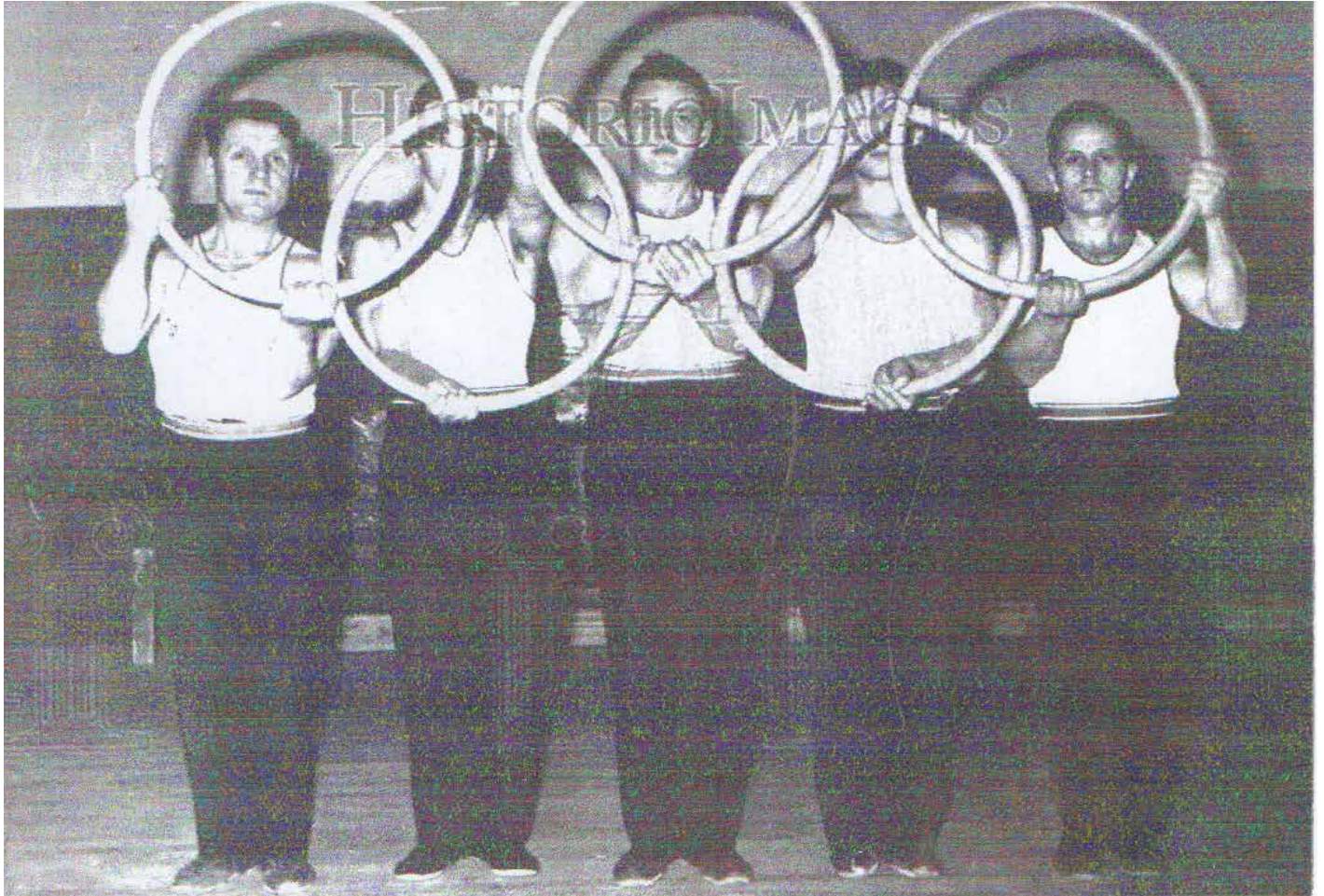




The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.

October 2016 | Volume 139 | Issue 8



Sokol Tyr's Men's Class, Cleveland, June 1951
Submitted by Jean Dusek

Left to Right: Frank Kratky, Pete Dusek, Bill Stepnicka, Joe Hibler and Charley Hantl

Instructor: Edwin Jirousek, Sr. **Researched by:** Jerry Milan, Rome Milan, Marie Hibler, Edwin Jirousek, Jr. and Ted Krejsa

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From the Editor...

