



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

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TABLE OF CONTENTS

Statement of Ownership	2
Message from the Boards	3
The Sokol Educator.....	4
Getting Fit for Life at Sokol Hall	6
American Sokol Gymnast.....	7-10
National Czech and Slovak Museum and Library	11
Rising Star	12
Updates Around the Districts	13
Calendar of Events	15
Advertise with American Sokol.....	16

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Sis. Jean Hruby
Loyal Service to American Sokol



Loyalty in today's workplace is not always commonplace. With today's fast paced society, it is rare for someone to give their commitment to an organization for an extended period of time. Today, we thank Sis. Jean Hruby for being loyal for over a decade to the American Sokol.

Due to an outstanding opportunity, Jean has decided to resign her position as Business Manager of the American Sokol effective September 14, 2012.

Several months ago Jean was offered a paid grant to Study the Czech Language at Charles University in Prague for 1-2 semesters under the Compatriotic Educational Program offered by the Embassy of the Czech Republic and the Ministry of Foreign Affairs. This is an incredible opportunity for Jean and we are all very excited for her new adventure.

Jean began her employment with American Sokol in 2001 when the organization converted the operations of the national office from part-time staff to a full-time position. Her original position grew over time to encompass far more than simple clerical work. She has transformed our National Office to operate with excellence in an ever changing business environment. During her tenure she orchestrated moving the office to new facilities on two occasions, helped bring the office into the computer age, aided the uniform, museum and library areas of the office and assisted the American Sokol Executive Board and committees. In a very important role, she quickly became the friendly, helpful voice on the phone when someone needed assistance from the office. In addition to these efforts, her connections to both the business and Czech community have been invaluable as we have worked to grow and expand the organization. Jean has been a integral point of contact for all Units throughout the American Sokol and the World Sokol Federation. Jean plans to remain a Sokol and to keep Sokol efforts and methodology true at heart. She also has agreed to remain a representative of the American Sokol with some of our affiliations.

We acknowledge and thank Jean for all her work in her tenure with American Sokol and to wish her the best of luck in her newest journey! Nazdar Jean! And thank you for everything. 🇸

Nazdar!

The American Sokol Executive Board and Board of Governors

**Thank you Jean—
 Goodbye and
 Good Luck!**



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

OCTOBER

Gone is summer, day is shorter
 Autumn already starts the season
 Apples & pears ripening
 and that most pleases us.

RIJEN

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

October 1, 1971 – Disney World opened.

October 4, 1582 – Gregorian calendar comes into effect.

October 6, 1889 – The Moulin Rouge dance hall opened in Paris. The uninhibitedly decadent dance, the can-can was introduced.

October 7, 1925 – Sokol Wilbur, NE, organized.

October 8, 1958 – Dr. Ake Senning performs the first cardiac pacemaker implantation operation in Stockholm, Sweden.

October 16 – Dictionary Day: Introduce your kids to a new word every day!

October 18, 1918 – Czechoslovakian independence proclaimed by T. G. Masaryk in Washington, D. C.

October 26 – Mule Day: Let's all outlaw stubbornness!

October 28, 1918 – Czechoslovakian independence proclaimed in Prague.

October 29, 490 BC – Battle of Marathon - Greeks defeated Persians.

October 31, 1821 – Karel Havlicek, a talented publisher and poet was born.

October 28, 1918: The country in Central Europe comprised the territories of Bohemia, Moravia, Silesia, Slovakia & Carpatho-Ruthenia which were all formerly part of the Austro-Hungarian Empire. The first President of the newly-formed Republic was T. G. Masaryk, known as the Liberator. He served as President until he voluntarily retired in December, 1935, to be succeeded by Dr. Eduard Benes.

Everyone is familiar with the benefits of exercise of the body, but have you ever thought about exercising your mind? Mental exercise can improve your memory and it's easier than you think by completing crossword puzzles, sudoku or logic games.


Halloween Trivia & Black Cat Folklore:

Halloween has been celebrated for centuries and dates back to the ancient Celts who inhabited Britain. They practiced a Druidic fire festival called "Samhain" which marked the end of the autumn harvest season. In the 7th Century, Pope Boniface replaced pagan festivals with Christian celebrations and introduced All Saints Day. It was originally observed on May 13th but later moved to November 1st.

Orange and black is associated with Halloween - orange with the harvest and black with death.

Finding a white hair on a black cat is good luck. In Asia a black cat is considered lucky. To dream of a black cat is lucky.

Did you know:

The New Orleans Saints football team was named after the song "When the Saints go Marching In"? The birth of the team was announced on All Saints' Day, November 1st, 1966. The name was cleared with local Catholic Archbishop Phillip Hannan, who gave his blessing. 

