

## 2015 Czech and Slovak Festival on September 27

By Jyni Koschak and Louise Wessinger

Join us at C.S.P.S. Hall from 11 a.m. to 5 p.m. on September 27 for our 26th annual Czech and Slovak Festival. The outdoor stage will offer continuous entertainment. Food will be available indoors and out. Admission is free and facilities are accessible.

The program planned for the Czech and Slovak Festival will highlight our wonderful cultures as well as our on-going Sokol activities. A special salute this year will be made to our gymnastic programs in celebration of the 150th Anniversary of the founding of American Sokol in St. Louis, Missouri, on February 14, 1865. A display honoring our Sokol heritage will be in our first floor classroom. A special number will be presented by our Sokol Gymnasts on our outdoor stage using antique "Indian clubs."

The Sokol Singers are back to lead us in the anthems of the United States, Czech Republic, and Slovakia, as well as to get our toes tapping to some traditional melodies.

Traditional specialties on the menu include: *Szegedin guláš /segedínský guláš* (pork) with potato dumplings, chicken *paprikáš* with mini dumplings, *halušky* (hot dish with pork, cabbage, and dumplings), *karbanátky* (pork burger), *jitrnice* (Czech sausage), *parky* (hot dogs), and *utopenci* (pickled sausages), plus wine and Czech beer. The Sweet Shoppe will tempt visitors with *koláče* (filled pastry), *linecké cukrovi* (Linzer cookies), *perničky* (decorated gingerbread), macaroons (gluten free), *kremrole* (cream horns), and fruit squares and gelato.

Other festival features include vendors with unique craft and ethnic items for sale; and information booths hosted by cultural organizations. In the first floor classroom there will be an exhibit honoring the 150th anniversary of American Sokol, our parent organization. The Sokol gift shop, located on the first floor, will be open. On the second floor, a silent auction will raise money for maintenance and improvement of the Hall. On the third floor, there will be tours of our historic meeting room. For children, there will be a variety of games, a puppet show, and a raffle.

There will be lots of visiting royalty. The youngest will be the Junior Czech Ambassadors visiting from Czech Country in the New Prague Area. Presenting their talents will be Miss Czech Slovak Minnesota, Elizabeth Kaliska and her Princess, Madison Jerde. As a special treat the St. Paul Winter Carnival Royal Family will be stopping by. The Winter Carnival started in 1887, the same year the C.S.P.S. Hall was built.

Of course you don't want to miss the *koláče*-eating contest. There is one for children age 12 and under and another for adults.

continued on page 4

### UPCOMING EVENTS September 2015

October *Slovo* Deadline  
September 1

Sokol Minnesota Singers  
September 1 and 15, 10 a.m.

Board of Trustees  
September 9, 7 p.m.

Family Night  
September 13, 4 p.m.

Board of Directors  
September 17, 7 p.m.

Czech and Slovak Festival  
September 27, 11 a.m. - 5 p.m.

### Bulletin Board VOLUNTEERS NEEDED Czech and Slovak Fall Festival September 27

- cover a shift at a booth
  - gather silent auction items
  - help set up/take down
  - direct kids' games
  - bake *koláče*, Sept. 10, 9 a.m.
- Call Joyce 612-822-6147  
festival@sokolmn.org

Sokol Members' Workday  
at the Hall • October 10 • 8 a.m.  
Contact: trustees@sokolmn.org



## 26<sup>th</sup> annual CZECH & SLOVAK FESTIVAL

Sunday, September 27  
11 a.m. – 5 p.m.

Free Admission / Public Welcome

Ethnic Food and Beverages  
Live Music and Dance Performances  
Singing and a Silent Auction  
Children's Games and Drawings  
The Sokol Gift Shop is open indoors  
Vendors and more!



C.S.P.S. Hall  
383 Michigan Street, Saint Paul, Minnesota 55102  
Hosted by Czech and Slovak Sokol Minnesota  
www.sokolmn.org

**Czech and Slovak  
Sokol Minnesota  
2015 BOD  
(Board of Directors)**

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Past issues of *Slovo* and  
Hall Calendar of events:  
[www.sokolmn.org](http://www.sokolmn.org)

