

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

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# FALLTASTIC

**I cannot endure to waste anything so precious as autumnal sunshine by staying in the house. So I have spent almost all the daylight hours in the open air.**

**~Nathaniel Hawthorne, 1842**

## AMERICAN SOKOL

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### From the Editor...

Who doesn't like fall? In gymnastics it means something different. Last thing you want to do is fall. But I mean the season... autumn. Who's never fallen into a pile of freshly-raked leaves? That crisp, yet warm breeze on just the right day.

Today, as I'm writing this, was one of those days in the Chicagoland area. Few and far between they are, so always remember to stop and, smell the roses. Although this time of year the smells are more like cinnamon, pumpkin and grills full of steaks, sausages, chicken, what have you. Which they say are mostly good for you! Depending on how they are prepared.

A nutritionist, many years ago, said something to me that I will never forget. Always try to choose the most natural form of a food. For instance, if given a choice of potato at a restaurant, go for the baked with a little butter, chives and maybe a dollop of sour cream. Not the mashed potatoes or french fries.

So bring on good eating and the season with all its wonders and... *hopefully...* an Indian summer.

NAZDAR!



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## *I left my heart in San Francisco...*

I arrived at the San Francisco Airport to attend Sokol San Francisco's 110th Anniversary event. The flight was an hour late and it seemed like forever waiting for the shuttle to take me to the hotel. I called twice for the pick-up and when it finally arrived I hopped on and found two very familiar faces, Bill and Natalie Zelenka (Sokol Los Angeles)! Now I knew why the plane and shuttle were late...it was meant to be and it was the start of a great weekend. Fourteen years ago when I started working in the National Office, I began building relationships with Districts and Units and the first person I met from Pacific District was Bill "Z". That relationship grew and I began to develop more close ties to Sokols throughout the Pacific District. The 110th Anniversary celebration was filled with memories of the past and hope for the future. The children from the new Czech School in San Francisco performed poems and songs, and Sister Yvonne Masopust (Pres. Pacific District) put on an elaborate and wonderful parade of Czech costumes (kroje). The Event was also attended by Ambassador Petr Gandalovic, Consul General Stepanek from Los Angeles, and Honorary Consul Generals Mr. and Mrs. Pivnicka. Brother and Sister Zivny showed me around some special places including the TGMasaryk Statue in Golden Gate National Park, with the best part being Brother Milos' ability to drive the hills and turns! I was honored to be invited to this anniversary event and to have the opportunity to attend their Annual District Meeting. I now see that it would be worthwhile for national officers to attend District Annual meetings if possible. I will present this idea to the Board. Thank you President Jara Dusatko, President Yvonne Masopust and all of the members of Pacific District for making me feel so welcome. I encourage all Sokol Members to make the short trip to the west coast to visit our Brothers and Sisters in California. It will be well worth it. I wish you all much success in the coming years. I believe I may have left my heart in San Francisco...at least I am still singing it!

We elected a new National Financial Secretary, a position that was vacant from the convention. Ms. Donna Tirva, a member of Sokol Stickney, is a CPA in the State of Illinois and has been active volunteering for her parish and the Girls Scouts of America. We are so pleased to have Donna onboard with us and look forward to catching up on the Membership Reports. She will reach out to the Units and Districts as she gets her feet on the ground.

Speaking of Membership, we will hold a TGMasaryk Membership Drive throughout the 4th Quarter of this year! The TGMasaryk Membership is a general, national membership available to any individual who wants to be a supporting member of Sokol but does not wish to belong to a Unit. They have no Unit or voting rights but they want to support our efforts. The details of this project are available through your Units including the printed and digital registration forms. Supporting members will receive a copy of the newsletter and we will continue to encourage them to join a Unit. The best part of this special Membership Drive is that for each person who becomes a TGM Supporting Member of ASO, National will give 50% of the membership dues to their friend's affiliated Unit. Your National Executive Board hopes this is the first of many initiatives that will increase membership across the county. We all need to get involved in this campaign and "share" this opportunity on his or her social mediums as well. We will surely capture the attention of our friends and colleagues as well as those who never heard of us.