We will be running portions of a lecture given by a professor at Manhattan College titled *The 19th Century Roots of the Sokol Movement*. Below is her background in her own words:

Biographical Sketch of Claire Nolte

"I became interested in Czech history after a student visit to Prague. After completing my M.A. at Columbia University with a topic in German history, I switched my field to East Central Europe with a speciality in Czech history. I chose the Sokol as the topic of my doctoral dissertation because there was little written about it at the time. I expanded my dissertation on the life and work of Miroslav Tyrš into my 2002 book on the Sokol movement in the Czech Lands until 1914. My work is the first scholarly analysis of an organization that was central to the Czech national movement in the late Habsburg era, and that continues to have relevance to the present day."

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 Sokol organization is a non-political organization; but owing to its democratic and progressive activities it played an important part in the political life of the nation. The work of all the people was influenced by the Sokol ideal, which was always directed towards the highest national aims. Sokol education encouraged a proud national patriotism, which, however, had nothing to do with jingoism; and this trend, coupled with supreme loyalty, gave the Czechoslovak nation a balanced democratic outlook.” ~ Excerpt from the booklet titled *SOKOL, The Czechoslovak National Gymnastic Organization* by F. A. Toufar.



Pride and patriotism remains a strong ideal of the American Sokol organization evident through our use of flags, anthems, discipline and support we give to our World Sokol countries. We recognize the importance of patriotism and continue pursuing this gift that was handed to us from our founders and founding organization in the Czech Republic. We don't preach it or talk much about it. It is something innate. It simply just happens. It is a result of the Sokol atmosphere in our programs. I am proud to know that American Sokols stand and respect all the nations we represent, and still honor our flag and all of those who fought hard for our country. Every Sokol knows that feeling when the Sokol fanfare begins at the opening of a Sokol event. Something inside of you stands up straighter, your chin raises an inch and your step gets higher. Your heart beats a little stronger and you get this overwhelming sense of love and pride all over your body. If you are in the stands, the chills may come over you to watch a group of people performing as they exude such pride. When I was a child at Sokol Berwyn you could hear Mr. Holecsek's operatic voice stand out as he proudly sang the Czech anthem. I still hear him singing when the song is played. He was a proud Sokol. What this Sokol Eye can see is this historical element of Sokol worldwide will never cease to be one thing that makes us unique and sets us apart from other community sport clubs. We believe in honoring and remembering all of our ancestors, no matter what country they came from, who struggled to immigrate to America for a better life. This is true Patriotism and why we sing the national anthems! Thank you all for keeping this tradition going and teaching our children by example.

I look forward to sharing stories from the Administrative Conference and the events surrounding that weekend. Many of us will attend the inaugural evening of a new "Czech Series" celebrating the University of Chicago's unique contribution to Czech statehood and honoring Czechoslovak Presidents Tomas Garrigue Masaryk and Edward Benes, as University's Visiting Professors. It is a major thank you to the Czech-Americans for their support in creating and sustaining our statehood. The Czech Republic will honor American Sokols and we will be there in full force. We have a lot to be proud of and I am appreciative that the Czech Republic recognizes our organization and our contributions and for keeping Sokol alive.

Enjoy the beautiful fall colors, football games and of course, Oktoberfests!

Nazdar!

At žije Sokol! ~ Long Live Sokol!

Jean Hruby

President



The Sokol Educator

from The National Education Committee

Back to Sokol Night

By Ethna Flaherty

Does your gym host “Back to Sokol” events in the fall? It’s a great way to reintroduce your instructors, programs and pass out information/calendar for the year .

Some tips to have successful Back to Sokol:

1. Actually send invitations – evites or by snail mail.
2. Have a brochure made – include all the information parents will need for the year in bite size concise format. Don’t forget, committees and fundraisers they can volunteer for should be listed.
3. Don’t forget to have expectations clearly listed – be on time for class, be respectful of people and space, etc....reinforce good citizenship, good Sokol spirit
4. Maybe your educator or a volunteer on the education committee could be on hand to talk to families and answer questions.
5. Don’t neglect the little things; they all matter.

However you choose start your Sokol year and welcome both new and returning participants, be sure the welcome is for the whole family.

SOKOL MUSEUM AND LIBRARY HIGHLIGHTS



Exciting things are happening at the Sokol Museum and Library! American Sokol has purchased an iPad Pro and will soon be purchasing museum software. We will be taking pictures of trophies, medals, plaques and other artifacts and also plan to digitize books and photos. The collection will be available to view online.

The 19th Century Roots of the Sokol Movement

Lecture presented at New York Sokol Hall, February 15, 2004

by Claire Nolte, History Department, Manhattan College, Riverdale, NY 10471

I first would like to thank the organizers of this event for their kind invitation. It is indeed an honor to be here in this lovely, and recently restored, room, which provides an excellent setting for my discussion of the early years of the Sokol. Although as the introduction indicated, I am a specialist in European history, I do know something about the Sokol in the USA. I would just like to note, therefore, that the NY Sokol itself has a long and distinguished past, one that mirrors the history of Czech immigration to this country as well as the history of sports and physical training in the USA. And I think we all can see the great job that the current leaders of the club have been doing to keep the Sokol and its heritage alive into the 21st century. They are to be congratulated.

