



Inspiration by Kevin Graham, author, speaker and weight loss empowerment expert.

AMERICAN SOKOL

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From the Editor...

Happy New Year! Embrace 2011 and vow to make it a wonderful year. One of my goals is to build upon this great publication and make it even better with more relevant articles and additional advertisers to help defray costs. A big thank you to all Unit representatives who have done a great job submitting events for publication – keep it up in the new year.

Don't forget to also submit relevant, interesting articles to be featured in *American Sokol*. Send material to me by mail or email (editor@american-sokol.org). I look forward to hearing from you!

NAZDAR!



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Meet the American Sokol Executive Board

Tom Pajer
American Sokol
President



I'm not sure when I started to feel responsible to help Sokol grow. Perhaps it was as a Junior serving as an officer on the Junior Board; it could have been during my Instructor School training; maybe it was upon accepting that first instructor assignment or perhaps it was much earlier than this. In any event, my commitment to Sokol has grown over time and along with it, so has my responsibility. For now, I speak to you as the President of the American Sokol.

And what an exciting opportunity it is! To take something that you completely believe in and strive to make it the best that it can be is an exhausting yet fulfilling and rewarding experience. My decision to serve as President is rooted in the belief that Sokol creates good people. What better cause exists in today's society? Sokol is positioned to serve our communities, if we are ready to serve Sokol.

As we round out the 1st month of this wonderful new 2011, have you been focused on what you resolved to achieve? Have you already lost some steam trying to reach those targets? Or did you decide not to set goals for the New Year? Whichever it is, you have good company. And despite our best intentions, your focus, commitment or decision to set goals can and will change throughout the year. Unforeseen challenges, obstacles, and break through moments are ahead that plead with us to change course, for good or for bad. A successful year will be determined by how you approach these moments. Do you excel through the challenges you face, or do they slow you down? Do you leap over obstacles that are in your way or do they stop your progress as you wait for them to disappear? Do you

seize every break through moment and leverage the power that comes from it, or do you miss your opportunity being hesitant and overly cautious?

These moments of decision are everywhere and in all sizes. From deciding to jump out of bed or press snooze when the alarm goes off in the morning to accepting or rejecting a job offer that will set the career path for your life, the magnitude and effect that these decisions will have on the rest of your life are completely unknown...until after you make them. And despite all intent to make the right choices, future unforeseen circumstances can thwart all logical process. I am certainly not advocating a "let fate decide" philosophy. I am simply stating that we must plan, make decisions to the best of our abilities, take risks, accept consequences and continually change throughout, in order to improve ourselves.

Our American Sokol faces moments of decision every day, and members, class participants, instructors, directors, and officers have varied responsibilities to help the American Sokol reach its goals. But this can only happen if we all understand who the American Sokol is and what the goals are.

The American Sokol is every member, every class participant, every District and every Unit working together as a single entity to promote Sokol and its philosophies. Until we begin to walk and talk like a single organization, we cannot and will not grow and prosper as one. Legendary members that came well before us knew this, made a decision, and created the American Sokol. We must now leverage our unity and our numbers to grow and prosper.

While our mission to provide fitness and community for individuals and families through physical, educational, cultural and social programs is quite well known, it really only tells us where we want to be. Our goals and objectives tell us what we are planning and what we will do to reach that mission. Our Instructors, Directors and Officers will be involved in detailed intricate plans to reach specific lower level goals and provide our mission.

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The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

JANUARY

With the New Year upon us, we are reminded that the birthstone for January is the coveted GARNET which is well known by the Czechs, Slovaks & Moravians. It gets its name from the Latin word for pomegranate. These stones can come in many colors and can even be colorless.

Also very important — we have to remember the many, many unpaid Volunteers who make our Sokol Organization and its various committees work so well —

- V – Valuable is the work that you do.
- O – Outstanding in how you always come through.
- L – Loyal, sincere and full of good cheer.
- U – Untiring in your efforts throughout the year.
- N – Notable are the contributions you make.
- T – Trustworthy in every project you undertake.
- E – Eager to reach your every goal.
- E – Effective in the way you fulfill your role.
- R – Ready with a smile like a shining star.
- S – Special and wonderful - that's what you are !

We have many celebrations in January:

“Silvestr” the New Year’s Eve celebration named after St. Silvester (Pope Silvester I). Snacks are “oblozene Chlebicky” or canape sandwiches. We honor Epiphany, the 6th of January or “Tri Kralove” (3 Kings) named Kaspar, Melichar and Baltazar.