**Prezidentův komentář/President's Notes** By Judy Aubrecht

**Pozdrav bratři a sestry/Greetings Brothers and Sisters**

The windows were wide open and fans were blowing, but it was still close to 90 degrees in the C.S.P.S. Hall. The St. Paul Czech and Slovak Folk Dancers were practicing to get ready for an upcoming dance performance. As you might know, my husband, Tom, and I are members of this lively group, which practices at the C.S.P.S. Hall on Monday nights. That night, the dancers drank lots of water, took breaks, and asked, as have many others, about when the new air conditioning system will be completed. The air conditioning project is complicated; it involves getting plans approved from historical oversight groups, obtaining permits from the City of St. Paul, and coordinating the work of a variety of professionals, as the following examples illustrate. The installation of a larger electrical panel to accommodate the new air conditioning system needed to be re-scheduled five times, for various reasons, before it was finally completed. To provide easy access to the roof, an outdoor metal ladder that can withstand 95 mile per hour winds needs to be installed on the top of the elevator structure; also, a window in a third floor storage room has to be converted to a glass door to provide access to this ladder. A new concrete slab near the parking lot recently was installed to support the air conditioning condenser unit. The air ducts in the ceiling of the main hall require cleaning and new baffles to direct the cooled air around the building. The dedicated members of Sokol Minnesota's planning committee, Board of Trustees, and Board of Directors deserve our sincere thanks for their efforts to help "Chill the Hall." This project has had unforeseen expenses. Funds are still needed to complete the air conditioning project. Your contribution to the Legacy Fund are still needed and will be very much appreciated.

In addition to the air conditioning project, an annual fire safety inspection was conducted for the building this summer. As a result of the inspection, the fire escape on the north side of the building will be improved by exposing some metal steps that are currently covered by a low shed roof. A platform connecting those steps to new steps to the ground will be constructed. The project will also include some needed reroofing over an entrance to the basement and some new siding.

Excitement is rising around Sokol Minnesota with the coming of fall. Students are signing up for our popular Czech and Slovak language and gymnastics classes. Fermentation is an old method of cooking to create and preserve foods and it is very popular on television cooking shows lately. A new series of cooking classes will be offered that will focus on making traditional, fermented foods, including kefir, sour dough bread, and sauerkraut.

The planning committee for the Annual Czech and Slovak Festival has been busy finalizing the menu, organizing the program and entertainment, and thinking of creative ways to advertise the event. Your Silent Auction basket contributions are very much appreciated. Let's cross our fingers for pleasant weather on September 27 for the festival. I will hope to see you there! *Nazdar!*

**Honorary Consuls, plus Sokol Minnesota Committee Chairs (not seated on the BOD)**

Honorary Slovak Consul: Donald Pafko      Honorary Czech Consul Nominee: Marit Lee Kucera

Past Honorary Czech Consul: Robert Vanasek

Sunshine Committee: open

Gift Shop: Doreen McKenney

Housekeeping: Robert J. (Jake) Jacobson

Kitchen Coordinator: open

Website: Joe Landsberger

Volunteer Coordinator: open

*Taneční Mládež* and Teen Folk Dancers: Louise Wessinger

Hall Contacts: Chuck Draheim, Ed Hamernik

*Slovo* newsletter: Marit Lee Kucera, Christy Banks, Deb Ziskovsky, Mary Kucera

**E-Addresses:** President: [president@sokolmn.org](mailto:president@sokolmn.org) | Board of Directors: [board@sokolmn.org](mailto:board@sokolmn.org) |

Education/Language Programs: [education@sokolmn.org](mailto:education@sokolmn.org) | Events: [events@sokolmn.org](mailto:events@sokolmn.org) |

Czech/Slovak Festival: [festival@sokolmn.org](mailto:festival@sokolmn.org) | Finance/Fund Raising/Legacy Fund:

[finance@sokolmn.org](mailto:finance@sokolmn.org) | Fitness Programming: [fitness@sokolmn.org](mailto:fitness@sokolmn.org) | Folk Dancing:

[folkdancing@sokolmn.org](mailto:folkdancing@sokolmn.org) | Gaming: [gaming@sokolmn.org](mailto:gaming@sokolmn.org) | Gift Shop: [giftshop@sokolmn.org](mailto:giftshop@sokolmn.org) |

Hall Contacts: [hallcontacts@sokolmn.org](mailto:hallcontacts@sokolmn.org) | Hall Rentals: [rentals@sokolmn.org](mailto:rentals@sokolmn.org) | Housekeeping:

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## Sokol Minnesota Thanks Donors

By Arlene Hamernik, Corresponding Secretary

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

**General Fund:** Up to \$100: **Brian Schousek.**

\$100 - \$499: **Darlene Sitko.**

**Legacy Fund:** \$100 - \$499: **Joan Sedlacek.**

**Correction:** The August 2015 *Slovo* should have read that Don Andrlé, not Ron Andrlé, at the May Members' Meeting, presented the check for the \$3,000 donation to Sokol Minnesota from the Minnesota Sokol Camp Association. *Slovo* regrets the error.

