



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

January 2014 | Volume 137 | Issue 1



## What will your new year's resolution be?

Lose Weight Ⓢ Volunteer to Help Others Ⓢ Quit Smoking Ⓢ Get a Better Education  
Get a Better Job Ⓢ Save Money Ⓢ Get Fit Ⓢ Eat Healthy Food Ⓢ Manage Stress  
Manage Debt Ⓢ Take a Trip Ⓢ Reduce, Reuse, and Recycle Ⓢ Drink Less Alcohol

*Popular new year's resolutions according to usa.gov*

## AMERICAN SOKOL

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\*except in July and August

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### From the Editor...

Happy New Year!

Don't forget to submit items for publication. Please send a memory, article, newsletter or calendar of event to [editor@american-sokol.org](mailto:editor@american-sokol.org). This publication's content is driven by YOU and I need your submissions to make this a successful publication! LET'S MAKE 2014 A GREAT YEAR!

NAZDAR!



### To Submit Items for Publication:

Email: [editor@american-sokol.org](mailto:editor@american-sokol.org)

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## President Note – A Sound Mind *Happy New Year!*

Through Sokol, we strive to develop a sound mind in a sound body. In this New Year, I'd like to kick us off with a focus on "a sound mind". Our Sokol gyms have great programs to advance and strengthen the body. From our strong gymnastic program to our thriving fitness challenge and beyond, we are constantly pushing our bodies to new heights. Certainly, these athletic challenges come with their own mental preparations and Sokol discipline. So now it is time for us to focus more deeply on the mental strength of our members through an overall wellness initiative. From eating better through nutritional knowledge to stress management techniques, we are expanding our programming to fully meet the needs of our members and our communities. We are truly committed to building sound minds in sound bodies.

Building a sound mind is critical to overall success. Whether our sound mind comes from brain exercises, stress relief or mental discipline, we each have an opportunity to make ourselves stronger mentally. On a personal level, the time between Christmas and the New Year is a revitalization period that helps me to gain mental strength to explode into the New Year with energy and passion. Here are a couple of "recharging" and mind strengthening methods that work ALL the time, but that I specifically use before the New Year starts:

### 5S METHODOLOGY

I was first introduced to 5S during a work project as a tool to make workplaces more efficient and productive. The 5 S's that are referred to in this methodology are Japanese words of Seiri, Seiton, Seiso, Seiketsu and Shitsuke. They are translated into English as 5 words that begin with the letter S as well; Sort, Straighten, Shine, Standardize and Sustain. There is much history and background to this methodology, but for my purposes, it serves as a therapeutic way to organize my life and provide a more stress free environment to operate in. By taking some time to go through each room of the house and practice the 5S method, I am able to de-clutter and organize my living and working spaces giving me a feeling of renewal and a fresh start to the challenges of a new day.

### RESOLUTIONS

I've spoken of these in the past, but I will state again that setting goals and objectives for yourself that are Specific, Measureable, Achievable, Realistic and Time-Bound (SMART) are a great way to get your mind focused on the right things that will make a difference for your life. As with the 5S methodology, resolutions do not have to be a once a year activity, but taking some time to kick-off your new year with some life-altering resolutions could prove to be of great benefit to you and those around you.

### FAMILY TIME

Finally, it is very clear to me that the time spent with family during the holidays is a chance to remind me of the most important things in life. I can't say that it is always the most stress free environment...I do have a 6 year old and a 9 year old after all. But I will say that time spent with the family is by far the most mind strengthening and rewarding times of my year. Each moment spent seems to remind me of why I work hard at my job, why I keep up my house, why I dedicate time to Sokol, etc... It sort of brings life into perspective.

So...as you are in your Sokol classes building muscle, skills, and abilities, don't forget to challenge and stretch your mind. When your mind and your body all work together, you can achieve phenomenal results.

**GET YOUR MIND READY AND HAVE A FANTASTIC 2014!!** ©

Nazdar!

Tom Pajer

American Sokol President





# The Sokol Educator

*Sis. EllenJeanne Schnabl, Educational Director*

## JANUARY

It is winter, tough cold!  
Under our feet crunches snow.  
Frozen already the entire river  
We will ride on skates.  
  
