personal wounds have scarred over but will always remain with us.

Some of us lost family members, some of us lost friends. We all lost our innocence and sense of security in a cold slap to the face of our vulnerability.

I pass the World Trade Center site several times a week. I've watched the site transform from a huge pile of destruction to a renewal of the American spirit. I can't help but relive the events of that day ten years ago. It seems like only yesterday that the hijacked aircraft slammed into the Towers. The images of the explosions, the inferno, the poor souls standing at the gaping wounds in the Towers, the horrific sight of those same poor souls jumping to their deaths to escape the flames, the hundreds of police and firefighters who answered the call of duty and ran into the stricken Towers and the absolute gut wrenching sight of the Towers collapsing.

I still vividly recall the events of that day. When I pass the site I'm instantly transported back in time and it all comes flooding back. The events of the day and those that followed become squeezed into a few seconds.

I'm back on the fireboat from my volunteer fire department coming down the Hudson River to meet up with my squad mates on the police launch. I can see the faces of the people streaming from lower Manhattan jumping on ferries, tug boats and police boats seeking safety in Brooklyn and New Jersey. I'm back watching the smoke streaming from the gaping hole in the skyline.

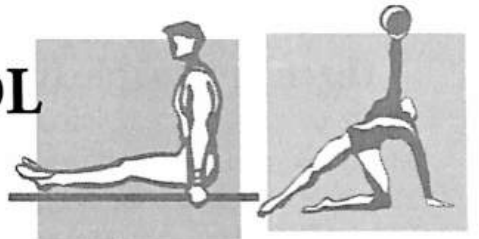
I'm back at the Battery Park City seawall and promenade where hundreds of baby strollers sit eerily abandoned by mothers who escaped the horror with their children. I'm back watching the skies for other attacking aircraft. I'm there as I first entered the site looking up at the iconic skeletal remains of the outer skin of the Towers and saw up close what remained of 220 stories of buildings. I remember my first thought – *Where did it all go?* and marvel at the level of destruction. I'm there as I encountered my first body, the crushed police and fire vehicles, the thick coating of ash on the streets, the constant smoke. I'm there feeling the heat of the "Pile" as it seeped up through my boots and strangely thinking this must have been what it was like for Marines at Iwo Jima. I'm there with the strange and distinctive smell of the site, the camaraderie of the police and firefighters digging through the rubble searching for the living but only finding the dead. I'm there as I hear the utter and complete silence of hundreds of rescuers pausing when one of them yells for quiet because he might have heard a call or a tapping from a survivor trapped below. I'm there watching the solemn dignity of a procession of rescuers removing the remains of a victim from the rubble and all the other rescuers pausing in silence either removing their hats or saluting. I'm there as the horn would sound warning of a possible collapse of a nearby building and rescuers would grab one another and run to a safe spot.

I'm there feeling the time warp of the "Pile" where a 12-hour tour of duty passed by in a blink of an eye. I'm there worrying about my family at home and what they must be thinking as I work at the site. I'm there as I realize that I am actively involved in a pivotal event in American history. I'm there thinking about the thousands of civilians who came to work never imagining what the day had in store for them. I'm there thinking about the 343 firefighters dragging hose lines up the stairwells unaware that their lives were about to be cut short and remembering my brother and sister police officers that I knew personally who died that day.

Continued on page 11



AMERICAN SOKOL GYMNAST



*Pages 7-11 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

HEADS UP!!!

From Family Circle Magazine – April, 2011

Concussions have been a major topic among doctors and parents of kids involved in sports. Below is an article to explain when it is more serious and a child should go see their doctor after they get their "bell rung". KP ;)

More than 60,000 high school athletes suffer concussions each year. If your kid takes a knock to the head, look out for these signs, which new research from the Ohio State University College of Medicine shows are different for boys and girls.

Boys

- Feeling sluggish or in a fog
- Difficulty concentrating
- Memory problems



Girls

- Drowsiness
- Dizziness
- Headache
- Nausea
- Sensitivity to noise
- Unsteadiness

Your doctor should help you decide how long to keep your child off the field following a concussion. Another injury while the first is still healing could lead to lasting brain damage. Ⓢ

More Than A Game: Three invaluable life lessons your child can learn from playing sports.