In Denmark you celebrate “Hellig-Tre-Kongers Dag”; in France “Le Jour des Rois”; in Germany “Dreikonigsfest”; in Britain “Twelfth Night” and in Spain it is “Dia de Los Reyes Magos”.

Then on the 2nd of February (a month with 2 R’s) “Na Hromnice od dve vice” or on the days with thunder you can tell that the days are visibly longer.

Dr. Pepper was conceived by C. Alderton in Waco, TX, who concocted a blend of 23 fruity flavors.

John Meyenberg’s Illinois factory churned out evaporated milk. His apparatus killed the bacteria in raw milk, concentrated the nutrients and labeled the product Pet Milk.

Watch the Mummies Parade from Philadelphia on New Year’s Day which is traced back to Mid-17th Century blending elements from Swedish, Finnish, Irish, English, German & other European heritages as well as African-American heritage. Clubs compete in one of 4 categories such as Comics, Fancies, String Bands and Fancy Brigades.

How about a few resolutions for the New Year:

- Resolve this year to maintain a sense of values.
- Resolve to be cheerful & helpful - people will repay you in kind.
- Avoid angry, abrasive persons - they are generally vengeful.
- Avoid zealots - they are generally humorless.
- Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the wrong. Sometime in life you will have been all of these.
- Most important: Resolve to listen more and to talk less. No one ever learns anything by talking.

NAZDAR! EllenJeanne Schnabl ©

AMERICAN SOKOL NATIONAL CONVENTION

Submitted by Jolene Dalton, By-Laws Chairman

I apologize for the lateness of this report. Among other things, I was waiting for an official copy of the minutes, which I never received for some reason. – Jolene Dalton

Note: Because there is so much to report, this will be broken into two parts: this month telling about the Convention in general and next month discussing the highlights of the various committee recommendations that were approved at the Convention.

The XIX American Sokol Organization Convention was held April 19-25, 2010 in Omaha, with the meetings being held at the Embassy Suites-Old Market, the opening Social at Sokol Omaha, and the Friday night Social & Dinner at Sokol South Omaha.

109 delegates representing the American Sokol, its 6 Districts and 31 Units from around the country spent many long hours during the 5-1/2 days reviewing the status of our organization, discussing ideas, and then planning & setting goals for the next 4 years. Unless you have attended a Sokol Convention, you cannot appreciate the meaning of the statement that it is a “working Convention”.

Pre-Convention meetings started Tuesday with the Board of Instructors and Bylaws Committees beginning their work. Wednesday those two committees continued their work along with the Educational Committee beginning theirs. Wednesday evening delegate registration was held in conjunction with a Pizza Social at Sokol Omaha. The Social was an enjoyable, relaxing evening of renewing Sokol friendships and making new ones before our hard work started the next morning.

Bro. Larry Laznovsky, American Sokol President, opened the official Convention Thursday morning. After some initial formalities, Sis. Jolene Dalton of Sokol South Omaha was elected Convention Chairman (first woman to ever serve in that position), Bro. Chuck Kalat of Sokol Ennis, TX & Sis. Alice Khol of Sokol Greater Cleveland were elected Convention Vice-Chairmen, and Bro. Joe Kohout of Sokol Omaha was elected Convention Parliamentarian. The remainder of the morning was spent going through and approving general convention procedures.

Thursday afternoon the Organizational Development Team of our Strategic Planning Task Force gave a presentation on their initial work of restructuring our organization. Questions and discussion filled the remainder of the session.

Around 4:00 PM all the delegates reported to their individual committee assignments to begin the work of assessing what we accomplished in each area over the past 5 years and setting our goals & direction for the next 4 years. (From now on, the American Sokol Convention will be held every 4 years.) Each delegate was assigned to one of the following committees: American Sokol Publication, Board of Appeals/District Presidents, Board of Instructors, Bylaws, Educational, Finance, Foundation, Membership, Nominating, Public Relations, Reports of Officers & Resolutions, and Youth.

Friday morning the Finance Committee gave a presentation on their initial work. Then the Leadership Development Team of the Strategic Planning Task Force gave an interactive presentation and the Implementation Team gave a presentation with success stories from Sokol South Omaha, Sokol Tabor, and Sokol Ft. Worth. The remainder of the day was spent with some initial Bylaws discussion, committee reports, and individual committee breakout sessions to finish their work.

Friday evening found the delegates at Sokol South Omaha enjoying a delicious Czech pork dinner, touring the newly remodeled hall, visiting the Museum, and dancing to the music of Mark Vyhldal. It was an enjoyable evening.

