

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

Ring in 2012! What will your resolution be?



## AMERICAN SOKOL

ISSN 003-1259

Published nine times each year: Jan, Feb, March, April/  
May, June, July/Aug, Sept, Oct, Nov/Dec.

American Sokol, 9126 Ogden Ave, Brookfield, IL, 60513

Subscription: \$12.00 per year

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

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### From the Editor...

I hope you had a wonderful holiday and a great start to the new year. Now is the time to make a fresh start and keep to it — stay healthy, get involved and help Sokol reach our 2012 goal. I'd love to hear what your plans are for the new year! Share your 2012 resolution story! If you have an memory, article, newsletter or calendar of event, please send it to me via email at [editor@american-sokol.org](mailto:editor@american-sokol.org). This publication's content is driven by — YOU!

NAZDAR!



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## A Note from the President: 2012 – Will it be YOUR “Year to Remember”?

Let me start by wishing everyone health, happiness and good luck throughout 2012! I’m excited about the opportunities and possibilities of every day and a new year simply further reminds me of the joy and power that we can get from giving 100% towards everything we do. I certainly don’t mean to sound routine or mundane when speaking of a new year, however, this truly is the reality of how you MUST approach every day in order to get the most out of life....including your work, family, and even your Sokol Unit!

A strong and healthy organization is one that sets goals, creates a plan to achieve those goals, works hard at the plan, measures the results, and then celebrates its achievements. In 2011, we set three goals for the organization:

- 5% membership increase
- Implementation of the results of the Strategic Plan
- Continued community outreach

We planned and created opportunities to achieve these goals. Over the next two months, we will be measuring our results and learning from them. When it comes to achieving our goals, we are only strong and growing if we are aligned and working together. These goals are all of ours to achieve and we all must put the work efforts behind achieving these milestones.

American Sokol has set forward goals for 2012. These goals were not callously picked. They were strategically set based on:

- Alignment to our Vision and Mission
- Things we’ve learned from implementation of Strategic Plan Outputs
- Needs of the Units
- Root cause analysis of the needs of the organization

Following these guidelines and thanks to a lot of hard work, the following are our goals for 2012:

### 12 GOALS

#### STRENGTHEN OUR CORE

- Restructure and strengthen Internal Communications
- Revise the Strategic Plan for American Sokol
- Evaluate current programs for alignment and viability

#### GROW OUR VOLUNTEER BASE

- 5% membership increase
- Create one new program that alone increases membership by 5%
- Become the Community Center in your area
- Enhance membership - structure, legalities and benefits
- Implement the Volunteer Management Handbook

As you can see, there are two primary focus areas for 2012 – Strengthen our core AND Grow our volunteer base. Both of these areas have a set of goals associated with them that if achieved, will most certainly continue our forward progress towards achieving our mission.

Strengthen our Core – Similar to any good gymnast, an organization must excel at the fundamentals and basics in order to pursue more advanced skills and techniques. We have been paving the way for a strong foundation over the last several years. We must continue this effort and ensure that we are technically sound in mind and sound in body.

Grow our volunteer base – Our organization relies on and will continue to rely on volunteers for its success. Certainly we recognize the need for more full time or perhaps paid staff within the mix, but a solid volunteer base is critical to achieving our mission. Our Units rely on people stepping up and helping out. We all must put a conscious effort toward growing (and retaining) our volunteer base so that we can get the most done as well as simply making sure our volunteers are enjoying the work that they are doing.

Hopefully, you have set some goals for yourself for 2012. Remember...goals are just words without the action plans and hard work to support them. Make sure that you are setting up action plans of your own to achieve these goals! 🇸

Edgar! Tom Pajer, American Sokol President

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





# The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

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“Over the winter glaciers I see the summer glow, and through the wild-piled snowdrifts the warm rosebuds below”

— Ralph Waldo Emerson

January is the month for: volunteer blood donors; book blitz; bath safety; bird feeding; clean up your computer.

January 1st: Tournament of Roses parade; January 9th: Fruitcake toss day; January 17th: Bald eagle appreciation day; January 29th: Fr thinkers day.

**January 1, 1860:** First publication in Czech printed in America.

**January 1, 1862:** Jindrich Vanicek born, an outstanding Sokol leader who promoted combative sports, organized Sokol resistance, helped develop the Czech army.

**January 1, 1917:** Foundation in America of the Sokol Society now known as the American Sokol Organization - created by merging the National Sokol Union and District Fuegner-Tyrs.

