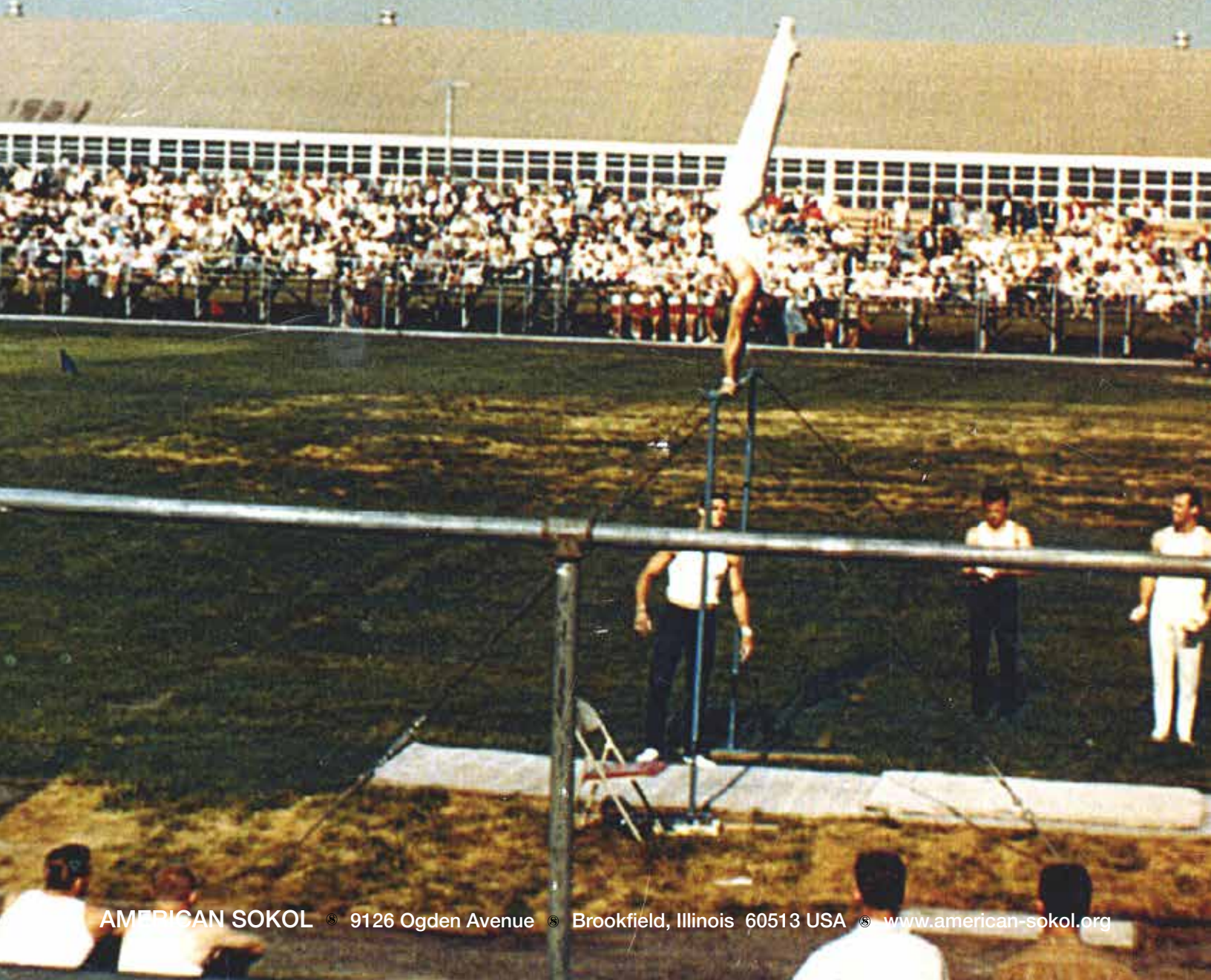




The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.

July/August 2016 | Volume 139 | Issue 6

Pictured on the high bar is Robert Tomanek at the 1961 ASO Slet at Morton West High School in Berwyn, IL. Robert is currently a member of Sokol New York and is also serving on the SM & L Committee. He drove all the way from his home in Iowa to attend the first committee meeting at the national office in Brookfield, IL. He brings to the committee an extensive knowledge of grants.