Back to work Saturday morning! The day was spent with reports from the various committees, discussing, amending, and approving their recommendations. We elected our American Sokol national officers for the next 4 years and accepted bids for the 2013 National Slet (from Central District to be held in Milwaukee, WI) and the 2014 National Convention (from Central District to be held in St. Louis, MO).

The Sunday session started a little later than originally scheduled because, with our hard work up to this point, we didn't have a lot of business left for today (yay!). We finished hearing and approving committee reports, made some presentations, installed our new national officers, and adjourned the XIX American Sokol Convention just before 12:00 noon.

Delegates headed back home, tired but filled with lots of ideas, enthusiasm, and hope that we can put this unique and wonderful organization on an upward swing, ensuring that it will be around for future generations, serving our communities, not letting die what our ancestors worked so hard to preserve and pass on to us! 📄

Meet the Executive Board: Tom Pajer, American Sokol President

continued from page 3

For all of our members and other readers of this publication, let me state the high level goals for 2011:

- To increase our membership by 5%
- To implement the results of our Strategic Plan
- To branch out further into our communities than ever before to help our communities “create good people”.

These are not ground breaking, earth shattering, revolutionary or highly advanced. What they are is foundational and structural. By attaining these goals, we can assure a sound foundation and a solid framework for more innovative and creative adventures in the future. These steps are necessary for any organization preparing for an incredible journey!

How do we reach these goals? Stay tuned and help your Instructors, Directors and Officers as necessary. They will receive and be a part in developing very specific and direct goals and objectives that they will need help to implement. They cannot do this alone! In our primarily volunteer organization, we will need all the help that we can get to meet the challenges and seize the opportunities that await us in the future.

Personally, I have set my 2011 resolutions. They are a mix of personal and professional expectations. I, like many of you, have an overriding goal to balance these personal and professional resolutions to be as well rounded and successful as possible. But that’s what is exciting about being a part of Sokol. The philosophy of a sound mind in a sound body is exactly that... finding the proper balance and being the most well rounded individual that you can be. Let us never forget how important Sokol can be in enriching our lives and helping us grow!

Good luck to all of you on your personal resolutions and thank you for your efforts in keeping Sokol going for years to come! ☺

Nazdar,

Tom Pajer
American Sokol President

“CZECHS IN CHICAGO” – Documentary Film for WTTW Channel 11 Chicago

Submitted by Jean Hruby

In 2010 American Sokol received an Educational Grant from the Ministry of Foreign Affairs of the Czech Republic to support the documentary film “Czechs in Chicago” which is being produced by Manifest Films for WTTW Channel 11 Chicago. On December 2nd the “trailer” (promotional video) of the film was officially launched at the Consulate General Office of the Czech Republic in Chicago. Jean Hruby has been working with the producers to raise the funds needed to produce the trailer, as well as coordinated the event on December 2nd. Among the donors were American Sokol, Central District, Sokol Tabor, Sokolice Tabor and Sokol Town of Lake. Sokol is highlighted in the trailer and will also be part of the documentary films’ story. The producers have been using our Library and Archives for their research and photos. This was the initial phase of the project. The trailer will be used to raise funds to produce the entire film. WTTW reaches over 40 million viewers! Another film recently completed by Manifest Films is: “Pictures from the Old Country”, a personal account of Producer Susan Marcinkus’ family from Slovakia. ☺

For more information contact Manifest Films at 708.660.9320, manifestfilms@aol.com, or visit www.czechsinchicago.com.

Czechs in Chicago Support the Story!

*A production of Manifest Films
for WTTW11, Chicago PBS*

Czechs in Chicago, a feature-length documentary for television, will chronicle the history of the Czech people in the Windy City. Spanning a century and a half of turbulent times, it will show how the Czechs helped build and shape the city - from their immigrant experience settling the Czech neighborhoods, to founding cultural and business institutions, to contributing political and civic leadership. It will tell the story of how an innovative people made Chicago the heart of Czech America, and how Chicago, in turn, empowered them to help establish and aid their homeland, Czechoslovakia. The film will be a permanent legacy for the people of Chicago and for future generations of Czechs everywhere..

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# 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**

## WELCOME IN THE NEW YEAR!!

A letter from the Gymnast Editor!