My discussion will focus on the origins of the Sokol in Bohemia. As many of you may already know from your familiarity with the organization, the first Sokol club was founded in Prague in 1862. Perhaps less well known is the political, social, and cultural conditions of the time, which gave rise to the idea for this organization. Prague at this time was the capital of Bohemia, a political unit of the vast complex of lands known as the Habsburg Empire. The so-called “Bohemian Crownlands”, including Bohemia, Moravia, and a part of Silesia, had been ruled by the Habsburg family almost continuously since the 16th century in a relationship that had not always been cordial. In 1848, there had been a revolution against the dynasty in Prague that had been part of a European-wide movement (the so-called Springtime of the Nations--a wide-spread movement for liberal reform against old-style monarchies). Those of you who know your European history know that this wave of revolution did not achieve its main goals. In the lands of the Habsburg crown, it was followed by a crackdown on reform and a reaffirmation of the power of the ruler, a period in Habsburg history known as “neo-absolutism.” But this reassertion of traditional monarchical power could only be temporary, because most of Europe, Bohemia included, was undergoing a process of rapid social and economic change, driven by the Industrial Revolution. Cities were growing, new classes were appearing, and old-style traditional authority was no longer accepted without question. The stage was set for change. This change began in the Habsburg Empire following the loss of territory in Italy in the 1859 war that is sometimes referred to as the “War for Italian Independence”. Following this military and diplomatic defeat, the Habsburg emperor, Francis Joseph, launched a wide-ranging policy of political reform that resulted in the creation of a parliament in Vienna and the relaxation of many restrictions on public life that had characterized the neo-absolutist era.

Now you must be saying, why is she telling us all this history? What does that have to do with the Sokol club? Until these changes, it was not legal to form a gymnastic club in the empire. In fact, it was difficult to establish any clubs at all, although a few clubs existed, mostly religious and charitable, along with some scholarly associations. Clubs in general were regarded as dangerous, places where people could meet to plot against the government. And gymnastic clubs were especially suspect. Now, that may seem peculiar to some people. After all, gymnastics itself is not inherently political. Let's look at how it became political, and came to be seen as dangerous by traditional authority. First of all, we need to briefly look at the practice of gymnastic exercise itself. It was a relatively new phenomenon, having been inspired in the 18th century by enlightened educators in progressive schools in the German lands who were experimenting with forms of physical education for their students. The horizontal bar, for example, grew out of watching children swinging on tree branches. Some apparatus of modern gymnastics had different origins. The horse was used in the training of noblemen. Noblemen were expected to be expert horseback riders. In order to train them how to mount, dismount, and perform elaborate “3-Musketeer-Type” riding tricks, they were trained in special academies. A model of a horse,

continued on page 10

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9126 Ogden Ave
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2016 American Sokol Instructors School July 10 – July 24, 2015

by: Sister Mary Cushing, 2016 American Sokol School Director

A total of 42 students from 11 American Sokol Units (representing five of the six Districts) as well as seven students from DA Sokol attended this year's American Sokol National Instructors School. There were 10 students from Northeastern District – all from Sokol Greater Cleveland; 10 students from Central District (from Sokols Naperville Tyrs, Spirit and Tabor); four students from Western District (from Sokols Cedar Rapids and Minnesota); four students from Eastern District (all from Sokol NY); and seven students from Southern District, (from Sokols Ft. Worth, KHB, Zizka/Dallas, and Corpus Christi); the last two of those Units haven't sent students in quite a while. This is the very reason we try to rotate the School location to different districts.

There were 16 Beginners, 12 Intermediates, 13 Advanced and one Advanced II students of which 15 were boys and 27 girls ranging in old. Interesting fact, this Level School we have

This year Sokol KHB in School. The last time School was held at this ago! It is a beautiful (especially since they a swimming pool!). were most helpful and regards to handling the great and they had many Thank you to all!

