



american sokol publication

March/April 2019 | Volume 142 | Issue 2



Sokolfest Online Registration Now Open!

Go to sokolusa.org, click on the [Sokolfest logo](#) in the top left-hand side of the website homepage. Click on [Registration Instructions](#). Read General Registration Information first.

Then read the MeetMaker Sokol Registration Information and use it as a guide when you go through the registration process on MeetMaker.com.

All participants must also fill out and sign a [Participant Waiver and Release Form](#). This will be posted on the website as soon as it is approved by our insurance company. Participant Waivers must be received by Thursday, May 16 in order to receive a Sokolfest T-shirt.

Registration for Sokolfest gymnastics, fitness challenge and volleyball will be open until [May 1, 2019](#). Online registration is paid using a credit card and there is a 3% service charge on all registrations and purchases.

When online registration ends, event tickets, golf and bowling can still be ordered using the Ticket Form found in the Sokolfest Menu under Event Tickets. All ticket forms must be received no later than Friday, June 14, 2019 and must be accompanied by a check.

Nazdar!



AMERICAN SOKOL

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ASO Board of Instructors

Meets every 2nd Wednesday* at 7:00 pm CST

*except in July and August

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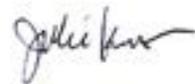
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From the Editor...

Editorial Correction: On the cover of the January/February 2019 issue, the last statement printed concerning the cover photo, references a photo of **George Kazda** that was supposed to be located on the lower right corner of the page. The photo was mistakenly omitted. A photo of George Kazda is printed here in this correction notice. The *American Sokol* Publication regrets the error.

#OneSokol
 NAZDAR!




PLEASE SUBMIT EVENT INFORMATION AT LEAST TWO MONTHS PRIOR TO THE EVENT

To Submit Items for Publication:

Email: editor@american-sokol.org
 Postal Mail: American Sokol Editor, Julie Kaupert, 1333 W. Touhy Ave., #216, Park Ridge, IL 60068

Postmaster:

Send Notice of Undeliverable Periodicals to:
American Sokol, 9126 Ogden Ave, Brookfield, IL 60513



The Presidential Address

*The Sokol Eye –
Sokolským Okem*

Sustaining our organization as a volunteer based entity is challenging in today's world, however, I believe we continue to succeed in this area because of the benefits. In an article from the Habitat for Humanity® website, it stated, "... *The Guardian* asked the question 'Is it time for doctors to prescribe volunteering?' The answer might be yes! Research conducted by the Harvard School of Public Health indicates that people who volunteered spent 38 percent fewer nights in the hospital than non-volunteers, and this *Academia* article cites additional findings that volunteers of all ages enjoy better health, more stamina and lower stress levels.

Volunteering with American Sokol brings joy to our lives when we see our youth developing in their own personal fitness levels and witnessing them become strong leaders. We see our children grow into responsible adults and become great parents to their children. Our senior members inspire us knowing that they put so much time into volunteering to keep the organization alive. When we are together working, planning, making decisions, playing, coaching, and celebrating life moments, we are making our own lives better. We survive because we are healthier for volunteering. The work isn't work when you are happy and enjoy what you are doing. Recently at the Sokol United exhibition, there were no questions asked, when at the conclusion they asked for parents to help load the equipment. Everyone got involved. The families were part of the process and the clean up went quickly.

Although we are always discussing the fact that we won't succeed unless we pay people, maybe the secret of staying alive for 150 years is actually due to the fact that we don't pay people. Something to think about for sure! At least for now, I will agree with the research quoted above, and will recommend doctor's orders to prescribe volunteering for Sokol.