NAZDAR! Sis. EllenJeanne Schnabl, American Sokol Educational Director

National Czech and Slovak Museum and Library Grand Opening

Cedar Rapids, IA — June 14 and 15th, 2012

Reported by Allison Gerber

Saturday morning found us lining up bright and early for the 9:00 Parade of States.

Ben Heims, (Sokol Cedar Rapids) offered the use of his pickup. This was decorated with rosettes and posters depicting the programs that Sokol offers.

With the American Sokol flag leading the way, carried by Brad Hess (Cedar Rapids President) and Allison Gerber (Western District President) we started off. Followed by the pickup carrying Frank Michalek (Chicagoland) and Christy Rink (Cedar Rapids). Behind this came the Western District flag carried by Julie Ozmun and Allene Pease (Cedar Rapids), the Pacific District Flag which was brought all the way from Los Angeles by William and Natalie Zelenka, carried by Annie and Brianna Prohaska (Cedar Rapids), the Sokol Detroit flag was carried by it's members Martin Gagriel and Don Fergle, then came the Sokol Cedar Rapids flag carried by gymnast

Madi Rink and instructor Amanda Crane (Cedar Rapids), and bringing up the rear were tumblers from Sokol Cedar Rapids - Meghan and Natalie Prohaska, Keirsten Sloan, Abby Heims, Makayla Ozmun, Sydney Leonard and led by Instructor Beth Curley.

As we made our way, we were greeted with cheers from so many Sokol members who were standing along the route or marching with other groups.

Following the parade, there was the ribbon cutting ceremony and speeches from dignitaries - Petr Gandalovic (Ambassador of the Czech Republic to the United States), Peter Zelenak (Embassy of the Slovak Republic), Ron Corbet (Mayor of Cedar Rapids), Charles Grassley (Senator from Iowa) and Gail Naughton (President and CEO of the NCSML)

It was then time to officially open the doors to the Museum. As I made my

way around the exhibits, I could sense the appreciation of the audience for the Museum's members, board, and volunteers who all worked so very hard to make this possible.

At 12:30, it was my honor to present to Gail American Sokol's gift of congratulations.

Groups of folk dancers were entertaining the public throughout the whole weekend. After dusk, there was a laser light show which used the building as the backdrop.

The next day began with the blessing of the building and followed by presentations by the Marionette Theatre of NYC and Czech and Slovak Story Telling by the Cedar Rapids Public Library.

This glorious weekend - even if it did rain at bit - came to a close at 5:00pm. ☺



Brad Hess, Cedar Rapids president and Allison Gerber, Western District president carried the American Sokol flag in the Parade of States.



Allison Gerber, on behalf of the American Sokol presented a small gift of congratulations to Gail Naughton and the Museum.

Getting fit for life at Sokol Hall

By Cindy Lange-Kubick; As published in the Journal Star, Lincoln, NE, July 26, 2012

WILBER — There is a touch of Clint Eastwood in Floyd Herman's jaw -- and a bit of Jack Lalanne lingering in his biceps.

And it's entirely possible the 100-year-old left a few buttons undone on that flag shirt he's wearing to show off his pecs. Hey, if you've got it ...And Floyd has it.

I discovered that while sitting in his farmhouse kitchen on a 100-degree Tuesday to talk about Sokol, which I always thought was a place to polka in Wilber or listen to punk rock in Omaha.

In Floyd's day, a Sokol Hall was a place to get fit — and Floyd got so fit he was invited to Prague in 1932 to join the U.S. team in an international Sokol competition.

I've seen the old pictures. And watched some new videos — young people in matching outfits stretching, dancing, flipping on parallel bars. ("Dancing with the Stars" meets Olympic gymnastics.)

This year, Sokol has been revived in certain quarters.

Down the road from Floyd's farm, the Czech capital of Nebraska is calling its annual August festival "150 Years of Sokol."

And even though the schoolchildren of Wilber no longer congregate in Sokol Hall to build strong bodies and strong minds, last time I looked, the rings still hang from the ceiling.

Floyd grew strong on rings like those.

And the retired farmer, born on the Fourth of July, made up his own verb for what he did as a country boy growing up in Saline County.

"I can remember as a youngster, they got



Floyd Herman (third from left) poses with members of the U.S. team in Prague for an international Sokol competition in 1932.

some equipment and we started gyming at the old opera house in Wilber."

Floyd and the other boys and girls stretched and practiced calisthenics set to music. They hung and flipped on the horizontal bar, hoisted themselves on the rings and flipped head over foot, vaulted over the long horse.

"It was not like your usual athletic program."

But the independent only child liked it. And he excelled at it. Pretty soon, he started competing at other Sokols in small towns such as Schuyler and Crete, then the bigger cities of Omaha and Chicago.

One hundred Sokol athletes from the United States qualified for the 1932 games.