Once again the staff Most were returning including Bro. Todd USA, Lodge Pen Argyll, Dynamic Warm-ups,

and Practice Teaching. Sis. Michelle Jirousek from Sokol Greater Cleveland, headed up Spotting & Progressions and Apparatus for all levels, and Female Judging; in addition to being School Nurse. Sis. Heidi Vencel from Sokol Greater Cleveland taught Advanced Calisthenics, Beginning Marching and assisted with Spotting & Progressions and Apparatus classes. Bro. Dan Bajek from Sokol Naperville Tyrs, taught Beginning Calisthenics, Intermediate Marching, assisted with Practice Teaching and many other classes. Sis. Alix Wilt from Sokol Spirit taught Advanced Marching, Intermediate Calisthenics, Singing class and assisted with many other classes. We also had an IT (or Instructor in Training) this year. Kristine Betik from Sokol KHB served that role. Besides learning the ins and outs from a staff member's perspective, Kristine assisted with several classes as well as led the Special Number class and Group Competitions. Besides my duties of School Director, I also taught Sokol Lectures, Folk Dance and Rhythmics. Everyone helps out where needed and we work well together.

Sis. Jane Wise, from Sokol Greater Cleveland, performed the duties of School Registrar, which primarily takes place before the school begins and local Sokol KHB member, Sis. Liz Moucka took on the duties of School



age from 13 to 17 years was the largest Advance ever had!!

Ennis, TX hosted the a National Instructors location was 18 years facility, ideal for a Kurz are the only Unit with The KHB members accommodating in School. The food was volunteers to assist.

did an outstanding job! staff from last year, Yatchyshyn from Sokol who headed up Games, Nutrition, Conditioning,

Secretary. She was assisted by Sis. Alexandra Betik, who pitched in whenever needed. Sis. Debbie Slovak and her husband Bro. Darren Slovak did a wonderful job heading up the kitchen, creating well-balanced and delicious meals. There were also many other volunteers in the kitchen from Sokol KHB. We would also like to thank the children from KHB and surrounding area non-Sokols who came to participate in our Practice Teaching classes. We tried something a little different this year with two hours before dinner and two hours after dinner. Some of the children stayed the whole time! This is very important so our students are able to actually “teach” children during that practical class and get feedback from their peers as well as Staff Instructors. We wish to thank the parents who made this experience possible. And a special thanks to Liz Moucka, whose persistent effort gave us more children than we have had in recent years!

The classes and curriculum continue to evolve innovatively and progressively in order to engage and excite the students at all levels and will surely benefit each unit where these students return to teach. Because of the expertise we had on our to take advantage of some as our traditional ones.

Once again, we had all students. A free an annual course, was levels on Concussions (Center for Disease a video instruction, final exam which they all certificate. Intermediates were certified in First Aid, CPR and AED. course, which all passed and card as well. The the on line USAG U100 of Gymnastic Instruction; student took the on line the Development Coaches



certifications for certification, which is given to students of all developed by the CDC Control). This included practice quizzes and a passed and received a and Advanced students American Red Cross Bro. Todd headed this and received a certificate Advanced students took Course of Fundamentals while the Advanced II USAG U200 Course – Course: Sports Science.

This covers L 1-4 athletes in areas of Nutrition, Psychology, Biomechanics and Injury Preventions. The students that took these USAG courses found them much like a review of things which they had learned at our school. It was a little more complicated this time, with so many students to get online and complete the course. But they all passed and received a certificate as well.

We also continued with the Adopt a Class or Adopt a Student Promotion that was initiated a couple of years ago. Several individuals and Units donated to participate in this venture. The idea is to be able to raise funds to replenish the monies in the Future Sokol Leaders Fund, which helps to financially support the National School. While successful, we did not have many contributing as last year. We had four students adopted and six classes. This raised \$650 to return to the American Sokol FSLF. It was a fun way to donate, as the individual and units received post cards and videos of the students or classes from the school. Coming soon will be a special article to thank all these generous donors.

We again used the “White Elephant Sale” as a means of rewarding positive behavior. Donations to the cause came from the Kalat’s, the Sokol Office, Sokol KHB, and Lori Laznovsky. We thank everyone for their donations. The students can check their progress every few days on the chart that is posted. We had five students with perfect 10s! The students seem to revel in getting a prize for good behavior, even to the point of wearing and bringing things back the next year to show off their trophies.

The two regular outings were fun and a much needed break for all. While we took advantage of the pool on site during many of our free times and even a morning aerobics class, the highlight was one of our outings was an evening luau right there at the KHB pool. We had refreshments, races & challenges costuming and even a photo booth. It was a lot of fun and a big thanks to KHB members Debbie Slovak and Kim Hajek for organizing it.

We also went to a Bowling Alley with a Laser tag venue. The students were able to enjoy both. We played the first game of bowling pretty regular, while the second game got involved with tricky rolls and changing lanes each frame. All seemed to enjoy the R & R time!