## Air Conditioning Almost Ready to Go

By Joyce Tesarek

Good news! We are on track with the installation of our new central air conditioning. According to project manager Gary Novak, projects in-progress or completed are:

- The dumpster area pavement and concrete pad for the air conditioner condenser is poured, and the fence is restored in the northeast corner of the parking lot
- The new power distribution panel for the building is installed
- Electrical wiring to the roof air conditioner unit and the ground level condenser is underway
- Gas lines from the basement to rooftop unit are being installed
- Refrigerant lines from the condenser to rooftop unit are being installed
- Sheet metal ductwork for the attic is being built and will be installed

If all goes on schedule, we should complete the project in time for our Czech and Slovak Festival on September 27!

Thank you to all who so generously contributed time and money to this necessary project.

## C.S.P.S. LEGACY FUND

We ask for your support of renovations to C.S.P.S. Hall as we celebrate the Hall's 128th year in 2015.

Contact Joyce Tesarek to discuss your tax-deductible donation: 612-822-6147 or <finance@sokolmn.org>

Thank you!

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

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

City: \_\_\_\_\_ State, Zip: \_\_\_\_\_

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

To help Restore, Renovate, and Refurbish the C.S.P.S. Hall, I make a tax-deductible donation of \$ \_\_\_\_\_

I would like my gift designated:  in memory or  in honor of:

Make checks payable to **Sokol MN**

Write **Legacy Fund** in the memo line

Mail to **C.S.P.S. Hall Legacy Fund**

**383 Michigan Street, Saint Paul, Minnesota 55102**

Or donate online **www.sokolmn.org** Thank You!

## Membership Updates

By Norm Petrik, Membership Director

At the July 16 Sokol Minnesota Board of Director's Meeting, Colleen Gengler from Iona, Minnesota, was accepted as a member of Sokol Minnesota. She has two adult children, and expressed interests in cooking, history, and genealogy. Welcome to Sokol Minnesota!

## Sokol Minnesota Annual Memberships

**Renewals:** Individual \$50; Couple \$90.

Senior \$40 (over age 65); Senior couple \$80.

**New memberships:** Individual \$55; Couple \$95.

This includes a one-time \$5 registration fee with our national organization, American Sokol Organization. Czech and Slovak Sokol Minnesota's annual membership runs from January 1 to December 31. Dues are reduced for members joining after June 30.

Membership applications: <[www.sokolmn.org](http://www.sokolmn.org)> or by request from Norm Petrik (612-822-6147). Please send your completed membership application and check to

**Czech and Slovak Sokol Minnesota, Attn: Membership  
383 Michigan Street, Saint Paul, Minnesota 55102**

**PUBLICATIONS COMMITTEE:** The *Slovo* is published ten times per year by Czech and Slovak Sokol Minnesota, a non-profit organization, 383 Michigan Street, Saint Paul, Minnesota 55102. Sokol Minnesota members receive the *Slovo* with their membership.

The *Slovo* Advisory Committee welcomes submissions. Send news, articles, and pictures digitally to <[slovo@sokolmn.org](mailto:slovo@sokolmn.org)>.

**The deadline for the October 2015 issue is September 1.**

This September 2015 issue of *Slovo* will be archived on the Sokol Minnesota website by mid-September:

<[www.sokolmn.org](http://www.sokolmn.org)>

*Slovo* accepts business card-size ads (3.5"x2"), paid in advance: one-time insertion \$25; 3 consecutive issues: \$65; 10 consecutive issues: \$175. Ad reservation deadline is 6 weeks before publication (September 15 for November issue), with ad and payment due by copy deadline (October 1 for November issue).

***Slovo* gift subscriptions and non-member renewals** are \$15/year (10 issues). (Rate is good through September 2016.) Please include name, address, phone number, and email address with your new/renewing non-member subscription.

Make your check to: Czech and Slovak Sokol Minnesota. Send to: Czech and Slovak Sokol Minnesota *Slovo* Subscriptions, 383 Michigan Street, Saint Paul, MN 55102. Extra copies of *Slovo* are \$2 each, plus postage, while supply lasts.

Please contact us for a **change of address**, for problems with *Slovo* subscriptions, if you missed an issue, or if you received notice of payment due when a payment has already been made.

**If you are temporarily out of town for an extended stay, the post office will not forward your *Slovo* because we use bulk mail. If you wish to have this newsletter suspended during this time or if you wish to have it sent to your out-of-town residence, please let us know.** After one returned issue, we hold all future issues until you notify us. We pay 49¢ for each returned issue.

Email us: <[slovo@sokolmn.org](mailto:slovo@sokolmn.org)>, phone us: 651-290-0542, or write us: Czech and Slovak Sokol Minnesota 383 Michigan Street, Saint Paul, MN 55102. Thank you!