Floyd, a letterman on the University of Nebraska's first gymnastics team, was one of them.

Before the competition, the athletes trained in New York City. Floyd turned 20 on the boat to Bohemia.

The massive stadium in Prague held 250,000 people. The field stretched across five acres.

The competition lasted two weeks. Athletes competed in the 100-yard dash. The shot put, the pole vault, the high jump, choreographed calisthenics and a long list of gymnastic routines. At the end of the day, they faced a 35-foot rope climb.

No problem, Floyd says.

And when the last routine was finished and the U.S. team headed off the field, a mob of young spectators jumped over the barricade and formed two lines for them to march through, cheering them as they went.

"Two times in my life I had to hold back tears," Floyd says. "That was one of them."

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

Rules to Eat By

Fitnessmagazine.com, September 2012

Studies have shown that saturated fat is not the evil you thought. (Please go to fitnessmagazine.com, September 2012-article title-Big Fat Lie-for more information on saturated fat KP;)) But what does that mean for your diet? These eight must-dos cut through the confusion.

1. **Load up on whole foods.**
If you eat mostly heart-healthy, nutrient-rich produce, whole grains, nuts, beans and fish, then saturated fat shouldn't be a problem.
4. **Beware of health halos.**
Local organic cream from The farmer's market is still cream, and it packs loads of calories. Foods like ice cream and bacon should be considered splurges. And a product labeled "No saturated fat" may be full of sodium, sugar and refined flour.
7. **Consider your carbs.**
Get most of your carbohydrates from fruits, vegetables and whole grains, not from sugary and refined starches, like crackers and desserts.

3. **Choose low-fat dairy.**
Low-fat milk and yogurt are good choices because they have fewer calories and just as much calcium and vitamin D as full-fat versions.

5. **Don't go loco for coconut.**
Choose liquid vegetable oils, such as canola and olive, that are a mix of PUFAs. Though some people are switching to coconut oil, there's no evidence that it's as beneficial as these oils are.

8. **Treat yourself to dark chocolate.**
Indulge in a small piece—about one ounce—every day. The saturated fat in it won't harm your health, and the chocolate packs flavonoids that act as antidepressants, protecting cells from damage. Ⓢ

2. **Don't overdo it.**
Saturated fat may not be a culprit, but It doesn't offer the same health benefits as unsalted fat. So don't start cooking with butter or eating more meat. Fish, beans and lentils are still healthier protein sources than red meat.

6. **Steer clear of trans fats.**
They're very bad for you, and they mostly appear in processed foods. Avoid anything that has "partially hydrogenated oils," a code name for trans fats, in the ingredients list.

Fitness programs: 5 steps to getting started

Are you thinking about starting a fitness program?
Good for you! You're only five steps away from a healthier lifestyle.

By Mayo Clinic staff

Starting a fitness program may be one of the best things you can do for your health. Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight and even improve your sleep habits and self-esteem. And there's more good news—you can do it in just five steps.

Step 1: Assess your fitness level

You probably have some idea of how fit you are. But assessing and recording baseline fitness scores can give you benchmarks against which to measure your progress. To assess your aerobic and muscular fitness, flexibility and body composition, consider recording:

1. Your pulse rate before and after you walk 1 mile (1.6 kilometers)
2. How long it takes you to walk 1 mile (1.6 kilometers)
3. How many push-ups you can do at a time
4. How far you can reach forward while seated on the floor with your legs in front of you
5. Your waist circumference as measured around your bare abdomen just above your hipbone
6. Your body mass index

Step 2: Design your fitness program

It's easy to say that you'll exercise every day. But you'll need a plan. As you design your fitness program, keep these points in mind:

Consider your fitness goals. Are you starting a fitness program to help lose weight? Or do you have another motivation, such as preparing for a marathon? Having clear goals can help you gauge your progress.

Create a balanced routine. Most adults should aim for at least 150 minutes of moderate-intensity aerobic activity — or 75 minutes of vigorous aerobic activity — a week. Adults also need two or more days of strength training a week. Go at your own pace. If you're just beginning to exercise, start cautiously and progress slowly. If you have an injury or a medical condition, consult your doctor or a physical therapist for help designing a fitness program that gradually improves your range of motion, strength and endurance.

Build activity into your daily routine. Finding time to exercise can be a challenge. To make it easier, schedule time to exercise as you would any other appointment. Plan to watch your favorite show while walking on the treadmill, or read while riding a stationary bike. Plan to include different activities. Different activities (cross-training) can keep exercise boredom at bay. Cross-training also reduces your chances of injuring or overusing one specific muscle or joint.

Plan to alternate among activities that emphasize different parts of your body, such as walking, swimming and strength training. Allow time for recovery. Many people start exercising with frenzied zeal — working out too long or too intensely — and give up when their muscles and joints become sore or injured. Plan time between sessions for your body to rest and recover. Put it on paper. A written plan may encourage you to stay on track.