AMERICAN SOKOL

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*except in July and August

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From the Editor...

History. It's defined as a continuous, systematic narrative of past events as relating to a particular people, country, period, or person. It's how we remember good and bad times so we can emulate the good and avoid the bad. Learning our history allows us to participate in, and pass on our culture, beliefs and values to the next generation.

This issue is full of history with personal memoirs and historical accounts of events. Our past helps form our future, and our future is ever-changing. I encourage you to receive the digital version so you have an easy one click access to these amazing video and audio recordings.

NAZDAR!



Save a Tree... Save Our Organization. CLICK HERE:

<http://american-sokol.org/gogreen/>

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The Presidential Address

The Sokol Eye – Sokolským Okem

The summer heat is on and Sokols around the world are moving full steam ahead. There used to be a time when Sokols shut down over the summer months. But each year, with closer relationships around the world, summer has become a time to gather and participate in national and international events and programs. At the end of June, Sokols gathered in Pittsburgh for the 2016 Sokol Fest (Sokol Slet) sponsored by Sokol USA. There is nothing better than to arrive in a place and see so many familiar faces and share in the passion and love for Sokol. So as I write and share my stories each month, I cannot go without making this issue about my recent Slet experience.



When you arrive alone in a new place there are always questions of how will I find someone I know, will there be someone I know in my hotel, where is the local grocery store, and yes... ok. Will they have Pilsner Urquell in this state? We are always a bit unsure of things when we are in a new place. The drive from the airport to the hotel was quite a long and winding road. Pittsburgh is not easy to navigate alone. (I recommend a shotgun rider to assist with the GPS!) I arrived and by chance or fate I was greeted in the lobby by Brother Dostal, Sister Moučková from ČOS and Brother Kovac from Sokol USA, as well as the Sokol Canada crew. This was perfect because we needed to connect for the weekend of World Sokol Federation discussions and I wasn't sure how I would find them. Next, I made it to a grocery store and as I get out of my car there was a woman waiting for a ride... she looked familiar. Who would have thought that the second place I go to in Pittsburgh, I see Kathy Barcal! We connected and after two hours we found our much-needed snacks for the room and yes, I found Pilsner Urquell! As the day continued, (you can see where this story is going) there were so many Sokols in this small town that it was not hard to get acquainted and relax into the Slet mode finding a Sokol and all the answers to your questions. The opening ceremonies, games, competitions and social events held true to the traditional family fun of a Sokol Slet. American Sokols showed up in full force and we can be so proud of our organization for their participation and helping to make this festival a grand event.

Throughout the weekend I was able to escort the World Sokol Federation leaders to events and a tour of downtown Pittsburgh. On our first trip to the city we experienced the true meaning of "city of bridges". After several (ok more than several) failed attempts to navigate the exact right turn on my own, I commissioned Brother Dostal to assist me as shotgun GPS helper. I think we drove on every bridge in the city! We also walked the city, the riverfront, the strip district (reminded the Czechs of the Holešovice market), and the point where the three rivers meet. On our last walk to the parking lot we debated which path to take, left or right. Somehow we chose left. As we approached the last corner, I looked up and yelled, "STOP – Look Up!" Right there on that corner was a plaque that proclaimed the independence of the first Czechoslovakia on the corner of Penn and 7th where the Pittsburgh Agreement was signed. The WSF leaders couldn't believe it. To be wandering a new city and find us at a monumental spot significant to Sokols, Czechs and Slovaks around the world was amazing. We spent some time just standing there talking about how connected our country is to the formation of the first Czechoslovakia and how Sokols were the driving force to its formation. I will let you, the readers, decide if this was chance or if once again something else guided us to "go left" instead of right. Maybe Tyrs was beside us taking us on a special tour...?