It is a New Year!! Do your best to make it GREAT! Try new things, create better habits and be the most generous you can! These are some things on my list, but you can begin by using some of the lists and suggestions I have provided below! Good luck and get going! KP:)

### Get Moving in 2011

*From Family Fun Magazine-  
December/January 2011*

Inspire your child (students) to be more active with these goal-setting cards. To start, have them make a list of five to ten activities they want to try or get better at this year, such as snowshoeing or doing a cartwheel. (For a blank version of a goal card please go to FamilyFun.com/magazine.) After they complete each goal, they can check it off their list and note the date. You can even take a picture and tape it to the list as a record of their success. When they have accomplished their goals, offer them a reward: snowshoeing at a nearby park, for instance, or getting a new leotard for gymnastics. Of course, just being able to tell Grandma about the new skill or putting a sticker on the goal board might be reward enough! ©

# fitness goals

# 2011

- snowshoeing \_\_\_\_\_
- \_\_\_\_\_
- cartwheel \_\_\_\_\_
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## How to Stick To Your Resolutions

From: [ehow.com/how\\_4697108\\_stick-resolutions.html](http://ehow.com/how_4697108_stick-resolutions.html)

New Years resolutions often fall by the wayside, if you follow these steps then you can make this the year you keep your resolutions.

Things you'll need:

– Paper, pen, willpower and your planner or PDA

Instructions:

1. Clearly define your goals. 'Lose Weight' is an admirable goal, but it is too vague to do you any good. Try something more specific like 'Lose 30 pounds by the end of the year and keep it off' or 'Lose 2 pounds a week on average'.
2. Plan out the steps you need to achieve your goals and write them down. Make them simple and easy to measure. For example, if you were trying to stop smoking your first goal may be, 'switch to lights' or 'make an appointment with my doctor'. The idea is that you need to pick something that you can give a clear reply on the deadline day: 'yes, I did this' or 'no, I didn't do this'.
3. Set deadlines for when each step should be accomplished, and put them in your planner. This way you are committed to the goals, and they are part of your everyday life, not an abstract notion.
4. Follow up at regular intervals to assess how well you are doing. If an area needs work, you will have to adjust your plan to devote more time to that area.

Tips and Warnings:

- Be Realistic.
- If you are doing anything with your health, consult your doctor.

## Six Reasons Why Gymnastics Is Great

By Julie Cross

From the June 2010 issue of *Technique Magazine*, from USA Gymnastics

It's Monday morning and the preschoolers taking over the next hour of my day are lining up for class. As a younger coach, the mere sight of all the tiny heads bobbing up and down, awaiting my expert instruction would have sent acid churning in my stomach. It took years for me to understand the most important reason I'm here. Today, as the little ones sit on their carpet squares, legs flapping in the butterfly stretch, excitement filling their faces as they tell me what exotic location this flight will take them on, I realized something. This isn't just any group of preschoolers, it's six very different reasons why gymnastics is the most amazing sport for kids.

We move to the preschool circuit and little Jack shuffles slowly to my station. He pushes up to a front support on his own, and I glance over at mom who gives a loud cheer, as if this were a gold medal performance. Last week she even cried. At two years old, Jack had just learned to walk and already logged more hours of physical therapy than most adults. He was diagnosed with low muscle tone as a toddler. While attending a birthday party in the gym, tiny Jack was fascinated by the colorful equipment, and it was all the motivation he needed to climb the steps in front of the tumble track and step on to the bouncy surface. Not only did Jack climb for the first time in his life that day, but he also ran and loved every second of it. At 4 years old, after two years of lessons, Jack could jump off two feet, perform a forward and backward roll, and now his arms were finally strong enough to pull himself up to a support on the bar.

An Olympic medal in gymnastics may not be in Jack's future, but he has come so far – further than any physical therapy session had gotten him – and most importantly he loves gymnastics. I move Jack along to the next station, and Courtney stands in front of me, her adorable blonde curls are such a contrast to the angry glare she almost always wears. Her arms are crossed, but she holds her tongue. I know what she wants to say, "Why didn't I get to go first? I never get to go first!" Slowly Courtney has learned the art of waiting her turn, saying please and thank you, and allowing

others to receive attention from the teacher. The threat of missing a turn on the trampoline if she complained about having to wait was too big a risk for Courtney to utter her usual complaint. Mom watches carefully, eyes peering over her book as Courtney unfolds her arms and jumps up to the bar like a pro. Unlike Jack, this part is easy for her.

Mom relaxes back in her chair with a sigh of relief, and a glimmer of hope that maybe in a few months they could try something else -- dance, soccer or the music program the other moms have been raving about. The possibilities are endless. At least they are now.