**January 7, 1990:** Re-founding of the Ceskoslovanska Obec Sokolska.

**January 10, 1870:** First number of Sokol Americky issued in Chicago, Illinois.

**January 11, 1991:** Sis. Marie Provaznikova died (born 1890) - a legendary Director of Women who introduced new trends to Sokol such as sports and camping. Immigrated to the USA in 1948 where she organized the Sokols Abroad.

**January 24, 1848:** J. Marshall finds gold flakes in the trail race of a sawmill he is building for John Sutter near Coloma, CA.

**January 24, 1950:** Percy Spencer patents the microwave oven.

**January 29, 1860:** Anton Chekhov is born in Taganrog, Russia. A doctor by profession, he wrote more than 50 short stories & plays.

**January 1885:** Canned evaporated milk was churned out by John Meyenberg's Illinois factory.

**January 23rd:** John Hancock's birthday which is also National Handwriting Day — Let's not forget how to use good penmanship.

The New Year's Eve celebration is named after St. Silvester (Pope Silvester I). Na nový rok o slepici krok (from New Year's Day, the day start to be a chicken foot longer).

The 6th is the Tri kralove - 3 kings: Kaspar, Melechar, Baltazar. Na tri krale o hodiú dale (on 3 Kings we are going about one hour into the front - meaning that the days are longer by an hour.)

## RESOLUTIONS GOOD ENOUGH TO RENEW (THANKS to Ann Landers):

Call a forgotten friend; share a funny story with someone whose spirits are dragging.

Free yourself of envy and malice. Share your experiences and offer support.

Think things through - listen more (talk less) — plan ahead so there's no panic at the last minute.

Apologize when you realize you are wrong. An apology ever diminishes a person - it elevates him.

Try to understand a point of view that is different from your own.

Read something uplifting - don't abandon your old-fashioned principles.

Take better care of yourself — get back to Sokol classes.

Give yourself a reality check - phoniness is transparent and tiresome.

Best wishes for a happy, healthy, lively New Year. Go to your Sokol and really help! ☺

NAZDAR! Sis. EllenJeanne Schnabl

## Centennial of Sokol in Canada

Forward by Tom Pajer, American Sokol President

I was honored to have the opportunity to travel to Sparwood, British Columbia, Canada in order to witness the 100 year anniversary celebration of Sokol Canada. My travels took me on a day long journey from Chicago through Seattle and into Calgary, followed by a 4 hour journey South of Calgary to Sparwood. Certainly tired and ready for rest, I got an excellent lesson in good customer service from a woman in town who ran a bed and breakfast out of her home. I'm always excited by good customer service because it reminds me of the opportunity that our Units have to impress our members. Anyway...back to the topic...my extended travel time gave me an opportunity to appreciate Sokol Canada, its history, its people and its progress. I received the letter below from Sokol Canada as a summary of the event. I thank Sokol Canada for their commitment to Sokol and congratulate them on their incredible milestone. Nazdar.

The celebration of the centennial of the founding of the Sokol organization in Canada (in Michel, British Columbia) was held on Sunday, October 9, 2011, in the Sparwood Recreation Complex in Sparwood, B.C. Sokol, meaning "Falcon" in English, is a world wide physical fitness organization founded in Prague, Bohemia, in 1862. Descendants of the original founding members met with today's Sokols and guests in a room decorated with historical Sokol photographs and memorabilia amongst which were photos of Mr. Laddie Beranek's grandfather, the vice-president of the first unit.

Brother Paul Vidlak, Sokol Canada's Director of Education, opened the ceremonies by welcoming all participants and thanking them for their attendance. This was followed by Ms. Kaira Lindley's live rendition of "O Canada", and recorded national anthems of the Czech and Slovak Republics and the United States of America.

Mr. David Wilks, Member of Parliament for Kootenay-Columbia and former mayor of Sparwood then addressed the crowd, followed by Ms. Sharon Fraser, acting mayor of Sparwood. Mr. Edward Grabec, vice-president of the Executive Board of the Czech and Slovak Association of Canada, president of its Edmonton branch, and vice-president of the Alberta Arts and Science organization, greeted those present on behalf of those entities. His address referred to the already mentioned beginnings of Sokol, its contribution to the evolution of Czech society in Canada and expressed the hope for continued future cooperation between all Czech ethnic organizations in the country.

Brother Tom Pajer, president of the American Sokol Organization, flew in from Chicago. His presentation stressed the significance of the hundred year existence of Sokol Canada and underlined his belief in continuing cooperation between both organizations.

Brother Josef Cermak, president of Sokol Canada, spoke about the contributions of Prince Rupert, the Moravian Brothers, the Michel miners, and the Bata family in Ontario to Canadian society. He went on to mention the last two waves of (Czech) immigration in 1948 and 1968 and concluded by praising Sokol and the achievements of its members.

