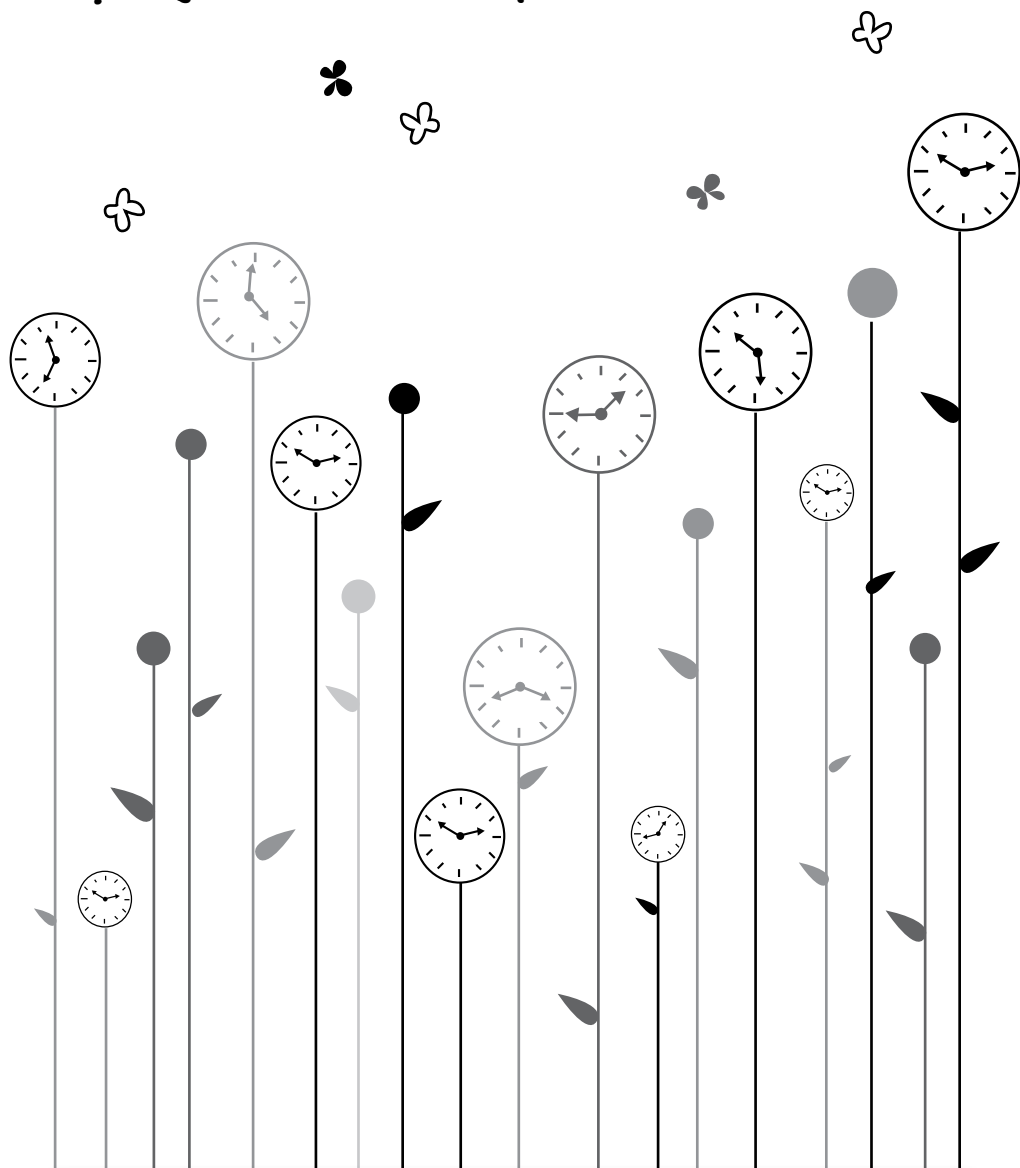


Don't Forget!

Spring Ahead on Sunday, March 14th at 2am



American
SokolTM



March 2010
Volume 133
Issue 3

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

The History

Daylight Saving Time was instituted in the U.S. during World War I in order to save energy for war production by taking advantage of the later hours of daylight between April and October. During World War II the federal government again required the states to observe the time change. Between the wars and after World War II, states and communities chose whether or not to observe Daylight Saving Time. In 1966, Congress passed the Uniform Time Act which standardized the length of Daylight Saving Time. At 2 am on the second Sunday in March, we set our clocks forward one hour ahead of standard time and at 2 am on the first Sunday in November we set our clock back one hour, thus returning us to standard time.

Courtesy of <http://geography.about.com>

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ASO Executive Board

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ASO Board of Instructors

Meets every 2nd Wednesday* at 7:30 pm

*except in July and August

To Submit Information for Publication:

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Mail to: American Sokol Editor, Angela Hartford, 1652 West Grace #3, Chicago, IL 60613