After Courtney shifts to the next station, Patrick runs at the bar full speed. I catch him around the waist to keep him from flying over. On the first day of class, just before lining up, Patrick was running up and down the metal bleachers while his mother, seeing a few stitches in the near future, frantically chased after him. "He just has so much energy," she had said to me. "What makes a five year-old want to try a back flip off the couch?" I just smiled and said, "You might want to consider more than one class a week." She decided on three! That was the bargain Patrick's mother made with the fearless little boy. He could do all the flips he wanted at the gym, but no more living room gymnastics. Patrick's goal was a few less trips to the emergency room from accidental collisions with his coffee table. His story mimicked several great athletes in history.

Drew was the opposite of Courtney. He didn't want my attention nor did he want the other children looking his way. But today, he performed his very first pullover on his own. Traditionally, when this happens, the kids ring a bell hanging from the ceiling and everyone stops to watch the performance. I don't even ask and instead say, "Good job." But Drew leans over the bar and whispers, "Can I ring the bell?" And I just look at him, stunned and nod my head. "Of course." It's a huge accomplishment.

Lacey is next and she's the little girl I have to walk on egg shells around because everything makes her cry. She struggles with the pull over, and I know the tears will come and they do, but today she keeps going, even in her frustration. In a few weeks, perhaps she won't need to cry at all.

Emily is the gem whose skills shine above the other five. She's a tiny Carly or Nastia and for some coaches, kids like Emily keep them coming to the gym every day. Even I find myself fascinated when she pulls her chin to the bar effortlessly, legs glued together she flips over with such ease. She'll go far in gymnastics if that's what she chooses. If not, Emily has the building blocks needed for any sport -- confidence, discipline, body control, flexibility, and strength.

So there you have it. Six very different reasons why the benefits of gymnastics expand even farther than most realize. As a parent and a coach, I'm so thankful to be a part of the growth and development that happens with each child. Regardless of the goal when walking into that first gymnastics class, the results are almost always magical. ☺

I always love putting inspirational articles like these to help encourage and influence our directors, instructors and assistants! You are all doing AMAZING things to help people and the Sokol organization as a whole! Thank you for all you do and PLEASE keep up the good work! KP;)

## **Get Ready for the American Sokol Fitness Challenge**



We will be participating in the American Sokol Fitness Challenge in 2011!  
This is a GREAT way to incorporate getting to the gym more and getting healthy! We look forward to hearing how well you do and will put the results in the publication!

Get ready and good luck everyone!! KP;)

## Exercises to Improve Balance

*By Darrell Barnes, LAT, ATC, CSCS*

**From the March 2010 issue of Technique Magazine, from USA Gymnastics.**

Visit [www.usa-gymnastics.org/pages/home/publications/technique/2010/03/14\\_balance.pdf](http://www.usa-gymnastics.org/pages/home/publications/technique/2010/03/14_balance.pdf) for pictures of each exercise and more information.

Balance is a fundamental skill needed in gymnastics. It is defined as the ability to control the body's center of gravity over its base of support. There are many physiological contributions to balance including: visual, vestibular, and proprioceptive input. Sensory information is processed by the brain and sent back to the muscles. Neuromuscular control is the ability of the muscles to use that information and control the body in all planes of movement.

Balance training begins with teaching the athlete to form a stable base with the foot. I use a tripod as an example where the ball of the foot, 5th metatarsal and the heel are my points of contact on the floor. To train the foot to be a stable tripod we begin with an arch raise exercise.

### **Arch Rise-**

Start with the foot in a relaxed, flat foot position and have the athlete slightly raise the arch by pressing down with the big toe (not toe gripping). The athlete should feel all three points of the tripod pressing into the ground. This will put the arch in a more neutral position and increase neural information to the brain and improve muscular control.

### **Correct Alignment-**

Once they have a stable tripod, the next step is to teach correct knee, hip, and trunk alignment. Most gymnasts lock the knee out when balancing. Locking the knee is easier, but is not as functional as maintaining a slight bend at the knee and at the hip. The knee should be in line with the second toe and trunk should be neutral, not flat or too rounded. This position increases neuromuscular control and is much more functional. The athlete should practice holding this position until they lose balance or become fatigued and unstable.

### **Dynamic Balance-**

After correct static balance is mastered, then balance training becomes much more fun. Balance progressions can involve many variations but should include dynamic balance in all planes and then progress to unstable surfaces such as a Dynadisc or Bosu ball. I like to begin with a simple balance squat and reach, squat and lateral leg reach, and then a diagonal leg reach. This allows the athlete to train in all 3 planes of motion.