Many of the policies & features that were already in place were again repeated this year. We also had another year of no trips to the ER this school!! That is always an encouraging relief.

We had several visitors for our majority local members and and Dallas.

Our graduation program evening, preceded by a had many spectators, mostly members from a variety of of the district. Thank you to wife for attending a few of Sokol 1st Vice President, Zizka (Dallas) President. Also a special thanks to Sis. Women's director and member was there for support and including keeping the children teaching classes occupied time. And a huge thank you to for helping in so very many name them all!! You definitely success!

As tradition, the students things and activities learned weeks, most of which were themselves. A special addition performed not only by all students, but most instructors as well. The graduation program was concluded with the presentation of diplomas and special awards. The Leadership Award is given to the one student from each school level that the staff feels were outstanding in this area. The Beginner Leadership Award went to Anna Slovak from Sokol KHB; the Intermediate Leadership Award went to John Stanko from Sokol Tabor; and the Advanced Leadership Award went to Jacob Jirousek from Sokol Greater Cleveland.

Our 2016 Sokol Instructors School officially concluded with our final flag lowering and you could hear the resounding tradition of the three Sokol "Zdars!" ringing out loud and clear to conclude another successful Kurz. There was cake and socializing followed by the last night of social activities, pizza, packing and fun! It was a good time with many having a difficult time saying good-bye!

A tremendous thank you to the staff that did an outstanding job! I would also like to extend a big thanks to all the helpers and volunteers from Sokol KHB and the awesome students and once again the American Sokol for continuing to support this important and worthwhile venture!! NAZDAR!

| AMERICAN SOKOL INSTRUCTORS SCHOOL 2016 | |
|---|--|
| <u>Advanced II Student</u> | |
| Jarrett Adams - Sokol Greater Cleveland | |
| <u>Advanced Students</u> | |
| Lidia Bielobradek - Sokol Tabor | Meghan Bowden - Sokol Gr. Cleveland |
| Sydney Bowden - Sokol Gr. Cleveland | Jacob Jirousek - Sokol Gr. Cleveland |
| Jeremy Jirousek - Sokol Gr. Cleveland | Rachel Lermont - Sokol Spirit |
| Megan Pech - Sokol Gr. Cleveland | Joelle Ramson - Sokol New York |
| Alley Rowe - Sokol Gr. Cleveland | Lydia Scheidler - Sokol Tabor |
| Izzy Smith - Sokol Spirit | Jessica Vierke - Sokol Naperville-Tyrs |
| Elice Wisner - Sokol Gr. Cleveland | |
| <u>Intermediate Students</u> | |
| Spencer Adams - Sokol Gr. Cleveland | Michael Barcal - Sokol Spirit |
| Janelle Colbert - Sokol Cedar Rapids | Thomas Flynn - DA Sokol |
| Javier Fontes-Castillo - DA Sokol | Max Icenbice - Sokol Cedar Rapids |
| Ryan Long - DA Sokol | Jacob Matala - DA Sokol |
| Julie Moran - DA Sokol | Lilly Smith - Sokol Spirit |
| John Stanko - Sokol Tabor | Charlie Svestka - Sokol Tabor |
| <u>Beginner Students</u> | |
| Alexandra Beardsley - Sokol Fort Worth | Hal Bouvier - Sokol Gr. Cleveland |
| Isabelle Callanan - Sokol Minnesota | Lola Casenave - DA Sokol |
| Hue Chang - Sokol New York | Jaz Duff - Sokol Corpus Christi |
| Payton Eck - Sokol Fort Worth | Veronica Fuentes - Sokol New York |
| Jaye Hartwig - Sokol Tabor | Katie Kuhl - DA Sokol |
| Charlotte Marboe - Sokol Minnesota | Alek Marcussen - Sokol Dallas |
| Ksenia Marek - Sokol KHB | Anna Slovak - Sokol KHB |
| Josef Slovak - Sokol KHB | Joy Yarnada - Sokol New York |
| <u>Staff</u> | |
| Sis. Mary Cushing, School Director - Sokol Detroit | |
| Bro. Todd Vatchyshyn - Sokol Pen Argyl | Bro. Dan Bojek - Sokol Naperville Tyrs |
| Sis. Michelle Jirousek - Sokol Gr. Cleveland | Sis. Alix Wilt - Sokol Spirit |
| Sis. Heidi Vencel - Sokol Gr. Cleveland | Sis. Kristine Betik - Sokol KHB |

Group Competitions – the parents, even from Ft. Worth

was presented on Saturday delicious pork dinner. We parents, family, friends and Sokol units both local and out Bro. Bob Podhrasky and his our events. Bob is American Southern District and Sokol Thanks for finding the time. Cyndi Duff, Southern District of Sokol Corpus Christi who helped out in many areas, who were involved in practice during transition and down Bro. Chuck and Sis. Jan Kalat areas I couldn't even begin to helped make this School a

demonstrated many of the over the previous two choreographed by the students was the 2017 Slet Folk Dance

continued from page 4

made out of leather and complete with head and mane, was used to teach some of these maneuvers and, over time, it became a stylized horse such as we see today. Over time, these training exercises for horseback riding became a separate category of exercising called "vaulting". Vaulting exercises became part of the training for another aristocratic sport--fencing. By the late 18th century, fencing academies routinely included vaulting as a part of their exercise program.