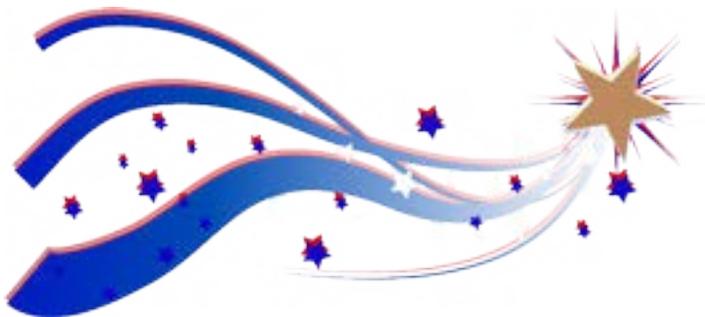
Executive Board Retreat

In February our national Executive Board and Board of Governors held a weekend retreat. We focused on every issue that was left undecided, or open at convention. We really wanted to take the issues from our membership and be sure that we begin to clarify and address the concerns of our organization. The topics addressed included: Youth Membership, what defines a Sokol program, Sokol Museum & Library, SafeSport & Risk Management, Communications, Unit compliance, Membership and the new Database, Operations, the National Office staffing, Foundation Committee, and improving the efficiency of our national meetings. We accomplished a lot. We have work to do. Most importantly we further became OneSokol. Together we bonded and agreed to move our organization forward with energy and motivation. American Sokol is proud to have leaders on our national board that are able to lead and guide. Meg Novacek did a fabulous job as our moderator. Check the coming issues for progress and advancements in our organization as a result of the retreat. Enjoy Spring!



At' žije Sokol!

Nazdar!



RISING STAR

ERIC SINGLEY

submitted by Sue Bares

National Education Director & Sokol Detroit member



I would like to introduce Eric Singley. He has been a member of Sokol Detroit since 2001. Eric is a fourth generation Sokol. His great grandparents (Frank & Helen Turchan), his grandparents (also named Frank & Helen Turchan), and his parents (Bruce & Cheryl Singley) have all been active Sokol members.

Eric's involvement began as a member of the Tot's Class. He moved up the ranks through Little Boys and then Junior Boys. While enrolled as a Junior Boy, he assisted as an instructor for the Boys Class for several years. At that time he also joined in the activities of the Sokol Teen Club and supported their fundraisers. Eric participated in many Sokol competitions and Slets including trips to Philadelphia, Chicago, Cleveland, and Toronto.

After graduating from Dearborn High, and receiving a Sokol Detroit Scholarship, he attended Ferris State University. Eric earned a Bachelor of Science Degree with a major in Math Education and a minor in Science. He has spent the last ten years teaching Physics and Math for Dearborn High, Fordson High and now the Dearborn Center for Math, Science, and Technology, all for Dearborn Public Schools. Eric is near the completion of his studies for a Masters in Science Education from the University of Michigan-Dearborn.

After establishing himself in his career, Eric actively reconnected with Sokol Detroit. He has been a long time assistant with the Pancake breakfasts at Sokol Camp and the annual poinsettia and geranium sales for the benefit of the BOI and the Scholarship Fund. He also is a dependable worker at the Czech-Slovak Festivals, the yearly setup/take down at Sokol Camp, and works at baking sessions of dumplings and kolace.

Eric agreed to serve as the 2nd Vice President of Sokol Detroit in 2014. This role has broadened his understanding of the function and responsibility of the executive board. He has also served as a delegate on Northeastern District teleconferences and has been on the Unit Property Committee since 2015.

Sokol Detroit is so fortunate that Eric has been willing to serve on the Executive Board and Unit Property Committee and continues to help with other projects while balancing his career and graduate school. We are proud to recognize Eric as a Rising Star.

ATTENTION MEMBERS

Changes of **street addresses/phone numbers/email addresses** need to be given to your **Unit's Financial Secretary** who will make the change in the membership database.

Financial Secretaries should also be advised of any request change as to the **preferred delivery method of this publication.**

All requests that are sent to the National Office are now being forwarded to the **Unit Financial Secretary** to be entered into the database.



The Sokol Educator

from The National Education Committee

NAZDAR! NAZDAR! NAZDAR!

Nazdar, brati a sestry! Toward success, brothers and sisters! I have greeted you with the traditional Sokol salutation. The greeting was adopted very quickly after the founding of the first Sokol Unit in Prague, and became the byword with all Sokols throughout the world.

It is a simple phrase - yet one of great meaning. The founders of Sokol realized that a uniform greeting was needed to place every member in the organization on the same level. During this period, class distinctions divided the people into definite groups. There were the working people, the large farmer and property group considered itself apart from the others.

In the Sokol organization every member was considered equal regardless of his status outside the organization. All members would be addressed as brothers and sisters and saluted with a 'NAZDAR!'.