On skating, red cheeks  
We have like little roses.  
For fun, we'll buy us  
chestnuts at grandmother's.

## LEDEN

Je to zima, tuha zima!  
Pod nohama chrupe snih  
Zamrzla jiz cela reka  
Budem jezdit na bruslich  
  
Na kruzisti zcervenaji  
Tvare nam jak ruzicky  
Pro zahrati koupime si  
Kastany u babicky.

**SILVESTR** - The New Year's Eve celebration is named after St. Silvester I — many different dishes are prepared from sweet to salty, from cookies to the canape sandwiches and on and on. Lentils must be served to bring you prosperity & money for the New Year. The proverb for New Year's Day is "Na novy rok o slepici krok" meaning from New Year's Day the days start to be a chicken foot longer.

On Epiphany, the 6th of January, the Tri Kralove (3 Kings) make their appearance along with Kolednici (carolers). Kaspar, Melichior & Baltazar are those 3 Kings. Another proverb: "Na Tri Krale o hodinu dale" - On 3 Kings, the days are longer by an hour.

January is National soup month! Also: Glaucoma awareness; health & weight awareness; family fit lifestyle; financial wellness; mentoring.

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

**January 1, 1871:** First issue of "Sokol", a physical culture revue was published in Prague, edited by Dr. Miroslav Tyrs.

**January 7, 1789:** First American Presidential election.

**January 7, 1927:** Transatlantic commercial telephone service began from New York to London.

**January 10, 1879:** First issue of "Sokol Americky" published in Chicago, Illinois.

**January 11, 1991:** Marie Provaznikova died (born 1890) – a legendary Director of Women who introduced new trends to Sokol like sports and camping and was active in international organizations. She immigrated to the USA in 1948 where she organized the Sokols Abroad.

**January 15, 1897:** Publication started of the "Vestnik Sokolsky" official publication of the Czech Sokol Organization in Prague.

**January 27, 1832:** Charles Lutwidge Dodgson wrote "Alice's Adventures in Wonderland" under the pen name of Lewis Carroll.

January is also National Radon Month. Radon is the leading cause of lung cancer for non-smokers. Test kits can be purchased at hardware stores, health departments for about \$20.00. Electronic radon detectors are also good buys.

Millions of people make New Year's resolutions to make changes in their lives. If you are a Sokol member, attend classes regularly since we offer moves for all ages and levels of fitness. It's also a safe place where you can meet with your fellow members. Call other long-time Sokol friends to join you — Better yet call non-Sokol friends to join you!

## WORDS OF WISDOM FOR THE NEW YEAR;

Take a 10 to 20 minute walk every day & SMILE! It is the ultimate anti-depressant.

When you wake up in the morning, complete the following statement: "My purpose is to \_\_\_\_\_ today"

Live with the 3 E's: Energy, Enthusiasm, Empathy.

Spend more time with people over the age of 70 and under the age of 6.

Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed-out charge card,

Life isn't fair, but it's still good.

May your troubles be less, ay your blessings be more; and may nothing but happiness come through your door!

NAZDAR! Sis. EllenJeanne Schnabl, American Sokol Educational Director 

## 2014 MERIT AWARD

The American Sokol Merit Award is being handled by the National Educational Committee and is now accepting applications for the 2014 Merit Awards. Eligible students are those who are planning a full time (at least 12 hours per semester or equivalent) course program in an accredited two-year or four-year college or who are already participating in such a course of study. The amount to be awarded is \$500.00. There are no merit award renewals. The application process begins with the submission of the form below to obtain application forms and instructions.

Failure to submit a transcript of grades to the American Sokol Merit Award committee for the year of the award and/or failure to complete the year's course of full-time study will result in a request for repayment of the award.

The selections are made by the Merit Award Committee and approved by the American Sokol District Educational Directors and the American Sokol Executive Board. The following points will be considered by the Committee in selecting the candidates:

1. Educational Activities – Sokol and/or other cultural activities.
2. Service to Sokol – Unit, District and/or National.
3. Participation in Sokol events and activities – Unit, District and/or National
4. Community involvement
5. Essay
6. Recommendation of the Unit Educational Director, Physical Director or President.

