



*Providing fitness and community
for individuals and families
through physical, educational,
cultural, and social programs*

**UPCOMING
EVENTS**

June/July *Slovo*
articles due May 1

**Friendly Friday
Evenings Social**
Friday, May 12
7-10 p.m.

**Sokol Minnesota
Singers**
First and third Tuesdays
10 a.m.-noon

Sokol Gift Shop
Visit during Sokol events
or by appointment

**Children's Czech
and Slovak
Cultural Day Camp**
June 19-23

Kolo Sokol Bike Group
Third Sunday of the
month May-October
10 a.m. C.S.P.S. Hall
sokolmn.org/bike/

Use our QR code
to sokolmn.org to follow
all of our activities,
events, and classes!

- Dinners
- Czech and Slovak
Language Lessons
- Folk Dancing
- Sokol Gymnasts



**Children's Czech and Slovak
Cultural Day Camp**



Years of

**CAMP
FAVORITES**

June 19-23 2023

**25th annual Children's
Czech and Slovak Cultural Day Camp
June 19-23, 2023**

C.S.P.S. Hall 383 Michigan St., Saint Paul

**Register by May 8 to qualify for the Early-Bird discount.
All camp registration materials must be received by June 12.
Registration materials can be downloaded at www.sokolmn.org
for campers ages 6 to 14 and teen and adult volunteers.
Questions? Contact: Louise Wessinger 651-271-3601**

Full refund if camp needs to be postponed.

Komentáře prezidentky a členů rady Sokol Minnesota Comments from the President and Member at Large

We are quite a diverse group of volunteers at Czech and Slovak Sokol Minnesota. I'm (Cinnamon) grateful to learn so much about Fred Simon this month. Fred always surprises me at our monthly Board of Director meetings with information about upcoming events he's participating in and his speaking engagements. Learning more about his life and experience in his article below has been very interesting! As someone who has worked in Information Technology, reading about Fred's experience is truly a view into a different career and I love exploring other people's stories like this!



Cinnamon Whaley



Fred Simon

My name is Fred Simon. My wife, Karen Simon Steinhoff, and I live in the New Prague area. I was born in New Prague and my family lived here until my parents purchased a grocery store in Montgomery when I was ten years old. After graduation from high school, I attended Staples Area Technical Institute in the heavy equipment operation and maintenance program. Upon graduation, I went to work for American Hoist and Derrick in Saint Paul as a field service representative setting up crawler cranes across the country. In several years, I had been to thirty states and the travel was getting old even though I had only driven to two jobs.

I left American Hoist and Derrick and went to work for Hayden and Murphy Equipment in Bloomington, Minnesota, working as a heavy equipment mechanic servicing crawler cranes and backhoes. Unfortunately, one day at work I suffered a back injury and had to have surgery for a ruptured disc. I decided I needed to find lighter work and took a job as a mechanic for Green Giant in Montgomery, Minnesota.

While working at Green Giant, I decided to give college a try and enrolled in a Bachelor of Science program in Industrial Technology at Mankato State University attending night classes while working during the day. I did change jobs several times during college, and besides mechanical work, I also did welding and industrial painting. Upon graduation, I started my career at Minnesota Valley Engineering (MVE) in New Prague as an Industrial Engineer for the first seventeen years, then as the Safety, Security, and Training Manager for the next eighteen years. During my career at MVE, I also attended the University of St. Thomas, earning a graduate degree in Manufacturing Systems and an MBA. While attending St. Thomas, I had the privilege of hearing then Czech Republic President Vaclav Havel speak during his Civil Society Symposium.

MVE has a sister plant in Děčín, Czech Republic, and in 1999 I went there to be part of a safety inspection team and quickly fell in love with the Czech Republic. Since that time, I have made four additional trips going to the villages of six of my great-grandparents who emigrated from Bohemia in the mid to late 1800's. I treasure every trip to the Czech Republic visiting with relatives and friends over the years and am planning another trip there this fall. If you would like to hear more about my first and most recent trips to the Czech Republic, check out the June 2001 *A Journey Through Time* and the June 2018 *A Life Long Journey* published in *Naše Rodina*, journal of the Czechoslovak Genealogical Society International.

Because of my love of history and my ancestry, in retirement I belong to five historical societies and three Czech organizations. I currently serve on the board of four and am president of the New Prague Area Historical Society.

One of my board positions is as a Member at Large with the Czech and Slovak Sokol Minnesota Board of Directors. I am very appreciative of the board and volunteers who carry on Czech and Slovak traditions. One of my favorite activities is volunteering and enjoying the annual Czech & Slovak Festival. Living out of the metro area, I also appreciate when Sokol Minnesota's youth dancers and the Saint Paul Czech and Slovak Folk Dancers add to area celebrations like *Dožínky* Days in New Prague, *Kolacky* Days in Montgomery, and other local ethnic activities. I invite all to "Czech" us out at the C.S.P.S Hall for one of our many activities and to support this great organization moving forward.

Because I have been fortunate in my life, I want to give back in retirement, so I work as a volunteer ombudsman (advocate for the residents) at the *Mala Strana* nursing home in New Prague. I also deliver meals-on-wheels several days a week and work at the Peace Center (food shelf) in New Prague one day a week.