Step 3: Assemble your equipment

You'll probably start with athletic shoes. Be sure to pick shoes designed for the activity you have in mind.

If you're planning to invest in exercise equipment, choose something that's practical, enjoyable and easy to use. You may want to try out certain types of equipment at a fitness center before investing in your own equipment. To stretch your exercise dollars, consider buying used equipment. Or get creative. Make your own weights by filling old socks with beans or pennies, or by partially filling a half-gallon milk jug with water or sand and securing the tops with duct tape.

Step 4: Get started


Now you're ready for action. As you begin your fitness program, keep these tips in mind:

Start slowly and build up gradually. Give yourself plenty of time to warm up and cool down with easy walking or gentle stretching. Then speed up to a pace you can continue for five to 10 minutes without getting overly tired. As your stamina improves, gradually increase the amount of time you exercise. Work your way up to 30 to 60 minutes of exercise most days of the week. Break things up if you have to. You don't have to do all your exercise at one time. Shorter but more-frequent sessions have aerobic benefits, too. Fifteen minutes of exercise a couple of times a day may fit into your schedule better than a single 30-minute session. Be creative. Maybe your workout routine includes various activities, such as walking, bicycling or rowing. But don't stop there. Take a weekend hike with your family or spend an evening ballroom dancing. Listen to your body. If you feel pain, shortness of breath, dizziness or nausea, take a break. You may be pushing yourself too hard. Be flexible. If you're not feeling good, give yourself permission to take a day or two off.

Step 5: Monitor your progress

Retake your personal fitness assessment six weeks after you start your program and then again every three to six months. You may notice that you need to increase the amount of time you exercise in order to continue improving. Or you may be pleasantly surprised to find that you're exercising just the right amount to meet your fitness goals.

If you lose motivation, set new goals or try a new activity. Exercising with a friend or taking a class at a fitness center may help, too.

Starting an exercise program is an important decision. But it doesn't have to be an overwhelming one. By planning carefully and pacing yourself, you can establish a healthy habit that lasts a lifetime. 

Good luck and enjoy yourself! The American Sokol Walking Challenge is another good way to document and set a goal for your fitness. Ask your men's or women's director on information about the Walking Challenge! Have Fun!
KP ;)

Are You Sure She Should Be On the Team?

Posted by Gymnastics Zone-gymnasticszone.com

I love inspirational stories and thought that this one touches on a good subject.

Talent is present in everyone, you just need to find it! KP ;)

We do not have team tryouts as such. We are constantly looking for gymnastics talent among our class and training team programs and are well aware of which gymnasts are ready for the challenges of the team experience. In the spring, we invite a number of gymnasts to "tryout" for the team and induct them into the program. The parents are invited to the affair so they can celebrate with their gymnast on making the team.

We have always been exceptionally successful in making good choices as to who will do well on the team and in competition and we have always been confident in our abilities in that area. So I was surprised when both the father and mother of one of our new inductees came over to me and asked me if I was sure that Marley should be on the team.

Marley was not a prototype gymnast. She was 11 years old, normally perhaps a little old to start on team. She was strong, but taller than average and still somewhat gangly on dance on floor and beam. Her best events were vault and bars and like all of the girls on our team she was a strong tumbler. She did not easily pick up dance, but she worked extra hard on that and was certainly acceptable in that area.

In point of fact, she was a hard worker in every aspect of the sport and was especially attentive to what her coaches told her. This was one of the keys to her being invited to be on the team by our group of coaches. It was obvious she wanted to be on the team and she was willing to do whatever work was necessary and was very coachable. So I was surprised. Often coaches have parents complain that their child was not invited to be on the team, but this was a first. Her parents were asking if I was sure she should be on the team. Her dad haltingly explained that Marley was in a special class at school because she was well below average in school, had a low IQ and did not learn easily.

Without thinking and without hesitation, I said, "Well, she is not below average in gymnastics and she is not below average on this team. As far as we are concerned, she is team material."

I will never forget the look of surprise, happiness, joy and pride that her parents had on their face at the moment that I said that. The father shook my hand and we went on with our ceremonies.

Later, after everyone had gone, I went back and took a look at her file. Nowhere was there any indication about her being in a slow class at school. We didn't have a space on the registration form asking that question, so it never came up. While we had noticed that she did not learn dance particularly easily, it was certainly not a real problem or something that we had not seen in other girls.

I put the folder away and never said a word about it to anyone, not her coaches and certainly not her teammates, although I know some of them knew her from school and were aware of her situation. Thankfully, none of them ever mentioned this either.