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## 2014 MERIT AWARD

- Applications can be downloaded from the home page of the American Sokol website: [www.american-sokol.org](http://www.american-sokol.org).
- If requesting by mail, please send this completed application to: Merit Award Committee, c/o American Sokol, 9126 Ogden Ave. Brookfield, IL, 60513 or e-mail [aso@american-sokol.org](mailto:aso@american-sokol.org)

I wish to make application for the American Sokol Merit Award.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

My age is \_\_\_\_\_ years. I am a member of Sokol \_\_\_\_\_

<p>APPLICATION REQUESTS SHOULD BE RECEIVED NO LATER THAN APRIL 1, 2014</p>
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<p><b>APPLICATIONS ARE DUE JUNE 1, 2014</b></p>
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# RISING STAR

## VERONICA WALINSKI

*Submitted by Judi Soulides, Sokolice Tabor President*

Veronica Walinski started her Sokol participation by attending 1st Class Girls. She took a short break and then returned to join the Junior Girls class. She has been a class member of Sokol Tabor now since 2009, and remains an active member of Sokolice Tabor and its Board of Instructors.

Veronica has attended two American Sokol Instructor Schools at Sokol Greater Cleveland in 2010 and Sokol Spirit in 2011 where she was awarded "Best In Class", and looks forward to returning to Sokol Greater Cleveland in 2014 to continue her instructor education. She has attended Slets in Cleveland and Milwaukee. She is also one of the 2013 recipients of the newly established Central District College Bound Merit Award.

Veronica is quite remarkable and goal oriented. While she is currently attending the University of Illinois – Chicago where

she is studying elementary education and aspires to become a Special Education teacher, she serves as Sokolice Tabor's Youth Ambassador as well as Sokol Tabor's 1st Class Girls Instructor. As a Junior, she served as Class Assistant to both 1st and 2nd Class Girls and was also Junior Board Director. Veronica is very excited to participate in her first year with the Women's Class after becoming an adult member of Sokolice Tabor in 2013.

Not only does she live by the Sokol values she holds so dear, she shares the leadership skills she has attained from Sokol and her continued education with members of her 1st class girls and women alike. We are truly grateful for Veronica's dedication.

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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](mailto:editor@american-sokol.org). 

**American Sokol depends upon private contributions to fund many of its programs throughout the year. Your gifts help ensure that the American Sokol is able to continue its tradition of excellence in the community and accomplish its mission.**

**American Sokol Donation**

You can Donate directly online at <http://www.american-sokol.org/donate>  
or mail this form with your donation payable to: American Sokol, 9126 Ogden Ave., Brookfield, IL 60513

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3 digits on back (AMEX 4 digits on front): \_\_\_\_\_

Signature: \_\_\_\_\_



# 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



HAPPY NEW YEAR! It is time to be grateful for the gifts that we have received this holiday season and quality time spent with loved ones. It is a time to reflect on what we have done in the past and create new goals and resolutions for this coming year. I hope every one of you has fond memories and things that you cherish from this season and were able to share those you remember from the past.

I am going to share with you something that I decided to do for this coming year. I was watching a local program that was honoring people who "do good" in their community. There was a man on who decided to do 365 good deeds for the 2013 year. He did some LARGE things, but some small things as well. I have decided to do 365 good deeds, one a day for a year, in this 2014 year. I hope to encourage some of you to do a challenge such as this or just to follow me on my journey and enjoy this along with me. I plan to document the deeds that I do, but also the reactions that I receive and possibly if I spark someone to do something good as well!

Please share some of your resolutions with me and/or send me some deeds that you think might be good for me to try! My e-mail is listed above as well as my snail mail address-please contact me and give me feedback. I would love to hear from you with your New Year adventures or just to get ideas from you!

Good luck!

Have a safe, productive and prosperous New Year!