Two of my more unusual Czech Republic highlights include being part of the May Day parade in the village of Kolence (actually wearing a Czech Military uniform!) and hearing myself on Prague Radio when interviewed by one of their reporters after giving him a tour of New Prague and discussing the 2021 tornadoes in the Czech Republic. *Nazdar!*

Czech and Slovak Sokol Minnesota provides fitness and community for individuals and families through physical, educational, cultural, and social programs for children, teens, and adults. Information on our programs, calendar of events, membership, C.S.P.S. Hall rentals, and gift shop, plus e-addresses for our board, program directors, volunteer staff, and the Czech Honorary Consul, as well as *Slovo* past issues, are available at www.sokolmn.org or www.facebook.com/sokolminnesota



Czech and Slovak Sokol Minnesota 2022 BOD (Board of Directors)

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Telephone: 651-290-0542

Past issues of *Slovo* and Hall Calendar of Events:
www.sokolmn.org

Spring Breakfast, Craft, and Koláče Bake Sale

By Co-chairs Mary Cahill, Markéta Pálková, Joyce Tesarek

Another great Spring Breakfast, Craft, and *Koláče* Bake Sale was held on Sunday, April 2, 2023. In spite of the snow, ice, challenging parking, and potholes, we had a

good crowd who enjoyed the all-you-can-eat pancakes, sausages, fruit cup, juice, and coffee. The craft and food vendors were popular, as were our fresh-baked *koláče*, including the many pre-orders. Bob Kostichka again prepared his special caramel corn. This was chef Markéta Pálková's initial time as lead cook for the event and she did a terrific job!

\$2,360 was earned for maintaining the C.S.P.S. Hall and supporting Sokol Minnesota programs.



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The wonderful volunteers who made this event possible by baking *koláče*, preparing, setting up, and taking down, serving at the event, our vendor organizer, and bake sale team included Tom Aubrecht, Rosemary Baisden, Dennis Cahill, Mary Cahill, Jean Draheim, Abra Gillman, Roger Green, Dave, Glynis, Michael, and Heidi Grostephan, Don Haselbauer, Katie Haselbauer, Chantelle Kley, Bob Kostichka, Doreen McKenney, Markéta Pálková and Matthew, Joan Sedlacek, Steve Shimer, Joyce Tesarek, Tereza Treanor, Kathy Weese, and Cinnamon Whaley.



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Vendors included: Jean and Chuck Draheim: Original jewelry and imported Nordic jewelry; Marilyn Gomez: Hand knit baby clothes and blankets; Sharon Komarek: Authentic Czech/Slovak folk dolls and assorted gifts; Deanne Miller: Hand knit and crocheted items; Markéta Pálková and Ludmila Pálková: Homemade baked goods and pickles; Sokol Minnesota Gift Shop and Doreen McKenney: Czech and Slovak gifts and Doreen's original greetings cards; and Louise Wessinger: Czech, Slovak, and seasonal items.



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1. Head Chef Markéta Pálková.
2. Young volunteer assisting with preparations.
3. Gibson Batch and Kathy Hognlund checking out the mobile Sokol Gift Shop. Back: Chuck Draheim.
4. Dan Bednar and grandchildren.
5. Bob Kostichka and his generous donation of delicious caramel corn for the bake sale table.
6. Glynis Grostephan and son Michael Grostephan assisting Rod Sykora with his takeout *koláče*.
7. Selected Sokol Gift Shop merchandise.



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Flavors of Slovakia Dinner

By Co-chairs Doreen McKenney, Joan Sedlacek,
and Joyce Tesarek

In 1992, the late Ken and Sharon Wyberg initiated Sokol Minnesota's Czechoslovakian Ethnic Dinner with Slovak cuisine. Sharon was the head cook until she retired in 2003. Joan Sedlacek and Doreen McKenney decided to bring the dinner back in 2005. They stayed true to the menu everyone enjoyed, including the crowd favorite dish *halušky a kapusta* (cabbage, bacon, dumpling) by following Sharon's family recipe from Slovakia. The newly named *Flavors of Slovakia Dinner* has customarily been held around March 17 (Saint Patrick's Day) because that is the week cabbage is on sale.



Glynis Grostephan picking up her Flavors of Slovakia order. Joyce Tesarek, M. L. Kucera, and Theresa Hudachek distributed the curbside dinners in the cold and snow.



Four takeout dinners

Over the years, the cooks adopted a few shortcuts, like finding a used multiple-stacking Chinese steamer to quickly cook the cabbage and *pirohy*, which helped off-set the time it took to dip each *pirohy* in butter.

This year's dinner on March 12 started out as a hybrid sit-down and curbside pickup event. Unfortunately, there was such a low number of people who ordered sit-down dinners relative to the high volume of curbside reservations, the event co-chairs Doreen McKenney, Joan Sedlacek, and Joyce Tesarek decided to offer the dinner as curbside pickup only. After 18 years for Doreen, and 29 years for Joan, they both decided this would be their last year heading this event.

Joyce Tesarek is looking for cooks and new chairs to join her, so the dinner can continue next year. If interested, contact: activities@sokolmn.org

Thank you to our volunteers: Steve Ernest, Roger Green, Ed Hamernik, Don and Katie Haselbauer, Theresa Hudachek, M. L. Kucera, Doreen McKenney, Richard Sargent, Joan Sedlacek, and Joyce Tesarek.

Happy to See Each Other at Easter By Jitka Sebek

Traditions are important in preserving our national identity, strengthening family ties, and enabling us to spend free time together with our closest ones. That is exactly how we felt on Saturday of Easter weekend, April 8, 2023, when suddenly spring happened. Without needing to shovel snow or deal with freezing outdoor temperatures, we drove to the C.S.P.S. Hall to see and talk with each other, to craft, and to share traditional foods for a potluck lunch. Bathed in sunshine and surrounded by vivid colors, we relaxed by decorating eggs with beeswax, drew, painted, colored, or made yarn bunnies. We treated each other to home-made dishes and desserts; no one felt like rushing home.



Viktorka, Honza and Karolinka.

On Easter Sunday, a solemn yet joyous holy day celebrated by many, we are reminded of hope and that death is not just an end. Our Saturday celebration after a very long winter echoed the older holiday that welcomes spring, hails yearly beginnings, and celebrates new life. Two sets of great life lessons reflected in the two Easter weekend days!