Brother Paul Vidlak then explained how the idea for the celebration of Sokol's centennial came about. He stressed that it was the idea of brother Jan Waldauf, a long time member of Sokol Toronto, who visited the area in 2004 as part of his research into the origins of the first Sokol units in Canada. It was he who suggested to the Sokol Canada board that the centennial be celebrated and a commemorative plaque be unveiled. This celebration was then the culmination of his idea. Br. Vidlak mentioned the sad irony

that brother Waldauf had passed away one month before the realization of his suggestion. He thanked Mr. Bertoia, an employee of the Sparwood District Library, who facilitated brother Waldauf's access to historical documents and photographs. He mentioned the cooperation rendered by Ms. Michelle Cavanagh of the Crowsnest Museum in Coleman, who brought with her two Indian Clubs from the museum's collection, which the women of the first two units used in their gymnastic routines. He underlined his gratitude to Ms. Monica Beranek, who took great interest in the celebration and devoted many hours and sacrifice to its organization, thereby assuring its success. Br. Vidlak mentioned the cooperation received from Ms. Rosalie Fornasier, president of the Michel-Natal Heritage Society, which operates the local museum and where the commemorative plaque has found a permanent home.

This plaque, depicting the Sokol Canada falcon emblem and a short description of the "raison d'etre" for this celebration in three languages, was donated by Sokol Canada to the Society's existing Sokol exhibition. It is now a permanent part of this exhibition, which includes period Sokol photographs and souvenirs, amongst them a Sokol pin from the Third Sokol Assembly in 1895 and a leather case with Sokol's motto "Let us fortify ourselves" from the Fourth Assembly in 1901. He did not forget to mention Ms. Sandra Barrett from Fernie Forge, the local artisan who so skilfully created the plaque, and Ms. Joanne Wilson from Crow Works Engraving, who overcame numerous challenges with the engraving of the Czech text. And lastly, Br. Vidlak briefly described the organization of this celebration over the course of the last two years and then invited brother Josef Cermak to unveil the plaque.

MP David Wilks, Sparwood acting mayor Sharon Fraser, Monica Beranek (who deserved most of the credit for the celebration's realization and success) and Sandra Barrett were then presented with brother Cermak's recent literary work *It All Started with Prince Rupert: A Popular History of Czechs and Slovaks in Canada*. Guests then helped themselves to refreshments (coffee, tea, juice, cakes, strudel and pastry baked by Ms. Beranek and other local donors), followed by animated conversation until about 17:00 hours.

Sokol Canada would like to thank the District of Sparwood for making the recreation complex facilities available for this event and to all those who contributed their time and effort to make it a success. ☺

November 2011

## The Beginning: The Genealogy of the First Sokol

*An excerpt by Mary Ann Sulz, Sokol St. Louis, from the Czech Slovak Genealogy Conference in St. Louis.*

The year was 1865; two months prior to the assassination of President Abraham Lincoln, a group of immigrants met in a small hall on 10th and Marion Sts. in south St. Louis in the midst of dwellings housing Czech immigrants. The date was February 2 and the purpose was to create a Sokol unit in the United States of America.

How did they plan to acquire interested members? What would be their goal? What really did they have in mind? Here is a translation of their very first meeting which not only answers these questions, but gives us an historical perspective of the time and an insight into the mind set of the early Czech settlers to the city of St. Louis, Missouri.

*The minutes as recorded by P. Prochazka*

We got together in a meeting, and immediately decided that in the next publication we would issue an appeal to the public, asking that anyone interested in becoming a Sokol would come on the 14th day of February of this year to a public meeting at the Bohemian Hall at 10th and Marion.

After the victory over the Confederates, the Sokols would be as a national guard, similar to the German Turners with whom we marched at the beginning of this war.

Special invitations should be sent to members of the first German/Czech unit that defended the Union together. They would teach the Sokols marching, handling weapons, and performing on apparatus. Korinek and Vostrovsky will take it upon themselves to train the younger generation Erben will take care of the singing, and also the youngsters as soon as they enlist.

This appeal will be published in "Pozor" and also in "Slavie", if needed. At present there will be no uniform, because the Bohemian Sokol uniform of devil-red blouses, gray suits, and high boots is too similar to the Confederates of Richmond. This could do our organization harm.

Veteran Vodvarka is proposing that if we want any uniform we should have something similar to what the Union soldiers have, or better had, when they enlisted from St. Louis. Hovorka seconded the motion, but all was postponed until the public meeting.