CALENDAR OF EVENTS

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

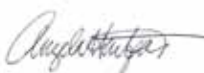
March	
13	Sokol San Francisco Spring Dinner and Dance, Tarragon Restaurant, Sunnyvale
13	Little Ferry Corned Beef and Cabbage Dinner
13	Tabor Exhibition
14	Sokol Greater Cleveland Juniors Pancake Breakfast
14	Sokol Chicagoland Exhibition
19	Naperville Exhibition
20	Stickney Exhibition
27	Spirit Exhibition
27	Sokol New York Czech Egg Decorating
28	Sokol Greater Cleveland Svickova (Pickled Beef) Dinner
28	Sokol Minnesota Easter Pancake Breakfast and Bake Sale
April	
10	Lodge 306 Exhibition
17	Central District Special Number Competition
17	Sokol San Francisco Czech National Songs Singing Party, Baywood, Castro Valley
17-18	N.E. Ohio Boys & Girls Gymnastic League Competition
17	Sokol St. Louis Gymnastic Exhibition
18	Sokol Little Ferry 114th Exhibition
19-25	American Sokol National Convention, Omaha, NE
26	Sokol Greater Cleveland Pork Dinner
May	
8	Sokol Greater Cleveland Vcelka (Theatrical Group) Puppet Show
16	Sokol Little Ferry Annual Pork Dinner and Raffle
16	Sokol St. Louis Meat Shoot at Sokol Camp, Imperial, MO
28-30	44th Annual National Polka Festival, Ennis, TX

From the Editor...

"If we had no winter, the spring would not be so pleasant; if we did not sometimes taste adversity, prosperity would not be so welcome."

– Anne Bradstreet

NAZDAR!



P.S. Submit articles and photos about your Unit to be featured in the next issue of American Sokol. Readers want to hear from you!



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

MARCH

A little while shines the sun
as once again wind whistles!
Blustery little wind
don't blow away birdies' nests!

Brezen

Chvilku sviti slunicko
hned zas vitr hvizda!
Dovadivy vetricku
neshod' ptaskum hnizda!

In like a lion, out like a lamb -- or vice versa -- Many beliefs and superstitions are associated with March which was the first month on the ancient Roman calendar and was called Martius, in honor of Mars, the Roman god of war.

Ancient Egyptians & Romans played with marbles before the pastime became the American boy's harbinger of Spring.

The Chinese claim to have invented the kite about 200 B.C. -- supposed to disperse evil spirits.

Important days in March:

March 2nd: Theodore S. Geisel (a.k.a. Dr. Suess) was born in Springfield, MA, in 1853. His 44 books have sold more than 500 million copies & translated into many, many languages.

March 2, 1864: Birth of Bedrich Smetana - composer of "Ma Vlast", or "My Country" and "Prodana Nevesta", or "The Bartered Bride".

March 7, 1850: Birth of Thomas G. Masaryk, Czechoslovakia's first President.

March 21, 1892: Founding of the 1st gymnastic society of workingmen in New York, known as D. A. Sokol.

March 28, 1592: Birth of Jan Amos Komensky - creator of the modern system of education.

March 4th: National Grammar Day -- can you spell correctly? Do you know you're not supposed to end a statement with a preposition? Are you savvy enough NOT to split infinitives? How about the proper use of "me" and "I"?

March 14: Daylight Savings time -- Spring forward an hour (lose an hour's sleep).

March 25th: National Teacher's Day - came from the Czech Republic -- let's tell all teachers how much we appreciate their hard-working efforts for children of all ages!

CELEBRATE WOMEN:

1886: Josephine Cochrane created a machine that held soiled tableware in place for washing by internal water jets.

1903: Mary Anderson designed a hand-operated mechanical window-clearing device for a car's windshield.

1946: Jessie T. Pope created a device whose temperature could be controlled when curling her hair.

1955: Patsy Sherman developed an emulsion that keeps spills from soiling treated fabrics (Scotchgard).

1956: Bette N. Graham experienced her share of typos as a secretary and whipped up a paint formula that could be brushed over ink mistakes.

The Irish have their St. Patrick's Day on the 17th with the wearing of the green - BUT - the Czechs have their St. Joseph's Day on the 19th and tradition has it that everything is RED - from bread to beer. Musicians are to visit every home that has a Joseph living there for fun & gaiety. St. Joseph was the patron saint of "Old Bohemia" Then there's St. Urho, the Finnish legend which predates the Ice Age. He chased the grasshoppers from Finland, saving the nation's grape harvest. Purple and Nile green are the colors commemorating this day. Ⓢ

NAZDAR! EllenJeanne Schnabl

“What do you want Sokol to be?”

Hi Everyone,

I am approaching my two year anniversary so I feel it is time to give an update and a “state of the organization” report. As many of you are probably aware, change is being suggested and that is ruffling a few feathers out there. But I want to ask you to trust me....the changes are not bad...they are for the betterment of the organization. Change is hard and it is natural to be fearful of the unknown. We are all experiencing something fearful together - the huge shift in our economy. Many of us know one or two close friends that have lost employment, some of our homes have lost assessed value and many of us have streamlined our lifestyle to cut spending. The state of our economy is non-partisan; both sides of the isle are extremely guilty of the lack of oversight or inaction in controlling our banking industry. The drastic decline was inevitable due to the greed, corruption and un-governed control.

You as members of Sokol are experiencing another big change, the adoption of a Project Charter created by the Organizational Development Team along with the Strategic Planning Task Force with the support of the Board of Governors. Sokol as a whole has been on a steady decline with membership ranging in the tens of thousands in the beginning to only 4,000 by the last count. From what was stated at the President’s Conference, there were once approximately 35 Units in the Chicago area alone, and now we have only 34 nation-wide. Lack of proper oversight in some of the individual units and fear of change instilled by some of the leaders within the organization, along with the lack of term limits for those officers, have lead to the deterioration of the organization as a whole. Inaction does not make things better. As members, it is your duty to ask your leaders a two-part question: Do you support the charter that to date has been the only organization-wide effort to pull Sokol out of a steady decline? If the answer is “No,” the second part of your question needs to be: What is your written business plan for turning this organization around? In addition, I have posed the following questions to many members, as well as some leaders, and have received no answers, but the following questions still remain: What do you want Sokol to be? Why are you unwilling to change? Is it because you don’t understand the changes and what they can do for the organization? Is it because the ideas being proposed weren’t your ideas or you didn’t get recognition for them when they were proposed many years ago? Is it because someone didn’t ask your opinion? Another very important question that we need to contemplate is: Who will take over the leadership rolls when those currently in charge are no longer able to lead? In my short time here with Sokol, I have witnessed prejudice against our younger members who want to step up to leadership roles yet get discredited, turned away and disheartened.