(left) The Gerlach family and several more Czech-Slovak-American families enjoyed the craft activities.

Doorbells for the C.S.P.S. Hall!

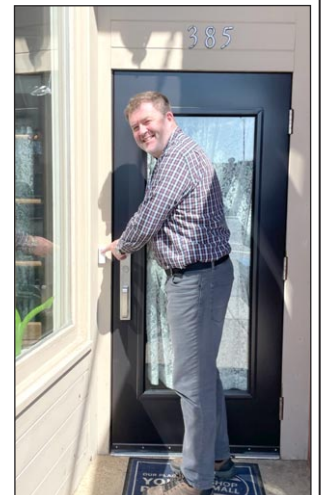
By M. L. Kucera

Sokol Minnesota's C.S.P.S. Hall now has doorbells. Dan Bednar, one of Sokol Minnesota's Building and Property Trustees, installed them on March 31.

The doorbell at 385 Michigan rings in the first-floor hallway for the gift shop, the classroom, and the Czech Honorary Consul office.

The doorbell for the entry doors from the parking lot (located on the door frame to the right of the doors) rings on the second floor of the Hall.

Jan Šiška, Fulbright scholar, visiting from Prague, is seen here using the 385 Michigan doorbell before attending a lecture in the classroom on April 8.





L-R: Cinnamon Whaley, Sally Lieberman, Kristýna Horáčková, and Pat Slaber at Theater in the Round.

Language Instructor Kristýna Horáčková Visits

In March, Sokol Minnesota was delighted to welcome Kristýna Horáčková, a Lecturer in Czech language from the T. G. Masaryk School in Cicero, Illinois. Her position at TGM is supported by the Czech government. Minnesota students have been taking her online language classes for adults this year. During her visit, Kristýna met some of her local students in person, visited the Saturday youth *Česká a Slovenská Škola Twin Cities* (Czech & Slovak School Twin Cities) and folk dancing classes, and led a workshop for Sokol Minnesota's Czech and Slovak language teachers on the topic, "Activities in the Lesson." She also visited the Mill City Museum and the Como Park Conservatory and saw a performance of *Eurydice* at Theater in the Round.

Czech and Slovak Sokol Minnesota Youth Leadership Award for 2023

By Louise Wessinger

This award is a way to encourage and recognize outstanding participation of youth members and to foster a future generation of members and leaders for our Czech and Slovak Sokol Minnesota organization.

Up to three Sokol Minnesota youths will receive a Youth Leadership Award and a \$300 cash prize (\$200 from Sokol Minnesota and \$100 donated by the Czech Honorary Consul). A separate award is given for the Best Essay with a \$100 prize (donated by Louise Wessinger).

Applications for the 2023 Youth Leadership Awards are open now. Applications must be submitted by July 1, 2023.

All forms and further details can be found on our website: sokolmn.org/events

Questions?

Contact Blanka Brichta at brichta.blanka@gmail.com or Louise Wessinger at louisewessinger@msn.com

Lecture:

Impact of Czech Presidential Election on Czech and European Political Climates

By Cheryl Nelson Theuninck

On Saturday, April 8, Dr. Martin Nekola gave a lecture on the Czech Republic and the January presidential elections. The lecture, which was sponsored by the Czech and Slovak Cultural Center, was held at the C.S.P.S. Hall.

He began his lecture with a description of the Czech parliamentary system of government. He discussed current concerns within the Czech Republic such as immigration, inflation, energy needs, as well as influences that remain from the communist era. These themes have created economic and political divisions that continue to influence the fluctuating number of political parties that form in the Czech parliamentary system.

There is great hope with the recently elected President Petr Pavel that the Czech Republic will move further toward even fuller democracy. The Czech Republic has a similar dynamic as the United States, where cities are more liberal and rural areas are more conservative.

Dr. Nekola also discussed where the Czech Republic fits within the European Union framework and how the recent war in Ukraine has changed the dynamics of the influence of Eastern and Central Europe in the EU. There is still great support amongst the Czechs to continue its financial and refugee support to Ukrainians in their war against Russia. The war has influenced how the Czech Republic is sourcing energy, moving to less than 4% energy from Russia. The Czech economy retains its strong ties to the German economy.

Dr. Nekola has interest in the Sokol Minnesota archives and plans to return to work on a book on Upper Midwest Czech immigrants in the near future.

Dr. Nekola received his PhD from Charles University in Prague and he has been traveling around the United States researching Czech immigration.

He is the author of several books on the subject as well as coordinator of a project titled "the Czechoslovak Talks" (www.czechoslovaktalks.com/en) which collects interesting life stories of Czechs abroad.

Join our Board of Directors! By Cinnamon Whaley

Have you been enjoying reading about our Czech and Slovak Sokol Minnesota board members on page 2 this year and would you consider joining us? We have two open positions on our Board of Directors currently, Corresponding Secretary and Sergeant at Arms. The Board meets on the third Thursday of the month at 7 p.m. via Zoom.

Corresponding Secretary responsibilities include, on a monthly basis, sending donors a form thanking them for their donations, recording and presenting to the Board the total of donations received, preparing a summary of

donations for the Slovo, and working with the Sunshine Committee, which sends thank you cards, condolences, birthday wishes, and other cards.

The Sergeant at Arms position, which originally involved assisting with Board meetings and elections, is an opportunity to provide your thoughts on topics before the Board. This would be a great way to get introduced to board work!

If you are interested, or for more information, please reach out to president@sokolmn.org!

Kung Fu is Coming to the C.S.P.S. Hall!

By John Allen

What is Kung Fu?

Kung Fu is a general term for martial arts originating in China. If you have seen movies starring Jacky Chan, Jet Li, Donnie Yen, or Michelle Yeoh, then you have seen Kung Fu!