Apparatus, such as parallel bars, ladder, horizontal bar, and stands were promised to be made by Bro. Roth will borrow the rings from the Turners, so that his friend, a blacksmith, could copy them. Turner Hildebrand, who was present, explained to us how they began. He also pointed out the solidarity that existed between the Czechs and Turners when they formed a nucleus of the United States Reserve Corps. Many of them are still alive.

The meeting ended, and the appeal for a public meeting will be written by Erben.

This resolution predated the actual founding of Sokol by 12 days. After a speech by J. B. Erben, 65 men enlisted and the first Sokol unit in the new world was formed. The Bohemian Hall on 10th

and Marion Sts has since been raised; however, down the street a large building now serving as lofts still has the cornerstone of the German Turners, who according to the minutes offered the Czech Sokols help and advice in establishing their own gymnastic organization.

It is interesting to note the similarities between the Sokols in Prague who came into existence in 1862 and the American-Czech Sokols here in St. Louis. That similarity is a sense of "nationalism". The Sokol founders in Bohemia wanted to awaken nationalism in the Bohemian lands. The Czech language, culture and traditions had been suppressed for over two hundred years under the Hapsburg Empire. The goal of this newly-formed system was to build strong minds, bodies, and character, which would thereby lead to a strong, successful nation. This love of heritage inspired the Czech people. Hundreds and then thousands joined the movement.

As stated in the first minutes of the Sokols in the United States, it is evident that the founders here in America wanted to build a strong nation in this their adopted homeland. The victory over the Confederates brought about the immense task of unifying the people and forming a great nation. Nationalism and love of their country motivated the founding of Sokol here in America as well as in Europe.

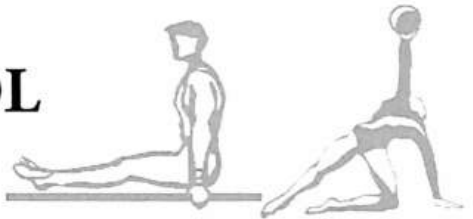
In contrast there is evidence of a dissimilarity or difference in these two founding groups. In the lands ruled by the Hapsburgs the German language was the prominent and required language. This German superiority went even further. In fact, the German gymnasiums refused to admit any Czechs into their ranks and cooperation with the Czechs was minimal. Thus, this was the perfect time for the Czechs to unit and form their own club.

Meanwhile, here in America according to the first minutes, solidarity and cooperation existed between the Czechs and Germans and the Turners were willing to give the new Sokols a much-needed helping hand. Perhaps this was the result of many ethnic communities living in close proximity here in America and helping each other was a way of survival.

Thus, the first Sokol unit in the states became a reality. ⑤



# 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

## Happy New Year!

Research: Statistics on New Year's Resolutions

From: [www.proactivechange.com](http://www.proactivechange.com)

0 to 45% of American adult make one or more resolutions each year.

Among the top new years resolutions are resolutions about weight loss, exercise, and stopping to smoke. Also popular are resolutions dealing with better money management / debt reduction.

The following shows how many of these resolutions are maintained as time goes on:

- past the first week: 75%
- after one month: 64%
- past 2 weeks: 71%
- after 6 months: 46%

While a lot of people who make new year's resolutions do break them, research shows that making resolutions is useful. People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions:

New Year's resolvers (sample = 159) and comparable nonresolvers interested in changing a problem later (sample = 123) were followed for six months via telephone interviews. Resolvers reported higher rates of success than nonresolvers; at six months, 46% of the resolvers were continuously successful compared to 4% of the nonresolvers.

In conclusion-the statistics on New Year's resolutions is not what is going to help you become successful. You will make yourself successful with the goals you put into play. All you have to have is a will and a desire to succeed at something. Once you have those two things in place, the sky truly is the limit on whatever your resolution may be. ☺

If you have a challenge or resolution that you are excited about, please share it with me at the e-mail address listed above and the American Sokol Magazine readers and you might even be featured in the Gymnast portion of the magazine!

Good luck on your challenges for this year and may all your wishes and resolutions come true! KP;) )



## Exercise and Physical Activity: What's the Difference?

*Learn the difference between physical activity and exercise, and how each can contribute to physical fitness.*

*By Barbara Robb Medically reviewed by Niya Jones*

Physical activity is defined as movement that involves contraction of your muscles. Any of the activities we do throughout the day that involve movement — housework, gardening, walking, climbing stairs — are examples of physical activity.