In November 2006, the Strategic Plan was officially accepted by the Board Of Governors, the day-to-day leading body of Sokol, and plans to implement were activated. That is where I came in, I was hired as a “fresh pair of eyes”, an outsider that is not emotionally involved in the minutia of the organization or programmed with the mantra of “that is how we have always done it”, but someone who can see the organization as a whole and see where change needs to desperately happen. In today’s world, to survive as a not-for-profit, Sokol needs to operate as a professional business organization. I, along with the Organizational Development Team, with some assistance from the Board of Governors, have spent countless hours defending and fighting for what truly needs to be done to save this organization, to those who don’t seem to know/realize, the status quo does not work. Turning an organization

“The purpose of the Project Charter is to unite Sokol as a national organization, to allow units to share resources and follow standards to establish efficiencies and help secure funding.”

around from a steady decline takes more than just sitting and waiting. Old ways that haven't been working need to be brushed aside for new ideas (new to Sokol at least) and given a chance to be proven. The purpose of the Project Charter is to unite Sokol as a national organization, to allow Units to share resources and follow standards to establish efficiencies and help secure funding. What is the true potential of this organization? Are we willing to find out?

Very little is being done to become a self sufficient organization. Many are expecting Sokol to receive free cash handouts, but what is Sokol doing to EARN this money? Funding agencies, as well as individual funders, have very specific requirements for those who receive funding. They want a return on their investment (i.e. community outreach=improving the community=marketing opportunities). I have heard that the ideas and concepts that I continually try to push forward are not new, or "we have heard them before," or that I have "borrowed" them from others.....the source does not matter! This is not about receiving kudos or accolades, this is about saving American Sokol and getting this organization the recognition it deserves. The bottom line is, very little has been done about executing any of the ideas, and we continue to sit stagnant and on the brink of extinction.

Every Unit needs to have programming all day, every day....this is not an off the wall concept. I want our young people to lead this organization into the future, I want people to get paid for instructing and developing new programming, I want our young people to be trained to run Units the way they need to be run in 2010, and beyond, for ourselves and our communities. I want to make sure that ineffective leadership, at all levels, is held accountable. I want to make sure that the entire world knows about us and what we are doing and what we plan to do to make this world a better place, but I can't do it alone....I need your help. The handful of incredibly talented and professional people I have been working with so diligently also need your help. Change must begin now. Will you help?

**“ Change must begin now.
Will you help? ”**

I have shown the work that the Organization Development Team has done (in a remarkably short period of time) to professional colleagues of mine outside of Sokol and they are incredibly impressed! Every three to five years other organizations pay untold tens of thousands of dollars for strategic planning and organizational development that is contracted out to professional consultants. This is necessary for any organization to successfully move forward and Sokol needs to recognize the value in this work.

Many Units have accepted my offer to help and are moving forward with the idea of the General Manager Program. I am continuing to work with South Omaha. They have made the most progress in this area and are setting the example for everyone. They have hired a General Manager (they refer to her as the Community Program Coordinator) and, yes, they are willing to help other Units get it going too! They have also secured funding for programming because they have a person in a position that is dedicated to making the programs come to life without tons of red tape. Discussions are continuing regarding the General Manager Program with Detroit, Dallas, Stickney, and Sokolice Crete. I have been approached to resume meetings at Tabor to re-start the program that was initiated in the summer of 2009. Programming, all day, every day, is the only way that American Sokol will survive and move into the future, so I am continuing to send the General Manager Manual to those Units who request it, and yes, I will continue pushing for all Units to adopt this program. Programming is also the best way to get funding from outside organizations but we must have consistency among the Units to secure SUBSTANTIAL funding. I am still working on a couple of National Initiatives, as well. (The new National Camp project, programmatic partnerships with other non-profit organizations, etc.)

Changes are being made and recommended, and changes must be made in order to move forward. Stagnation is not progress. Being mediocre does not interest anyone, being private does not interest

anyone outside of the organization – all of the work that is being done by the Organizational Development Team and the Strategic Planning Task Force is to help the organization and is for nothing but the survival and betterment of Sokol. Don't let anyone tell you otherwise. There are rumors circulating that must be dispelled immediately. Several people have been sending out information with their own personal agendas, falsely tainting the image of the Project Charter and those working on it, and have been doing everything in their power to halt all progress. They refuse to see the potential of this organization if changes are allowed to take place and people are held to task, and held accountable for their actions. One such rumor is that I, along with the Organizational Development Team, are doing all this work to simply stage a hostile take over. What purpose would it serve me to stage a "coup" or a "hostile take over?" These ideas/rumors could not