Nazdar to every member must have a specific meaning. When we meet a person on the street and greet him with "Hi" or a "Hello" or a "Good day" this may be only a gesture of good manners, not necessarily of kindness. But when greeted with "NAZDAR" and the response is also a "NAZDAR" then immediately a feeling of comradeship, equality, and mutual interest is implied. It puts them on a basis for better understanding and a mutual interest.

Let us have a better understanding of our brothers and sisters. For a good beginning, be the first to say "NAZDAR" when you meet. It will work a little magic for you. May "NAZDAR" forever ring in our halls.

FALCON A SOKOL SYMBOL

The Sokol symbol is a Falcon. "Sokol" is the Czech word for Falcon.

The Falcon is a bird known for its courage, endurance, lightning speed sharp eyesight and love of great heights of it's blue skies.

Thus it symbolizes the ideals of the organization: fitness, strength, heroism, freedom and high goals.



*Submitted by Sue Bares, National Educational Director
As excerpted from the American Sokol booklet, Exploring the Sokol Idea*

HEAVY BLEND SWEATS



Hoodie

Sweatshirt

HOODIE PULLOVER \$28 + \$4 name

circle: S M L XL 2XL 3XL 4XL 5XL

unit: _____ surname: _____

quantity: _____ color: _____

SWEATSHIRT \$28 + \$4 name

circle: S M L XL 2XL 3XL 4XL 5XL

unit: _____ surname: _____

quantity: _____ color: _____



Sweatpants



SWEATPANTS \$22 + \$4 name

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unit: _____ surname: _____

quantity: _____ color: _____

ALL HATS

\$15 each



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Address: _____

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Email: _____ Phone: _____

Payment Method: Check Visa MC AMEX Discover

Credit Card Number: _____ Exp. Date: _____

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

Signature: _____

Total Items Ordered: _____

Plus \$6.95 per item shipping: _____

TOTAL: \$ _____

Send your order with payment to:
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 9126 Ogden Ave
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ANNOUNCEMENT OF AMERICAN SOKOL INTERNAL GRANTS for 2019 to American Sokol Units, Districts, and internal executive board committees.

The Foundation Committee wishes to announce more grants available for 2019 from four different areas:

1. **Gateway to the Future Fund** (Budget \$10,000) for 2019 unit/district projects, programs, and events. Started in 2016, there has been four “rounds” of awards to over half of the American Sokol units from assistance with updated fire escapes, energy efficient windows and lighting, gym equipment, flood recovery and much more. The fund was created from income from events surrounding the 150th American Sokol anniversary and 2017 Slet banquet events as well as the 150 Club created in 2014 by the foundation.
2. **Endowment Foundation Fund** (Budget \$7,000) for 2019 unit/district in need of SafeSport (safesport.org) training, materials, certification, etc. This alternative grant area is a direct result of Risk Management Committee work (standing committee of the Executive Board). The annual use of this fund has been for internal programs/events, however, in 2019 the Foundation Committee pushed for the budget to be utilized for units and districts who wish to expand knowledge to members, volunteers, and clients creating safe and respectful sport environments for all athletes. More information from the Board of Instructors and Risk Management Committee will be forthcoming.
3. **Unit Growth Program** (Budget \$20,000) awarded in 2019 for use during the year showing by 2/1/2020 an increase in membership and or presence in the local community. Application areas: 1. Advertising/PR – Unit building signage to posters; 2. Community Involvement with the local Chamber of Commerce, etc.; 3. A plan by the district and/or unit which would assist dues payment especially for associate and youth dues specifically; 4. New courses to bring new members and retention of members; and/or 5. A new creative approach to retaining old and obtaining new members.
4. **Mentoring/Volunteer Management** (Budget \$10,000) awarded in 2019. District, unit, and/or executive board committee needs to identify a member whose task would be to manage volunteers for their programs and events and pull together guidelines (recruitment, application, clearance, etc.) following the American Sokol Volunteer Management guidelines book, possibly a software purchase to manage and interactive area of the district/unit website, and or elect to have an American Sokol member travel to assist in instruction and or organization of volunteers who are in turn SafeSport trained, have background checks, engendering a safety net for all participants. More information from the Board of Instructors and Risk Management Committee will be forthcoming.