Nazdar,

Kandi Pajer :)

## WEEKEND INSTRUCTORS SCHOOL

*By Mary Cushing – School Director*



Charity instructing at vault



Todd and Ken teaching combatives

A Weekend Instructors School was held October 18 – 20, 2013 in Monessen, PA. This was held as a joint effort of Sokol USA and the American Sokol. There were 22 students registered of which 18 were from three Sokol USA Lodges and 4 were from Sokol Greater Cleveland. This total included 6 Senior Men.

A variety of classes were held with 18 hours of class time allotted. The major emphasis was on Spotting and Progressions, but they also received lectures on Safety, Teaching, Warm-ups; and activity classes of Marching, Calisthenics, Special Numbers, Tots Class, Games, Folk Dancing, Combatives and Singing.

The staff consisted of Todd Yatchyshyn, Charity Ruhl and Stacy Hoffman from Sokol USA and Ken Fron, Jr., Michelle Jirousek and Mary Cushing from the American Sokol. Chris Yatchyshyn helped out as School Secretary, while I was the Director of the School.

The American Sokol School Board realizes that two other Units were slated to host a Weekend School and could not. The paperwork and logistics seems to be a stumbling block. So to help overcome this and make it easier for Units or Districts to host a Weekend School you will be able to do this by telephone and avoid the hassle of the paperwork. However, you still are responsible to follow through on the duties required for the hosting unit, we just want to make the process easier so more units will follow the example of the Monessen Lodge and host an American Sokol Weekend Instructors School.

If you remember the original concept of the Weekend School was to assist adults with Instructor Training since many cannot take the 2-weeks to come to the National School in the summer. We made an exception this year, lowering the age of attendees to 13, because there wasn't a National School this summer. We are also revisiting that concept.

Information will be coming to the American Sokol website. So if you're thinking about having a Weekend School take a look; give me a call; and let's makes it happen!!<sup>®</sup>

**Marycushing@american-sokol.org**

**708-255-5397**



Marching Class



Opening lecture on safety



Michelle showing spotting on uneven bars

## Listen to Your Body - Signs of Nutrient Deficiencies

*Dr. Andra Campitelli, ND From: TrueHEALTH news*

Our bodies are amazingly complex and they communicate with us in different ways. Often times, we experience certain feelings or notice certain symptoms and don't actually realize that this is the body's way of communicating that something might be a little off. We all logically know that we need additional vitamins and nutrients, but what we don't often realize is that the small things that show up on our bodies can actually tell us exactly which nutrients we may need.

1) White Spots and Ridges on the Nails. Mineral Deficiency. Tiny white spots on the nails or nails that have raised ridges are thin and curving inwards are often signs of mineral deficiencies, specifically iron and zinc. If you're a nail biter, this may also be a sign of further mineral deficiencies. Thyroid health also plays a role here, and hypo- or hyperthyroidism are often associated with brittle nails or nails that split from the nail bed. oft brittle nails may also be associated with magnesium deficiency and hang nails are a sign that you may need to up your zinc intake.

2) Muscle Cramps (specifically those calf muscles!) You know those awful charley horses that wake you in the middle of the night, or those irritating eye twitches that go on for days? Generally, you hear talk of potassium deficiency, so are encouraged to eat more bananas. However, the often overlooked source is a possible magnesium deficiency. Magnesium is an important mineral with many key functions, but is rarely caught as the culprit. Not only can magnesium deficiency contribute to muscle spasm, it can also contribute to fatigue, numbness, tingling and sometimes even heart rhythm abnormalities. The recommended dose of magnesium in adult men and women is 300 to 400 mg daily. If you're not getting that amount, consider supplementing!

3) Hair Loss. Hair loss is a huge concern for men and women! The good news is, hair loss is not always associated with the good old aging process. There are a few key nutrients involved her that may be a little low! Hair loss could be a sign of low folic acid, iron and B vitamin levels. It may also indicate a need for additional essential fatty acids, which comes as no surprise, since so many people are deficient in omega-3! Zinc and biotin stores may also reflect hair loss. Low thyroid hormones are also related to hair loss, so be sure to see your health care provider to rule out any more serious health conditions. Hair loss also has a hormonal component and may be due to testosterone being converted into another hormonal form that contributes to hair loss. Although this doesn't reflect an actual deficiency, the botanical saw palmetto, has been shown to assist in male and female pattern baldness (hair loss typically at the top of the head and temples).