Other initiatives from the Executive Board include the BOI Development Conference in October, internal audits, the formation of a Grant and Foundation Committee, the 150th Anniversary Gala in Chicago, the new website, and the 2017 Sokol Slet in Cedar Rapids. Our ancient computers were replaced in the National Office and we are improving our communication and records management systems. PR Director Lynda Filipello has initiated 150th Anniversary souvenirs for the Units, and is working on other promotional materials that will be applicable to the entire organization. Brother Rome Milan (Ft Worth) was appointed to the USA Gymnastics Advisory Board and he created a new display showing Sokol's history. We can't wait to get more projects started and find ways to help the Units grow their membership, increase visibility in their community and find grants to increase their fund base.

Are you a Social Media user? Do you have a Facebook Page? Twitter? Please share your American Sokol event information, photos and thoughts on our American Sokol pages so we can help advertise and promote your Unit Activity! In September, Sokol Spirit members started their own challenge on Social Media asking members to change their cover photo to their "Sokol Pose"! This has continued and there are Sokols from all over the US posting their poses on Facebook now. This is a great initiative that has brought much attention to Sokol.

As always, I encourage everyone to feel free to contact me directly or the National Office if you have any questions or comments. Thank you for starting this Sokol Season with some great volunteers and enthusiasm.

At žije Sokol, Long Live Sokol!  
Sister Jean Hruby, President



# The Sokol Educator

*from The National Education Committee*

## Before We Head into Flu Season...

What are antioxidants?

An antioxidant is a molecule that prohibits the oxidation of other molecules. Antioxidants are substances thought to protect your body's cells against the effects of free radicals. Free radicals are produced both naturally, as a byproduct when the body breaks down food, and chemically, through environmental exposures like tobacco smoke or radiation. Antioxidants help combat the effects of these free radicals.

Insufficient levels of antioxidants, or inhibition of the antioxidant enzymes, cause oxidative stress and may damage or kill cells. Free radicals and the oxidative stress they can cause are damaging to the body's cells and make the body more susceptible to disease and sickness. They are thought to play a role in both heart disease and cancer.

To keep your immune system strong and prevent colds and flus this season, make sure your diet is rich in antioxidants. Most fruits, vegetable, nuts, and fish contain levels of antioxidants, but some choices are definitely better than others. The five major antioxidant vitamins are beta-carotene, vitamin C, vitamin E, zinc, and selenium. A good rule of thumb when looking for an antioxidant-rich snack is to look for colorful fruits or vegetables – especially those with purple, blue, red, or orange, or yellow hues.

Of course, a popular buzz word lately is “superfood.” Many antioxidant-rich foods have been called “superfoods” due to the powerful punch they pack – maximum health benefits in smaller servings. Incorporating some of the following foods into your regular diet is suggested to boost your immune system and make you feel healthier day-to-day:

- Beans
- Blueberries
- Oranges
- Pomegranates
- Pumpkin
- Salmon
- Walnuts



Forget an apple a day; eat a few superfoods a day to keep the flu away!



*submitted by Sis. Ethna Flaherty, National Education Director*



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

## IN REMEMBRANCE OF JOHN ČERVÍN & ROSE KORTUS ČERVÍN

by Anči Červín Huber,  
Sokol Baltimore

John Červín met Rose Kortus at a Sokol Slet in 1933 in Chicago, Illinois. John was celebrating his junior boys' team placing first in competition. While showing everyone the big trophy that the Baltimore boys won, Rose came over to see the trophy. The next day

John and Rose went on a date and on August 18, 1934, they were married. Their children grew up with Sokol principals and became competitors, instructors, elected officers and continue to remain loyal to the Sokol Organization. We thank our wonderful parents and Sokol for the love, structure, acceptance of responsibility and doing our best in everything we attempted. Sokol continues to change with the times but many of us still remember all the good times attending Sokol activities with our parents. Nazdar!



### **To All My Sokol Friends:**

I had a stroke, but am doing fine. I am thankful for all the cards I have been receiving!! I have been slowly getting better. My English is muddled up, but my therapist at the hospital is helping.

All I have to do with many of the words that Ed has been giving and with our girls and their family who is also helping me come back.

Thank you all for your all your good wishes !

NAZDAR!