“ All of the work that is being done...is to help the organization and is for nothing but the survival and betterment of Sokol. ”

be further from the truth and only serve as a distraction while Sokol slowly ceases to exist. This organization needs management, direction, and change if it is to survive for future generations. At this point, there is very little mentoring and tutoring to prepare the next generation to take over and lead this organization into the future...some even refuse to do so. At best, there is a handful of younger people who have, for some reason, decided to stay with this organization

despite being continually told "no," being shot down for their ideas, not being allowed to work/instruct for the organization, and having to go through more red tape than a Congressional Bill. Most of our younger generation has left for greener pastures and other business opportunities....and many of them are doing exactly what they could, and should, have been doing for Sokol all this time, and they are often doing it for former Sokol members who have been run out. That is the purpose of the work that the Organizational Development Team and I have been doing....trying to turn American Sokol around to be more business-like and thrive as a professionally run non-profit organization. This will provide the opportunity for Sokol members to create a career with this organization and this does mean they are paid to do work for Sokol. Times have changed and Sokol needs to change too. No one will ever forget the time, work, dedication and commitment that everyone has done on a volunteer basis, but Sokol needs to have paid staff to ensure that we are open all day, every day. The resulting program development based on the needs our communities will attract far more potential funders than are currently available. Programming to help the community will get us funding.... period.

I have purchased a new, very powerful, Mac computer for the purpose of digitizing our archive, library and images and I am looking for people who would be interested in helping us begin and complete this task. Once started, I can apply for grants to assist. It is a daunting task, but we MUST do this to secure the documented legacy that is American Sokol. I am also bringing the National Office into the 21st century. I have made the decision to make the office wireless (yes, it will be secure and encrypted and will NOT have access to the server) so that members can come in and have meetings and work with us and we can communicate wirelessly.

It is now up to you. It is time to stand up to those who refuse to let this organization grow, for whatever reason, and it is time to let them know that doing the same old thing is the same as doing nothing at all, and that doing nothing is unacceptable! Things must be done NOW, not "whenever we can get around to it." Ineffective leadership has not, and does not work. We need leaders who are bringing in new, fresh, ideas and resources to this organization on a regular basis and then be allowed to bring those ideas to fruition.

I thank you all and hope that we all are able to see Sokol alive and well for generations to come.®

Greg Harris, Executive Director



*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

Bullying Is Not A Fact Of Life

Crime Prevention Council launches new campaign

In a year where kids were exposed to a lot of disrespect, from Kanye West stealing Taylor Swift's spotlight at the Video Music Awards to Serena Williams losing the U.S. Open after a temper tantrum-instilling a little respect is a welcome idea. Helping to get families involved in this theme is the National Crime Prevention Council, which recently launched the Circle of Respect Campaign to tackle these issues, beginning this year with bullying and cyber-bullying.

"People in general have really lost civility and respect in dealing with one another," says Robin Young, program associate for NCPC's children and youth initiative. "We wanted to bring respect back into the conversation."

One way the organization is hoping to tackle that mission is with the introduction of the Circle of Respect Book Club, which features books and authors who can help parents and children who are coping with bullying. The first few books have included *Queen Bees and Wannabees* by Rosalind Wiseman, *Odd Girl Out: The Hidden Culture of Aggression in Girls* by Rachel Simmons and *The Skin I'm In* by Sharon Flake. The first two books are targeted towards parents, while the last one is written for younger people to help them gain a stronger sense of self-acceptance.

The idea for the book club began after many parents were calling NCPC asking for advice on how to deal with bullying, from cruel Facebook posts to a child becoming a target for teasing at school, Young says. "The authors themselves and the books they write about let you know that you're not the only one going through this," she says. "It opens the discussion and connects them with lots of parents."

Right now, the book club offers podcasts online with the authors. Young says the group hopes to expand its offerings with online discussion forums and community-based book clubs under the larger national umbrella. "We want to change the notion that bullying is a fact of life," Young says. "Respect is a fact of life and a rite of passage."®

For more information, visit www.circleofrespect.org

By: Laura Schocker

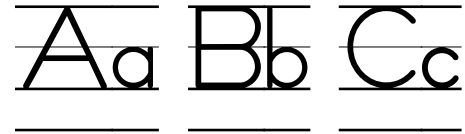


Helping Your Child Succeed in Elementary School

Putting success and failure In perspective has lifelong benefits for your child

Volume 4, Number 9, www.masterteacher.com

Failure is a part of life-but so is success. The idea, of course, is to have a lot more successes than failures because failure isn't as motivating as success is. Yet a close look reveals that the vast majority of successes are actually born out of failure. Obviously, children don't always "get it right" the first time. Therefore, it's important that you help your child have the right attitude about failure and understand how to use it to promote success.



With the end of the school year in sight, your child will have many opportunities for success and failure. Your ability to help your child will have many opportunities for success and failure in the coming weeks. Your ability to help your child put these achievements and difficulties in perspective will have a tremendous impact on how he or she feels about the end of this school year and on his or her excitement level for next year. The following are a few insights you can give your child for his or her own personal development:

- **Your child could avoid failure if he or she never ventures out of the "safety" zone.** But as soon as your child moves out of this comfort zone, he or she may feel incompetent or may even fall short of the goal. However, the truth of the matter is that your child will only really fail if he or she never tries! Children learn by trying, stumbling, and trying again. As a parent, you must continually teach your child to understand and accept this reality-and also teach him or her that failure only becomes permanent when he or she doesn't try.
- **As painful as it might be, it's necessary for your child to know why he or she has failed.** Without this understanding, your child will never be able to learn from the mistake. Your job is to help your child figure out how he or she can take corrective action to be successful the next time. However, it's also necessary that you point out to your child that while there are no guarantees he or she will experience success on his or her next attempt, any improvement is moving in the right direction.
- **There are two kinds of successes and failures.** One has to do with goals and achievement and the other has to do with relationships. Both are interrelated. No matter what the goal, you usually have to "work through" people to accomplish it. You need to teach your child that emphasizing the goal without developing relationships with the people involved-especially those who will help him or her achieve the goal-will contribute to his or her failure as surely as focusing only on relationships without working and developing the skills and investing the effort necessary to achieve the task.
- **The law of gravity can apply to success and failure.** Your child needs to understand that what goes up can come down. He or she may not have had enough life experience to fully grasp this reality. Teach your child that there's no such thing as success that continues without effort. In fact, it often takes more effort to sustain a success once it is achieved than it did to accomplish it in the first place. You must also keep success from going to your child's head. Because if it does, the success is sure to turn to failure.
- **People who overcome adversity have special advantages.** They know what strengths they possess when the chips are down, others don't. In the same vein, the experiences that make them feel special and give them the most pride are those successes which were the most difficult or required overcoming adversity. No one wants to go through challenging experiences, but your child shouldn't want to trade them because they allow him or her to grow.

- **Teach your child to ask himself or herself the following questions:** “Do I pick myself up after setbacks, or do I quit?” “Do I blame others for my mistakes, or do I take responsibility for them and move forward?” “Do I have the strength to work until I accomplish a task?” Your child’s answers to these questions, and the related actions he or she takes, are important. These answers and actions indicate whether he or she will experience success.

Quick Tips:

- **Help your child get ahead for next year by enrolling him or her in summer enrichment programs.** While summer should be a time for your child to play and relax, it should also be a time for him or her to take part in educational activities that match his or her unique interests. Engaging in interesting, learning opportunities will keep your child’s mind sharp for the upcoming school year. Ⓢ

POSITIVE ACTIVITIES TO DO IN CLASS OR AT HOME!

A great way to focus on positive interaction is to create “teamwork activities”. This provides students/athletes with a challenge while enforcing working with classmates to concur that test. As an instructor, your job is to encourage positive talk while the activity is practiced. Before and after this game, you can talk to your students and ask questions such as: What are some ways you can be positive at school? If you are faced with a challenge and having a hard time, what are some ways you can handle it? Is yelling or ordering people ever a positive way to accomplish your goals? This is a great way to open the channels of communication, teach positive interactions, create

a sense of team in your class and accomplish a complex set of skills. Also, let your students know how GREAT their achievement was. Encourage them and praise their interactions with each other. If something negative is said, ask them how they can say that in a more positive way? I challenge you in your classes or even at home as a family to try this as an activity. Only positive things can come out of this.

Here are some web sites where you can find teamwork activities. They are challenges that a “group” can perform to achieve a goal! Have fun!!
KP ;)

***Sit down activities for older class participants:**

http://spac.ucdavis.edu/forms/leadership_tips/teamwork_games.pdf

***Fun activities for 2nd class or older:**

http://youth-activities.suite101.com/article.cfm/team_building_activities_for_teens

***Simple-for all ages:**

<http://wilderdom.com/games/InitiativeGames.html>

***Easy and fun activities for all ages:**

<http://www.teamworkandteamplay.com/resources.html>

The GQ Fitness Challenge – First Step: Eating Right

By Daniel Riley

1. **Eat Early** – Even if you're not hungry when you wake up, put away something small, a yogurt or a piece of fruit, to kick-start your metabolism and burn calories.
2. **Eat Often** – Eating frequent small meals throughout the day enables your metabolism to work steadily. Stock up on 150-calorie afternoon snacks with fiber and/or protein (like a nut bar or fruit bar).
3. **Reduce Portions** – In this country especially, you're often being over served. There's no shame in leaving a few fries on the plate or eating only half your sandwich.
4. **Monitor Your Hunger** – Before you eat, assess why you're eating: Are you hungry, anxious, bored, or tired? Don't stuff yourself just because you've got nothing better to do.
5. **Water All Day** – Even when you think you're drinking enough, drink more. If you're thirsty, then you're already mildly dehydrated.
6. **Small, Specific Goals = Slow, Steady Weight Loss** – This isn't The Biggest Loser; you needn't drop weight rapidly. Rather, try losing a half a pound per week. To do so, you need only burn 125 extra calories per day (as little as three 30-minute jogs a week) and cut 125 more per day from your diet. (That's one less beer or two less tablespoons of salad dressing.) Five months later, you're ten pounds lighter.
7. **Remember, You've Got Options** – When I visit L.A., I'm incapable of resisting the calorie bomb that is Mexican food. We're talking once every other day, minimum. But there are, as with all foods, healthier options. Grilled instead of fried fish on tacos. Or a la carte orders instead of platters of lard-loaded beans and rice. You can easily enjoy your favorite cuisine without eliminating it entirely.
8. **Fat Is Okay, Fats Are Not** – Pay attention to small, specific choices when you're preparing or ordering your meals. (For example, with sandwiches, choose a lean protein and then only one source of fat—either mayo or avocado or cheese with your turkey—but not two or three or four of those elements.)
9. **Fuel Up Before Exercising** – Food is fuel. It's a simple principle, but still counter intuitive: even if you're cutting calories in the rest of your diet, eat a meal an hour before working out so you don't hit the wall.
10. **Drink Less, Drink Light** – If I stopped drinking, many of my problems would be solved. But again, this is about small changes, not drastic ones. So on a big night out, I now drink light beer. The difference between eight Coors Lights and eight pints of microbrew can be upwards of 1,000 calories. And just because a buddy offers to buy you a brew doesn't mean you need to take him up on it. ☺

Fitness tips, including three complete workout programs, at www.GQ.com/go/fitness

Last month was Healthy Heart Month—why not continue making your heart healthy but decreasing your calories with these little tips and daily changes? Daily healthy choices can never hurt. Eating right and taking steps to drink more water and monitoring your hunger can only help you and your heart get stronger! Also, doing more physical activity will help tons as well!! Get down to Sokol class and take these small steps!!