What are classes like?

The classes will vary from week to week, but a typical class will include warmups and stretches, drilling on fundamental skills (kicking, punching, blocking, stances, etc.), techniques, and forms.

You can join at any time, and if you miss a class, or several, the material will cycle back throughout the year. Classes are of mixed rank, so new people will be in the same classes as more experienced people. All genders, ages (within the class age ranges), and abilities are welcome.

Why learn Kung Fu?

- **Fitness.** Strength, flexibility and looseness are all important aspects of Chinese martial arts. Part of every class will be dedicated to allow students to improve in each category.

- **Focus.** To quote Master Oogway from the movie Kung Fu Panda: "Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the present." Being in the present is essential for self-defense as well as being aware of what your body is doing during each of the movements, forms, and techniques.

- **Health.** Along with fitness, Kung Fu classes provide a place to allow one to relieve the stresses of the week through community and movement. Part of the curriculum will also teach meditation, which is another useful tool to reduce stress.

- **Self defense.** Will improve by drilling basic movements and techniques with the instructors and classmates.

Two classes (the start date was not determined at press time):

Youth classes (6-15 years) on Wednesdays, 6:30-7:20 p.m.

Adult classes (16 and older) on Wednesdays, 7:30-8:20 p.m.

Who will be teaching?

John Allen is a 5th degree black sash, master level, American Kung Fu. Sifu (master) Allen's interest in Kung Fu started in watching a television show in the 70's. He started classes in college, first in the Korean art of Tae Kwan Do, but later studied Ho Chin Po, Mitzon Lohan, and Yang style Tai Chi Quan before joining American Kung Fu in December of 1999. Mr. Allen is a research scientist that worked at NASA Ames before joining Honeywell in 1997. He has a wife and two daughters.

Lubos Mares is a 1st degree black sash, instructor level, American Kung Fu. Mares studied Karate for several years, starting when he was about 12 years old. Karate was the only martial art available in his hometown of Milevsko, Czech Republic.

He explored various martial arts, including Ninjutsu, kickboxing, Thai boxing, and judo, but settled on Kung Fu. He has been with American Kung Fu for over eight years. He has been a mechanical engineer in Promet optics for 23 years.

How much does it cost?

Class enrollment is \$40/month for Sokol Minnesota members, \$50 for non-members.

For questions, to learn more, or check on the start date: email AmericanKungFuNorth@gmail.com



Youth Kung Fu class



Majovy Den

Czech May Day

Sun May 7 Noon-5pm

Heritage Park

Corner of First and Vine Montgomery MN

For more information,
see the April *Slovo*, page 5, at sokolmn.org



Sokol Run of the Republic

October 28, 2023

Sokol Minnesota is in the planning stages for a local fun run to join in the annual world-wide commemoration of the anniversary of the founding of the Czechoslovak Republic on October 28, 1918.

See www.behrepubliky.cz/en/

More information will follow. To help plan the local event, or to get your name on the contact list e-mail: membership@sokolmn.org.

Share Your Ideas for New Sokol Minnesota Events or Classes

By Joyce Tesarek

Do you have ideas for new Sokol Minnesota events or classes you would like to see? If you would like to organize or help with a new event or class, this is your chance!

Members with ideas gave us our Kolo Sokol Bike Club, the Annual Mushroom Hunt, the Friendly Friday Evenings, and a beer-making demo when the hops planted last year at the C.S.P.S. Hall produce.

If you want to join the discussion, a meeting is being planned. Send an email to activities@sokolmn or education@sokolmn.

James Metcalf and Brittany Stepan in *Reflections on the Danube* Performance

By Louise Wessinger

James Metcalf and Brittany Stepan are both now cast members of Ethnic Dance Theatre. They were part of the March EDT performance *Reflections on the Danube*, which featured music and dance performances from countries that border the iconic European River. James and Brittany are alumnae of Sokol Minnesota's *Taneční Mládež* and *Taneční Teens* (dancing youth and dancing teens groups) and current members of the St. Paul Czech and Slovak Folk Dancers, James for 13 years and Brittany for five years.



Brittany Stepan, Louise Wessinger, and James Metcalf at the *Reflections on the Danube* performance.

James Metcalf, son of Judy and Neil Metcalf, has been a member of the Ethnic Dance Theatre for six years. He was invited to dance with the EDT company after several of the company members saw him perform with the St. Paul Czech and Slovak Dancers in a performance at Sokol Minnesota. He has become an accomplished performer doing not only company group numbers but also duets and solos. Always the tallest

dancer on stage, he stands out also because of his style and ability. Judy is also a long-time member of the St. Paul Czech and Slovak Folk Dancers.

Brittany Stepan, daughter of Dave and Darnell Stepan, began dancing with EDT in January. Although she only had a few months with the company, she was in two numbers in the March production. Brittany has always been able to learn dances quickly and dances them exceptionally well, with a big smile on her face. You can see by watching her that she loves to perform and she puts all of her energy in each number. Dave and Darnell are also long-time members of the St. Paul Czech and Slovak Folk Dancers.

Brittany and James both started dancing in our Sokol Minnesota youth dance groups when they were four years old. They were always enthusiastic and leaders in the dance groups growing up. We are very proud of them. They have worked very hard to be part of EDT, where they have a demanding practice schedule of twice a week for 3 to 4 hours. We look forward to seeing James and Brittany in future performances with EDT and the St. Paul Czech and Slovak Folk Dancers.

Kate Aubrecht marries Jes Gilman

Sokol Minnesota member Kate Aubrecht married Jes Gilman in Minneapolis on March 11, 2023.



Kate and Jes took a honeymoon trip to the North Shore, where they enjoyed skiing and sight-seeing.