EllenJeanne Schnabl

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# UNIFORMS 2014-2015 SEASON

Some good news to share about uniforms. No items have changed suppliers and no increase in costs. Based on discussion at our BOI meeting we have also added another deadline date to our mix. The new dates are October 1, December 1, February 1 and April 1. Hopefully this will help your uniform administrators in getting your uniforms when needed.



Please remember that you can order any time before the deadline BUT orders are not processed until after the deadline all together. Why? This is the way we get bulk pricing saving you money and with this vendor we do not have to have inventory on hand saving American Sokol money (and in the long run you). This makes it a win-win situation for all of us. Orders usually take 3-6 weeks. We do suggest that the units have an inventory of uniforms on hand for any last minute needs as well as gymnasts being able to try on before they order so they can get the right size. No returns due to wrong size being ordered.



Do you have a new uniform administrator that needs to be set up in our uniform system? It's easy. Here is what you need to do: Go to <http://american-sokol.org/boi> scroll down page and click on "Uniform Order Website". You will see a section that says First Time Users, just fill that section out to establish your own username and password. We would

appreciate it if you would also notify Juanita any new administrator's name and email address so you can be included in our email group; also be let her know of any names that can be deleted.

Just to refresh everyone's memories on why we decided on the uniforms we currently have. They were not meant to be competition uniforms (although women and many males do compete in them) but were to be worn for parades, calisthenics and more importantly as a marketing tool when your group is doing things together especially at public places. Let's get the buzz going on what is Sokol so you can sell our great organization. Another great thing about these uniforms when out in the public, you can use them as identifiers to help keep your group together or make it easier to find you. Be proud and wear them whenever you can.



Now I was a bit surprised when I heard of several units who have not ordered uniforms and do not support their purchase. This was evident most recently at our National Instructor School. Unit Directors it is your responsibility to make sure these gymnasts have their proper uniform whether it is at instructor school, National Slets, etc. Please make it happen.

As I stated these were not meant to be competition uniforms (at least for the girls) as most units have team leotards. Are you looking for new team leos for your groups? Please take a look at ervy who has been advertising in our Publication, been at meets and we are hoping she will be able to make it to our next Development Conference in October. Please support our advertisers. Czech it out at [www.ervy.de](http://www.ervy.de)

Nazdar,

Maryann Fiordelis

National Physical Director



# 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

## 4 Easy Fall Fitness Ideas

From: [Somatraining.com](http://Somatraining.com)

Summer is nearly over and with fall on the way, this is a great time to get your fitness back on track! The kids are back in school and hopefully you have wrapped up your summer vacation, the big reunion, and hit a wedding or two along the way. Sometimes life gets in the way of a regular workout and it can be hard to get back into a solid routine. Here are 4 easy ideas that will help you find your way back to a regular fitness program.

1. Make a commitment to getting back into shape and hold yourself accountable. Once you mentally commit to your fitness, take out your calendar and write down the days and times you will work out. Don't over commit! Make sure that your plan is realistic and don't get tied into thinking you have to work out for a full hour. There may be days when you can only get in 20 or 30 minutes and that is ok. You might have to split your day up with a short run in the morning and a quick body weight routine at night. Whatever you can do - remember it is better than nothing.

2. Find the right workout for you. It is important that you do something that you like or love to do. Choosing the right program will keep you motivated and inspired. If you get bored doing one thing make sure to mix it up throughout the week. Try a new class, meet friends or try a new activity.

3. Eat healthier. Making better choices at mealtime can go a long way to improving your health. Start small – like having a good breakfast everyday - think oatmeal, eggs, yogurt, fruit and just say no to baked goods at the coffee shop or heavy and greasy foods. In fact, I know a guy who doesn't like typical breakfast food so he eats a big salad instead. Make sure to have an afternoon snack such as nuts, a boiled egg, a Zing or Lara bar, or fresh veggies. This will prevent that afternoon low – where you almost fall asleep at work or feel like you should have a Venti latte with a candy bar. Have a small, satisfying lunch and dinner that has more vegetables than protein. Limit your alcohol to one drink or better yet, drink water with every meal. Most importantly try to stay away from highly-processed foods. The more you cook at home the better you will feel.

4. Reward yourself. Take time to savor your achievements – take a mini-vacation to a spa or get a new pair of smaller jeans when you hit your marks. Treat yourself a box seats at the game instead of the nosebleed section. Find something that will motivate you to work hard and when you hit your goal reward yourself. Then do it again!