ENJOY — KP ;)

ARE YOU READY?

Hey Delegates are you ready for the convention? Have you been keeping yourself updated on what has been happening with our strategic plan? Part of the convention will be dedicated to learning more about what the Organization Development Team has been putting together for a new structure to help us move forward, continue to survive and more importantly become stronger. Updates from other Strategic Planning Teams will also be presented to give you status reports and what's next. Are you ready to help reshape our National Organization? Has your unit been having discussions so you know the feelings of many and not just a few of your members? Are you ready to come with an open mind and open ears to hear and discuss how we need to change, the steps we need to take and how you can assist rather than be a naysayer and a road block? Your mind is like a parachute...it functions only when open. Are you ready? If not now... WHEN!

Hope everyone took the opportunity to read the article in January's publication about what Sokol South Omaha has been doing to get more programs going at their hall by hiring (yes, hiring) a Director of Community Programs, Monica Kleinschmidt. Not only is Monica jumping in with both feet in this position, she has also volunteered to be part of American Sokol's Communication/Marketing Team. And it's great to have a few more outside of Central District to volunteer to be on these teams. It really warmed my heart when it stated in the article that if they (Sokol South Omaha) were willing to step out of their comfort zone and make some forward thinking changes that the possibilities were promising and exciting. Are you ready to step out of your comfort zone for the betterment of Sokol?

I've asked in a couple of my articles for volunteers for both the Communication/Marketing Team and Leadership Development Team. We have an opportunity to take advantage of some outside professional services to work with us in developing a Leadership Development program and we want to move forward with it. In order to have a team, we need more people to volunteer. It is so much easier to lay back and let others do the work then criticize what they propose or complain that that's not what you would have done. Instead are you ready to step up to the plate and volunteer? You can either go back to the December 2009 issue of our publication to refresh your memory about the experience and commitment needed to help out or drop me an email to Mfiordelis@yahoo.com and I'll send you the information. ☺

Nazdar,

Maryann Fiordelis,

Strategic Planning Task Force Director

Happy 100th Birthday, Louise "Babi" Nekuda!

Submitted by Lillian Roter, Sokol Los Angeles

Our oldest and longest member turns 100 on March 6, 2010. As a child, Louise Nekuda was a member of Sokol Prague, from age five through eleven and drilled with her mother in the 1920 Sokol Slet in Prague. She joined Sokol again in the United States in 1942 and became the Pacific District's first woman president, serving the office for 11 years. Louise also served as the president of the Women's Division in Sokol Los Angeles and volunteered as secretary for several years. She then served as financial secretary of Sokol Los Angeles for 25 years. Louise is an honorary member of the American Sokol Organization. She has six grandchildren, six great-grandchildren, and two great-great grandchildren! ☺

Congratulations, Louise! We wish you a very happy and healthy birthday!



Louise and her family at her 99th birthday party.

PROGRAM of the Tour to Texas – American Sokol Slet 2009 in Fort Worth

By Marie Slamova, Czech Sokol Group

Maria and her group traveled from the Czech Republic for the 2009 Fort Worth Slet where they spent 18 days touring Texas. During her journey, Maria kept a daily journal of her experiences to share with us in this and future issues. This is the second edition of her travels.

Day 4 – Monday 06/15/2009

Houston – Gavelston

Day trip to Gavelston Island – Excursion Boat (cruise) – Moody Gardens. Then back to Houston with a stop on Pelican Island.

After breakfast, we went on a day trip to Gavelston, an island used as a port of entry for many immigrants to Texas. Despite efforts to restore the island's natural surroundings, there we could still see the devastation caused by Hurricane Ike in the summer of 2008. Despite this, I will remember Gavelston as a very beautiful island. We went on a small boat trip around the island with a very friendly and talkative captain who spent extra time to make our trip very interesting. We visited Moody Gardens as well, but the highlight of the day was the local beach. For people from a country with no sea or beaches, it's always great for us to be at a beautiful place like this. We couldn't believe how warm the water was! We spent a wonderful two hours swimming and sun bathing. Before we left the island, we split into two groups for dinner. One group went to a local restaurant where fish was the specialty while the other group went to the favorite Golden Corral. After dinner we went back to Houston to spend our last night there. On the way back, we marveled at the oil towers with their lights on. They looked like a big city at night.

Day 5 – Tuesday 06/16/2009

Houston – Corpus Christi

Visit to Frydek, Schulenburg, La Grange – Texas Czech Heritage & Cultural Center, Flatonia – Praha and some other Painted Churches, Shiner – Spoetzl Brewery, Yoakum – Barbecue party and then to Corpus Christi.