Exercise is a specific form of physical activity — planned, purposeful physical activity performed with the intention of acquiring fitness or other health benefits, says David Bassett, Jr., PhD, a professor in the department of exercise, sport, and leisure studies at the University of Tennessee, Knoxville. Working out at a health club, swimming, cycling, running, and sports, like golf and tennis, are all forms of exercise.

### Physical Activity and Exercise: Understanding the Difference

Most daily physical activity is considered light to moderate in intensity. There are certain health benefits that can only be accomplished with more strenuous physical activity, however. Improvement in cardiovascular fitness is one example. Jogging or running provides greater cardiovascular benefit than walking at a leisurely pace, for instance. Additionally, enhanced fitness doesn't just depend on what physical activity you do, it also depends on how vigorously and for how long you continue the activity. That's why it's important to exercise within your target heart rate range when doing cardio, for example, to reach a certain level of intensity.

### Physical Activity and Exercise: Understanding Intensity

How can you tell if an activity is considered moderate or vigorous in intensity? If you can talk while performing it, it's moderate. If you need to stop to catch your breath after saying just a few words, it's vigorous. Depending on your fitness level, a game of doubles tennis would probably be moderate in intensity, while a singles game would be more vigorous. Likewise, ballroom dancing would be moderate but aerobic dancing would be considered vigorous. Again, it's not just your choice of activity, it's how much exertion it requires.

### Physical Activity and Exercise: Components of Physical Fitness

Ideally, an exercise program should include elements designed to improve each of these components:

**Cardio-respiratory endurance.** Enhance your respiratory endurance — your ability to engage in aerobic exercise — through activities such as brisk walking, jogging, running, cycling, swimming, jumping rope, rowing, or cross-country skiing. As you reach distance or intensity goals, reset them higher or switch to a different activity to keep challenging yourself. **Muscular strength.** You can increase muscular strength most effectively by lifting weights, using either free weights like barbells and dumbbells or weight machines. **Muscular endurance.** Improve your endurance through calisthenics (conditioning exercises), weight training, and activities such as running or swimming. **Flexibility.** Work to increase your level of flexibility through stretching exercises that are done as part of your workout or through a discipline like yoga or pilates that incorporates stretching. While it's possible to address all of these fitness components with a physically active lifestyle, an exercise program can help you achieve even greater benefits.

Increasing the amount of physical activity in your everyday life is a good start — like parking a few blocks from your destination to get in some walking. But to really achieve fitness goals, you'll want to incorporate structured, vigorous activities into your schedule to help you attain even more of your fitness and health goals. 🏃

"Like joining your Sokol Units class, if you are not already involved-if you are, go with a friend to their health club or get outside and go for a jog! KP;)"



## Tips on Being a Great Coach

By Cassandra Scheidies, eHow Contributor

From: *Tips on Being a Great Coach* | eHow.com

Coaches should care about the best learning experience for the team or individual that they coach. From sports teams to life coaching, many different types of coaching opportunities exist. If you want to coach well, you should reach every person you coach in a unique way. Whatever you choose to coach, certain common traits make any coach more successful.

**Individual Talents:** A great coach understands the unique talents of each individual that he coaches. Utilizing talents in a team setting will help bring the team together as one unit. Encourage team members to work in a way that every talent becomes a strength of the team as a whole.

**Improving Skills:** Kidshealth.org states that many people who receive coaching want to improve skills in a certain area. You should provide a knowledge in whatever skill set you coach. Help the team develop skills in the area that they desire. If you coach an individual, ask him what skill he most wants to develop.

**Evaluate Performance:** Evaluating each player's performance helps improve the team as a whole. If you coach an individual, sharing an evaluation of performance will also help strengthen her performance in the future. Discuss any negative evaluation of a person and steps to help her improve. Make sure to have positive information about the performance in the evaluation so that morale will not suffer.

**Communication:** Communicate effectively what you want a team or individual to accomplish. If you teach something new, break it down in steps so that everyone understands. Ask each individual if they comprehend what you taught so that no one gets left out.

**Toughness:** A good coach exemplifies a tough but fair attitude. A good coach should push the team or individual as much as possible. Avoid playing favorites on a team. Tell each member the truth about what they can accomplish. ©

"There is a great man who makes every man feel small. But the real great man is the man who makes every man feel great." --G.K. Chesterton

## Gymnastics leads to healthy bodies and self esteem

From: [www.chiff.com](http://www.chiff.com)

For the littlest gymnasts the tumbling and jumping is just plain fun. Without pressure, gymnastics offers kids of any age various benefits. The gross motor skills — learning control of the big muscles in the arms, legs and body — are vital to growing young bodies. The discipline, poise and self confidence gymnasts develop are important to kids at any age. Training in gymnastics provides all of this wrapped in a fun package that they really enjoy!