continued on page 14



The Sokol Educator

from The National Education Committee

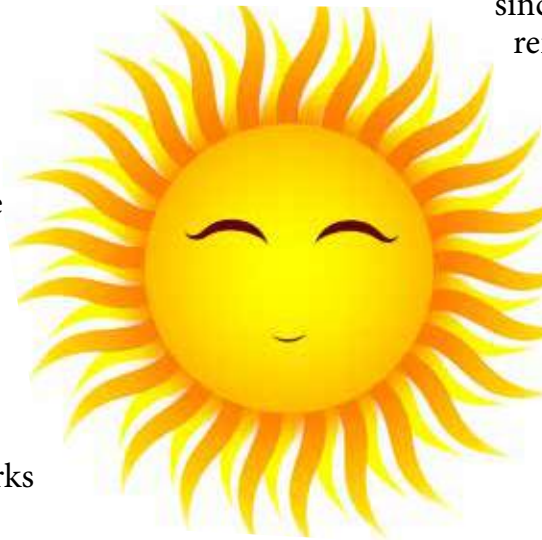
Allergic to the sun??

Submitted by Ethna Flaherty

A few years ago while on a cruise, I found myself in the medical station. I had the most annoying rash, but the itch was why I finally sought attention. The doctor's diagnosis...I was suddenly allergic to the sun. I think I actually laughed out loud. How could that be? I loved the sun, spent my entire year waiting for summer. My favorite pastime is to lay in a lounge chair reading book after book in the sun and had done so since I was a child. I was placed on a course of steroids for the remainder of the trip and the need to investigate further.

Well, I am not allergic to the reaction the sun has to contact photoallergy and the between sunscreen get the rash where the only once the skin has been Boy! Now that I was finally turns out I cannot...or so I

Turns out there are many allergy and finding what works



sun. Instead I am allergic to sunscreen on my skin. Its called reaction is due to an interaction chemicals and sunlight - you sunscreen was applied but exposed to the sun. Ohhhhhh on board with using sun screen, thought.

different forms of this kind of for you.

Here are some of my top picks if you have a sensitivity to the sun:

Neutrogena® Sensitive Skin Sunscreen

Hawaiian Tropic® Sensitive Skin Oil Free Sunblock Continuous Spray

Blue Lizard® Australian Sunscreen, Sensitive

La Roche-Posay® Anthelios Mineral Ultra Light Sunscreen

PIZ BUIN® Allergy Lotion for Sun Sensitive Skin



Enjoy your time in the sun with a good book, a ball or whatever you enjoy – but find a sunscreen that works for you!





Sokol Memories

If you have a Sokol Memory or photo send it to editor@american-sokol.org. We look forward to hearing and sharing your special memory.



Norma B. Zabka: A Gymnast's Story

<http://american-sokol.org/norma-b-zabka-a-gymnasts-story/>

A truly inspiring story of a Sokol's journey through taking classes, going to instructor's school, becoming a judge, and helping advance Sokol in so many ways. *Nazdar Norma!*

Radio Prague Interview Parts 1 & 2:

US author highlights legionnaires' role in founding Czechoslovakia

Radio Prague's Chris Johnstone interviewed author Kevin J. McNamara about his book on the founding of Czecho-Slovakia, *Dreams of a Great Small Nation: The Mutinous Army that Threatened a Revolution, Destroyed an Empire, Founded a Republic, and Remade the Map of Europe*.



Kevin J. McNamara,
photo: archive of Kevin
J. McNamara



Czechoslovak legionnaires in Russia, photo: Public Domain

PART 1:

<http://www.radio.cz/en/section/czech-history/us-author-highlights-legionnaires-role-in-founding-czechoslovakia>



Czechoslovak legionnaires in Russia, photo: Public Domain

PART 2:

<http://www.radio.cz/en/section/czech-history/us-author-highlights-legionnaires-role-in-founding-czechoslovakia-part-2>

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Credit Card Number: _____ Exp. Date: _____

3 digits on back (AMEX 4 digits on front): _____

Signature: _____

Total Items Ordered: _____
Plus \$2 per item shipping: _____
TOTAL: \$ _____



AMERICAN SOKOL GYMNAST

Pages 7-10 are specifically designed to benefit the gymnastic programs of the American Sokol.

Please pull, copy and distribute to your participants as you see fit.

Kandi Pajer • 117 Oakland Grove • Elmhurst, IL • 60126 • Kandi@pajer.us

MEMORIES FROM SOKOLFEST 2016

by Maryann Fiordelis, National Physical Director

We heard the cry “Pittsburgh here we come”, we answered the call and are so glad we did. As usual American Sokol supported our sister organization Sokol USA in all aspects of their events.