But let's get back to how this all became political. Surely training on the horizontal bar and the leather vaulting horse was not, in itself, a protest against the government. The transformation took place in Berlin, capital of the German kingdom of Prussia, in 1811. Again, those familiar with European history will know that Napoleon Bonaparte had defeated Prussia a few years earlier and that this had been a great humiliation for a country that had prided itself on its military prowess. All kinds of reform plans were hatched, as the country's youth dreamed of revenge. It was in this atmosphere of patriotic enthusiasm that a teacher at a Gymnasium (or academic high-school) named Friedrich Ludwig Jahn, hit upon the idea of linking physical prowess and ethnic pride. In 1811, he founded the first Turnverein club in Berlin, using the enthusiasms of the day to turn a private, and seemingly innocuous exercise club for (mostly) teenaged boys into a school of patriotism. The idea soon spread and, although the Turnverein did not play a major role in the Wars of Liberation against Napoleon, it did create a new and exciting means to spread the ideals of patriotism, especially among the youth. Along the way, the Berlin club also came up with the third major apparatus of modern gymnastics--the parallel bars. It was thought that they were developed as extensions of the pommels of the horse, and used originally to strengthen the hands and arms for vaulting.

More to come from this riveting speech in future publications

2016
150th
Sokol
TABOR
Anniversary

SOKOL TABOR

150TH ANNIVERSARY BANQUET

SATURDAY, NOVEMBER 12, 2016

SOKOL TABOR
1602 S. CLARENCE AVE.
BERWYN, IL 60402

COCKTAIL HOUR 6:00 P.M.
LOWER LEVEL

DINNER & PROGRAM 7:00 P.M.
UPPER LEVEL

DANCING FOLLOWING DINNER

SEMI-FORMAL ATTIRE \$80 PER TICKET

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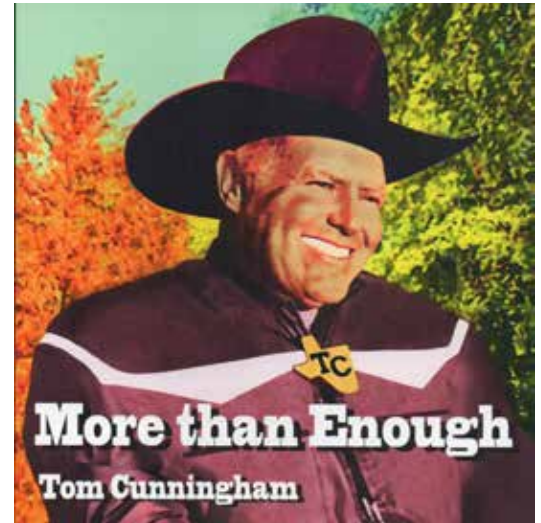
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To All at Sokol,

When I was a teen, I wasn't sure where I was headed. We moved to Dallas from Houston. I met with the wonderful Walter Hosek. Not only did Walter become my gymnastics coach, but became a second father to me. Not only did I pick up a new sport, but new friends as well. To this day, Bob & David Podhrasky are still good friends. I would like to thank Sokol everywhere for giving many young folks a great way of life!

~Tom Cunningham



Tom Cunningham's song "Two April Fool's" made #1 on the Top 40 Indie Country Chart. His music is available at www.prnfm.com Visit his website at www.tomcunningham.net

Athletes Who Were Versatile in Multiple Sports

by Dale Harder, excerpts from *Dale Harder's Strength & Speed Newsletter*

Tom Cunningham at age 7 had spinal meningitis that left him not only physically deficient, but dyslexic. At 11, he started punching a speed bag, and got "really fast". In 1953 he became Golden Gloves boxing champion in Houston. By 1956 he had set two world records in kite flying. In 1957 he became the 2nd best high school boxer in Texas in his weight class. He won the regional high school diving championship, placed 2nd in the state, and won the Gulf Coast AAU 3-meter diving championship.