4) Small Red Bumps on the Backs of the Arm. This is a very common concern for some people and these little tiny bumps can occur not only on your arms, but on your thighs, buttocks and even on your cheeks. This is actually a hereditary condition known as keratosis pilaris, or KP, and affects about 50% of the population worldwide. These small bumps may be improved by taking essential fatty acids, vitamin A, vitamin E, vitamin D and zinc.

5) Tingling and Numbness in Hands and Feet. Once all other more serious condition have been ruled out (pinched nerves, herniated discs, symptoms of existing medical conditions), tingling can often be due to vitamin deficiencies or assisted with nutrient intervention. Generally, B vitamins are implicated in this frustrating condition, specifically vitamin B6, vitamin B12 and folic acid. Supplementation with the B vitamins can greatly reduce these symptoms.

It's always important to listen to your body and to pay attention to those small signs. Many of us ignore these frustrating symptoms and push them to the back of our minds when all it could take is a few simple nutrients to get relief. (S)



## Sokol Los Angeles Annual Heritage Event

*Submitted by Kathy Hanken and Lillian Roter*

On 27 October 2013, Sokol Los Angeles celebrated The Czech National Day (October 28) at Knollwood Country Club in Granada Hills, CA. Sokol members from San Francisco, Fresno and San Diego attended this event that included music by a live band, dancing, good food and camaraderie. There were 175 Sokol members and guests in attendance, including 21 children and the Consul General of the Czech Republic in Los Angeles, an increase of 67% over previous events.

What caused this increase? A Parade of kroje to be presented by Sister Yvonne Masopust attracted people interested in our heritage and in seeing and learning about the various regional folk costumes (kroje).

Sister Masopust displayed a map of the Czech Republic and Slovakia that depicted the regions of origin for the various kroje. Kroje were modeled by Sokol members, family and friends as Sister Masopust identified each region and described the details of that region's national costume. The audience was amazed as each costume or group of costumes paraded around the dance floor while Sister Masopust spoke.

The hour-long presentation (seemingly shorter) was an absolutely fabulous display of colors and styles. Many of the kroje have not been seen by our membership for years. In several cases the grandchildren of former Sokol members proudly donned the beautiful outfits worn years ago by their grandparents. The movement of the national costumes in all their colors twirling on the dance floor was a beautiful sight.

Sokol Los Angeles is proud to have Sister Masopust as a member. She spent months preparing for this presentation, making sure the costumes were complete. In addition to encouraging those who own costumes to participate, she searched for other individuals who would be willing to participate. She borrowed costumes, sewed missing pieces, and made sure all "models" were properly fitted for the presentation. In addition to all this, she prepared her talk, ensuring all facts were accurate.

We thank all the volunteers who helped to make this event a huge success and such a hit with everyone. Without our volunteers this and other activities could not be possible.☺



## Sokol Town of Lake Annual Reunion — October 12, 2013

*Submitted by Henrietta Milan*

22 campers and family attended on the sunny but cool day. The Palos Forest Preserve District Division Superintendent, Kathleen Weger, had the location around the Charles “Teach” Kolena rock marker mowed and ready, with four large picnic tables. The campers brought salads, sandwiches, chicken, desserts, and coffee. (Sometimes we have hot soup and firewood depending on the weather.) Everyone was excited to greet each new arrival. We checked out new photos, new stories, and new ex-campers who made contact with Annette Schabowski or the American Sokol Office.

Jackie (Jakus) and Jim Leistikow from Merrill, Wisconsin, found the camp reunion online and attended. Jackie had been a camper. They enjoyed the photo albums and the stories. Tom and Judy Ruzicka were unable to make it this year and said hello to all.