My time there started out at the Opening Ceremonies where the story of Sokol was narrated with numbers interspersed.

Physical Director I calisthenics number II Students from our performed. Standing

Was sorry to the marching at least we got to winners.



As our National was proud to see a written by Advanced 2015 school being ovation!

have missed competition, but see the 1st place

I don't usually get to do much sightseeing during Slets, but Carl and I did so this time with Barb Vondra and Juanita LoGiudice. One of our stops was at the Heinz Museum where they had a Sokol corner (*see photo below*).



I have to say congratulations to all our American Sokol participants and winners.

Male Fitness Challenge: 1st place Boys 10-12, Max Pajer, Spirit; 1st place Jr. Boys 12-14, Spenser Adams, Greater Cleveland; 1st place Jr. Boys 15+, Michael Barcal, Spirit; 1st place Men 60+, Dennis Shutway, Greater Cleveland.

Female Fitness Challenge: 3rd place Girls 6-9, Hope Sherman, Greater Cleveland, and 1st place, Scarlet Pajer, Spirit; 4th place Jr. Girls 12-14, Amanda Survetor, Spirit and 2nd place Alexis Schiro, Naperville-Tyrs; 1st place Women 17-24,

Alix Wilt, Spirit; 1st place Women 25-34 Heidi Vencl, Greater Cleveland; 1st place Women 35-49 Kandi Pajer, Spirit; 1st place Women 60+ Maryann Fiordelis, Detroit.

Female Gymnastics: Xcel Bronze Jr. Girls 12-14 1st place, Mikayla Adams; Women 25-34 1st place Gretchen Obrovac; Women 50+ 1st place Chyral Becka; Xcel Silver Jr. Girls 12-14 4th place Dana Gullata,

Greater Cleveland, 2nd place Megan Pech, Greater Cleveland, 1st place Sydney Bowden, Greater Cleveland; Jr. Girls 15-18 1st place Erin Gullata, Greater Cleveland; Women 17-24 1st place Alix Wilt, Spirit; Women 25-34 1st place, Heidi Vencel, Greater Cleveland; Xcel Gold Girls 10-12 2nd place Natalie Untch, New York; 1st place Savannah Kapis, Greater Cleveland; Jr. Girls 12-14 3rd place Elice Wisner, Greater Cleveland, 2nd place Alexis Schiro, Naperville-Tyrs; Jr. Girls 15-18 4th place Jessica Vierke, Naperville-Tyrs, 3rd place Alley Rowe, Greater Cleveland, 1st place Meghan Bowden Greater Cleveland; Women 17-24 1st place Mackenzie Soneson, Ceska Sin; Women 35-49 1st place Willow Lynch, Ceska Sin; Xcel Diamond, Girls 9 and under 1st Scarlet Pajer, Spirit; Xcel Platinum Jr. Girls 15-18 1st place Joelle Ramson, New York; Level 2 Girls 9 and under 3rd place Hope Sherman, Greater Cleveland; 2nd place Kiley Rowe, Greater Cleveland, 1st place Peri Wisner, Greater Cleveland; Level 3 Girls 10-12 3rd place Emma Covey, New York;

Male Gymnastics: Level 4 Boys 10-12 1st place Sam Weaver, Greater Cleveland, Men 50+ 2nd place Keith Filip, Greater Cleveland; Level 5 Jr. Boys 15-18 3rd place Michael Barcel, Spirit, 2nd place Cameron Schiro, Naperville-Tyrs, 1st place Andy Corrigan, Spirit, Men 17-24 1st place Raymond Wodarczyk, Greater Cleveland; Level 6 Boys 10-12 1st place Max Pajer, Spirit, Men 25-34 1st place Ken Fron, Tabor; Level 8 Men 17-24 1st place Joe Bajek, Naperville-Tyrs.