Texas Tech welcomed Cunningham as a freshman in 1958. Tom won the Southwest Conference tumbling championship, and was 3rd in the still rings in the national meet. He next became a circus trapeze flier, hand balancer, and juggler. He was the only performer in the Ringling Brothers Circus to juggle 3 balls, turn a standing back flip while 2 balls were still in the air, catch them and keep on juggling.

In 1959 he earned his B.5 in electrical engineering. From 1960-4 he won 13 straight gymnastic firsts in the still rings. In February, 1964, he was a one-man team representing 5oket MI' {& Czech organization) in the Oklahoma state championships. He won every single gymnastics event except 'for a 3rd in the pommel horse. He was an alternate for the 1964 U.S. Olympic team, but broke his neck doing a doubtful flip in August. Tom came back. From 1965-7 he won and placed in the U.S. Gymnastics Fedn., AAU, and YMCA meets. In 1967 he was selected for the 1967 International Invitational held in Mexico City. He was 1st on the rings and 3rd in the floor exercises.

Powerlifting, Olympic lifting, and bodybuilding came next. From 1966-73 at 165 lb. he lifted: squat 490, bench press 405, dead lift 660, press 285, snatch 260, and clean & jerk 335, all without using steroids. He won Jr. Mr. Dallas and 3rd in Mr. East Texas. He also did 100 one-arm pushups, 1760 sit-ups in less than an hour, held the iron cross a world's record 78 seconds, and parallel bar dipped with 225 lb. extra at 162 bodyweight. He did 13 one-arm chins but was beaten by a female circus performer, Victoria Unis, who did 18.

Tom did stunt man work in the movie Logan's Run. In 1976, Tom built the Real-to-Reel recording complex in Dallas and in 1978 he sang, recorded, and mixed his record album, "The #1 Rock n' Roll C&W Boogie Blues Man". It made the top 10 in England. In 1980, Tom did more stunt work for Semi-Tough, a movie with Burt Reynolds, and while doing that received a severe hip injury. In 1987, he was still able to do a one-arm planche at the age of 47.



RISING STAR: JENNIFER KUNCL

submitted by Allison Gerber, Western District President

My name is Jennifer Kuncl and I graduated from Crete High School in Nebraska. I will be attending Wayne State College in the fall of 2016, to study Education and also receive a coaching endorsement. I plan to continue coaching gymnastics at Norfolk YMCA.

I've been in Sokol years and have competing for winning Western four consecutive years, and AmeriKids State years. During these to practice, compete, unit fundraisers and The gym has been to finally graduate is although, I can't wait holds!



gymnastics for fourteen been competitively majority of that time District Champion for Nationals Champion Champion for two years, I have continued coach and organize Toys for Tots donations. my second home and a bittersweet moment; to see what the future

My family is quite crazy. I have one brother who's 10, Jeffrey. We both have been in gymnastics for quite some time. My mom and dad are both remarried giving me a younger step-brother and step-mom, and older step-brother, older step-sister, and a step-dad. I now also have a niece and nephew which are my older step-brother's kids. My dad has one dog, Emma, and she weighs all of about five pounds but is quite sassy. At my mom's, we have three dogs, Jade which is my step-dad's, Scooter is my brothers dog, and Daisy is my dog. I also have a rabbit named Peanut, and two fish, Chuck and Gary. My mom isn't exactly happy about my fish since I brought them home and didn't tell her!

Aside from gymnastics, I enjoyed cheerleading for two years, track for three years, and golf for one. In all of these I lettered along with vocal music and academics. I was also involved in school clubs, church groups in which I held leadership roles. I often help out with various community service events. I like to go camping with my family and hang out with them. One other thing I really love is food; I think anyone who knows me would say that! Nazdar

We at the Western District extend our Congratulations and Best Wishes to Jennifer. Her ever present 'smile' and positive attitude will be missed.

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!*

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

NEWS FROM WORLD SOKOLS



Česká obec sokolská

Czech Sokol Worships the Memory of
VERA ČÁSLAVSKÁ
 1942 – 2016

The Czech Republic and the world memorialized the life of Czech sports legend, gymnast Vera Čáslavská. To honor her memory the Czech Olympic Committee in cooperation with the Ministry of Education and the Office of the Government prepared a last farewell on Monday, September 12 to this historically most successful Olympian in the Czech National Theatre in Prague. September 9-12 on the plaza of the National Theater, a sacred place, there was a condolence book for the general public to sign. Czech Sokols prepared similar tributes in sacred places in their towns on September 12th as well to join the public in the memorial.