By: Melissa Balmain

From: Scholastic Parent and Child Magazine

At age 8, Giannina Imhof, of Katy, TX, fell in love with tae kwon do. She became so enamored of the sport, in fact, that soon she was traveling to out-of-town tournaments every weekend. At first her mom, Nancy Romero, wondered if her daughter's schoolwork would suffer. By four years later, Giannina, now 12, is an A student and a nationally ranked competitor. "She studies hard," says Romero. If a quiz doesn't go well, Giannina digs in to improve. "She says, 'It's like in tae kwon do-just try again and never give up.'"

Not every child who participates in a sport will become a star athlete like Giannina. Nor will they necessarily excel in school. But the life lessons that can be learned on the field make the investment of time and energy well worthwhile. With repeated opportunities to experience success, failure, respect, and effort, for instance, sports provide a solid platform for mental and emotional growth.

Those lessons don't happen automatically, however. It's important to take a hand in nurturing them by first selecting a sport that is age-and skill-level appropriate for your child. Also, find out if the coaches or league have policies that support each team member, such as making sure everyone gets a chance to play and that skill development and love of the game is emphasized over winning.

Once she's in uniform, there are three big lessons your child can learn, and ways to help her absorb them, including by modeling them yourself.

1. Goals are great-so is the process of reaching them

When it comes to success in life, having a clear objective is vital. But equally important is recognizing the value of the work you put toward reaching that objective.

Talk the Talk. When your child joins a team, help him set a few goals, both short-and long-term. Steer him toward reasonable, achievable objectives, for instance sinking 10 baskets in a season, and have him write them down so that you can review them together from time to time and revise as needed. When he reaches one of his goals, praise him by focusing on the work he put in. You might say, "All that practice paid off" rather than, "You're a great player." "This will signal that you value effort over talent and can help inspire him to persevere," says Jim Thompson, executive director of Positive Coaching Alliance, a California based organization that aims to make youth sports a positive experience.

Even after a loss or disappointment, focus on the process rather than the result. Resist the temptation to offer tips for next time-that's the coach's job. Instead, focus on what went well.

Walk the Walk. Help your child see you setting your own goals and then striving to meet them. Thompson recommends "narrated modeling," in which you explain what you're doing and why. Tell your child, for example, that you're trying to lose a certain number of pounds by cutting out dessert; you can even ask him to help you stick with it.

2. Two (or more) heads are better than one.

Learning the value of supporting others while striving toward a common goal is an essential skill that translates to group projects in school and the work environment. Everyone has something to contribute, even if he's not the star.

Talk the Talk. Coach your child to take note of her teammates' individual accomplishments, to thank her peers on the field for working hard, and to give them a high five or a sympathetic pat on the back. By doing so, she'll help to fill her teammates' "emotional tanks," says Thompson, "and to play a part in making sure the team runs smoothly."

Celebrate team spirit in action as enthusiastically as you would a winning play, regardless of the numbers on the scoreboard. "Maybe your kid's team got beaten badly and you see her comforting a teammate—that's a teachable moment," Thompson adds. Praise your child for her kindness and even add something like, "That tells me you're a great friend," to help her see how her empathy in the sports arena can carry over into other areas of life.

Walk the Walk. Be a supportive team member at home. Let your child see you negotiate household duties with your partner. Assign a chore to every family member, and point out the benefits of such team synergy: Note, for example, that because everyone pitched in to clean up the yard, there's now extra time for a trip to the playground.

3. **It always pays to be a good sport.**

Being able to lose—and win—graciously will get your child far. He'll be welcome on any team, viewed as a true friend and vital colleague, and often seen as a leader and an inspiration: After all, it takes more strength of character to hold your head up after a defeat than it does to sulk.

Talk the Talk. While watching a game on TV together, point out players who are respectful toward their teammates, referees—even opponents—and those who aren't. Make it clear that being gracious honors the sport—not the mention prevents racking up penalties.

If your child tends to lose his temper during games, teach him to spot the warning signs that he's about to blow, says Joel Fish, Ph.D., author of *101 Ways to Be a Terrific Sports Parent*—like gripping the bat more tightly or letting negative thoughts crowd his concentration. Next, give him tools for calming down: deep breathing, counting to 10, repeating a mantra like "Stay cool." Praise him when you catch him trying this and also when he manages to shake off something that would ordinarily lead to a meltdown.