### **Adding Resistance-**

Adding external resistance such as elastic cords, dumbbells and body blades to balance exercises significantly increases the level of difficulty and allows you to make it a total body exercise. Utilizing stability pads or Bosu balls to provide an unstable surface increases neuromuscular control and is more functional to the gymnasts that must have the ability to stick landings on an unstable exercise mat.

In conclusion, balance training is an essential part of gymnastics skill development. By focusing on a good tripod stance and proper body alignment, balance training becomes a total body exercise. It increases body awareness, increases neuromuscular control, and even helps to decrease injuries. 🌀

To All American Sokol Members:

Below is the official invitation to the 2011 Sokol USA Sokol Fest in Cleveland, Ohio.

I would like to take this opportunity to personally encourage everyone to attend this spectacular event. We are very lucky to be offered this opportunity and can always count on Sokol USA to plan a magnificent week.

We will continue to publish the information that we receive in this publication. In addition, please make sure to stay in touch with your Unit to get more specific information about events and tours. Please feel free to contact our American Sokol office with any questions and we will assist in finding the answers.

I'll see you in Cleveland!! Nazdar! 🇸

Tom Pajer, American Sokol President



December 13, 2010

Mr. Tom Pajer  
American Sokol  
9126 Ogden Avenue  
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Sokolfest XXVI  
Independence, OH  
June 29-July 2, 2011

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Dear Mr. Pajer,

From June 29 through July 2, 2011, Sokol USA is sponsoring Sokol Fest XXVII.

It is my honor to extend an invitation to you and the members of The American Sokol to participate in the celebration of Sokol.

All information, entry and reservation forms can be accessed on Sokol USA's website at [WWW.SOKOLUSA.ORG](http://WWW.SOKOLUSA.ORG).

If I may be of any assistance to you and your members please do not hesitate to contact me.

I look forward to greeting you in Independence, Ohio at The Holiday Inn at the Sokol Fest in June!

I remain with our sincere Sokol greeting,

Nazdar!

Joseph S. Bielecki  
President, Sokol USA



## The History of Miroslav Tyrs

### Excerpt from the book *Věvec Vavřínový* by Frantisek Kozik

*Submitted and translated by Joseph Sulz, Educational Director, Sokol St. Louis*

*Look for one last excerpt from *Věvec Vavřínový* in the next issue of American Sokol.*

While in Prague, Tyrs enjoyed his bachelor days joining the social circuit, enjoying smoking, dancing, etc. Many single girls looked upon him as a “prize to catch”.

In October 1869, Tyrs suddenly felt a sharp pain in his chest and was so weak he could hardly walk. The doctor prescribed complete bed rest – no reading, no studying, no contact with others. Tyrs went to a private home in a small village outside of Prague. His sickness didn’t improve, so his doctor sent him to Switzerland to a sanatorium. He ate cheese and bread, and drank lots of milk. He walked through the neighboring forest, but became weak after only 15 minutes. His mental state also declined and he even played with the idea of terminating his life.

He wanted to resign as President of Sokol, since he felt he could not perform his duties for which he was paid. His resignation was rejected. After one whole year in the sanatorium, he finally came home and resumed all of his activities. He was in close contact with Fügner’s wife, and daughter, Renata. It was evident that there was a mutual attraction between Tyrs and Renata. Soon thereafter, he asked for her hand in marriage and her mother, Katerina Fügner agreed. On the 26th of August 1872, Miroslav and Renata were married in the church of St. Steven in Prague. Renata just passed her 18th birthday. Tyrs was 40 years old.

After the marriage of Miroslav and Renata, Fügner’s daughter, in the church of St. Steven in Prague, the couple choose to honeymoon in Louceni. A problem developed at their first supper – they were served quail, but they refused to eat it because Miroslav and Renata were strict vegetarians. Instead they dined on potatoes and sauerkraut.

Renata devotedly took care of Miroslav (that’s how she called him), and at the young age of 18 became a very good wife. Miroslav repaid her with a lot of attention. He even combed her hair in the morning and occasionally brewed the coffee.

Soon they readied themselves for a trip to Dresden, Germany where they planned to visit galleries and museums. Prior to their leaving, Renata’s mother sent them some money, and a package of underwear, slippers, and wax for Miroslav’s mustache. She also promised to write them while they were away from Bohemia. Miroslav and Renata stayed in the city for a month, after which they returned to Prague. While in Prague the couple lived in a house that was built by Fügner.