Kate danced with the Sokol Minnesota *Taneční Mládež* and *Taneční Teens* dance groups for 10 years.

She attended the Dobruška language camp in the Czech Republic in 2009 and taught English in Prague at a language outreach center in 2010. Kate was an Education major at the College of Saint Benedict and earned a Masters in English as a Second Language from Hamline University. She is in her seventh year teaching English Language Learner students at Yinghua Academy, a Chinese immersion charter school in Northeast Minneapolis. Jes was a Public Relations major at the University of Minnesota and he is an enterprise application software consultant at SAP. They are happy to be starting their new life together as the Gilmans of Arden Hills.

New Sokol Minnesota Member Wins Two SkillsUSA Events

By James Bradford

In the Minnesota SkillsUSA State Conference held the first weekend of April, I and other students from my school, Saint Paul College, competed in technical and leadership standards competitions.

I competed in the individual Extemporaneous Speaking event and the team Quiz Bowl, winning 1st place in both, which qualified my teammates and me for the National Competition held in Atlanta, Georgia. For information about SkillsUSA's Mission Statement and competitions, see www.skillsusa.org

A special thank you to Joyce Tesarek and the crew of the Sokol Minnesota Spring Breakfast, Craft, and *Koláče* Bake Sale for starting my Sunday morning amazingly, while I was waiting for the results of the competition, for their welcoming presences and always-present smiles!



James Bradford shows his SkillsUSA Extemporaneous Speaking and Quiz Bowl medals.



Sharon Wyberg Obituary

Sharon Joy Wyberg died at age 84 on March 19, 2023 in Minneapolis, where she was born, with her family at her side.

Sharon was a kind person beloved by many. She was

a homemaker and stay-at-home mom who anchored a tight-knit family with her love and support. Family was everything to Sharon, and she was never willing to miss a graduation party, wedding, shower, or other milestone. She was a home daycare provider for neighborhood children. Sharon had the collecting gene; she sought out Czechoslovakian ceramics and glassware. She was also a doll collector. Sharon never let a holiday go by without decorating her house inside and out, and Christmastime in her home was pure magic. She loved gardening and fed the birds and other backyard critters daily. Sharon loved to travel, mostly around the United States and Canada, in the family camper van until Bryan was in high school. Later she and Ken took extended trips, but no longer camped.

Sharon's interest in her Slovak roots led her to travel twice to Slovakia, including to the two villages from which her maternal grandparents emigrated. Proud of her Slovak heritage, Sharon was a 40 year member and dedicated volunteer with Czech and Slovak Sokol Minnesota. She was never one to seek the limelight, but preferred instead to serve quietly and steadily in the background. She was a regular volunteer in the Sokol Minnesota kitchen and over the years made countless servings of *halušky a kapusta* (Slovak dumpling-cabbage-bacon dish) and many thousands of pierogi to sell at the International Institute of Minnesota's Festival of Nations at Sokol Minnesota's food booth, as well as at other Sokol Minnesota events. Sharon initiated Sokol Minnesota's popular annual Flavors of Slovakia Dinner. She served as editor of the Sokol Minnesota *Slovo* monthly newsletter for 20 years during the time of paper-and-tape page layouts. Sokol Minnesota recognized Sharon's contributions by voting her an Honor Member (see the February 2023 *Slovo*, page 11).

Sharon was preceded in death by five weeks by her husband of 58 years, Sokol Minnesota Honor Member Kenneth Alden Wyberg (see the April 2023 *Slovo*, page 8). Sharon's last words to Ken, as he breathed his last, were "See you in heaven." We never dreamed they would be reunited there so soon.

Sharon is survived by her son Sokol Minnesota member Bryan Wyberg (Lisa Steidl); sister Geraldine Susanne Dooley; aunt Elsie Roepke; sister-in-law Leona Elsie Wiberg; several nieces and nephews; her Godchild, Susan Kay Roepke; and three "grandchildren."

For Sharon's full obituary: www.washburn-mcreavy.com/obituaries/Sharon-Wyberg#!/Obituary

8 May 2023 *Slovo*

Finance Updates

By Joyce Tesarek

Two Grants Received

Czech and Slovak Sokol Minnesota is very grateful to have received two grants. The Ministry of Foreign Affairs of the Czech Republic has approved our grant request, this year for 200,000CZK (\$8,696) to use toward purchase of 200 new auditorium folding chairs. The Wedum Foundation has again made a generous \$7,500 award to help pay for the new lighting and security cameras which will be installed with the new parking lot repaving. We greatly appreciate their support of our projects! Thank you to both.

AmazonSmile Discontinued

AmazonSmile is discontinuing their program which provided for donating 0.5% of purchases to a buyer's selected charity. Thank you for your past support of this program, which provided nearly \$500 to Sokol Minnesota.

Hall Parking Lot Repaving Donations Request

All of you who have visited the C.S.P.S. Hall over the last year have probably had the experience of dodging potholes in the parking lot. While waiting for spring and for funding to be available, our Trustees have faithfully filled them with gravel, but the dreaded potholes return ever bigger. The Building and Property Trustees Committee is working with a company who can begin this spring to do asphalt paving of the entire parking lot. The estimated cost for this is now \$45,000.



In response to the request for donations for this project sent with the November membership renewal notice, we received \$15,325. Our charitable gaming site contributed \$15,000 to this project. So, only \$14,675 to go! If you would like to help with this project, donations are always appreciated and can be made on our website www.sokolmn.org, or by check payable to Sokol Minnesota and sent to 383 Michigan Street, Saint Paul, Minnesota 55102.

Sokol Minnesota Thanks Donors

Czech and Slovak Sokol Minnesota greatly appreciates your donations supporting Sokol programs and the maintenance of our historic C.S.P.S. Hall.