The description of these grant areas and application is posted on the website under the “backroom tab, administration”. The unit/district applying must be a 501C3 corporation with a registered Federal ID number using the same name as on their 990 tax form and in good standing with both the American Sokol membership and youth membership dues. **All applications are due to the American Sokol Foundation by April 1, 2019 filled out in full**, reviewed for dues payments, and passed for evaluation to the Foundation Committee. Recommendations should go to the April and/or May Executive Board meetings and awards announced within 15 days of approval. The procedure then is to fill out an acknowledgement form which confirms the reporting of the money award use at a 3-and 6-month final use. All money must be utilized by the end of 2019.

Questions? foundation@american-sokol.org or mktooke830@gmail.com for Sister Meribeth Tooke, Foundation Director

Sokols in WWII

by Ed Chlanda

Should every day be Memorial Day? That plaque to your right as you approach the stairs to the stage at Sokol New York is WWII Sokols that served democracy. It has a list of Sokol members and sadly their stories are mostly unknown to us today. And there is a star alongside a few, including the one we recall in this brief memorial article: Leo Linhart. A star is for those that did not return from war. Similar plaques and memorials dot the Sokol halls across America and Canada.

So many love stories at Sokols. Leo Linhart came to New York City in 1939, met Bea Pudich, and became a Sokol member. Bea played violin with the Sokol Orchestra and did translations for visiting Czech dignitaries. As life would have it, Leo and Bea fell in love and married at Jan Hus Church, on 74th street, February 24, 1943.

As Czech immigrants, a Czech-American Sokol, he went off to war before our nation did by joining the RAF Czech Squadron in Canada. We have pictures of him at a training review in Nassau and sitting with Jan Masaryk at Sokol New York. He looks at ease, perhaps even happy in those photos and they give a sense that he was where he wanted to be. Training as a bomber pilot at Moose Jaw in Canada, he was full of confidence and courage. After training, the squadron went to Scotland where he flew what they called the "Ox box" or an Oxford Mark I bomber plane. If you Google the plane's dimensions you can imagine the box part of the name. He went on bombing missions as a crew member then.

Having spent their first anniversary with Leo in Nassau and Bea in New York City, a reunion for their second anniversary was to be a bonus when Bea crossed the Atlantic in January 1945 to continue her translation duties with the foreign minister at the Czechoslovak Embassy in exile in London. Leo planned a slow train trip from Scotland to meet her there. But a seat turned up on an Ox-box that was to fly to London. Much faster than the train. Top speed 192 mph for the Ox Box. So he happily took the free seat for a fast flight from Scotland to London. Just minutes into the flight, contact with the plane was lost and it was wrongly assumed it crashed into the ocean. The Scottish Highlands rise over 4,000 feet and in the winter weather the plane had crashed into the mountains. In the summer of 1945 hikers found the wreckage in rugged terrain.

So this is a sad story of love and loss at Sokol during World War II. Take note of the name Leo Linhart, the next time you visit the gym. And give him some thought, let him know we Sokols honor and remember him and all the other names. I wish we could write a story for every name. Sadly no, but while unknown to us today, each one has an unspoken, unwritten story just for us to imagine. They need their stories told. Those are our Sokol brothers' names on the plaque with stories unknown to us. Take a moment to remember them all on your next visit to the hall. And thank you Leo Linhart for your courage and your joy in being in service to democracy.



*Do you know the identity of this young lady?
This image is from the 1920 COS Slet in Prague.
Please email Julie Barcal, American Sokol
Archives, americansokol@icloud.com*

Camille Sitta Pekarek

January 14, 1928 - February 2, 2019

Camille Pekarek was born in Chicago and grew up in Berwyn, Illinois. She attended Havilcek School and Lincoln School and graduated from Morton East High School in 1946.

Camille was a member of Sokol Tabor for over 60 years from starting out in 2nd Class Girls in the late 1930s. She met her husband Yarmil Pekarek at the Sokol Tabor "Snowball Dance" in 1948 and they have been married going on 70 years. After the birth of their two daughters Karyn and Jenny, she then returned to women's class in the early 1960s. Camille worked with Ma Mraz in the kitchen with some of the other ladies to help cater weddings and events in the early 1960s. Something she loved to do, was working in the kitchen on Bingo night with the other Sokolice Tabor ladies, which she did for over 15 years. Camille served as Secretary on the Board of Directors for over 20 years until she and her husband Yarmil retired and moved out to Phoenix, Arizona in 1992. Camille is survived by her husband Yarmil (98) her two daughters Karyn Fischer, Jenny Smith and grandson Adam Fischer. Her last telephone voicemail recording ends with "Nazdar!" I'm sure that's how she would want to end her short, but loving Sokol bio! "Nazdar! To all her Sokol and Sokolice Tabor Friends.