Tyrs was very actively involved in writing and publishing articles about painters, sculptors and other cultural happenings. Renata was a constant helper to him. Once when he came back from a celebration, Renata noticed his pallid color and constant tiredness. His doctor prescribed complete rest. The Tyrs’ decided to take a trip to Italy. Since Miroslav spoke Italian, but Renata did not, they began to converse among themselves in Italian. They spent 25 days in Italy, and soaked up any education they could, that might be helpful to them in future assignments. Each tossed some coins in the Fountain Di Trevi, as assurance they would some day come back to Italy.

Meanwhile, Sokol went through a crisis. Many members resigned and others did not sign up. The trend in the Bohemian lands was to sign up as voluntary firemen. The publication “Sokol” which Tyrs created was not helping the situation—some members even considered to drop the publication altogether. All of this greatly disturbed Tyrs as he took all of these problems very seriously. He could not sleep at night, endured pains in his feet, chest and head. In February 1875, he wrote his last will naming Renata as his beneficiary. This will was written in both Czech and German and signed Miroslav and Bedrich.

After a year of absence, Miroslav again took upon himself the leadership of Sokol. He renewed his publication “Sokol” and had 800 copies printed each month. Thus he gained a new outlook on life, and greatly improved his health. He needed to energetically devote his time to Sokol. On October 1881, Tyrs was named a professor at Prague University. He no longer had to face financial problems. ©

## SOKOL LAUNCHES NEW UNIFORMS

Submitted by Maryann Fiordelis and Christina Curran-Wurst

The National Uniform Team is proud to launch new American Sokol uniforms.

Tots: Blue Shirt, Red Shorts  
 Children: Red Shirt, Blue Shorts  
 Juniors: White Shirt, Blue Shorts  
 Adults: White Polo Shirt, option of Blue Shorts or Blue Pants

The Tots, Children and Junior Shirts will feature the script word Sokol (as in the graphic above) across the chest. The Adult Polo Shirt will feature the script word Sokol embroidered on the upper left chest and the Sokol emblem embroidered on the right sleeve.

The shorts will feature the script word Sokol at hemline on the front right leg. The pants will feature the script word Sokol below the pocket on the front right leg.

While these uniforms are designed for Sokol members to wear at Sokol events, such as slets and competitions, they are also designed as a public identifier for Sokol at events such as parades, general assemblies, and community events.

Along with the new uniforms is a new ordering process. Each unit is required to have a Uniform Administrator, who will access an online ordering system with a user name and password. Does your unit have a Uniform Administrator? Currently, the units that have assigned Uniform Administrators are:

**Central:** Ceska Sin, Chicagoland, Milwaukee, Naperville Tyrs, Spirit, Stickney, St. Louis, Tabor

**Eastern:** New York, Philadelphia, Washington

**Northeastern:** Detroit and Greater Cleveland

**Southern:** Dallas, Forth Worth, Houston, KHB, West

**Western:** Cedar Rapids, Minnesota, South Omaha

**Sokol USA** is joining us in ordering new uniforms and the following lodges have assigned a Uniform Administrator: Boonton, Central Jersey, Farrell, Lodge 306 and Monessen.

If your unit or lodge does not have a Uniform Administrator yet, please submit the following information to

Juanita LoGiudice, National BOI Secretary, at [juanita@american-sokol.org](mailto:juanita@american-sokol.org) or 708-255-5397: Name of Sokol Unit, Uniform Administrator(s) Name, E-mail Address, User Name, Password and Shipping Address.

Units need to be aware of the Uniform Order deadlines dates:

**DECEMBER 25 (closed)**

**MARCH 1 (ships approximately 3 weeks later)**

**MAY 1 (ships approximately 3 weeks later)**

It is strongly recommended that Units order extra for their own inventory and to take care of new class members that may start between order deadline dates. Returns for wrong sizes are not available and the National Office will not be stocking any uniforms.

We are excited to launch the new American Sokol uniforms and look forward to seeing our members wearing them at unit exhibitions, district slets, and community events in the spring of 2011. ©



Here is a screen shot of the Tots shorts online ordering process.

## 2011 MERIT AWARD

Upon recommendation of the delegates of the XIII American Sokol Convention, held in April, 2010, the Merit Awards will still be paid from the Sokol Future Leaders' Fund. They will now be handled by the National Educational Committee. The Merit Award Committee is now accepting applications for the 2011 Merit Awards from students 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 application process begins with the submission of the form below to obtain application forms and instructions.

The amount to be awarded is \$500.00. Each District is allowed two merit awards per year regardless of membership. If a District does not have two qualified applicants, the remaining merit award(s) for that District may be given to another applicant(s) who did not receive an award because two awards were given in their District. These "extra" awards are given on an "at large" basis to the next most qualified applicant(s) regardless of District affiliation. There are NO merit award renewals.