## First Aid Kits: Stock Supplies That Can Save Lives

From: [mayoclinic.org](http://mayoclinic.org)

A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies. Keep at least one first-aid kit in your home and one in your car. Store your kits in easy-to-retrieve locations that are out of the reach of young children. Children old enough to understand the purpose of the kits should know where they are stored. You can purchase first-aid kits at many drugstores or assemble your own. Contents of a first-aid kit should include:

### Basic supplies

- Adhesive tape
- Antibiotic ointment
- Antiseptic solution or towelettes
- Bandages, including a roll of elastic wrap (Ace, Coban, others) and bandage strips (Band-Aid, Curad, others) in assorted sizes
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable latex or synthetic gloves, at least two pair
- Duct tape
- Gauze pads and roller gauze in assorted sizes
- First-aid manual
- Petroleum jelly or other lubricant
- Plastic bags for the disposal of contaminated materials
- Safety pins in assorted sizes
- Scissors and tweezers
- Soap or instant hand sanitizer
- Sterile eyewash, such as a saline solution
- Thermometer
- Triangular bandage
- Turkey baster or other bulb suction device for flushing out wounds

### Medications

- Activated charcoal (use only if instructed by your poison control center)
- Aloe vera gel
- Anti-diarrhea medication
- Over-the-counter oral antihistamine, such as diphenhydramine (Benadryl, others)
- Aspirin and nonaspirin pain relievers (never give aspirin to children)
- Calamine lotion
- Over-the-counter hydrocortisone cream
- Personal medications that don't need refrigeration
- If prescribed by your doctor, drugs to treat an allergic attack, such as an auto-injector of epinephrine (EpiPen, Twinject, others)
- Syringe, medicine cup or spoon



### Emergency items

- Emergency phone numbers, including contact information for your family doctor and pediatrician, local emergency services, emergency road service providers and the regional poison control center
- Medical consent forms for each family member
- Medical history forms for each family member
- Small, waterproof flashlight and extra batteries
- Candles and matches
- Sunscreen
- Emergency space blanket
- First-aid instruction manual

### Give your kit a checkup

Check your first-aid kits regularly, at least every three months, to be sure the flashlight batteries work and to replace supplies that have expired.

Consider taking a first-aid course through the American Red Cross. Contact your local chapter for information on classes.

Prepare children for medical emergencies in age-appropriate ways. The American Red Cross offers a number of helpful resources, including classes designed to help children understand and use first-aid techniques.

## Safety Tips for Gymnastics

From: [kidshealth.org](http://kidshealth.org)

It's the satisfaction of a perfectly-executed routine. It's the thrill of spinning around the uneven bars or swinging from the rings. It's the precision of the balance beam. It's gymnastics, and for millions of people with Olympic dreams, it's a great sport and a fun way to get a muscular, toned body.

Gymnastics presents a very real risk of injury, though, with its demanding physicality and immovable equipment. To help keep things safe during practice and competition, follow these tips.

### Why Is Gymnastics Safety Important?

Many gymnasts have been injured by colliding with and falling off of equipment, but lots of injuries occur during floor exercises too. Most injuries are relatively minor—with sprained ankles, wrist sprains, and foot injuries among the more common ones. Broken bones, ligament tears, and concussions are also hazards for gymnasts, as are lower-back problems, Achilles tendonitis, and other overuse problems. Gymnasts also might put pressure on themselves to stay thin, and poor diet and nutrition can make people weaker and more prone to injury.

### Gear Guidelines

What you will need in the way of protective equipment varies from event to event. Some of the more common items include:

- Wrist straps, guards, and grips. These are used by male gymnasts on the still rings, high bar, and parallel bars and by female gymnasts on the uneven bars. They're meant to improve a gymnast's hold on the apparatus and decrease friction on the skin to keep hands from developing painful blisters. Most grips consist of a piece of leather attached to a wrist strap. Other options include wrapping the hands in sports tape or gauze. Gymnasts, especially beginners and youngsters, should use grips, tape, or gauze to protect their hands from blistering and tearing. Typically, the pros go bare handed to "toughen" their palms with calluses but it's a painful process that can take months.