Ann C. Huber

December 1, 1941 - March 2, 2019



Ann C. Huber (Anči), age 77, of Fallston, MD passed away on March 2, 2019 in her home, surrounded by family. She was born in a Czech East Baltimore neighborhood to the late John and Rose (Kortus) Cervin.

Ann was a nurse for over 55 years. A career that started with working as a clinical nurse at Union Memorial Hospital; public health nurse with Baltimore City Health Dept. and community health nurse with Harford County Health Department. Culminating as a nurse manager/coordinator of an HIV/AIDS clinic with Harford County Health Services. Mrs. Huber graduated with a diploma from Union Memorial Hospital School of Nursing, as a registered nurse, in 1963. A lifelong learner, she returned to school and earned a Bachelor of Science in Nursing from the University of Maryland in 1994.

She enjoyed life to the fullest, travelling with family across the U.S., as well as overseas. She was a member of Sokol Baltimore for 67 years, where she coached and competed in gymnastics. When she could no longer participate actively in gymnastics, she stayed involved through volunteering in multiple capacities. She was the first woman president of Sokol Baltimore and also held the office of vice president.

Mrs. Huber's faith sustained her and her family. She was a member of Fallston Presbyterian Church for over 40 years. Her relationships with God, family and friends were very important to her.

Mrs. Huber is survived by her husband of 54 years, Frank H. Huber. In addition she is survived by two daughters, Holly A. Huber and her husband, Steve Sheldon; Jody F. Sears and her husband, Joel; grandson, Josef Sheldon; granddaughter, Sydney Sheldon; brother, John Cervin, Jr.; sister, Rosemarie Krajča; niece, Victoria Groth; and nephew, Joseph Krajča.

Contributions may be made to Sokol Baltimore Inc., P.O. Box 448, Perry Hall, MD 21128.

“A Sokol Trip to the Czech Republic” By Rome Milan

I have been fortunate to be born into a Sokol family. My father and mother grew up in Sokol, my grandfather and grandmother also were Sokol members in Europe. My Great Grandfather drew the first designs for Sokol Fort Worth’s first gym. So needless to say! I, of course am deeply involved in the Sokol way of life.

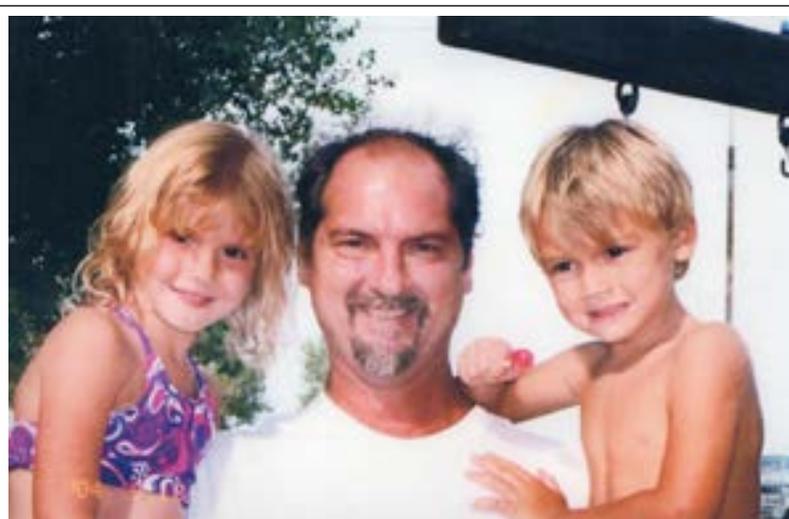
Now, I have been to communist Czechoslovakia and the Czech Republic many times, but this was one special trip in 2018. I have traveled to Czech in 1972, 1980, 1982, 1986, 1987, 1990, 1992, 1994, 2000, 2006 and 2018. I mentioned this was a different type of trip. You always consider, that when you retire you will have 25 to 35 years to enjoy your retirement time. Maybe, you consider doing some travels and complete projects that you have always dreamed of doing.