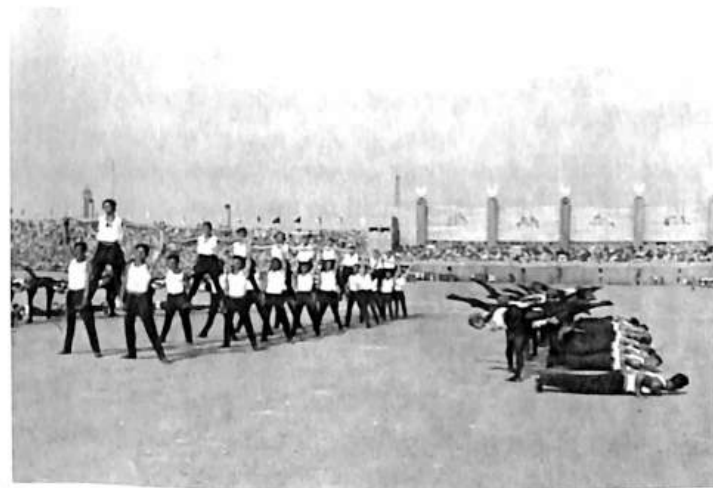
Marley became a successful gymnast. She scored team points for us. She won medals. She won medals at States in vault and bars. She was on the team for a long time. In fact she was on the team, longer than I was. I moved away and began coaching at another gym, but when I checked up on my old team she was a team member well into her teens and continued to be successful. Her parents, while I was there, were among the staunchest supporters of the team and continued to be so after I left.

I often wondered that if I had known, if the other coaches had known of her situation, if we would have made the same decision to put her on the team. I wondered if I had spent more time thinking of my response to her parents that day, if I would have shown some of the hesitancy or indecision that they were expecting. I hope I wouldn't have.

Because her labeling in school really did not in fact have any effect on her gymnastics career. Like I believe all children do, she had at least one area of her life where she was supremely talented. By not knowing, we made the right decision to put her on the team, where she rightfully belonged and it made her life fuller and happier and gave her and her parents something they could truly be proud of. Thank God we made the right decision and weren't influenced by her school's evaluation of her. ☺

Getting fit for life at Sokol Hall

Continued from page 6



A team from Nebraska, with Floyd Herman as a member, compete in the 1932 Sokol championships in Prague. Sokol.

Floyd and his wife, Evelyn, were married for 75 years. They raised five children in this farmhouse. A house he built, Floyd says. "And I meant I built it — with hammer and nails."

He gave up Sokol after the war, but decades of farming kept the man who weighed 164 pounds in 1932 fit.

"Here I am, 100 years old, and I bet if I got on a scale, I'd come within two pounds of that 164."

His kids never took up Sokol. "Not a one of them showed any interest or aptitude for athletics."

But his daughter Peggy Salinas remembers the time the family went to Sokol Hall and her dad grabbed the rings that hung from the ceiling.

He hoisted himself with his arms and held himself horizontal to the floor — his 12-year-old son hanging from his neck. Ⓢ

Wilber Czech Festival August 3, 4, and 5, 2012

Reported by Allison Gerber

It was my honor to represent American Sokol at this festival and why because their theme this year was "Sokol – Celebrating 150 years"

This was on T-shirts, coozie holders, in store front windows, on the big blow-up gorilla in the parking lot and on almost on every float that went by. People were asking where they could get one of the Sokol shirts that we were wearing. Even one of the Pageant Queen contestants did a Sokol Calisthenics for her talent portion. Oh, let's not forget to mention that painted on the concrete – right in the middle of the dance area – was our American Sokol logo.

Along with all the dance groups performing, there were numerous bands and vendors. As I walked through the Czech museum it was nice to see a display of Sokol uniforms from throughout the years.

Our sincere thanks goes out to Sokolice Crete and President Theresa Vernon and her staff, for all their very hard work they did in setting up floats – yes they had two of them entered on both Saturday and Sunday for which they won 1st place on both days. Gymnasts from their gym performed tumbling demonstrations at the Sokol Wilber hall and tumbled during the parades.

Our congratulations goes out to Sokol Wilber and President Brian Florian whose recently renovated hall hosted a pork supper, entertainment, and a cool place to sit and enjoy music by various bands.

Sokol Crete had erected a Haunted house using a semi-trailer and also had an entry in the parades.

Board members of the Western District were present on both days.

On Saturday, at the luncheon for the Queen candidates, in attendance was Petr Gandalovic, Nebraska's state representative, and Roger Chrans, mayor of Wilber and Roger Foster, mayor of Crete.

I don't think that Sokol will be the 'best kept secret' in Wilber any longer!!!

What another wonderful Sokol weekend. Ⓢ



RISING STAR

ALEX ZAHROBSKY



Alex Zahrobsky and Alix Wilt in Prague.