Earlier that morning, Annette and I discussed what would happen to the Kolena rock marker...maybe it should be in a safer place, another location? But the first item of importance when arriving at the Forest Preserve is to check in with the superintendent. (Vlasta Stribrny always calls to verify our reunion date and time as a reminder. Thank you Vlasta!) We mentioned the rock's safety concerns and were immediately assured that the marker is well protected and Sokol Children's Camp is a part of the history of

the Forest Preserve. Kathleen also stated that the Forest Preserve was thinking about a doing a 50 year dedication and including the Sokol Camp along with the Boy Scout Camp that was on the other side of Tuma Lake.

The camp reunions began after the American Sokol Organization celebrated 125 years in the USA in November of 1990 with a banquet and program. Several campers from the past attended this event, including Dan Farley, a 1950's lifeguard, from Buffalo, New York. The next day the ex-campers met at the campsite and found the rock that had been by Teach's cabin. Arrangements were made with the Forest Preserve to move it on April 26 to the vicinity where cabin 1 had been. John Nekolny and Annette made several trips to measure the old indentation and compose wording for the new plaque. Duke Jedlicka (1938-1993) and John installed the new plaque one week before our first reunion in 1991. The total cost of the plaque was approximately \$800 from camper donations. Later that summer, Marilyn (Vacha) Deal and Annette Schabowski moved flagstones from the kitchen area, placed them around the rock, and added plants.

In 2001, Frank Havlicek, studied photos of the old Sokol Camp sign which had been on Willow Springs Road and the following year delivered a replica of the sign. Annette stores the sign, and brings it to the reunion each year, along with two photo albums and other camp memorabilia. She also keeps us informed with cards to remind all of the date and times. Thank you goes out to Joe Kazda for contributing to the postage and to all the others who consistently help.

It was Teach Kolena's idea to start a camp in Willow Springs. In 1926, he received permission from County Board President, Anton Cermak, to go ahead with his idea. In 1930, Bro. Reichert helped with permanent reservations of a summer camp. At first the camp consisted of a mess hall and one large dormitory. Half of the dorm was for boys and the other half for girls. Eventually the Civil Conservation Corp built the cabins. There was a master carpenter, but Len Navratil, Laddie Vanek and Laddie Lankas, then young teens, also helped.

Laddie Lankas, Ray Hemzacek, Joe Hii, Rudy Zak, Len Navratil and Laddie Vanek were known as the “Terrible Six” at camp because of their shenanigans. Later on Bill Komarek came along. He also was well versed in pranks and passed his knowledge on to the succeeding generation of campers.



Trail Photo – L to R: Annette (Banfi) Schabowski, Julie Barcal, Vlasta Stribrny, ?Robert Husa, Joe Kazda, Bill Komarek

Teach Kolena lived at the campgrounds as caretaker through the 30's and 40's until his death in 1958. He played classical music on the loudspeakers throughout the camp. He taught campers about trees, bugs, and nature. He did games, crafts and storytelling. Teach and Marilyn (Vacha) Deal painted the cartoon figures on the walls of the recreation hall. He also taught music and timing for composing calisthenics at Sokol Instructor Schools held at the camp. (Jerry Milan attended in 1952.) Other instructors at that course were Sis.Emilie (Welcl) Ruzicka, Bros.Ota Karasek and Oldrich Kudrnovsky

The camp was a good source of revenue for Sokol Town of Lake, and was popular until its demise in 1964. Sokol Slavsky joined with Town of Lake in maintaining the camp in its later years. Teach touched the lives of hundreds of young Sokols until his death in 1958, leaving a never-to-be-forgotten legacy.

In closing: we were all campers, cook helpers, counselors, lifeguards, and some eventually became directors. We learned to work hard, follow orders, care for others, respect elders and the flag, practice sportsmanship and have FUN with lasting memories. Nazdar! 🇸🇰