Teach him that good sportsmanship is an important after game or other event as it is during, no matter who wins. Encourage him to look his opponents in the eye and thank them sincerely for a good game, match or meet. "A worthy competitor is a gift who inspires you to do better," says Thompson.

Walk the Walk. During games, be friendly toward the parents of the opposing team members, and cheer good plays for both sides, advises Brooke de Lench, author of *Home Team Advantage: The Critical Role of Mothers in Youth Sports*. After each game, especially on that didn't go well, thank both teams' coaches for their time and effort. Practice these good habits in the rest of your life, too. If your child overhears you talking about the loss of a client to the competition, for example, sound as gracious as you can.

Life Lessons for You!

1. Let him feel it. When he strikes out, you may wish you could shield him from disappointment. But it's important for him to learn that everyone fails now and then. Participating in an activity where losing happens is actually a good thing.
2. It's his game. We sometimes get carried away with our desires for our children to be the stars. Try not to coach him from the stands—he's playing a sport for fun and enjoyment.
3. Practice what you preach. You may be tempted to criticize a referee's call, or blame a loss on a bad play. Resist. Your child will be right there, in the moment, watching your behavior. Ⓢ

4 Ways to Shred More Flab

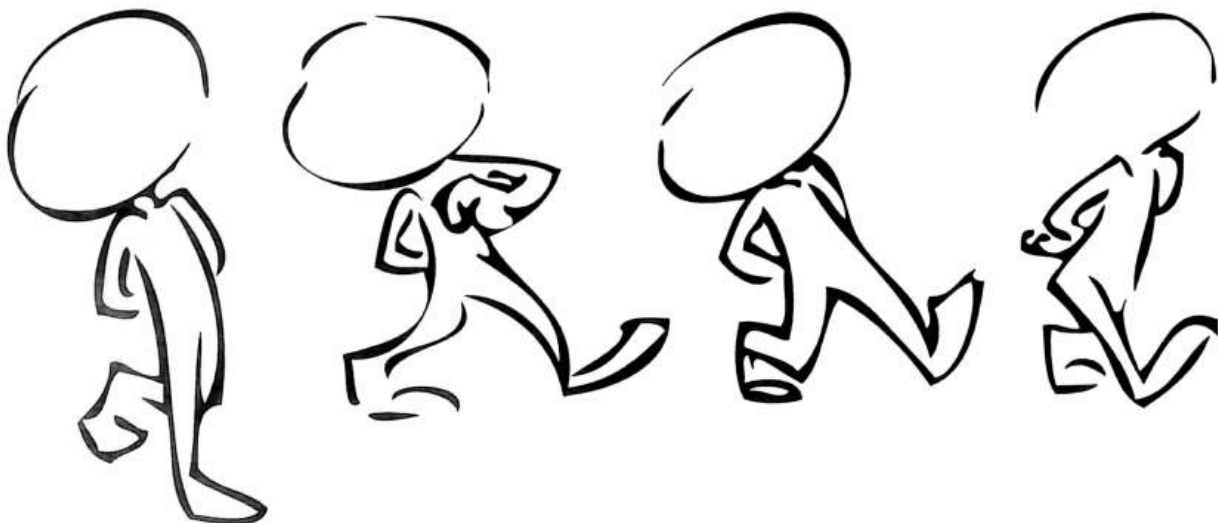
From: Fitness Magazine-July, 2011

You know the key to burning more calories is to go harder or longer, but it's not always easy to make yourself do it because it can be uncomfortable. So we asked sports psychologist Sharon Chirban, Ph.D., owner of Amplifying Performance Consulting in Boston, to give us simple strategies for taking your routine up a notch.

1. **Be A COPYCAT**—"Jump on a machine next to someone who's working out really hard," says Chirban. "Research shows effort is contagious."
2. **SET UP INTENSITY TRIGGERS**—When you're exercising outdoors, establish a place along your route where you'll really push. "On one running trail, I charge full steam up the hill when I get to a certain blue mailbox," says Chirban. "Going hard now means I'll feel better later."
3. **ADD ONE NEW THING**—Challenging yourself doesn't mean killing yourself. Maybe you do an extra 10 minutes of cardio after your strength workout, a set of sprints in the middle of your run, or one more set of heavy weights, say Chirban. Even a small addition prompts your muscles to improve and your brain to get out of its rut.
4. **WORK WITH YOUR STRENGTHS**—Instead of focusing on what you aren't good at ("I'm not a runner" or "I've got bad knees"), Chirban recommends concentrating on what you excel at ("I walk really fast" or "I have great core strength"). Building on the positives by choosing activities that play to them will help you find your inner athlete.