LEGACY FUND

Philothea Sweet, Roger Wencil

Total: \$190

GENERAL FUND

Under \$99: Sharan Karas

In memory of **Mary Jo Chlebeczek**:

Under \$99: Anonymous (total of \$165), **Danelle and Jon Cunningham, Carol Dammann, David Dennis, James and Barbara French, Ed and Arlene Hamernik, Robert Kostichka, Pamela Langworthy, Robert and Susan Marabella, Lori Pommer, Richard Sargent, Phyllis Vosejпка, Chuck and Louise Wessinger, Karl and Carol Williams, Sharon Wyberg.**

\$100 - \$499: **Steven and Susan Fritze, Donald and Catherine Haselbauer, Marlene Hinshaw, Sharon and John Liska, Richard and Cheryl Pomije, Richard and Sandra Saliny.**

\$500 - \$999: **Bradly and Terry Narr, Joyce Tesarek.**

Total: \$2,118

TOTAL LEGACY FUND AND GENERAL FUND: \$ 2,408

Today We Die a Little: Emil Zátopek, Olympic Legend to Cold War Hero by Richard Askwith. Yellow Jersey Press: London, 2016, 496 pages. Available at libraries and bookstores.

Decades after his record-breaking and frequent wins, Emil Zátopek, nicknamed the “Czech Locomotive,” remains a world-renowned and inspiring long-distance runner. He is the only person to achieve the Triple Crown, with three gold medals in long-distance at one Olympics. His record will likely never be matched since runners today focus on one type and length of race. In total, he won five Olympic medals, set eighteen world records, went undefeated over 10,000 meters for six years, and as an Olympics Games report stated, “completely upset all previous notions of the limits of human endurance.”

Today We Die a Little: Emil Zátopek, Olympic Legend to Cold War Hero begins dramatically in 1952 with the XVth Olympic Games in Helsinki. At twenty-nine, Zátopek was at the top, having trained hard, won numerous races, and set many records. In Helsinki, he won the 5,000m, 10,000m, and marathon races, breaking Olympic records in each event. Amazingly, that was the first marathon he competed in, and he decided at the last minute to do so. His wife Dana Zátopková, a javelin thrower born on the same day in the same year as her husband, also won a gold medal.

Emil Zátopek almost did not make it in 1952. He refused to fly to Helsinki because his teammate, Stanislav (Standa) Jungwirth, future 1,500m world record holder, was denied travel outside the Eastern Bloc. Jungwirth’s father was in prison for political offenses. The two athletes found out the night before the flight, when they were supposed to pick up their travel documents. “No way,” the fabulously popular Zátopek told the officials. “If Standa does not go, neither do I.” His risky gamble paid off. The Communist officials relented and sent the two to Helsinki on a later plane. Instead, Zátopek could easily have been condemned to hard labor in the uranium mines.

Zátopek was highly gregarious. His ability to make friends was helped by his facility for learning other languages. He said, “Great is the victory, but greater still is the friendship.” Biographer Richard Askwith echoed that, writing, “He was magnificent in his running, but more magnificent still in his instinctive use of running as a medium for friendship.”

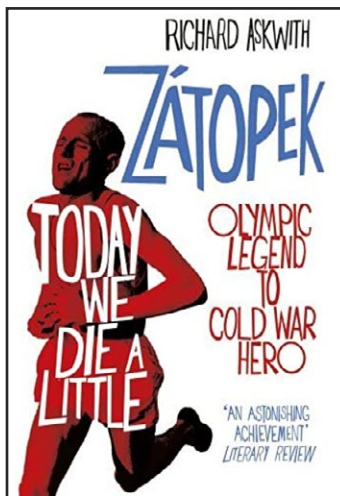
After describing the 1952 Olympics, Askwith returns to a chronological telling in the book, covering major themes: Zátopek’s training and competitions, activism and support for “communism with a human face” in 1968, fall from grace with the communists (after 1968, he was expelled from the army and the party and forced to do menial labor), and “rehabilitation.”

Zátopek (1922-2000) was the seventh child in a poor

family in Kopřivnice, on what is now the eastern edge of Czechia. At the age of fourteen, he took the train forty miles to Zlín, to work in the Baťa shoe factory. The warden ordered fourth-year students to run in a race to honor Tomáš Baťa. Zátopek came in second and later wrote, “I felt something then that I had wanted since childhood.” A few months later, he ran in Brno with the Baťa high-school team. He won both races, at 1,500m and 3,000m. That was when, “it was decided that I would stick with athletics permanently,” said Zátopek.

Jan Haluza, a leading Czech athlete, was at the races and invited Zátopek to run with him. He inquired into Zátopek’s sleeping patterns and diet and helped him train. Zátopek exercised relentlessly and came up with ideas about repetitions and pacing. I marvel at his motivation and tolerance for pain. His grimaces and arm movements were unusual, but he kept winning.

World War II bombing of Zlín in 1944 hit the Baťa factory hard. On May 8, 1945, Germany surrendered and the Red Army took over. Weeks later, on May 20, Zátopek decided to join the Czechoslovak Army. The army supported Zátopek, who for the next two decades focused on his training and winning races.



Today We Die a Little: Emil Zátopek, Olympic Legend to Cold War Hero might not be what you expect. Do not be put off by the name: *Today We Die a Little*. That is just something Zátopek said before a marathon. Also do not be put off because the book is about running. You do not need to be into long-distance running, sports, or the Olympics. The book is a highly detailed page-turner in which Askwith does a nice job of intertwining Zátopek’s life with all that was going on politically. He also does not shy away from controversy and realistically explores issues such as Zátopek’s belief in communism.