Basketball: 1st place, Greater Cleveland Team 1

Female Volleyball: 2nd place Greater Cleveland, 1st place Ceska Sin;

Male Volleyball: 2nd place Central District, 1st place Greater Cleveland

Fun Bowling: 1st place team, Spirit

Tug of War: 1st place American Sokol

I hope many of you took advantage of going to the University of Pittsburgh, Center of Learning Nationality Rooms. You could have spent the whole day there. They have 30 different rooms and were offering 10 on the tour (if you could fit them all in). Our guide was very informative. We started off at the Slovakian room, visited the Italian, Russian, Czech (see pic of one wall) and a couple of more, but were getting worried about parking so cut our visit short. Guess what, got a parking ticket anyway; should have stayed and seen the Austrian room.

Carl and I certainly enjoyed the Banquet and love the coffee basket we won in the silent auction. Had a great time at the Beach Party. Boy, did it take me back to the days of my youth. We danced the night away.

Slets are always so much fun. Get to renew friendships, make new ones, try new things. You know I had so much fun I think I'll try again next summer in Cedar Rapids and hope to see you all at American Sokol National Slet and Sport Festival, June 22-25, 2017. *Nazdar!*

photos courtesy of Howard & Jane Wise



University of Pittsburgh, Center for Learning, Czechoslovakian Nationality Room

photos courtesy of Steve Banjak



photos courtesy of Jean Hruby



photos courtesy of Lynda Filipello



News from the 2017 Slet Committee

The venues have been booked. Check out their websites



Thursday, June 22nd – Scottish Rite Temple www.CRScottishRite.org

Coaches Meeting, Cal and Marching Competition, Opening Ceremonies

Friday, June 23rd - Iowa Sports Center www.iasportscenter.com

Volleyball and Fitness Challenge

National Czech and Slovak Museum & Library www.ncsml.org

Banquet

Saturday, June 24th – Sokol Cedar Rapids www.sokolcr.com

Gymnastics competition

Clarion Hotel www.clarioncr.com

Victory Dance

Sunday, June 25th - Google - Kingston Stadium Cedar Rapids for pictures

Slet Program rehearsal and Program

The Clarion hotel is also the host hotel for the slet. It has an indoor pool, offers a full-free breakfast, and free off-street parking. It is within walking distance of many restaurants, bowling alley, and convenience stores. Such amenities that were not available if we had booked a hotel in downtown Cedar Rapids, plus the rooms are \$50.00 per night cheaper.

The hotel is providing a room for us the setup the Sokol Museum. A display of past and present uniforms. IF you have a uniform and would like to loan it for the Slet – please contact Allison Gerber at NEW ADDRESS – akgerb@netins.net



SAVE THE DATE

**ANNOUNCING THE AMERICAN SOKOL
ADMINISTRATIVE CONFERENCE**

Being held in the Chicago area
SEPTEMBER 23-25, 2016

TARGETING UNIT & DISTRICT OFFICERS:

- **MEMBERSHIP**
 - The NEW Membership Committee; Get involved in making CHANGES!
 - The NEW DATABASE; Training for Financial Secretaries
- **FINANCIAL/TREASURERS**
 - Internal Grants; Capital Campaign Grant
 - Outside Grants; Where to go – How to apply
 - Planning and doing BUSINESS from a workable BUDGET
- **CULTURAL and PHYSICAL**
 - The Sokol Museum & Library; Preserving our History, Nationally and Locally
 - 2017 American Sokol Slet in Cedar Rapids, Iowa
 - 2018 COS Slet in Prague, Czech Republic
- **BYLAWS**
 - Preparing for the 2018 Convention
 - Do you have Unit or District Bylaws? Should you?
- **RISK MANAGEMENT**
 - The never ending Insurance Issues
 - National package of help to your Unit

ROUND TABLE DISCUSSIONS AND EXCHANGING IDEAS
EFFECTIVE LEADERSHIP ROLES in the UNITS and DISTRICTS

Saturday Evening Social Option of attending Moravian Day Festivities

Hotel Rooms \$74 w/ full hot breakfast & manager's evening drink special
Registration Details coming soon . . . MARK YOUR CALENDARS
NOW!!!!

YOU WON'T WANT TO MISS THIS ONE
And
WE DON'T WANT TO MISS YOU!!!!!!!



RISING STAR: **EMERSON ANDELT**

submitted by Allison Gerber, Western District President

Emerson Andelt has been a member of Sokol Crete since she was 3 years old and in the tots class.