Switch it up: Every time a new song starts, change your pace.Ⓢ

Also, please don't forget about the "Walking Challenge". It is a great way to add some time to your workout minutes!! Please visit www.American-Sokol.org or your Unit Director to find information on how you can help your unit raise money and how you can get more healthy as well!! GOOD LUCK-KP;)





In Memoriam...

Jan Waldauf (1929 - 2011)

Taken from Fédération Internationale de Gymnastique (www.fig-gymnastics.com)

TORONTO (CAN) – LAUSANNE (SUI), FIG Office, September 15, 2011
by Josef Cermak and Slava Corn

On Thursday, September 8, 2011, in Toronto (CAN), Jan Waldauf, a remarkable member of the Sokol gymnastic movement, and a truly remarkable human being, died - at the age of 82.

Jan Waldauf, was born April 8, 1929 in Nové Hrady and was one of the youngest refugees to come to Canada in 1949. His professional career was with Dunwoody and Company and he retired from Mitusi Canada as their Vice President. He disliked pomp and ceremony but his contribution to the

He was a very staunch Sokol – Sis. Schnabl

development of gymnastics in Canada and the Sokol Movement Abroad is recognized by everyone. This was his passion.

He inherited this dedication for Sokol from his father and was already organizing Sokol Festivals in Czechoslovakia and continued this with a great energy for Sokol Canada and for Sokol Abroad. He devoted time to the Canadian gymnastics community and was President of Gymnastics Ontario from 1969-75. It is most regrettable that after the fall of communism in Czechoslovakia, he was not able to integrate Sokol Abroad into the Czech Sokol Organization and play a leading role. He fought so hard to keep that flame alive for over 40 years.

Josef Cermak, a close friend remembers, "His toughest fight, was for his life. The cancer diagnosis was not good news. He told me, he accepted that he cannot win this fight. He said it as calmly as if he was talking about the weather. Only his eyes lost some of their spark. "His dedication to the Sokol ideals of "a sound mind in a sound body" went beyond responsibility, it was real.

Jan was a gentle, peaceful man, who avoided argument at all cost. He was the epitome of the Sokol Movement. He really did "walk the talk". His integrity, belief in human rights and freedoms and overall respect for people was incredible. He was the kind of leader we all want to be, inspiring, totally committed, kind, compassionate yet strong. Sokol in Canada and Abroad has lost an icon and we have all lost a great friend.

Jan was a dedicated family man and our condolences and thoughts are with his wife Vlasta, also a very hard working Sokol member and daughters Eva and Mila. ☺

Continued from page 6

Reflections 9/11/01-9/11/11

By: Br. Kevin Gallagher, Sokol New York Newsletter

Our way of life changed forever on September 11th. Those who would try to defeat us simply because of who we are and how we live continue to fester in their hatred of us. We must strive to maintain the balance of living our lives in freedom while still remaining vigilant and on guard. The attacks on September 11th still affect nearly everything we do and how we run our day-to-day affairs. We've adapted, we've improvised and we're trying to overcome. The completion of the Freedom Tower, the World Trade Center Memorial and reconstruction of Lower Manhattan will go a long way towards the overcoming. And yes, I still render a salute every time I pass by. ☺

Bro. Gallagher is a Detective in the NYPD and has been a member of Sokol New York since the age of 6. He is the son of Sis. Irene Mergl, 1st Vice President of Sokol New York and the late Br. Stanley Mergl.

21st Annual Sokol Town of Lake Camp Reunion

September 18, 2011 – Willow Springs, IL – Submitted by Henrietta Banfi Milan



21st Annual Sokol Town of Lake Camp Reunion Participants.

Under the covered pavilion, by the horses, a rainy day, but with the (Bernie and Ellie) Babkas Hot Soup ... "It hit the spot"! Laddie and Lucille Lankas thought about firewood, and made a fire that left the aroma of smoke and old campfire evenings. It was good to see Len and Viv Navratil return after a brief absence. Total present were 17 plus Mascot Sokol Dog. It was good to see so many brave the chilly day. The old stories began, the memories, and new photos too.