Submitted by Adam Wilt, Sokol Spirit


Alex has been a Sokol since she the age of nine, beginning with classes at Sokol Berwyn-Slavsky before merging into Sokol Spirit. At Sokol Spirit she served on the Junior board, as the secretary for two years and for two years as the Junior Girls Director. Alex has attended four National Sokol Camps and has competed in numerous Artistic & Rhythmic Gymnastics Competitions. She has played volleyball in Juniors/Women's District and National competitions.

Alex just started her Senior Year at Carthage College in Kenosha, Wisconsin with a major in Athletic Training. In addition to her studies, Alex is a member of and one of the Senior leaders of the Carthage Women's Soccer Team. Beyond her involvement with Soccer, Alex is a member of her campus chapters of Habitat for Humanity and Colleges Against Cancer. She is enjoying every minute at Carthage and all the opportunities this school has provided her. In her free time Alex makes a point to come home to experience most of Sokol Spirit's major functions.

Almost 2 years ago, Alex donated her kidney in order for her older brother to receive a lifesaving kidney. She was part of a six person/three family circle in which the three recipients in need successfully received a kidney. Almost two years after, both her brother and Alex are healthy and doing well. This is an amazing example of Alex's selflessness and compassion.

This past summer Alex was excited to have experienced the Sokol Slet in Prague, representing the American Sokol and her unit Sokol Spirit. Alex was grateful to experience the culture of the country of Sokol's founding. She is excited to attend the 2013 Slet in Milwaukee which is in the state that has been her college home. Alex is a fine young woman and a true Sokol Rising Star.

Thank you, Alex for your passion and dedication in all you do. You are truly an inspiration and role model for future generations.

Do you know of a young senior or junior member that exemplifies the Sokol spirit? Every month we highlight a young adult member in the Sokol organization that is an aspiring leader in your Sokol, Unit or District. To make this column a success we need your help! Send the name of a Rising Star, a photo and the reason you are nominating them to editor@american-sokol.org. 

Another Word about NaZdar


Sis. Norma Zabka, Sokol New York President, Originally printed in Sokol New York Newsletter, September 2011

At the Sokol Instructor's Schools I attended, and at all the Sokol schools at which I taught, the students were taught that "NAZDAR!" was the official Sokol greeting. Some may say we write Na Zdar, but in looking into a Czech/English dictionary, you will find 3 separate words:

- "Na" meaning on; upon; in; at; for; and within.
- "Zdar" meaning success; prosperity; hail; and honor.
- "Nazdar" means good luck; hello; cheerio; and hoorah!

At a recent beginner's Czech class I attended, our text, "Colloquial Czech" says there are "Three casual greetings meaning 'hello' and 'goodbye'. They are Ahoj!, Nazdar! and Čau!"

On June 15, 1862, the salute "NAZDAR!" was adopted by the Sokol Organization on a motion by Josek Barak.

So, you may want to say Na Zdar, if appropriate, but "NAZDAR" I believe is the official Sokol greeting. 

A Prague Slet Story

Submitted by Yvonne Masopust,
Sokol Los Angeles

There was 18 of us from the Pacific District of the ASO who participated in the Prague 2012 slet. Most of us were staying at the Hotel Olšanka, a budget hotel chosen by our physical director Otto Notzl. Our hotel served a buffet-style breakfast daily, but serving started at 7am and that was too late for us on July 5, when we had to be at the stadium by 7:10 am. It took about half an hour to get from the hotel to the stadium, plus another 10 minutes to walk to the "seřadiště" or the meeting place where we would line up for entrance into the stadium. All in all, we had to allow about 45 minutes for the trip from the hotel to our final destination.

My roommate, Zdenka Svitek, and I agreed that on Thursday, July 5 we would get up at 5:30 am, eat provisions we purchased for breakfast the day before, and leave by 6:30 am to be at the designated place at 7:10 am. The night before I set my digital alarm clock and we went to bed.

I seem to have an internal alarm clock, as

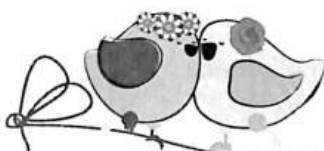
I usually wake up just before my alarm clock rings. On this day I woke up, looked at the alarm clock, and all I saw was "6:35". My God, we overslept! I jumped out of bed, yelling at Zdenka to rush, that the alarm clock didn't ring and we overslept. We dressed, grabbed our bags and transportation passes, and out the door we were. We ran to the tram stop and almost immediately tram No. 26 arrived and we jumped in. As the tram took off toward the stadium, we started calculating how late we would be. We figured if we ran from the tram terminal station to the seřadiště, we should arrive around 7:15am. We didn't even think about eating, our full attention was focused on getting there in time.