She is an active gymnast, placing in many Western District competitions and has participated in 4 national Sokol competitions. She also and is active in their teaches at her unit fundraisers.

Emerson is active in including Future America (FBLA), where of Community Reporter. in God Teens, National Teammates Senior Act - where she qualified Musicals.



many school clubs Business Leaders of she held the position She has participated Honor Society, PALS Program, One for State in 2015, and

She also competed varsity level in both Track for four years. the homecoming court, of above a 4.0 all four therefore receiving an

and lettered in the Cross Country and She was a member of has maintained a GPA years of high school, academic letter.

She is a valedictorian of received a four year FULL tuition scholarship to Wayne State College in Nebraska where she will pursue a degree in the Science field.

her Senior class and has

She is the oldest of 3 girls. Her two sisters, Camille and Colette are also Sokol members.

Emerson enjoys playing with her cat, Toby, and loves to spend time with her friends and family.

She also enjoys doing craft projects and coloring.

She has thoroughly enjoyed her years in Sokol and has made many friends that she will keep for a lifetime!

Do you know a Rising Star?



Is there someone in your unit you feel deserves recognition? Let your unit physical director know. The future is shaped in the present. *Nazdar!*

Hidden Treasure

1948 Sokol Slet in Prague Video

by Yvonne Masopust

I happened to stumble upon an historical video of the last Sokol slet held at the large Strahov Stadium in Prague in July 1948. It was posted on YouTube.com only recently, on Mar 23, 2016. The present-day narrative (in Czech) puts the 1948 slet into historical perspective for all those who may not be aware that Czechoslovakia came under communist control just four short months earlier, on February 25, 1948.

The contemporary narrator also explains that the great majority of the film taken during the slet has been lost to history, victim of as the slet simultaneously dissatisfaction with the no footage of the parade tribune where President and other communist No record survived of or of the mass march to of Czechoslovakia's first Masaryk or to the grave of Czechoslovakia's Foreign March 1948, shortly coup, under mysterious



<https://www.youtube.com/watch?v=1DBTPqtR60E>

communist censorship, became an expression of new regime. There is marching under the main Klement Gottwald dignitaries were seated. the evening celebrations, pay tribute to the grave president Tomas G. his late son Jan Masaryk, Minister, who died in after the communist circumstances.

Whatever did not in some fashion suit the communist ideology was not allowed to survive. So the 30-minute video is very much censored, but it is still a fascinating documentary of the power and appeal of the Sokol movement in the Czech nation.

After some research, it's interesting to note that the size of the Strahov Stadium, where the 1948 slet took place, is 62,000 square meters, which translates into 667,365 square feet – the size of 11.5 NFL football fields. It had markers for 13,824 performers. The smaller stadium presently used for Sokol slets has markers for 1,728 performers. The Strahov Stadium had a capacity of 220,000 spectators. The most memorable number of the 1948 slet featured 32,000 Sokol women (on video at 21:50). As you will see in the video, the weather was much, much worse than we had for the 2012 slet.

FUTURE'S LOOKING GOOD

- More information about 2017 Cedar Rapids Slet
- 2018 Prague Slet Tour Package
- Administrative Conference September 23-25, 2016
- Development Conference October 29-30, 2016

continued from page 3

The Sokol leaders who met for WSF meetings included Sokol USA, Sokol Canada, Sokol Slovenia, Czech Sokol, DA Sokol and American Sokol. We will hold a North American Federation meeting at the 2017 Sokol Slet in Cedar Rapids, and the next World meeting will be held in Austria, October of 2017 during the 150th celebration of Sokol Vienna. Everyone will be invited to attend these celebrations in Vienna. If American Sokols are interested we will arrange a small tour. American Sokol continues to participate in WSF programs including the fitness testing and special number reviews which we always win three or more certificates each year. This year American Sokol will send a representative to Czech Sokol in Prague to teach a session at an annual international seminar. We will share our programs and also be able to obtain new ideas from other countries. There will be an international instructor school open to all WSF after the 2018 Slet in Prague, which we hope to assist American Sokols to attend. Our relationships continue to grow and we truly feel that the more WSF activities we participate in together only strengthen the Sokol ideal worldwide. This is one special asset of American Sokol that sets us apart from any other sport organization. After a Slet weekend and all of the uncertainty going into the event, everyone leaves fulfilled with love and friendship, maybe some awards, and with a tear in their eye saying goodbye. We never know whom we will see again or if we will make it to another Slet. The one certainty we can rely on is that there will be another Slet and there will be another opportunity to hug our brothers and sisters from around the world. I cried, Sister Moučková and Janous cried, and all WSF leaders agreed to do our best to keep Sokol moving forward together.