Member Volunteer *Slovo* staff: Christy Banks, copy editor; M. L. Kucera, managing editor; Mary Kucera, production assistant; Deb Ziskovsky, labels; Joyce Tesarek and Martina Gurgle, photographers; Doreen McKenney, ad designer; Mary Cahill, mailing production; Joan Sedlacek, mailing; with Jean Draheim, Arlene Hamernik, Norm Petrik, Jitka Sebek, Pam Snopl, advisors. Photographs: Laura Goodman.

continued from page 1

## 2015 Czech and Slovak Festival on September 27

The outdoor stage will be very active with five ethnic Czech and Slovak Folk Dance Groups presenting Bohemian, Moravian, and Slovak dances and music. The Sokol children's dance groups, the *Taneční Mládež* and the *Sokol Taneční* Teens, will be among the first performing groups.

Our guest dance groups will be the *Lipa* Slovak Folk Dancers from Minneapolis, who are celebrating their 15th year promoting Slovak dance. The *Domaci* (Hometown) Czech children and teen dance groups will join us from New Prague, Minnesota. The St. Paul Czech and Slovak Folk Dancers will close the program, as is their tradition, with lively dances from all the areas of the former Czechoslovakia. They will also be giving you a chance to get out on the floor and learn some ethnic mixers. David Milne, chair of the Music Department, University of Wisconsin, River Falls, will not only play the Slovak shepherd's *fujara* and explain its long history, but also that of two other Slovak instruments.

Also returning this year are the members of the very popular SlovCzech Band. Starting at 4:00 p.m., they will play a combination of traditional and some newer melodies. They will perform for your listening and dancing pleasure. A full schedule will be available on the Sokol website.

### Festival Volunteers Needed

Your help is needed to make our festival a success! A variety of tasks is available (before, during, and after the event) for people of all skill and mobility levels. Tasks range from emailing/distributing flyers, set-up, serving, selling, clean-up, and more. Enjoy fun and fellowship while supporting Sokol. **Help bake koláče, Thursday, September 10 starting at 9 a.m.** For more information, contact Joyce at 612-822-6147.

### We Need Your Help with Festival Publicity

Good turnout is another key ingredient for our success. If you are unable to assist in other ways, please be sure to promote the festival by telling others about it and emailing/posting/distributing flyers within your circles of influence. For more information call 651-225-1285. Thank you!

### Donate to the Silent Auction

Sokol is now accepting items valued at \$10 or more for the silent auction. Contact [ginalawyer2004@yahoo.com](mailto:ginalawyer2004@yahoo.com) to arrange a donation.

## Gymnastics Classes begin the week of September 14

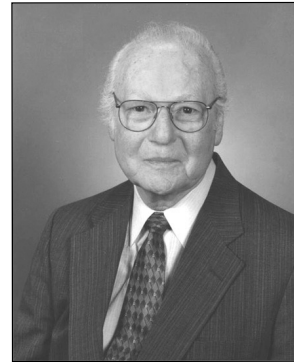
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## Remembrance of Josef Mestenhauser

The public memorial service to honor our good friend Dr. Josef Mestenhauser (June 23, 1925 to March 14, 2015) will be held on Saturday, October 3, 1:00-2:30 p.m., at the University of Minnesota's Cowles Auditorium and Atrium, Humphrey School of Public Affairs, 301 19th Avenue South, Minneapolis. A reception will follow. The Czech and Slovak community, along with the many other friends and colleagues of Dr. Mestenhauser, welcome this opportunity to show our respect.

For the reception, Sokol will prepare and serve *chlebičky* (Czech open-face sandwich), a staple at all Mestenhauser family celebrations; if you would like to volunteer, please contact Joyce: 612-822-6147.

The Memorial is being held in conjunction with the annual Mestenhauser Lecture, which brings scholars from around the world to the University of Minnesota. The lecture is scheduled for Friday afternoon, October 2 at the Carlson School of Management.

The service is sponsored by the Global Programs and Strategy Alliance, the College of Education and Human Development, and International Student and Scholar Services, all programs at the University of Minnesota in which Dr. Mestenhauser played an integral part.

For more information about the event, please visit <[global.umn.edu/icc/legacy/](http://global.umn.edu/icc/legacy/)>

## C.S.P.S. Hall to Host Candidate Forum

The League of Women Voters of St. Paul will hold an open, public candidate forum on Wednesday, October 14, at 7 p.m. for St. Paul City Council Ward 2 in the 2016 General Election. Ward 2 includes the neighborhoods of West 7th Street, the West Side, Summit Hill, Railroad Island, Lowertown, and the Downtown business district. The local co-sponsors of the forum are the West Seventh Business Association, the Fort Road Federation/District 9 Community Council, the Community Reporter, and Czech and Slovak Sokol Minnesota.