Just as we were about to get off the tram at the tram's terminal station, I noticed that up front the tram had a digital clock, stating that it was 6:05. I assumed that the clock was not yet corrected after the country switched to daytime savings time and didn't think much of it. We got off the tram and for the first time we realized something was not right. Normally the area was buzzing with Sokols - all ages,

some uniformed, others in casual clothes, most of them identifying their home on their T-shirts. By now already recognized some of them. Sokol Kolín had turquoise polo shirts with white letters. Sokol Wien (Vienna) had royal blue shirts with white lettering. Sokol Paris had white t-shirts with navy lettering. The Czech Sokols had a colorful variety of t-shirts, all proclaiming the name of their unit or district. Today, nobody was here. The place was empty. How strange! I thought about the 6:05 time at the tram and pulled out my watch, which I normally carry in my fanny pack. My watch proclaimed that it was indeed 6:05! We realized we arrived at the stadium one hour too early. My internal clock woke me up at the correct time - at 5:30 am. I must have pushed the wrong buttons as I thought I was setting the alarm, and instead I changed the time by mistake one hour ahead, so it showed me 6:35 when it was actually only 5:35. So now what?

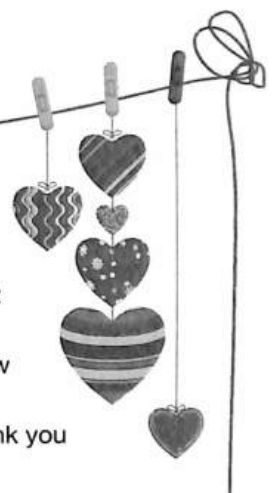
Zdenka suggested that we try to find a place where to have breakfast, as we had a long day ahead of us (2 rehearsals and an

Continued on page 14



Found Each Other at

Sokol



Millie (Foltyn) Wostratzky & Rick Wostratzky

Rick and I found each other at Sokol Town of Lake's summer camp when we were 12 going on 13. I was moving into a cabin as a camp counselor from Sokol Tabor. Rick was from Sokol Slavsky, and had been a counselor the previous week. He came to my cabin to get some things his brother had forgotten. I wish I could have said that was a magical moment, but when you're coming to get your brother's underwear, magic isn't the word. As it turned out, Rick remained as an additional counselor for the week, and that's when the 'magic' began.

Even though Rick lived in Berwyn and I lived in Oak Lawn, we stayed in touch through the years at Sokol parties and events. We even survived our college years apart when

Rick went to SIU-Carbondale, and I went to WIU-Macomb. We celebrated our 41st anniversary this year, have two wonderful sons, a beautiful daughter-in-law, and now have the most adorable grandson. It all started in 1961 in Willow Springs, IL. Thank you Sokol!!

Submitted by Millie Wostratzky

Did you or your parents meet at Sokol? Share the story with *American Sokol* readers by sending a short note to editor@american-sokol.org. We look forward to hearing about your special memory. ☺

A Prague Slet Story, continued from page 13

evening performance ending at 11:30 pm) and eating breakfast was pretty important. So we started walking around the empty streets in this unfamiliar part of town. It was Thursday, July 5, just after 6 am. July 5 is a national holiday in the Czech Republic. It is "Sts Cyril and Methodius Day", commemorating the two Christian missionaries who evangelized the Slavic people in the 9th century and invented a written alphabet for their language. That meant that everything would be closed today. To make matters worse, tomorrow, Friday, July 6 was also a national holiday, this day commemorating the burning at the stake of religious reformer Jan Hus on July 6, 1415. These two holidays, this year falling on Thursday and Friday, were then followed by the regular weekend, providing Czechs with a 4-day weekend this year, something we knew everyone would be taking advantage of to extend their vacations or just to go to their "chata" (country cottage) to escape the city. We realized that our search for some place to eat would probably be fruitless, since absolutely everything would be closed.

I should mention here that Zdenka and I were raised in Prague and we both speak fluent Czech (as did 13 of our 18 Pacific District participants). While we frequently speak together English, in Prague we communicated mostly in Czech. We were standing in front of a closed grocery store and contemplating what to do when a man started unloading his van in front of the store. He observed us, the only people in the otherwise completely empty street, and asked us if we needed assistance. We explained our predicament. That we were Sokols, due in an hour at the stadium, but we didn't have time to eat breakfast. Hearing this, he immediately offered to make us coffee. He was the owner of the grocery store and getting ready to open it up for the day. We were surprised he was planning to open, since it was a holiday. He said yes, everybody was telling him he

was a fool to be open, but he figured that people still need to eat during the long holiday weekend and he would probably be the only store open and he may get quite a few customers.

He ushered us into the store and opened up his tiny office for us. There were just 2 chairs and a desk there. He pushed aside the stacks of papers on the desk and in no time at all appeared with two mugs of steaming hot coffee. He treated us like the most honored guests, soon supplying us with fresh rohlíky (stick-shaped rolls) and nice cheese. While he kept working, getting his store ready to open, he also kept peeking into the office and conversing with us. By then a couple of helpers have arrived and they were all working away while Zdenka and I were savoring our delicious breakfast.