- Footwear. What you wear (or don't wear!) on your feet depends on the event, the performing surface, and your experience. If you wear shoes while competing in the vault, you might want to use ones with a reinforced toe to help absorb the pressure of landing. Some balance beam competitors prefer shoes with rubber soles to protect against slipping.

- Spotting belts. You'll want to use a safety belt whenever you are practicing a new trick or attempting difficult maneuvers. Generally, these belts hook into cables that are attached to the ceiling.

### Maintaining a Safe Facility

Get into the habit of checking that the equipment you'll be performing (or practicing) on is in good working order. Setup is important too. Equipment should be spaced well apart and set up in such a way that gymnasts can't collide with other gymnasts, spectators, or equipment.

The floors of the facility should be well padded to reduce the force from landings. Mats should be placed under the equipment and properly secured at all times.

Be sure there is first aid—and someone who knows how to administer it—available anywhere you practice or compete. You should also be prepared for emergency situations by having a responsible adult or someone with a driver's license on hand to take an injured athlete to the emergency room. Call 911 for emergency medical services if someone has a head or back injury, but don't attempt to move a person who has had a serious fall. Keep a cell phone handy or know the location of a public phone to call for medical help if you need to.

## Before You Practice or Compete

As with any athlete, gymnasts benefit from advance planning. Here are some things you should do:

- Stay in good shape. Eating a healthy diet and staying in good physical shape—whether you're competing or not—is particularly important for gymnasts. Almost all gymnastic maneuvers require strong muscles and excellent coordination, both of which are enhanced when you keep yourself fit. Staying in shape also will make you less susceptible to injuries.



- Get a good night's sleep before a practice or competition. You'll be more at risk of injury if you try to perform a routine when you're tired.

- Warm up. Before you take the floor or get on any piece of gymnastics equipment, do jumping jacks or jog in place for a few minutes to get the blood flowing. Then gently stretch your muscles and joints. Dynamic stretching, where you make slow, controlled movements to improve range of motion, is thought to be more effective than static stretching before a workout.

- Know your own skill level. When you are first learning an event, start with simple maneuvers and learn them well before you move on to something more difficult. Trying to attempt something beyond your abilities is a good way to get hurt. Never attempt a maneuver in competition that you haven't practiced before.

- Progress on each piece of equipment incrementally. For instance, when attempting to learn the balance beam, start with a line on the floor and then a beam on the floor before moving up to a raised beam.

## While Competing or Practicing

When practicing a routine or trick that is difficult or dangerous, have a coach spot you and ready to catch you in the event of a fall. This will greatly reduce your chances of getting injured and help you maximize the benefit you get from practicing.



- If you don't feel comfortable doing a maneuver, let your coach know. Gymnastics is supposed to be fun. Doing a routine that you're not comfortable with will make you less confident and more likely to get hurt.

- Know and follow all the rules governing your event, and always know where you are during practice and competitions. It may seem silly to say, but you want to make sure you never wander into an area where you may be in danger of colliding with a gymnast doing a routine.

- If you notice any pain or discomfort while performing a routine, let your coach know right away. Don't do any more gymnastics until the pain goes away or you've had the injury looked at by a doctor and been cleared to start practicing again. "Playing through the pain," as they say, will only make injuries more severe. That can keep you sidelined even longer.

- If your school or gym club has a trampoline, don't go on or under it when someone else is using it. Keep the tarp surface clear of items like shoes and clothes. If you are on the trampoline, make sure the area around it is well padded, and always aim for the center of the trampoline when you land.

As with any sport, keeping things in perspective is key to your enjoyment—and safety. Gymnastic events can be dangerous if you're giving anything less than 100% of your attention and effort. If you're not enjoying yourself, or if you feel like you're under too much pressure, take a step back. Try to remember why you got into gymnastics in the first place. It's a great sport, and nothing beats the thrill and satisfaction of a well-executed routine. So aim to have fun and take pride in what you do!

Good Luck and be safe during this Sokol season!! KP ;)

# Oetz - 41st Sokol meeting held 7-9 June 2014

The meeting of Sokols and compatriots takes place in Oetz for the 41st time. This idea was created by the editor of Radio Free Europe, brother Jožka Pejskar, a Sokol member from Munich. The meeting takes place to honor the founder of Sokol movement, br. Dr. Miroslav Tyrš, who tragically died there 130 years ago.