The League is a non-partisan organization dedicated to providing voters with information to make the best choices when they cast their ballots. The League will take pre-written submitted questions from the audience and provide a moderator. Czech and Slovak Sokol Minnesota has generously provided its historic C.S.P.S. Sokol Hall as the meeting space.

Sigrid Johnson is president of the League of Women Voters of St. Paul: <[Sigrid.johnson@comcast.net](mailto:Sigrid.johnson@comcast.net)> 651-739-2812

Joe Landsberger is president of the West Seventh Business Association and a former president of Sokol Minnesota: <[president@w7ba.org](mailto:president@w7ba.org)> 651-297-9000

## Summer 2015 Board of Directors (BOD) Meeting Briefing By Cindy Coulter, Recording Secretary

As we head into the dog days of summer, Sokol Minnesota is already thinking calendar year 2016. The BOD and various committees are determining next year's dates for key Sokol Minnesota events. BOD Gaming Manager Ed Hamernik has been busy scheduling C.S.P.S. Hall wedding rentals for next year. The 2016 online calendar is abuzz with events, so stay tuned for future save-the-date dates! Sokol Minnesota's online calendar is an excellent communication tool that helps keep members and friends up-to-date on C.S.P.S. Hall availability and upcoming events. <[www.sokolmn.org/calendar1.htm](http://www.sokolmn.org/calendar1.htm)>

Chuck Draheim, who recently resigned as Board of Trustees (BOT) chair, has worked tirelessly addressing C.S.P.S. Hall repair concerns, hiring repair professionals, and prioritizing future building repairs. In furtherance of the excellent work that Chuck has done, the BOT committee and President Judy Albrecht are working to find a BOT chair replacement with the knowledge, work schedule flexibility, and diligence to address C.S.P.S. Hall building needs as they arise. In the interim, the BOD is thankful to all BOT committee members who have volunteered their time to address repair concerns and support building inspections this summer to keep Sokol Minnesota on the level and within regulatory codes. The C.S.P.S. Hall is a historical gem, but it takes a lot of hard work by many people and seemingly endless funds to keep this gem shining!

The air conditioning project continues to move forward. The northwest area of the C.S.P.S. Hall stage is being cleaned-up to provide access for plumbing and electrical installations in support of the air conditioning system. The duct work is continuing as planned, except that a distribution duct is needed above the stage. Sokol Minnesota is taking action to obtain the best contractors for the job to fulfill the following needs: refrigerant lines, compressor conduit, and a natural gas line. A ladder will be installed on the roof that needs to be epoxy anchored in order to withstand 95 mph wind per city code.

C.S.P.S. Hall has undergone several annual inspections this summer, including an inspection by the Minnesota Department of Health, a sprinkler system inspection by Viking, and a fire inspection by the City of Saint Paul Fire Department. BOT members have been actively engaged,

ensuring everything is up-to-snuff at the C.S.P.S. Hall, meeting with inspectors, and providing supporting documentation for items such as the kitchen hood cleaning and test of the fire sprinklers. Kudos to Jake Jacobson and the BOT team for all their behind-the-scene labors.

During its July meeting, the BOD reviewed the January 2015 to June 2015 profit and loss budget performance. The Finance committee has created a more detailed breakdown to track ordinary income/expenses including income, rent-kitchen facilities, cost of goods sold, building expenses, licenses, taxes, and utilities. Sokol Minnesota is proudly on track and within budget for 2015.

Through the initiative of BOD Member-at-Large Marketa Resong and supported by the BOD, Sokol Minnesota is now participating in the AmazonSmile rewards program in which Amazon donates 0.5% of the price of eligible purchases to Sokol Minnesota when you shop at <[smile.amazon.com](http://smile.amazon.com)>. To support this program, go to <<http://smile.amazon.com/>>, log into your Amazon account, and select Sokol Minnesota as the organization you support. If you shop, read e-books, or watch movies through Amazon.com, the donations from your eligible purchases really add-up. Thank you to those who've already supported Sokol Minnesota via AmazonSmile. With your support, Sokol Minnesota has many reasons to smile-on!

As families and students gear up for the new school year, be sure to mark your calendars for the 26th Annual Czech-Slovak Fall Festival that is chaired by Joyce Tesarek and scheduled for Sunday, September 27, from 11 a.m. – 5 p.m. at C.S.P.S. Hall. Programming, food menu, vendor tables, silent auction, signage, and logistics planning have been discussed by volunteers throughout the summer. The gift shop has updated its stock of Czech ornaments for the C-S Festival. It looks to be a fantastic day of fun for all ages. Sokol Minnesota's success cannot be achieved without the help of its dedicated volunteers at events. If you are interested in volunteering at the Fall Festival, please contact Joyce Tesarek at 612-822-6147. The BOD looks forward to seeing all of you this fall at Sokol Minnesota events!