On Tuesday morning, we said goodbye to Houston and headed south to Corpus Christi. We were going to cross the area where the first Czech immigrants had settled because the rolling hills countryside reminded them of Moravia. The region has many Czechs, or better, Moravian names like Hostyn, Moravia, Praha, etc. Our first stop was LaGrange where Mrs. Rita Chandler-Slavik made the arrangements for us to visit the Texas Czech Cultural and Heritage Center. Unfortunately, she couldn't give the tour herself but we still

had a very nice tour with her colleagues. It was wonderful to go around the old houses, see the newly built dance hall and theatre, see the exhibition in the old museum and spend time with such friendly and wonderful people. From LaGrange, we continued on to Schulenburg and its brewery originally founded by Czech and German immigrants. At the brewery we met my friend Dan Pelech from Yoakum and his cousin Joe who organized a special tour of the brewery for our group with several tastings of their very good beer. From the brewery we went to Dan Pelech's house in Yoakum where he had prepared a wonderful barbecue. So many tasty, wonderful cakes and desserts, beer, wine and soft drinks. There was also entertainment. Two musicians, my "old" friend Tony Stary and his friend, played the accordion and sung in both Czech and English. Wonderful party! Everybody enjoyed it very much. It was difficult to say goodbye and leave our friends in Yoakum but we had to continue to Corpus Christi where we arrived late in the evening.

Day 6 – Wednesday 06/17/2009

Houston – Corpus Christi

City tour, USS Lexington Museum Aircraft Carrier, Aquarium, Padre Island. Meeting with the Texas Czechs in Corpus Christi

In Corpus Christi, we stayed in the hotel near the city center. After breakfast, our bus took us to the beach to touch the waters of the Gulf of Mexico and take walks. While we planned to visit the aircraft carrier *USS Lexington* that morning, some ladies decided to visit the aquarium. Both visits were very interesting and everybody enjoyed it very much. In the afternoon, we continued in our bus to Padre Island – a long, narrow piece of land in the Gulf of Mexico. We took the Scenic drive in Corpus Christi so we could admire the wonderful and amazing "Castle" homes of wealthy people; most of them are medical doctors and lawyers. Crossing two modern bridges, we visited the northern part of this still "virgin" island. We stayed on the beach where we enjoyed swimming, walking in the water, and watch our "sisters" from the Prague Sokol Unit practice their Sokol performance. After having spent two hours there, we headed back to Corpus Christi to visit our friends in the local Sokol hall. We were welcomed there by Corpus Christi Sokol President Mr. Jerry Sianski, Mr. Rebecek and others. We enjoyed their hospitality which included a very delicious dinner they made for the group themselves. During the dinner, we all took the opportunity for some questions and answers. A very nice way to spend a few hours. In the evening there was time for an evening walk in the city center and a visit to a local pub famous for its happy hour, one Shiner beer for \$1, for a concert. It was difficult to leave the pub with such a wonderful atmosphere!®

Replacing Grains in your Diet

I recommend limiting your grains as much as possible along with any processed or refined sugars, starches, etc. However, once you've taken out those immunity suppressing grains, where do you get your calories? Short answer – fats and fruits. The long answer is you should be getting most of your calories from fats, fruits, and vegetables, with animal protein thrown in for good measure.

Fats: Fat is definitely NOT bad for you. Only certain fats should be avoided, such as trans fats or polyunsaturated fats. An easy way to avoid trans fats is to not eat anything that says “hydrogenated” on the label or ingredient list, while not eating grains will greatly limit your polyunsaturated intake. Polyunsaturated fats weaken your immune system. When doctors do any organ replacements, they inject the person receiving the organ with polyunsaturated fats so the original cells don't kill the new organ. This is good for certain emergencies, but you shouldn't be putting this stuff in your body on a regular basis. A good way to counteract the effects of these fats is by taking a fish oil supplement.

Good Fats: Saturated and Monounsaturated. Saturated fats are actually beneficial. These fats are found in animal protein, such as beef, eggs, bacon, etc. Although Saturated fats have been demonized for raising cholesterol levels, they actually are necessary since ½ of your body's cell membranes are made up of saturated fats, and saturated fats actually boost your immune system. Monounsaturated fats are found in olive oil, flaxseeds, avocados, and nuts, and are considered to be the “healthiest” of the fats. These are generally accepted as good fats by the FDA.

Fruits and Veggies: You basically can't have too many vegetables in your diet. I recommend having some kind of large salad at least twice a day, with different veggies like carrots or green beans as snacks, and some kind of sautéed, grilled, or stir fried veggie with dinner like asparagus or broccoli. Stick with darker and brightly colored vegetables for more nutrients and antioxidants. I would recommend having plenty of fruit with breakfast, after lunch, and as dessert after dinner. I would eat the most fruit with breakfast, since it will provide you with quick energy, slow digesting sugars, and even essential amino acids for muscle growth. Ⓢ



Sokol HEALTH & FITNESS CORNER

By Charles Malina, Sokol Tabor
University of Illinois at Urbana-Champaign
Midshipman Second Class USMCR

Come SwimRideRun2Camp with me!

Mark Beckerman, Stephanie Kadlec, Matt Kocek and I rode our bicycles 1,176 miles from Downers Grove, IL to Ft. Worth, TX in 11 days for the 2009 ASO International Sport and Cultural Festival. In doing so, we raised over \$5,000 to start a fund for an American Sokol Organization National Leadership Camp (ASONLC). Ride2Camp2009 was a great experience, and a great start to a great cause.

This year I am recruiting members to train for and complete the Chicago Triathlon, taking place on August 29th, 2010. (A triathlon consists of swimming, biking, and running.) Along with training and completing the triathlon, participants will be asked to fundraise. This is a way to pursue a high level of personal health, achieving something most people believe to be a colossal feat of strength and endurance while raising money for a phenomenal cause. On the team, there is a 5-time Chicago Triathlon veteran compiling training programs to guide people based

on their time commitments and skill levels. Working together in teams and networks of support around the country, I am 100% confident that we will meet our fitness and fundraising goals for the SwimRideRun2Camp2010 Campaign.