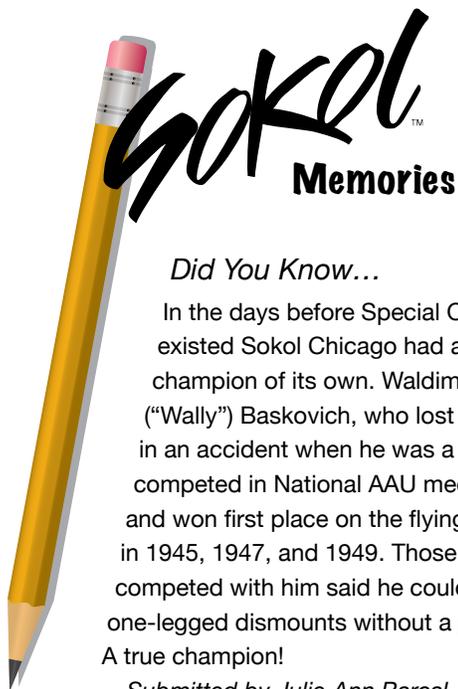
From L: Laddie Lankas, Len Nevratil, Laddie Vanek showing off his Terrible 6 T-shirt, Ray Hemzacek



Installation of plaque marker, 1991 – From L: Duke Jedlicka and John Nekolny



Nov. 1990 American Sokol 125 year Banquet – L to R: Henrietta (Banfi) Milan, Dan Farley, John Nekolny, Annette (Banfi) Schabowski, Chuck Novotny, Duke Jedlicka



*Did You Know...*

In the days before Special Olympics existed Sokol Chicago had a disabled champion of its own. Waldimir ("Wally") Baskovich, who lost his leg in an accident when he was a child, competed in National AAU meets and won first place on the flying rings in 1945, 1947, and 1949. Those who competed with him said he could land one-legged dismounts without a problem. A true champion!

— Submitted by Julie Ann Barcal



Waldimir Baskovich, far left, with Sokol Chicago's Championship team. Also pictured, left to right: Paul Fina, Bill Polacek, Eddie Hlinka, Jerry Michalek, and Stan Barcal.



This was taken about 1935 before or after an American Sokol Little Ferry (NJ) exhibition. I am the first (shortest) girl in middle row with all the girls. I must have been seven or eight years old and now I am 85 – wow! I am proud to be a "Sokolka".

— Submitted by Evelyn "Řehak" Weed, American Sokol Little ferry New Jersey

If you have a Sokol Memory or photo you would like to share with readers, send it to [editor@american-sokol.org](mailto:editor@american-sokol.org). We look forward to hearing and sharing your special memory. ☺



## Mark your Calendar

### Events around the American Sokol

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

## January

- January 3** **Sokol Spirit Czech Film Series: 'Divided We Fall'** — Czech Classroom of Sokol Spirit Hall, 3909 Prairie Ave, Brookfield, IL; 7pm to 9:30pm Donation \$4 with 1st Pilsner Beer Free
- January 3-5** **Central District Skills & Progressions Clinic** — Sokol Tabor
- January 12** **Sokol Little Ferry Holiday Party**— Vitale's Restaurant
- January 17** **Sokol Ennis Friday Night Party with the Czech Harvesters** – clubroom 7-11pm
- January 25** **Ceska Sin Exhibition**
- January 26** **Sokol/Sokolice Milwaukee Czech, Slovak Film Series** —The Power of the Powerless, Norway House, 1:30 pm

## February

- February 2** **GIJO Super TumbleDown** – Naperville Central High School
- February 8** **CD Cal & Marching Competition** – Lodge 306, Chicago
- February 9** **Sokol Stickney Pancake & French Toast Breakfast** – 8 am to 1 pm Adults:\$ 7, Children 6 to 12 years: \$3, Under 6 years: free

## March

- March 8** **Sokol Tabor Exhibition** – Sokol Tabor Hall, 6pm.
- March 9** **Sokol Chicagoland Exhibition** – Elite Sports Complex, Downers Grove IL, 2pm
- March 14** **Sokol Naperville Exhibition** – Naperville Central HS, Naperville IL, 7pm
- March 15** **Sokol Spirit Exhibition** – George Washington Middle School, Lyons, IL, 4:30 pm
- March 23** **Sokol LA Spring Social** — Knollwood CC, Granada Hills, CA



### American Sokol Deadline

Send your submissions, articles, events and photos to [editor@american-sokol.org](mailto:editor@american-sokol.org) for the American Sokol by the 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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