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## Czech Music Collection Given to Sokol Minnesota By Sharon Chlan Komarek

Earlier this year Czech and Slovak Sokol Minnesota received nearly 600 tapes of Czech music from the collection of John Komarek, long-time veterinarian in Lonsdale. Up to the time of his death on November 27, 2013, John Komarek, was a subscriber to *Slovo*. He exuded "Czech Pride"; he worked hard to promote and preserve Czech heritage, culture, and traditions for future generations.

John loved everything "Czech" and was very proud of his heritage. He attended many Czech festivities in his community and throughout the Midwest. He visited the Czech Republic numerous times. There was no end to the Czech items, souvenirs, and mementos that he acquired during his travels; he dedicated a "Czech room" in his home to

showcase them all. His largest collection was Czech music. He particularly loved brass bands; his favorite group was *Veselka*. Sokol Minnesota is very fortunate now to have this vast collection. The tapes are being cataloged by Sokol Member Denis Novak for our future listening pleasure.

His granddaughter Rebecca Komarek was the 2005-2006 Miss Czech-Slovak Minnesota Queen. John helped Rebecca research her Komarek and Chlan family roots to the České Budějovice area. After his death, some of his ashes were taken to the cemetery there in south Bohemia, which has a scattering garden for ashes. Family members from Minnesota were intrigued to see tombstones with many last names they recognized from the Lonsdale and

New Prague areas. John is at rest and most importantly, he is back "home."

### **Slovo Seeks New Copy and Managing Editors**

Christy Banks and Marit Lee Kucera want to pass on their red pens to a new *Slovo* Team.

*We have committed ourselves for more than five years to making the Slovo the best Sokol newsletter possible.*

*Now it is time for a new Slovo Team.*

Please volunteer for these challenging but highly rewarding Sokol Minnesota positions.

**Contact: [slovo@sokolmn.org](mailto:slovo@sokolmn.org)**

From the archives of Joan Sedlacek, Sokol Minnesota life member: *XIII American Sokol Slet, June 21-24, 1973, Chicagoland, Souvenir Book (132 pp), from page 26.*



Written in 1973 by **Edwin Halik**, Berwyn, Illinois. Ed was a roommate of Joan's father, Fred, at the 1938 Slet in Prague. He was a life-long gymnastic instructor. Joan was a pallbearer at his funeral in 1997. Ed knew people who knew Miroslav Tyrš, Sokol's founder in Prague in 1862.

### Our Sokol and Its Ideals

The Sokol movement stems from the belief in the sanctity of the individual, that all men are created equal, having their right to live, to work, to worship in a manner of their own choosing. That his purpose on earth is to serve his fellow man, that his worth be judged by his service and contribution to the general welfare.

The Sokol, knowing that no one can contribute more than his physical and mental capabilities, has set for himself the following tasks:

1. To teach physical training classes with exercises prepared and conducted for boys, girls, men and women of all ages. Sokol expects its members to attend classes regularly, to participate, each to his/her capabilities, in achieving physical fitness – improving health, skills, developing strength of will and purpose.

2. To improve the moral fiber, Sokol expects its members to conduct themselves in an orderly manner – respectful of their leaders, carrying out their duties and responsibilities with honor.
3. To propagate the fraternal spirit – the brotherhood of man – to teach mutual respect, kindness, charity and understanding of our fellow men. Giving cooperation and counsel.
4. To teach democracy – the belief in equality – not to discriminate because of circumstance, condition, or fortune. That as sons and daughters of one nation, we are all equal.
5. To teach patriotism – love of country. Our entire program is geared to the individual, to the development and improvement of entire self, to the community, to the country.

These are the doctrines by which Sokols are expected to live. Sokol gymnasiums are the most effective school for developing all the moral, physical, and mental virtues of manhood, of civic duty, or civic pride. Sokol gymnastic programs are a sound means of improving endurance, efficiency and the general morale.

From this program, with its noble qualities and character, springs the well disciplined organization strength – the will and ability to continue – to endure!

Well Wishers listed in the book included these Western District members from the Twin Cities:

Sokol St. Paul: Otto Swoboda, Tonia V. Swoboda, Pauling J. Vanyo, Mrs. Frances Loss, Mr. and Mrs. Donald J. Andrlé, Jerry Roch, M. Svanhauser, Jim and Jo Chlebecek, Lucille and Al Pavlicek.

Sokol Hopkins: Joseph Kaminsky, Ludmila Kaminsky, Clara H. Pokorny, Henry Pokorny, Jr., Charles Krusina, Josephine Krusina, John Dolejsi, Marie Dolejsi, Lillian Lindstrom, Mrs. Anna Sazicek.