Tyrš gave his association "Sokol" not only an idea and a program, but also organizational rules and basics for gymnastics. He recognized that the most effective means of training individuals and the entire nation is physical exercise. Naturally he added principles of modern philosophy to his program.

The regular meetings in Oetz were established by Sokol Munich. A few years later the Sokol districts of Austria and Switzerland agreed to support Sokol Munich and to organize this regular meeting in a circle. Since this fraternal agreement each organization has taken care of the meeting every third year.

The first meeting took place in 1973 and was attended by 75 people (Sokol members and their supporters). At this time the world consisted of the "iron curtain" in Europe, which means that members of former Czechoslovak Republic could not attend the meeting.

This meeting turned immediately to a meeting of all Sokol units of the free world. They were so successful that the former organization of SSS – the headquarter of Czechoslovak Sokol abroad - decided in 1984 to organize a three-day symposium dedicated to evaluate the personality and work of Dr. M. Tyrš. This event collected 70 participants from 9 countries - Australia, UK, Canada, France, Germany, Spain, Austria, the USA and four members of the Yugoslav Sokol in the free world.

Moreover the symposium was attended by representatives of the Society for Arts and Sciences and representatives of the Czechoslovak Legionnaires.

At the end of the symposium, everyone went to the memorial stone, which was donated in 1962 by the American Sokol Organization. The memorial stone is placed in a location, where the dead body of Dr. M. Tyrš was found.

Furthermore a public memorial was opened represented through a permanent exhibition called "Jizba Dr. M. Tyrše" (The chamber of Dr. M. Tyrš) dedicated to the life and work of the founder of Sokol. This permanent exhibition was installed by brother Fiala from Switzerland and brother Paul from Munich. This exhibition was financed by Sokol Zurich. Currently you can visit this permanent exhibition in Děčín, CZ, the city where Tyrš was born.

After the velvet revolution all Sokol units from the free world were no longer separated from its origin. Since 1990 The Sokol meeting has become a general meeting point for all Sokols in the world. We are pleased to welcome every year the board of COS as well as many members from Czech Sokol units.

Last summer approx. 250-400 people came to join the meeting in Oetz. The regular annual program comprises different activities in sports, a tournament in volleyball, footrace around the lake, throwing a boulder, different craft and cleverness games, games for children. Every evening a bonfire is set, where all the participants join together for barbecue and singing together.

Last year members of Sokol Zábřeh Moravia organized a fireworks display to celebrate the 40th anniversary of this meeting.

We also take care of the culture. Each year COS ensures a folk dance group, which performs in the evening around the bonfire as well as in Oetz. On Monday our cultural program starts with the mass celebration and the cultural attractions. Then our meeting traditionally ends with the march to the memorial stone Dr. Miroslav Tyrš. After the wreath ceremony the national anthems Czech and Slovakia are sung.

Nowadays this Oetz meeting represents a meeting point for all Sokol members and friends of several countries to have a good time together and a still remaining memory of our Sokol origin.

Nazdar!

Written by Jan Trunčík (Sokol Munich), Translated by Thomas Frey-Materna (Sokol Vienna)

## Historic Sokol building in downtown Cedar Rapids could soon take turn for the better

by: Cindy Hadish/Save CR Heritage

March 26, 2014

Developer Charles Jones hopes to turn the Sokol building into high-end residential units, with a restaurant and retail on the ground floor, along with a rooftop lounge. The building, in downtown Cedar Rapids, is on the National Register of Historic Places.

The gymnasts have vaulted off, but a developer hopes to bring a new form of activity to the historic Sokol building in downtown Cedar Rapids.

Where children once learned to tumble and adults strengthened their Czech social ties, Charles Jones of CJE Properties envisions a ground-floor restaurant, upscale basement lounge, high-end residential lofts and two artisan shops. A rooftop lounge would offer a projector screen for games, movies and other digital media.

Under a plan presented to the City Council this week, Jones would invest \$2.5 million in the building at 417 Third St. SE. In return, he is requesting a property tax reimbursement from the City of about \$300,000 over a ten-year period.