I hope you enjoy the rest of the summer and we look forward to seeing many of our leaders this September at the Administrative Conference in Chicago! While I write this, our annual Instructor School is in full swing and we couldn't be more proud of the many students that have chosen to be American Sokol leaders. We are also proud of the Sokol Units that have encouraged them to make this decision and inspire them. Thank you to the Southern District and Sokol KHB Ennis for your volunteers who are caring for the students and helping to make this school possible.

Ať žije Sokol – Long Live Sokol
Jean Hruby - President



Tug-of-War Champions from Sokolfest 2016 *photo courtesy of Maryann Fiordelis*



Radio Prague - US Sokol helped organisation survive through dark times in Czechoslovakia, says...

<http://www.radio.cz/en/section/special/us-sokol-helped-organisation-survive-through-dark-times-in-czechoslovakia-says-first-female-president-jean-hruby>



Mark your Calendar

Events around the American Sokol

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

July

- July 4** **Sokol Camp Picnic** — Sokol Detroit Camp, South Lyon, MI
- July 10** **93rd Annual Cesky Den** — Sokol Greater Cleveland, DTJ Taborville
- July 16-17** **Czech-Slovak Festival** — Sokol Detroit, Sokol Cultural Center, Dearborn Heights, MI
- July 17-24** **Sokol Family Camp** — Pacific District, Dinkey Creek Campground, Shaver Lake, CA
- July 31** **Bartendered Bride** (in English) — Pacific District, Music Academy of the West, Santa Barbara, CA
- July 31** **CAC Czechoslovak Festival** — Central District, Ehlert Park, Brookfield, IL

August

- August 3** **Annual Gathering** — Sokol New York, Bohemian Hall & Beer Garden, Astoria, NY
- August 5-7** **Camping & Water Park Weekend** — Sokol Tabor, Rolling Oaks/Raving Waves, Sheridan/Yorkville, IL
- August 6** **Annual Golf Outing** — Sokol Detroit, Fox Hills, Plymouth Center Twp, MI
- August 19** **Sokol Tabor 150th Birthday Party** — Fill-Up Station, Berwyn, IL
- August 20-27** **Youth Summer Camp** — Sokol Washington, D.C., Modra skala, WV
- August 26-28** **Fishing Derby** — Sokol Detroit Camp, South Lyon, MI

September

- September 2-5** **Czech & Slovak Community Labor Day Camp** — Pacific District, Green Valley Campground
- September 4** **Scholarship Pancake Breakfast** — Sokol Detroit Camp, South Lyon, MI
- September 7** **Annual Meeting** — Sokol Washington, D.C.
- September 24** **Picnic at Lake Chabot Park** — Sokol San Francisco, San Mateo, CA
- September 23-25** **AS Administrative Conference** — TBD, Chicagoland area, IL

October

- October 8** **40th Anniversary Celebration** — Sokol Washington, D.C.
- October 15** **4th Annual Czech Slovak Folklife Festival** — Sokol Greater Cleveland, Cleveland, OH
- October 28-30** **District Directors & Development Conference** — Sokol Greater Cleveland, Cleveland, OH



American Sokol Deadline

Send your submissions, articles, events and photos to editor@american-sokol.org by the 1st of the month prior to the publication issue! For example, send items you want included in the October issue no later than September 1st.



PERIODICAL

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July/August 2016 | Issue 6

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150th Anniversary Merchandise Sale



Medallion \$6 150th Glass \$15 M. Tyrs Poster \$2 Gala Bag \$4 Plaque \$70
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- The 150th T-shirts and shirts are still available! Please go to www.american-sokol.org for sizes.

Please mail your orders to **American Sokol Office, 9126 Ogden Ave, Brookfield, IL 60513**
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