What other sport allows children to feel a sense of pride and self esteem at mastering just one small part of the skills they need? Not any-but gymnastics provides ALL of the above!

Watch a beginning gymnast master a walkover or headstand for the first time and you'd think they just won an Olympic gold medal! There are so many different skills involved in gymnastics and so many levels of each skill, that most kids can do at least one thing really well.

Some kids starting gymnastics training have better balance, some have more strength and some are more flexible. It's very likely that your child will be able to find a niche where they are clearly very good... and the rest will come with practice.

Gymnastics provides children with a well-rounded and overall positive package that they can take away from the gym. From helping improve every loco-motor movement, to enhancing flexibility, strength and endurance, down to cognitive awareness and psychomotor coordination-gymnastics at any level is an amazing activity! ©

Happy Flippin'! KP:)

## Effective Teamwork in Sports

By Raphael Garcia, eHow Contributor

Article from [www.ehow.com](http://www.ehow.com)

Success in sports can be the driving factor that influences many people to participate. The feeling of having won a big game, whether just for fun or for a championship, is an exhilarating emotion. In sports such as soccer and football, players must work together as a team to play their best. These teams may play with different rules or strategies, but teamwork is a staple among the successful organizations.



### What is teamwork?

In its basic understanding, teamwork is the ability of a group of individuals to cooperate with each other to reach a specific goal. In sports this goal can mean a variety of things, such as winning a championship, qualifying for the playoffs or simply ending the season with a winning record. Teamwork in sports often involves individuals who must fit into specific roles to achieve the best position for a team. For example, in basketball this may force a veteran player to accept a smaller role as a bench player to give younger teammates more time on the court. Principles such as sacrifice and commitment are often stressed within teamwork.

### Developing Teamwork

Developing teamwork can be a challenge for any coach or team leader, especially those who may be joining a new team. Many teammates begin to work with each other long before the season begins. For example, professional players enter training camp months before the season to learn their roles through practice and training sessions. During this time a coach explains the goals for the upcoming year and how the team will reach them.

### Maintaining Teamwork

Throughout the season the idea of teamwork may begin to fade. Situations such as injuries or a losing start can cause players to regress to an individual mindset. When this occurs it is up to the team leaders to maintain morale and focus, remind teammates of the goals created during the preseason or converse with all the players on the direction of the team. Other ways to help maintain teamwork include having a players-only meeting for honest conversation or organizing a team retreat.

### Benefits of Teamwork

Teamwork benefits a group. For example, teamwork creates a support group for the players. If an individual has a bad outing, other team members will be there for morale support. Groups that use teamwork can also increase their skill set by tapping into the abilities of all the available players. If one player is unable to consistently catch a football pass, the players on the team who can will be able to teach him how. These benefits and others can help determine the success of your group.

### Challenges

Fostering an atmosphere centered on teamwork can be met with challenges. You may have to deal with players who do not buy into the mentality of the group. These individuals can harm the team morale and even jeopardize your success on the field. Consulting with these players can help alleviate the problem, but if issues persist you may have to remove them from the team. ©

FOR IMMEDIATE RELEASE

November 18, 2011

## Statement of President Obama on the Death of Vaclav Havel

I am deeply saddened to learn of the passing today of Vaclav Havel, a playwright and prisoner of conscience who became the first President of Czechoslovakia and of the Czech Republic. Having overcome many setbacks, Havel lived with a spirit of hope, which he defined as "the ability to work for something because it is right, not just because it stands a chance to succeed." His peaceful resistance shook the foundations of an empire, exposed the emptiness of a repressive ideology, and proved that moral leadership is more powerful than any weapon. He played a seminal role in the Velvet Revolution that won his people their freedom and inspired generations to reach for self-determination and dignity in all parts of the world. He also embodied the aspirations of half a continent that had been cut off by the Iron Curtain, and helped unleash tides of change in a history that led to a united and democratic Europe.

Millions around the world, I was inspired by his words and leadership, and was humbled to stand with the Czech people in the peaceful and vibrant Hradcany Square as President. We extend our condolences to President Havel's family and all those in the Czech Republic and around the world who remain inspired by his example. Vaclav Havel was a friend to America and to all who strive for freedom and dignity, and his words will echo through the ages.

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## In Memoriam... Bo and Ruth Bata

*Submitted by Anci Cervin Huber, Sokol Baltimore*

The Sokol Organization lost two loyal and loving members of our family. On November 10, 2011, Brother Bohus T. Bata passed away and on November 15, 2011, Sister Verna Ruth Pierce Bata passed away. They were so very close in their relationship and shared in all activities and endeavors.