For years, the property has been tax-exempt, so the development would return the flood-damaged building to the tax rolls, Jones said. "Projects like this make the entire length of Third Street strong and vibrant," said Sarika Bhakta of the Cedar Rapids Metro Economic Alliance.

Anchored by the New Bohemia neighborhood and U.S. Cellular Center, Third Street has been designated an Arts Culture & Entertainment District, she noted, adding that more is needed to strengthen the district between the two ends.

Bhakta said the proposed project will maintain the historic character of the building, create jobs and market-rate housing downtown and serve as a new downtown destination.



An image of a falcon survived the 2008 floods in the Sokol building in downtown Cedar Rapids. "Sokol" is the Czech word for falcon. (photo/Cindy Hadish)



Developer Charles Jones hopes to turn the Sokol building into high-end residential units, with a restaurant and retail on the ground floor and a rooftop lounge. Built in downtown Cedar Rapids in 1908, the hall is on the National Register of Historic Places. (photo/Cindy Hadish)

Built in 1908, the three-story hall was inundated with 4 feet of water during the floods of 2008, just as Sokol members prepared for a 100-year anniversary celebration of the building.

Sokol, (the Czech word for "falcon") was founded in 1862 in what would later be the Czech Republic, to offer physical training along with cultural awareness and social activities. Czechs who immigrated for work and other opportunities in Cedar Rapids founded a local Sokol unit around 1872.

Over the years, hundreds of gymnasts turned cartwheels on the wood floors of the gym, learned vaulting, worked out on parallel and uneven bars and balanced on sturdy beams. Dinners and other social events also were held in the downtown hall.

The group struggled to come up with funding to restore the building after the 2008 floods and moved to a new site for the gymnastics program at 5200 18th Ave. SW.

Though inundated with floodwaters in 2008, original tiles in the Sokol building in downtown Cedar Rapids survived.

While the first floor was gutted, hardwood floors, built-in cabinets, original tiles and a painting of the Sokol falcon remain intact and the downtown building was recently added to the National Register of Historic Places.

With a nod to that Czech heritage, Jones plans to install a stained glass mural of Prague, the capital of the Czech Republic, where towering windows line a wall in what is planned as the main-floor restaurant.

The menu might take on a Brazilian steakhouse theme, while including Czech appetizers, he said.

One living unit would be on the second floor, with three on the third, and the two artisan shops planned for the main level.

The City Council voted unanimously Tuesday, March 25, on a resolution in support of the project and for the city to enter into negotiations with Jones.

Under preliminary terms, besides a minimum investment of \$2.5 million, the project would need to employ 24 full-time employees and construction must begin in June, with completion by April 30, 2015.



Though inundated with floodwaters in 2008, original tiles in the Sokol building in downtown Cedar Rapids survived. (photo/Cindy Hadish)



Immense windows line one side of the Sokol gymnasium, where developer Charles Jones envisions a ground-floor restaurant. (photo/Cindy Hadish)

Jones, who also intends to seek historic tax credits, has had success with other preservation projects in Cedar Rapids. He saved the Averill Building from demolition in the city’s medical district and had the house moved to 616 Fourth Ave. SE.

The building is now rented to several tenants, he said.

Jones previously restored the former Witwer Building, 305 Second Ave. SE, which now houses White Star Ale House, and two smaller buildings near the New Bohemia neighborhood in southeast Cedar Rapids.

Sweetiepie’s Chicken & Fish Fry occupies one of the buildings at 624 12th Ave. SE, while the former Village Auto Repair Service, 629 12th Ave. SE, is now home to “Bigg” Daddy’s Hot Dogs & More.

Jones sold his interest in the Witwer Building to help finance the purchase of the Sokol building, he said. Closing on the building could come in another month or so.

“I think Sokol is really beneficial to bridge downtown and New Bohemia,” he said. “I’m really excited to work on it and get started on it.”

Save Cedar Rapids Heritage works to preserve historic resources by developing preservation and reuse strategies, as well as raising awareness of the value of historic properties in strengthening our community, conserving resources, fostering economic development and enriching lives. [savecderheritage.org](http://savecderheritage.org)

# A New Dawn for Marketing

by Julie Kaupert, Cental District Marketing and Communications Director

A new Sokol season is just underway... and it's a biggie. We have entered into the 150th anniversary of Sokols in the USA. What better time to market ourselves to gain the support and membership we all desparately need.