I find the book well written, although Askwith sometimes creatively fictionalizes conversations, feelings, relationships, and motivations. These things might be accurate but are impossible to verify. Despite these limitations, the book is well researched, and much can be verified. Askwith includes sources, extensive notes, and acknowledgements that expand on and bolster what he’s written.

Gwen is coordinator of the Czech and Slovak Literary Ventures book discussion group. Literary Ventures is cosponsored by the Czech and Slovak Cultural Center of Minnesota, Czech and Slovak Sokol Minnesota, and the Office of the Honorary Consul of Czechia. Find information and updates at cs-center.org or contact gwen@cs-center.org.

Join Literary Ventures for the discussion of *Helga's Diary: A Young Girl's Account of Life in a Concentration Camp* by Helga Weiss on Saturday, May 27, at 10 a.m.

The March Czech and Slovak Sokol Minnesota Board of Directors meeting was held on March 16, 2023 at 7 p.m.

President Cinnamon Whaley led a discussion on the sokolmn.org website. In response to the ad placed in the March *Slovo* for a professional web designer/developer for assistance with redesigning, updating, and supporting the website, a proposal was received from Saris Web Design. The cost would be \$500 for the redesign and \$360 per year for ongoing support for our volunteers when help is needed. Motion approved to move forward with Saris Web Design. Motion approved to spend not in excess of \$1000 for redesign, hosting, etc., including one year of support.

Budget and Finance Committee Chair Joyce Tesarek presented the committees report. Motion passed to purchase chairs and three racks for chairs.

Treasurer Don Haselbauer reported on account totals. Sokol Minnesota received a grant from the Wedum Foundation for \$7,500 for improvement to the C.S.P.S. Hall (see *Finance Updates* article on page 8.)

Membership Director Steve Ernest presented Anthony Kaczor, his membership was approved.

Gaming Manager Ed Hamernik presented the committee's report. The April Expense Budget was approved, as were the February Actual Expenditures. The application for a second pull tab site, at Falling Knife Brewing Company, is waiting for the city and county sign-off. Hiring an additional gaming associate is in process.

Board of Instructors Co-Directors Mary Cahill and Jason Brozevich noted that seven students are going to the Cedar Rapids competition. The request to donate \$75 to the Cedar Rapids Competition trophy fund was approved. The "Getting to Know You" meeting went very well with the American Sokol Board of Instructors. Mary and Jason have been meeting with John Allen and Lubos Mares about starting Kung Fu classes. (See article *Kung Fu is Coming to the C.S.P.S. Hall!* on page 6.)

Building and Trustee Committee Chair Bob Kotek noted that new exterior doors near gift shop and grand staircase have been installed. A new door will also be installed on the east side. The parking lot lobby has been painted, new message board installed,

and display table brought in. A motion to fund parking lot repaving not to exceed \$45,000 was approved (see again *Finance Updates* article on page 8). We will approach our renter Pajarito to see if it will contribute up to 1/3 of this.

Correspondence: Sympathy cards were sent to: Bob Sitko and family for the death of Bob's wife, Darlene; Sharon Wyberg on the death of her husband Ken; Bryan Wyberg and Lisa regarding the death of his father Ken; and Joe Landsberger for the death of his younger sister, Claudia. A "Thinking of You" card and wishes for improved health was sent to Sharon Wyberg. A Get Well card was sent to Jean Hall Sykora.

Activities Director Jeannie Draheim noted she is scheduling a group planning meeting.

Rental: Discussion was held on continuing to hire staff for rentals.

Education Director Sally Lieberman noted third trimester language classes started this week. The Education Committee started meeting March 3. A Saturday workshop is upcoming for language teachers with Kristýna Horácková of the T. G. Masaryk School in Chicago, Illinois (see *Education News* on page 5).

Other Items:

Czech Honorary Consul M. L. Kucera noted that the Czech Ministry of Foreign Affairs presented a grant to Sokol Minnesota of nearly \$8,700, which the Board was very happy to receive (see *Finance Updates* article on page 8). The Czechoslovak Genealogical Society International, Czech Slovak Cultural Center, Bechyn, and the Czech Heritage Club were also awarded grants.

Carol Henseler, a member of the St. Paul Civic Symphony, notified the Board of its concert of Czech composers on March 26.

Fred Simon noted he is giving a presentation on March 21 in Lonsdale on *The Bohemian Triangle*.

At the Czech Heritage Club annual meeting on April 11, Dave Stepan is giving a presentation about his and his wife Darnell's time in the Czech Republic last spring.

The Miss Czech/Slovak Minnesota Pageant will be taking place on April 15 in Montgomery.

Three Czech and Slovak films are coming to the Minneapolis Saint Paul International Film Festival in April.

Slovo Publication Information and Committee

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Sokol Minnesota members receive the *Slovo* with their membership.

To receive your *Slovo* in color via email instead of the black and white mail version, contact slovo@sokolmn.org

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For a subscription, please include name, address, phone number, email address and a \$15 check payable to Czech and Slovak Sokol Minnesota, and mail to *Slovo* at the above address.

The *Slovo* staff welcomes submissions. The copy deadline for each issue is the first day of the prior month. Send news, articles, and pictures digitally to slovo@sokolmn.org

Advertising in the *Slovo* is available. Please email slovo@sokolmn.org for information on due dates and rates.

Moving or temporarily away: Please notify us via email or USPS mail of your change of address to make sure you continue to receive the *Slovo*. The *Slovo* is bulk mailed and non-deliverable copies are not forwarded or held by the Post Office. Non-delivered copies are returned to Sokol Minnesota and they are billed to us at the first-class mail rate.

For this reason, we will not send additional issues until we have a current, correct mailing address on record for you.

Member volunteer *Slovo* staff: Co-Managing Editors: Tom Aubrecht, Mary Cahill, and Joyce Tesarek. Copy Editor: Tom Aubrecht.