Julie Barcal passed around her book about her parents, Stanley and Rose's life. It was created so professionally with colored photos and Sokol charm. Everyone enjoyed it and made many compliments.

With the help of Bill Komarek more names were added to our Directors and Life Guards list.

Salads, kolaches, cookies and apple pies were shared by all and of course the walks around the grounds and down to the lake to remember the good old days.

The campsite was well groomed with cleaned-up roads to the Mess Hall, Candy Stand, and Entrance driveway. The old oak tree (the one in front of Cabin #5) was split last year, and this year had only one tall dead trunk soon that landmark will disappear.

This year, we lost an old friend and Town of Lake member, Albert "Al" Ruzicka. He will be missed. We also, had the pleasure of three of the (not so terrible) "Terrible Six", in our presence: Laddie Lankas, Ray Hemzacek, and Len Navratil.

It was a fine day, good old visiting and then goodbyes
SEE ALL OF YOU OCTOBER, 14, 2012. (Second week in October). Bring snacks, drinks, and family – until then,

S pánem bohem and NAZDAR! ☺



Ellie and Bernie Babka reviewing Julie Barcal's book about her parents.

Please can anyone add to our list?
 Help us have an accurate Camp history!

Year	Director	Life Guard
1949	Vivian Mikulecky	Laddie Vanek
1950	Laddie Vanek	
1951	Laddie Vanek	Joe Chocola
1952	Laddie Vanek	(Frank Plimi?) Joe Chocola?
1953	Chuck Novotny	Danny Farley
1954	Loverne Pesek/ Franklin "Corky" Buscher	
1955	Laddie Vanek?	Don Ceitham!?
1956	Julie Kee (Kec?)	Peter Kalkus, Joe Kazda?
1957	Lil Gorman?	Bill Komarek?
1958	Joe Sveda	Bill Komarek
1959	Joe Regner	
1960	Joe Kazda	George Kazda
1961		
1962		
1963		
1964		Terry Sula



Looking at Sokol Town of Lake Camp historical photo albums.

American Sokol Organization Exhibit at the Berwyn Public Library

On display September & October 2011

Submitted by Annette Schabowski, Library - Archives



Annette Schabowski points to the Camp's historical marker.

Yesterday, Today, and Tomorrow

Submitted by Lynda Filipello, Sokol Naperville Tyrs

Glancing through the 1961 Sokol Havlicek Tyrs 50th Anniversary program book I came across an article by Br. Edwin Halik entitled "Team Work". I take liberty to reprint it here.

Though our Sokol Organization is composed of many different views, if we try ..to cultivate and develop a better understanding of our problems, we can greatly increase the flow of ideas and services so vital to an organization such as ours. While we are giving individual guidance in the perfection of certain techniques, our aim, our basic effort should be the molding of these individuals into a social unit, a team, a Sokol Team.

Now, a team is not something apart from the individual, for without individuals there is no team. A team is nothing more than a group of individuals working together in thoughtful, harmonious, purposeful association. A kind of society where people operate as thinking members of a family and where it is the togetherness of their action rather than the apartness which receives our attention.

Since the communication of ideas is the first principle of co-operation, a "Let's get Together on This" attitude should be our approach toward planned group action. Now this getting together, this team idea, implies certain disciplines. A good team must go into training, must practice, must be willing to learn, and even accept creative changes. Ideas must flow freely. There must be no barriers to this free movement of people and ideas. Anyone who plays well should be able to make the team, but if one individual tries to be the grandstander, to win the game by himself, the team as a social unit, suffers, or ceases to exist. This is the American Way. We call it democracy, which means the use of a team-the people-all the people.

Our members and the parents of our children must be made aware that we need their support and that we solicit their assistance, not necessarily to lighten our load, or to escape, or to share our responsibility, but because they can greatly assist our Sokol directors and instructors who are devoting their time, ability and talents to the development of the Sokol Program as a community activity.

All we ask are the commonly accepted and normal expectations of a member's participation in his organization's program and the parents' participation in the development of their children. In that way, we become aware of each other's problems and are in closer to that great harmonizer- mutual understanding.