Sis. Ruth came from North Carolina and was the oldest sibling of the twelve children. She was only 18 years old when her father died and on his deathbed she promised to accept the responsibility of caring for all her siblings. She made sure all of them finished school and college. Sis. Ruth did that by working two full-time jobs and depriving herself. There was and still is a lot of love in the Pierce family. Another of Ruth's attributes was remembering and sending birthday cards to just about everyone. She became incapacitated after having a stroke following cardiac surgery. Later she developed Parkinson's disease. Her husband, Bro. Bo became her 24-hour care-giver.

Brother Bo's passing was a shock. He always had so much energy and commitment to any project facing him. He was so very dedicated to Sokol. Bro. Bo worked tirelessly in many areas of Sokol. He was a member of Sokol Baltimore for over 50 years. He was President of Sokol Baltimore for a total of seven terms. Bro. Bo led the Eastern District as President for 10 years and he was on the Board of Governors of American Sokol for 10 years. He organized and printed Sokol Baltimore's Membership Directory for the Unit members.

Bro. Bo was involved in the sale of the Madison Street Building. He along with others physically moved much of the equipment to Saint Patrick's second floor and to storage in various areas. Bro. Bo was so motivated to find property to build a new hall and gymnasium. It was his dream. But, it was not meant to be, because we were unable to acquire funding from the membership, or from grants, or through fundraisers.


Brother Bata was born May 24, 1930, in Zlin, Czechoslovakia. He was the oldest child and a big brother to George Bata (George is a member of Sokol Baltimore). Bo was about 16 when his family came to the United States. The Bata family was a close relative of the founder of the Bata Shoe Company. Bo's family lived in Belcamp, Maryland and the boys attended Aberdeen High School and Johns Hopkins University. Bo received an engineering degree. The brothers served in the United States Army. Later, Bo worked at Martin's, an airplane manufacturer; that is where he met Ruth. Bo also worked for Westinghouse. One of Bro. Bo's joys was sailing. He started off with a small sailing boat but eventually achieved the status of owning and enjoying a large sail-boat at the Annapolis Yacht Club. Many of us were fortunate to be invited to join Bo and Ruth on their boat and have a memorable time.

Bo and Ruth's passing will leave a large empty place in our hearts; but our memories can bring back wonderful thoughts and times shared with a loving and caring couple. ☺

## Sokol Central District Rhythmic Competition

*Submitted by Beth McCloskey*

Sokol Chicagoland recently hosted the Central District's annual rhythmic gymnastics competition "Rhythmic Royalty" at the Elite Sports Complex in Downers Grove. On December 4, girls and women from Sokol Chicagoland, Sokol Naperville-Tyrs, Sokol Spirit and Sokol Tabor competed in the sport of rhythmic gymnastics in levels 4-6 and group. The events contested at this year's meet included rope, ball, and group floor. 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 6 years to 60+ years! 

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

### Skills Testing:

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

Samantha Bachara (Chicagoland) – white ribbon

Tammy Bajek (Naperville-Tyrs) – red ribbon

Jenna Biancofiori (Naperville-Tyrs) – red ribbon

Nicole Bobcik (Chicagoland) – white ribbon

Courtney Ferreri (Chicagoland) – red ribbon

Kayla Hegarty (Chicagoland) – red ribbon

Eliana Hepburn (Chicagoland) – red ribbon

Kristina Huda (Chicagoland) – blue ribbon

Morgan Michalek (Chicagoland) – white ribbon

Julia Raczyk (Naperville-Tyrs) – red ribbon

Maya Raczyk (Naperville-Tyrs) – red ribbon



### Level 4 (age 9):

1st place in Rope, Ball, and All-Around – Kerri Glimco, Chicagoland

2nd place in Ball – Diana Kwak, Chicagoland

### Level 4 (age 10-11):

1st place in Rope, Ball, and All-Around – Alena Spreitzer, Chicagoland

2nd place in Ball – Daylene Soto, Tabor

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

1st place in Rope – Olivia Papadopolos, Naperville-Tyrs

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

1st place in Rope, Ball, and All-Around – Marie Dix, Naperville Tyrs

### Level 5 (age 18-24):

1st place in Rope – Hallie Soulides, Tabor

### Level 5 (age 35-49):

1st place in Rope, Ball, and All-Around – Andrea Scheirer, Chicagoland

### Level 5 (age 50-59):

1st place in Rope, Ball, and All-Around – Joanne Pikul, Chicagoland

### Level 5 (age 60+):

1st place in Rope, Ball, and All-Around – Florence DelCarlo, Chicagoland

### Level 6 (Age 35-49):

1st place in Ball – Laura Kwak, Chicagoland

### Group Floor (2nd class Group):

1st place – Sokol Naperville-Tyrs (Morgan Amato, Angela Bajek, Nicole Bajek, Olivia Papdopolos)