Vera's story is amazing. For example, when she was banned from practicing, Vera would continue her training using bags of potatoes to keep her muscles in shape. Her perseverance and fortitude were an example of the Sokol ideal and strength of the Czech people.



Sokol Member and Record Five-time Gold Medal Olympic Champion

by Sis. Norma B. Zabka

Věra Čáslavská is the only gymnast, male or female, to have won a gold medal in each event including the all around.

In 1964 the Czechoslovak Men's and Women's National Team (Sokol) visited the United States. They gave a great exhibition at our Sokol Hall. We have a memento of that visit in our library, which is a glass with the signature of all the members of those teams.

In the 1968 Věra won a gold medal in the four individual and team events at the Mexico Olympic Games. She was the darling of the Mexicans. It was a time of political upheaval in Czechoslovakia and when at one competition they played the Soviet National Anthem, she looked away and lowered her head in defiance as a supporter of a political democratic reform.

After the games she married a Czech track and field star who was invited to the United States. She accompanied him, but was only permitted to visit as a guest and not as an Olympic Champion. Upon learning of this visit, I gathered a few young class members to greet her at the airport in Sokol uniform and with the usual flowers. Among our group were young Sis. Pauline Reenock, Sis. Blanka Suchanek and the Br. Hudecek boys, Kenny and David. We also arranged a reception at the Sokol USA building in Astoria as for some reason we had no room available at that time at our Hall.

Back home, Vera was barred from competition and was persona non grata until after the Velvet Revolution. She was then named Chairman of the Czech Olympic Committee and was also inducted into the International Gymnastic Hall of fame in 1998.

Farewell to a Sokol and a patriot, Věra Čáslavská. Nazdar!



Mark your Calendar

Events around the American Sokol

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

October

- October 2** **Rhythmic Gymnastics Clinic** — Sokol Chicagoland, Elite Sports Complex, Downers Grove, IL
- October 8** **40th Anniversary Celebration** — Sokol Greater Cleveland, Cleveland, OH
- October 14-15** **Fall Rummage Sale** — Sokol Tabor, Berwyn, IL
- October 15** **Track & Field Meet** — Sokol Tabor, Berwyn, IL
- October 15** **4th Annual Czech Slovak Folklife Festival** — Sokol Washington, D.C., Washington, D.C.
- October 15** **Haunted Walk & Hayride** — Sokol Detroit Camp, South Lyon, MI
- October 16** **Annual Heritage Event** — Sokol Los Angeles, Knollwood Country Club, Granada Hills, CA
- October 16** **Bike & Train in Cuyahoga Valley National Park** — Sokol Ceska Sin, Cleveland, OH
- October 21** **World Beer Club** — Sokol Spirit, Brookfield, IL
- October 22** **Adult Team Trivia Quiz Night** — Sokol Spirit, Brookfield, IL
- October 22** **Wine Harvest Celebration** — Sokol New York, New York, NY
- October 28-30** **AS District Directors & Development Conference** — Sokol Greater Cleveland, Cleveland, OH

November

- November 5** **Annual CD BOI Meeting** — Sokol ??
- November 5** **Spaghetti Dinner** — Sokol Spirit, Brookfield, IL
- November 6** **Annual Central District Meeting** — Sokol Spirit, Brookfield, IL ??
- November 6** **Annual Czech & Slovak Dinner Party** — Sokol Detroit, Sokol Cultural Center, Dearborn Heights, MI
- November 12** **Sokol Tabor 150th Anniversary Banquet** — Sokol Tabor, Berwyn, IL
- November 12** **2016 Holiday Fair** — Sokol Greater Cleveland, Cleveland, OH
- November 18** **World Beer Club** — Sokol Spirit, Brookfield, IL

December

- December 3** **Annual Meeting** — Sokol San Francisco, San Mateo, CA
- December 3** **Mikkulasska/St Nicholas Dance** — Sokol Greater Cleveland, Cleveland, OH
- December 10** **Central District Men's/Boy's Gymnastics Meet** — Sokol Tabor, Berwyn, IL
- December 11** **Rhythmic Gymnastics Meet** — Sokol Chicagoland, Elite Sports Complex, Downers Grove, IL



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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SAVE A TREE...GO GREEN. RECEIVE THE DIGITAL VERSION VIA EMAIL:
<http://american-sokol.org/gogreen/>

150th Anniversary Merchandise Sale



Medallion \$6 150th Glass \$15 M. Tyrs Poster \$2 Gala Bag \$4 Plaque \$70
\$88 shipped Goblet \$9 Commemorative Book
\$7 Office/\$8 shipped

- 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**
or email to: aso@american-sokol.org

We accept either check or credit card (VISA, DISCOVER OR MASTER CARD).

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