Many of us in the Central District and across our nation have Br. Halik to thank for the continuity of our Sokol goals. He is still teaching us from his writings and Sokol class instructions. Nazdar. ☺

Phillips Czech-Slovak Festival

Submitted by Sis. EllenJeanne Schnabl

On Sat., June 18th, 2011, Bro. Ed & I drove about an hour due west from our home to visit the 28th Annual Phillips Czech-Slovak Community Festival held at the Phillips High School. It was a delightful experience! This festival is always held the 3rd weekend in June.

They had singers, dancers and polka music from several musicians. In addition there were vendors of all kinds, including Christmas ornaments imported from the Czech Republic.

The Czech-Slovak Museum & Library of Cedar Rapids, IA, had a huge table with slides of their great flood and the progress of rebuilding and the moving of their museum building. We know they still would like to receive donations for its refurbishing, which can be sent to them at 87 - Sixteenth Ave., S. W., Cedar Rapids, IA, 52404. This 1400-ton structure was moved starting on April 26th & 27th and finally set down on its new foundation on May 21st.

Vendors had books of Czech folklore, many children's books both in English and Czech as well as Czech-English dictionaries. We purchased a book describing all of the Saints and their statues on the Charles Bridge in Prague.

The members spent many, many hours baking kolacky, housky and rye breads. Other foods available were cabbage rolls, jitrnice and chicken dumpling soup.

On Sunday, there were awards from the Kolacky contests, beer tasting (done off campus at Meiser's Old World Beer Garden), and crowning of the 2011-1012 Queen.

We also stopped at the beautiful Lidice Memorial at the Sokol Park. This memorial is on the National Register. It also mentions the town of Lazaky which was also razed by the Nazis in 1942.

Today, there are only 4 Lidice monuments known to exist in the world. One is at Crest Hill, Illinois, formerly Stern Park Garden. Another is in Rio de Janeiro, Brazil. The 4th is in a preserved area of Lidice where the men and boys were shot in groups of ten some 70 years ago.

On a brighter note: We happened to meet Bro. Rich and Sis. Andrea Vachata and their friends. NAZDAR! ☺



Mark your Calendar

Events around the American Sokol

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

October

- Oct 8** **Sokol Detroit Hayride & Haunted Walk** – Cost is \$7 per person; Includes hayride, haunted walk, costume contests, FUN. Gate opens at 6 p.m. Food and beverages available to purchase
- Oct 9** **Czech-Moravian-Slovak Heritage Celebration** – Knollwood Country Club, 12024 Balboa Blvd. Granada Hills, CA.
- Oct 14** **Sokol Tabor Rummage Sale**
- Oct 15** **Autumn Harvest Czech Homecoming** – American Czech Center, 4690 Lansdowne Ave. St. Louis, Missouri. For more information visit <http://sokolstl.org>.
- Oct 16** **Sokol LA Cottages Bus Trip** – Sokol LA will be going to San Diego once again to visit the House of Pacific Relations Cottages in Balboa Park. There will be a special Czech/Slovak program in the afternoon. Food, including many homemade pastries, will be sold.
- Oct 16** **Sokol Milwaukee Film Series** – All My Lover Ones (1 p.m.) Czech with English subtitles All films are shown at the Norway House, 7507 West Oklahoma Ave., Milwaukee, Wis. For more information please call 608-770-2153 or visit www.sokol-milwaukee.org
- Oct 26-29** **13th Genealogical/Cultural Conference of the Czechoslovak Genealogical Society** – St. Louis, Missouri; Sokol members are among the presenters. For more details visit www.cgsi.org.
- Oct 23** **Sokol Greater Cleveland Dinner** – Svickova (pickled beef); For more details visit www.sokolgreatercleveland.org.
- Oct 23** **Meat Shoot at Sokol Camp, Imperial MO** – Meat Rounds, Pot Shots, Food, Refreshments, Kids Rounds from 12 noon to 5:00p.m. info@sokolstl.org
- Oct 23** **Czech Slovak Sokol Minnesota Roast Pork Dinner** – 12:30 p.m. Crowd favorites: roast pork, raised-bread dumplings, sauerkraut, dessert, and coffee. \$16/adult; \$8/child under 9. Cash beer bar. Pre-paid reservations by October 17: 952-941-0426
- Oct 27-31** **Sokol Little Ferry Haunted House**
- Oct 28** **Halloween Party and Haunted House at Sokol Camp, Imperial, MO** – Chili Dinner, Hay Rides, Games, Haunted House at 6:00 p.m. info@sokolstl.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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