Production Layout: Mary Kucera.

Regular Contributors: Jean Draheim, Corresponding Secretary (open), Steve Ernest, Theresa Hudachek, M. L. Kucera, and Cinnamon Whaley.

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Sokol Minnesota Ad Designer: Doreen McKenney (page 1, 12).

Mailing and email Lists: Penny and Tom Tesarek.

Mailing: Mary Cahill and Joan Sedlacek.

Advisors: Christy Banks, Arlene Hamernik, M. L. Kucera, and Jitka Sebek.

Additional contributors to this issue: John Allen, Tom Aubrecht, James Bradford, Mary Cahill, Steve Ernest, M.L. Kucera, Lubos Mares, Doreen McKenney, Kari Muyres, Markéta Pálková, Jitka Sebek, Joan Sedlacek, Joyce Tesarek, Cheryl Nelson Theuninck, Louise Wessinger, and Bryan Wyberg.

Additional photographs, ads, or illustrations in this issue (not already noted) provided by: John Allen, Kate Aubrecht, Tom Aubrecht, James Bradford, Kaja Jost, Jean Keogh, M.L. Kucera, Kari Muyres, Jitka Sebek, and Fred Simon.

More information at www.sokolmn.org

Czech Honorary Consul News

May 2023

Now on display at the National Czech and Slovak Museum and Library in Cedar Rapids, through August 27, are stunning examples of traditional Moravia folk art from 17 Moravian artists, such as this design by Josef Ševčík. From Prušánky in south Moravia, near the Czech and Slovak border, Josef works as an orderly in a nearby hospital, sings in the Prušánky men's folk and church choir, and for fourteen years has painted beautiful *Podluží*-style ornamental designs. He credits his talent to his grandfather who painted decorative motifs in songbooks and also



Photo: NCSML

embroidered them. Monika Vintrlíková, Honorary Czech Consul/Atlanta, is a founding member of Moravian Glory Foundation, *Moravská kráska*, the organization sponsoring and curating this exhibition. <https://ncsml.org/event/moravian-folk-motifs-opening/>



Fred Simon's special presentation for the Czech Heritage Club on the *Bohemian Triangle* (Rice, Scott, and Le Sueur counties) on March 21 in Lonsdale included several historical maps. He is pointing to the Triangle (outlined in blue) on this 1857 map of the Minnesota Territory which stretched all the way west to the Missouri River. Minnesota became a state in 1858. My Kučera great-grandparents, who came from the Tábor region of Bohemia, settled near New Prague in the early 1870s.

Saint Paul Civic Symphony, under the baton of Jeffrey Stirling, music director, performed *A Bohemian-Moravian Rhapsody!* on March 26 at the Roseville Lutheran Church, with works by Josef Suk, Vítězslava Kaprálová, Bohuslav Martinů, and Bedřich Smetana. Particularly moving was Martinů's *Memorial to Lidice* (1943), a short symphonic poem commemorating Czechs killed by the Nazis when they destroyed the village of Lidice in 1942.

Dr. Stirling posed with the me at intermission. (photo right) Bob Olsen, a horn player, spoke to me with pride about his maternal Czech grandmother. spcsmusic.org



The Minneapolis International Festival, sponsored by Minneapolis Park and Recreation Board on March 25, celebrated the different cultures in the City of Minneapolis and surrounding communities with music, dance, games, art, exhibits, cultural booths, people wearing national dress, demonstrations, market, and free food samples. The Minneapolis Public Library gave books to children and adults.

Demaris (photo left) made pins or magnets, with flags from different countries. She made a Czech flag magnet for me. Minneapolisparcs.org



After one-and-half days of meetings, organized by Chicago International Trade Commissioners' Association with the Minnesota Medical Alley Association, Monika Bokšová, Vice Consul and Head of the Trade and Economic Section at the Czech Consulate in Chicago, met with Honorary Consul Kucera, who took her to the Minnesota History Center in Saint Paul on April 5. (photo right)



Honorary Consul Kucera attended the lecture by Czech Historian Dr. Martin Nekola from Prague, sponsored by Czech and Slovak Cultural Center, on April 8, in the classroom at C.S.P.S./Sokol Hall. His topic was *The Czech Republic, Rise of Populism and Recent Presidential Election*. Photo: Cheryl Nelson Theuninck



Honorary Consulate of the Czech Republic in Minneapolis, MN

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**93rd Annual Minnesota Sokol Camp
Booya Picnic on August 13, Noon-5 p.m.**
Sokol Camp, 19201 Woodland Acres South,
Pine City, Minnesota 55063



Minnesota Sokol Camp 2022 Booya Volunteers

Sokol Minnesota brothers and sisters and friends, it's not too early to plan for upcoming summer events! There are plenty of opportunities to enjoy a beautiful day or weekend up at the camp, including fellowship with others in volunteer positions. We are always in need of volunteers for set-up, food/beverage serving, and tear-down and clean-up.

Please contact Kari or Scott Muyres
at 763-226-0313 if interested, text preferred.

CZECH AND SLOVAK



383 Michigan Street
Saint Paul, Minnesota 55102
651-290-0542

Friendly Friday Evenings

Social for
Members, Families, and Friends
at the C.S.P.S. Hall, 7-10 p.m.
May 12



For Sokol's
Latest News!

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E-blast List

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publicity@sokolmn.org

For status of events scheduled for the C.S.P.S. Hall, check our calendar at
www.sokolmn.org/at-our-hall/hall-calendar/

Czech and Slovak Sokol Minnesota *SLOVO* May 2023

**4th Annual Sokol Summer
Mushroom Hunt**

Expert guide

Secret metro location

\$5 members and \$10 non-members

Date to be determined (subject to weather)

Get on the list! activities@sokolmn.org or text/call 651-210-0401