### Group Floor (Junior Group):

1st place – Sokol Spirt (Charley Domabyll and Isabella Smith)

### Group Floor (Masters Group):

1st place – Sokol Chicagoland (Flo Del Carlo, Laura Kwak, Beth McCloskey, Andrea Scheirer)



Sokol Tabor level 4 gymnasts



Sokol Chicagoland gymnasts with ribbons.



Sokol Naperville-Tyrs gymnasts with their princess crown name tags.



Sokol Chicagoland level 4 gymnasts

## Ed Pavoucek Outstanding Service Award



Ed Pavoucek Outstanding Service Award was given to Sokolice Crete Sister Theresa Vernon from the Western district. This award is given out to a Sokol member who is active in their district and unit. Theresa has been a 26 year member of Sokolice Crete; she has served as director of women for 25 years. Theresa participated in gymnastics as a youth in the gym and has gone on to coach both boys and girls to many national meets winning top honors. This last summer, she took eight girls and boys to Cleveland, Ohio. Everyone received a medal (1st through 3rd place).

Theresa has been a historian for the Western district for two years and is now the Western district director of men and women.

This award was presented at the Western district competition in April 2011 in South Omaha. 📍



November 30, 2011

Ms. Jean Hruby, Business Manager  
American Sokol  
9126 Ogden Ave.  
Brookfield, IL 60513




Dear Jean,

On behalf of the Dedication Committee and our entire Board, please accept our sincere thanks for your active and inspiring participation in the dedication of the Woodrow Wilson Monument.

Your active participation in the Dedication Ceremony on behalf of American Sokol was much appreciated and set a formal image to the proceedings. I was truly awed at your ability to stand at attention for the entire ceremony. I don't know how you did it. My hat is off to you.

It was a very special week for all of us. We are pleased and grateful that you were able to be there and in no small measure made the events a memorable experience for all. I know the trip to Prague took much time from your schedule, so we're especially grateful for your taking time to join with us.

With kind regards,



Thomas A. Dine





## Mark your Calendar

### Events around the American Sokol

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

## January

- Jan 21** Sokol Ceska Sin Exhibition – Cleveland, OH
- Jan 22** Sokol Greater Cleveland Sunday Dinner – 1:00 - 2:30pm Goulash; Bohemian National Hall, 4939 Broadway Ave., Cleveland, OH 44127; All dinners served with coffee and dessert \$13.00; For reservations call Olga Nemecek (216) 447-0264
- Jan 26** Sokol Detroit's Winter Gymnastical – 7:00pm.
- Jan 28** Sokol Tabor Pig Roast – Berwyn, IL
- Jan 29** Sokol/Sokolice Milwaukee Free Czech & Slovak Film Series **CZECH DREAM** – Norway House, 7507 W. Oklahoma Ave., Milwaukee, 1:30pm.
- Jan 22** Sokol/Sokolice Milwaukee Annual meeting and Picnic – Norway House, 7508 W. Oklahoma Ave, 11:00am.
- Jan 29** Sokol/Sokolice Milwaukee Czech Movie **CESKY SEN**– Czech Dream, Norway House, 7508 W. Oklahoma Ave., Milwaukee, 1:00pm. (English sub titles)

## February

- Feb 2** GIJO Meet – Naperville Central High School, 2 sessions
- Feb 11** Sokol Detroit Team Trivia Night – Sokol Hall, 7:00pm
- Feb 12** Sokol/Sokolice Milwaukee Pork Jaternice Dinner – Norway House, 7508 W. Oklahoma Ave, Milwaukee, Three Seatings: 11 a.m.-12:30p.m.-2:00pm; Advance Reservations Required. Call (414) 2819382 or (415)4836799; \$14.00 Adults, \$7.00 Children under 12.
- Feb 18** Sokol Spirit Quiz Night Fundraiser
- Feb 25** Sokol Greater Cleveland Winter Exhibition
- Feb 26** Sokol Greater Cleveland Sunday Dinner – 1:00 - 2:30pm Chicken Parmesan; Bohemian National Hall, 4939 Broadway Ave., Cleveland, OH 44127; All dinners served with coffee and dessert \$13.00; For reservations call Olga Nemecek (216) 447-0264

### *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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