Sokol Minneapolis: Mr. and Mrs. E. Longnickel, Joseph Bernasek, Joe Hosek, Frances Hosek, Mrs. Bertha Forst, Luella Greb, Joe and Rose Saliny, Anna Chlebeck, George Chlebecek, James Chlebecek, Mrs. and Mrs. Ed. Andrlé.

### UPCOMING EVENTS:

**The Open Eye Figure Theatre** at 506 East 24th St. in Minneapolis will present Minneapolis playwright Kyra Obolensky's adaptation of *Why We Laugh—A Terezin Cabaret* from **September 12 through 17**. This 1944 original play performed in Theresienstadt's Jewish ghetto was one of many theatrical performances that the Nazis compelled artists to create, stage, and perform while interred in the infamous "model" concentration camp (in northwestern Czechoslovakia) the Nazis used for propaganda purposes to mask genocide. In the current play, directed by Hayley Finn and presented by *Fortune's Fool Theatre*, the interaction among characters based on the original Terezin performers and "the scholar" from today gives faces to the doomed prisoners and reminds us of their continued significance today. The play will run for ten performances. Tickets can be purchased at <[www.brownpapertickets.com/event/2149151](http://www.brownpapertickets.com/event/2149151)>

**Dožínky, a Czech Harvest festival**, in New Prague, **September 19**, 10 a.m. - 5 p.m., with authentic Czech beer and traditional Czech culinary favorites. *Dožínky* festivals in the Czech Republic are celebrated annually to give thanks for the bountiful harvest. New Prague honors its agricultural roots with the Parade of Farm Pride at noon with a line-up of antique and modern farm equipment, cars, and horse-drawn units. Ethnic bands on three separate stages are sure to keep the crowd tapping toes non-stop. Czech dancers and singers perform.

**Druha Trava Is Back!** The Czech and Slovak Cultural Center of Minnesota is sponsoring a house concert with the popular Czech blue-grass band *Druha Trava* in Inver Grove Heights on Saturday, **September 26** at 7 p.m. Suggested donation is \$20. Come hear this great Czech band in an intimate environment! For more information and to confirm a spot, contact Renata Ticha at 651-587-9621 or <[tich0018@umn.edu](mailto:tich0018@umn.edu)>.

**Rusalka, Antonín Dvořák's Lyrical Opera, January 31, 2016. Buy your tickets by September 15.** Sokol Minnesota is making arrangements for group-priced tickets to see *Rusalka* on Sunday, January 31, 2016, 2 p.m. Plan to attend the pre-opera program at 1 p.m. on the second floor of the Ordway Center; learn details about the opera and hear musical highlights, sung by very skilled opera students. *Rusalka* is sung in Czech, with English translations projected above the stage. The price for a group ticket in the balcony: \$63, gallery: \$43, and partial view gallery: \$23. See <[www.mnopera.org](http://www.mnopera.org)> for the seating chart. The group-priced tickets can be at any price, as long as we sell at least ten tickets.

To reserve your group-priced ticket, please send your check, made out to "Sokol Minnesota" no later than September 15. Mail to *Rusalka* Group Tickets, Sokol Minnesota, 383 Michigan Street, Saint Paul, MN 55102.

## A Sound Mind in a Healthy Body...at Any Age By Laura Goodman

Sokol, along with its German counterpart the American Turners Association, has a rich history of providing gymnastics and fitness programs for individuals of all ages, encouraging a sound mind and a sound body for life. It was in this light that several years ago, my father, Russ Goodman, former president of the St. Paul Turners, partnered with Sokol to revive Sokol's boys' gymnastics program, which remains vital today. It is also in this spirit that my father contacted me last fall to tell me he wanted to compete in the National Turnfest in Aurora, Illinois, in July 2015, at age 81! I myself had not done gymnastics for about ten years, but my dad wanted to do it, so I supported him by also participating.



When I asked Dad where we would workout since our own gym had been shuttered, he said confidently, "At Sokol's." And so our journey began last fall at C.S.P.S. Hall, where we

worked out for an hour before the boys' program started each week.

Our first workout brought more laughs than any kind of gymnastic form since both of us could barely hold our bodyweight on the pommel horse and my tumbling was a bit heavy and clumsy. The rings allowed us to stretch our backs but our slack stomach muscles refused to comply with our demand to lift our legs! Sokol's boys' instructor, Jason Brozovich, and Women's Director, Mary Cahill, were very complementary of our attempts, which I think helped to spur us on. It's always good to get positive feedback. So, we continued. Week after week for an hour, until we could pull ourselves up on the pommel horse and begin learning/remembering routines. My tumbling improved. Our stomach muscles began to find their core strength. We found our stride and we felt good about our competition.