For starters, we have a new Central District logo thanks to Sis. Pat Satek. Well done! Central District President Lynda Filipello had new marketing postcards printed for distribution at parades and other district events. We encourage every unit to have some sort of marketing material for their unit. Whether it's a three-panel, double-sided brochure or a simple flyer, something that describes your unit and classes individually is key to have at every event.

Also, the Central District - American Sokol Organization Facebook page is being maintained once again. Please feel free to Like • Comment • Share. Any suggestions for content are welcome! Three Cheers & a Nazdar for this upcoming season! *Let it be everything we dream of!*

*Introducing the new Central District logo*



**SAVE THE DATE**  
*February 14, 2015*  
*150 Year Anniversary Celebration*  
*Sokol St. Louis*



## Tell Us Your Story...

**How is your unit celebrating the 150th anniversary of Sokol in the USA?**

**Send in event notices, flyers, photos and stories from your gym all year long!**

**email link:**

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

**ASO 2014 BOI  
Development Conference**  
**October 25-26, 2014**  
Sign up for this year's Development Conference!  
Lots of great topics including:

- Coaching, Skills & Spotting
- Sports Injuries & Care
- Zumba, Parkour, CrossFit & Wheels
- USAG EXCEL Program
- Drills & Marching
- Writing Cals & Special Numbers
- Conditioning & Calisthenics
- And Much More!!

Registration includes 3 meals, \$55 per attendee or \$180 for up to 8 attendees from a single unit.



## Mark your Calendar

### Events around the American Sokol

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

## October

- October 2-5**     **Annual Houby Day Festival**— Celebration of Czech & Slovak Heritage, Cicero/Berwyn, IL
- October 5**     **Annual Houby Day Parade**— Cicero/Berwyn, IL
- October 4**     **Kozak Memorial Bike Event**— Sokol Washington, D.C., Washington, D.C.
- October 4**     **Chili Cook-Off**— Sokol Greater Cleveland, Cleveland, OH
- October 4**     **Sokol Spirit Reunion/Fundraiser/Fun Night** — Sokol Spirit, Brookfield, IL
- October 11**    **Central District Track & Field Competition** — Sokol Tabor, Berwyn, IL
- October 12**    **Fall Retreat to Sumava** — Sokol Town of Lake, Luke's Restaurant, Sumava Resorts, IN
- October 18**    **Annual Chili Cook-Off, Haunted Walk & Hayride** — Sokol Detroit Camp, Detroit, MI
- October 18**    **Sokol New York's Vinobrani** (Grape Harvest Dinner Dance) — Sokol New York, New York, NY
- October 19**    **Domažlice dudácká muzika** (bagpipe band from the Chod region) — Sokol Minnesota, St. Paul, MN
- October 24**    **An Evening of Music and Dancing: Jerry Kadlec Trio** — Sokol Minnesota, St. Paul, MN
- October 25**    **Annual Potomac Walking Marathon**— Sokol Washington, D.C., Washington, D.C.
- October 25-26** **BOI Development Conference**— Sokol Spirit, Brookfield, IL

## November

- November 1**    **Central District BOI Annual Meeting** — Sokol Spirit, Brookfield, IL
- November 2**    **Central District Delegate Annual Meeting** — Location TBD
- November 2**    **Czech & Slovak Dinner Party** — Sokol Detoit, Dearborn, MI
- November 15**   **Annual Czech Holiday Fair** — Sokol Greater Cleveland, BNH, Cleveland, OH
- November 23**   **Central District Girl's/Women's Volleyball Competition** — Sokol Spirit, Brookfield, IL

## December

- December 6**    **Central District Boy's/Men's Skills & Gymnastics Competition** — Sokol Spirit, Brookfield, IL
- December 13**   **St. Louis Czech Beer Festival** — American Czech Educational Center, St. Louis, MO
- December 14**   **Central District Rhythmic Gymnastics Competition** — Sokol Chicagoland, Downers Grove, IL
- December 27-  
January 3, 2015** **Family Ski Trip**— Sokol Washington, D.C., Burke Mountain, Vermont



### American Sokol Deadline

Send your submissions, articles, events and photos to [editor@american-sokol.org](mailto: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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