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 Educational Directors and the American Sokol Executive Board. The following points will be considered by the Committee in selecting the candidates:

1. Regular attendance in Sokol classes for at least 3 years prior to this application. Juniors may be included but must become adult Sokol members at age 17.
2. Successful completion of Sokol Instructor School(s) – Unit, District, and/or National.
3. Teaching or assisting experience in Sokol gym classes.
4. Service to Sokol – Unit, District, and/or National Organization.
5. Recommendation of the Physical Director of the Sokol Unit and of the Unit Educational Director.
6. Recommendation of the District Physical Director and District Educational Director.

Although physical education study will not be a criteria, more consideration will be given to those training in the physical education field.

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## 2011 MERIT AWARD

I desire to make application for the American Sokol Merit Award. Please mail an application form and other application materials to: Merit Award Committee, c/o American Sokol, 9126 Ogden Ave. Brookfield, IL, 60513

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

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

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

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

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

APPLICATION  
REQUESTS SHOULD  
BE RECEIVED  
NO LATER THAN  
MAY 1, 2011

**APPLICATIONS ARE  
DUE JUNE 1, 2011**



## Mark your Calendar

### Events around the American Sokol

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

## January

- Jan 22** Sokol Minnesota's Eighth Annual Candlelight Roast Duck Dinner — 5pm, \$22 per person; pre-paid reservations by January 17, Call: 952-941-0426
- Jan 22** Sokol Greater Cleveland Boys League Home Gymnastic Competition – 5:00 pm
- Jan 22** Sokol St. Louis 2011 In-House Meet – 8:30 am; For more information email [gymnastics@sokolstl.org](mailto:gymnastics@sokolstl.org)
- Jan 28** Sokol Detroit Winter Gymnastical
- Jan 29** Sokol Tabor BOI Spaghetti Dinner — 4pm to 8pm; Live Entertainment, Bags Tournament. For more information contact [info@sokoltabor.org](mailto:info@sokoltabor.org)
- Jan 29** Sokol Ceska Sin Exhibition

## February

- Feb 5** Sokol St. Louis Barn Dance – Doors open at 6:30pm. Food & Entertainment 7:00pm; Admission: \$20 Adults, \$10 - 21 and under. Includes food, drink and music. For more email: [barndance@sokolstl.org](mailto:barndance@sokolstl.org)
- Feb 6** Sokol Stickney Superbowl Party
- Feb 6** Central District GIJO Meet – Sokol Chicagoland, Elite Sports Complex, 6360 S. Belmont, Downers Grove IL
- Feb 6** Sokol Greater Cleveland Girls Invitational Gymnastic Competition – 8:30am
- Feb 13** Sokol Greater Cleveland Girls League Home Gymnastic Competition – 8:30am
- Feb 13** Sokol Stickney Pancake and French Toast Breakfast
- Feb 19** Sokol Greater Cleveland Winter Gymnastic Exhibition – Cuyahoga Heights High School Gymnasium, 4820 East 71st Street 6:30 pm. Enjoy our Social immediately following at the Bohemian National Hall, 4939 Broadway Ave.

## March

- March 6** Sokol Chicagoland Exhibition – Elite Sports Complex, 6360 S. Belmont Downers Grove IL 2:00pm
- March 12** Sokol Tabor Exhibition – 1602 Clarence, Berwyn, IL 6:30pm
- March 12** Sokol Detroit Team Trivia Night Celebrating St. Patrick's Day – Contact Allen or Mary Cushing for more information: [acush47@comcast.net](mailto:acush47@comcast.net) or [marycsokol@comcast.net](mailto:marycsokol@comcast.net)
- March 13** Sokol New York Annual Gymnastics Exhibition – 420 East 71st Street, New York, NY, 1pm – 4pm
- March 18** Naperville Tyrs Exhibition – Naperville Central High School 7:00pm
- March 19** Sokol Stickney Gymnastics Exhibition
- March 26** Sokol Spirit Exhibition – George Washington Middle School



# PERIODICAL

9126 Ogden Avenue  
Brookfield, IL 60513  
www.american-sokol.org



### Is it time to review your insurance program?

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### Advertise with American Sokol

Reach over 4,000 people of Czech and Slovak descent.

1/4 page \$200

1/2 page \$300

Full Page \$500



To place your ad, contact Jean Hruby at the National Office, 708-255-5397 or email [jeanhruby@american-sokol.org](mailto:jeanhruby@american-sokol.org)

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