So, last year, my life came crashing down on me when I was diagnosed with ALS (Lou Gehrig’s disease) in February. This was devastating and I could only think “ I still have projects that I wanted to do!”

Now, people that know me..... figure that I have done enough projects in my life. That I should be enjoying the rest of my life while I still could. Believe me,...I enjoyed every minute of visiting Sokols in Czech. I’m always busy doing something and I have had a great life. After all, I have been to Europe on many occasions, Asia, Australia, Africa, South America and many Island countries. All in all, visiting 53 countries, attended 12 Olympic Games, collections, collections and more collections. Attending Sokol Slets since I was 5 months old, traveling to major Cities all over the country for various Junior Olympic, NCAA, National, International competitions and Coaches Congresses, plus Sokols, etc. Who could complain, right! And, I not complaining. I have been really proud to be judging gymnastics over the last 43 years and for the last 20 years preparing Sokol, Vintage gymnastics and Olympic displays that are shown from 5 to 13 times each year.

So, I made the decision to retire early, right during the middle of gymnastics season. I hated to leave my High School team but I didn’t know how long that I may have. Now, understand that I am as positive as I can be. I’ve said that I would make the next 4 Olympics. Having an undisclosed time to complete my life, I decided that I needed to do some of my projects right away. I truly want the Sokol Museum & Library traveling Displays to continue. I’ve talked to several people that want them to continue as well. So, I planned a special trip to the Czech Republic. The goal was to visit as many Czech Sokols as I could. I was able to visit 105 Czech Sokol gymnasiums.





Mark your Calendar

Events around the American Sokol

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

March

- March 2** **\$10K Building Benefit** - Sokol KHB Ennis, Ennis, TX
- March 3** **Members Swim Party** - Sokol Greater Cleveland, Cleveland, OH
- March 9** **Annual Exhibition** - Sokol Tabor, Berwyn, IL
- March 9** **Trivia Night** - Sokol St. Louis, St. Louis, MO
- March 10** **Annual Exhibition** - Sokol Chicagoland, Elite Sports Complex, Downers Grove, IL
- March 15** **Annual Exhibition** - Sokol Naperville, Naperville, IL
- March 16** **Annual Exhibition** - Sokol United, Lyons, IL
- March 23** **Annual Exhibition** - Sokol Spirit, Brookfield, IL
- March 30** **Central District Curling Event** - Curling Club, Triumph, IL

April

- April 6** **Spring Quiz Night** - Sokol Spirit, Brookfield, IL
- April 6** **SGC Night at the Races** - Sokol Greater Cleveland, Cleveland, OH
- April 12** **United Sokols of the East Competition (Boys)** - Sokol New York, New York, NY
- April 13** **United Sokols of the East Competition (Girls & Xcel)** - Sokol New York, New York, NY
- April 13** **Central District Men's/Boy's Gymnastics Competition** - Sokol Tabor, Berwyn, IL
- April 13** **Reverse Raffle** - Sokol Ceska Sin, Cleveland, OH
- April 14** **Vault Into Spring** - Sokol Naperville Tyrs, Naperville, IL
- April 20** **Annual Exhibition** - Sokol St. Louis, St. Louis, MO
- April 27** **Central District Special Number Competition** - Lyons Township High School, LaGrange, IL

May

- May 4** **Eastern District Annual Volleyball Tournament** - Sokol New York, New York, NY
- May 11** **Central District Female Artistic Competition** - Naperville Central High School, Naperville, IL
- May 11** **Northeastern District Artistic Competition** -
- May 18** **Central District Male Artistic Competition** - Sokol Spirit, Brookfield, IL
- May 19** **Central District Sokol Day** - Veterans Park, 4200 Lawndale Ave, Lyons, IL
- May 24** **National Polka Festival** - Sokol KHB Ennis, Ennis, TX

American Sokol National Merit Award Application Form is available on the American Sokol Website or by emailing

Juanita@American-Sokol.Org Application deadline is June 1, 2019.



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, items you want included in the March/April issue need to be submitted no later than February 1st.



PERIODICAL

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708.255.5397

March/April 2019 | Issue 2

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

Join Us for the 2019 Sokolfest in New York!
sokolusa.org

National Instructors School

***hosted by the Central District at Sokol Spirit
July 7–July 21, 2019***

We hope you will take advantage of this excellent learning opportunity by sending interested students age 13+ to the school. Application on ASO website.