Since this was a grocery store, we figured we would pay for all we ate so we were not shy, we helped ourselves to several rohlíky, consumed all the cheese, and I think we each had 2 or 3 cups of coffee with milk. Along with the owner's company, we enjoyed our breakfast tremendously. Prague is known for rather surly residents and meeting this man, who so generously offered us, complete strangers, hospitality, was like a breath of fresh air – it proved that Prague residents are still friendly, and being a Sokol to them is still synonymous with wearing a badge of honor.

By now the shop owner learned that we were from California and it was clear that he was eager to learn from us about the United States. As we finished our breakfast, we asked what we owed him. He said absolutely nothing, that he was glad to be of assistance to Sokol sisters performing at the slet. We estimated the cost of the food in US dollars and came up with the Czech crown equivalent, which we offered him as payment. Again he vehemently refused, but he said if we wanted to repay him, he would really appreciate receiving a

postcard from us after we return to the US as he had never received a postcard from America. We promised we would do so and left to join the rest of the Sokols at the stadium.

It was one of the most heartwarming 45 minutes we ever spent anywhere with anyone. All this man knew about us when he invited us into his shop for breakfast was that we were Sokols. It was enough for him to extend warm hospitality to us.

I would like to call upon our American Sokol brothers and sisters to show this generous man our gratitude. He asked for so little – a postcard from America – in return for his hospitality. Would you to send him a postcard from your city? A postcard costs around 25¢, and it will need \$1.05 stamp.

Here is some suggested text if you don't want to rack your brain with what to write:

"Greetings from Sokols in _____ (name of your city)".

"Thank you for extending hospitality to our Sokol sisters on July 5, 2012 _____ (your name, your unit).

If you would prefer to write in Czech (same text as above):

"Srdečné pozdravy od sokolů z _____ (name of your city).

"Děkujeme za pohoštění našich sester 5. července 2012" _____ (your name, your unit).

Please send your postcard to:

Aleš Chaloupka
Vršovická 90
10 000 Praha 10
Czech Republic

I know he will proudly display all postcards received in his store, and tell his customers why American Sokols are writing to him. It will be good for our ASO image abroad. After all, we going back in 2018, aren't we? A big THANK YOU to all who will respond to this request! ☺



Mark your Calendar

Events around the American Sokol

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

October

- October 5-6 Sokol Spirit Rummage Sale** — 3909 Prairie, Brookfield, IL; Friday 9:30 a.m. - Noon & 4:00-9:00 p.m. Saturday, 9:30 a.m.- Noon
- October 6 Sokol Detroit Haunted HayRide/ Halloween Party** — Sokol Detroit Camp
- October 6 Sokol St. Louis 1st Inaugural Teen Trivia Nite** — The American Czech Center, 4690 Lansdowne Blvd, St. Louis, MO; Ages 12 - 17; \$10 per teen; Doors open at 5:30; RSVP 314-497-3447
- October 12-13 Sokol Tabor Fall Rummage Sale** — Berwyn, IL 9am-2pm
- October 13 Central District Track & Field Meet** — Sokol Tabor
- October 13 Sokol Spirit Quiz Night** — 3909 Prairie, Brookfield, IL; Adult Team Trivia Night begins at 7:00 p.m. - \$10 Admission; Bring your own Beverages and Snacks. Questions? Call Kathy at 708-485-3269
- October 14 22nd Annual Sokol Town of Lake Camp Reunion** — Willow Springs, IL
- October 19 Czech Cultural Series - "An Evening of Czech Conversation and Spirits"** — Sokol Spirit, 3909 Prairie, Brookfield, IL; 7:00 -10:00 p.m.
- October 20 Sokol/ Sokolice Milwaukee invite you to An Evening in Prague** — Norway House, 7507 W. Oklahoma Ave., Milwaukee, 5:30-6:00p.m; 6:00-U Fleku Style Czech Goulash Dinner; Entertainment by Moja Vlast Czech-Slovak Dancers, Adult: \$22, Child: \$12, Reservation deadline: October 3rd, 2012
- October 20-21 BOI Development Conference** — Sokol Tabor & Sokol Spirit
- October 26 Sokol St. Louis Halloween Party and Haunted House** — 6:00 p.m. Chili, Hot Dogs, Hay Ride, Haunted House, Attendance Prizes and More; info@sokolstl.org
- October 27-31 Sokol Little Ferry Haunted House**

American Sokol Deadline - Please note NEW date!

Send your submissions, articles, events and photos to editor@american-sokol.org for the American Sokol by the 1st of the month prior to the publication issue!





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