Two weeks before the competition, we still had not worked the parallel bars, so we went to Gleason's Gym where they

offer open workout for adults. Gleason's staff was also wonderful and supportive of our efforts! We had a mere six workouts on the parallel bars before the competition. We put some routines together and were determined to find our muscle memory and give it our best shot.

Dad and I competed in track and field and gymnastics in our age groups. Dad took second all-around track and field, first place in shot put, second place in standing long jump (see photo), third place in hurl ball, and fourth place in the 50-yard walk/run. He took first place all-around gymnastics in his age group of 80 years plus, he took first place all around gymnastics along with first place in parallel bars, pommel horse, rings, and vault. I was in the 60 - 64 age group, the largest group of senior women. In track and field, I took fourth place shot put and fifth place 50-yard walk/run. In gymnastics, I took fourth place all-around gymnastics, first place parallel bars, fourth place pommel horse, and fifth place balance beam.

The Turner Club that we are affiliated with, on East Side Milwaukee, took first place in the competition. We felt physically and mentally sound.

My dad said that after all the competition, the only muscle that hurt was his jaws from laughing. We have made good friends, beginning with Mary and Jason at Sokol Minnesota who supported our efforts from the start. I was able to support my dad as a full participant and together we were able to support our teammates.

Sound mind, sound body. It really is something to aspire to and a philosophy to live by. My father is 81 years old and living life fully capable of doing whatever he sets out to do. It's never too late to start exercising and competing. You can too!



**Gymnastics Classes begin the week of September 14.  
Please see [www.sokolmn.org](http://www.sokolmn.org) for more information  
or contact us at [fitness@sokolmn.org](mailto:fitness@sokolmn.org)**



**150<sup>th</sup> Anniversary  
Weekend and Gala  
November 13-15, 2015  
Chicago**

**September 28  
is the feast day of St. Wenceslas,  
patron saint of Bohemia,  
commemorating his death in 935.**

The day is also known as Czech Statehood Day, *Den české státnosti*. It is a national holiday in the Czech Republic and has been a public holiday since 2000.

### **My "Hands-On" Sauerkraut Adventure**

My "Hands-On" Sauerkraut Adventure is an article that Denise Stibal wrote for the June 2015 issue of the German Bohemian Heritage Society (GBHS) newsletter, *The Heimatbrief*, based on her experience at Alena's Youngberg's sauerkraut-making class at Sokol Minnesota on March 7 (see April 2014 *Slovo*, page 5). "As with many of our ancestors recipes, it's simple, natural, and healthy. Plus this can be made anytime. Making sauerkraut is really more Art than Science," she commented. Denise learned a surprising beauty tip also. Squeezing shredded cabbage (with clean hands, of course) to start the release of all the moisture made her hands beautifully soft with pure white nails.

"Who would imagine sauerkraut as a natural Spa Treatment!" When salt was added to hasten and finish the squeezing process, yes, then gloves were donned!

Denise enjoyed the sauerkraut class so much that she immediately joined Czech and Slovak Sokol Minnesota.

**ATTEND AND VOLUNTEER!**  
**Sokol Minnesota 2015 Events**

**25th Czech-Slovak Festival**

**September 27, 11 a.m. - 5 p.m.**

Music, Dancing, Singing, Silent Auction,  
Good Czech/Slovak Food and Beer  
Kids Games, Vendors. The Sokol gift shop  
is located indoors and open during the festival.

**Volunteer at the Festival!**

There are two great ways to enjoy the festival.  
Come and experience the food, music and dance, booths,  
silent auction, and of course, the great Czech beer.  
Then volunteer to do a shift selling hot dogs or *koláče*,  
or helping with the silent auction, and make new friends  
while helping Sokol raise funds for the Hall.

**Help bake *koláče* Thursday, September 10, starting at 9 a.m.**

If you'd like to help in any way, please call Joyce  
at 612-822-6147 or email [festival@sokolmn.org](mailto:festival@sokolmn.org).

Sokol Minnesota on Facebook:

[www.facebook.com/sokolminnesota](http://www.facebook.com/sokolminnesota)

Check for event updates: [www.sokolmn.org](http://www.sokolmn.org)



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**Czech and Slovak Sokol Minnesota *SLOVO* September 2015**

**26<sup>th</sup> annual  
CZECH & SLOVAK  
FESTIVAL**

**September 27, 2015 • 11 a.m. - 5 p.m.**

*Ethnic food and beverages,  
vendors, dance performances,  
live music, silent auction,  
children's games, singing,  
drawings, and more!  
Accessible facilities.*



**C.S.P.S. Hall**

**383 Michigan Street, Saint Paul, Minnesota 55102**

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