Contact me if you are interested in training for the triathlon. Participants must be at least 15 years of age. Registration is required (and spots are filling up rather quickly!), but I will give you all the details regarding costs, reimbursement, fundraising, distances, training, equipment, and more when you contact me.

If you are unable to train, but would still like to support SwimRideRun2Camp2010 and the ASONLC, please contact me for donation information.

Nazdar!

Bro. Matt Carlozzi, ride2camp@gmail.com

Central District Training and Education – 2010 Skillz & Progressions Clinic

Submitted by Christina Curran, Central District Marketing and Communications Director



From January 8-10, the Central District provided Sokol education and training during the 2010 Skills and Progressions Clinic. Registration was held on Friday from 6:30-7:00 pm, where all gymnasts received a water bottle. The group from Ceska Sin had a late arrival due to weather.

Friday night began with a welcome greeting including instructor introductions, roll-call, “by the numbers” count off, and gym/building rules. Then it was time to get the gymnasts active through warm-ups, safety & falling drills, and tumbling &

vault progressions. After a break, the group was split into 3 misc. teams to run through an obstacle course. Friday evening concluded with splitting the gymnasts into 3 permanent teams for the weekend, with multiple artistic skill levels. Each created a “team name” and preparations for a team special number.

Saturday started with a hearty breakfast followed by warm-ups and marching basics. A one and a half hour tumbling & vaulting session then began. During this time, gymnasts were split into artistic skill levels and the goal was to advance the gymnasts beyond the skills they have already perfected. Next gymnasts enjoyed a Pyramid and Stunting session which started in groups of 2 and built up to groups of 8. After lunch, apparatus rotations dominated the afternoon; girls were on bars, beam and dance, and boys were on mushroom/pommel horse, rings and parallel bars. The gymnasts were weary at the end of the afternoon from all their hard work and were treated to a 15 minute body relaxation cool down activity before dinner. Open Gym, a Youth Activity, Endurance Training and team Special Number Performances rounded out Saturday night. The gymnasts were given a winter theme to choreograph to The Nutcracker’s “Dance of the Sugar Plum Fairies.” The performances were very entertaining, especially the one put on by the instructors for the gymnasts.

Sunday started with warm-ups, more marching and volleyball. Graduation rehearsal took place followed by a survey, cleaning the gym and lower hall plus getting ready for graduation.

With the bleachers filled with family and friends, the graduation ceremony began promptly at 12:00 pm. It included a grand march, introduction of weekend staff, tumbling performance, best team special number performance, team pyramid performance and presentation of awards. All students received a packet containing a graduation certificate, group photo and graduation program. ©

2010 Skillz Clinic Team Names

The Flippin’ Flacons

The Awesome Amazing Flippin’ Sokol Weekenders

F.F.G.F.S. = The Fantastic Flyin’ Gymnasts from Sokol

2010 Skillz Clinic Instructors:

Christina Curran-Wurst, Co-Director (Tabor), Bryan Pracko, Co-Director (306), Sonya Nakonecnyj (Ceska Sin), Tony Rospotynski (Ceska Sin), Bob Kucera (Naperville Tyrs), Joe Kucera (Naperville Tyrs), Jan Rios (Naperville-Tyrs), Buddy Benak (South Omaha), Kandi Pajer (Spirit), Tom Pajer (Spirit), Kenny Fron (Tabor), Julie Raine (Tabor), Kaitlan Short (Tabor)

2010 Skillz Clinic Kitchen Staff:

Irena Polashek, Chef (Tabor), Juanita LoGiudice (Tabor), Julie Hartwig (Tabor), Laura Hruska (Spirit), Candy Short (Tabor), Leslie Tisdale (Ceska Sin)



Michalek Leaps into Record Book

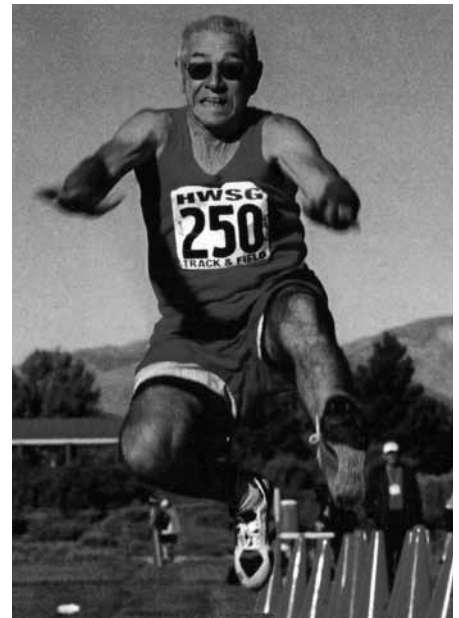
In October of 2005, brother Frank Michalek, a member of the American Sokol Organization and Sokol Chicagoland, went into the record books by establishing a new World Record in the Standing Long Jump, at the Huntsman World Senior Games, in St. George, Utah. The record was set in the Mens 70-74 age category and officially recorded at 7-feet and 9-1/4 inches and has not been broken for the past four years.

Brother Michalek who joined Sokol Havlicek -Tyrns at age five in 1939 has been an active Sokol member for over 70 years. At a very young age under the tutelage of brother Vaclav Stransky, he choose to pursue a career in physical education because of his love and success in gymnastics and teaching. At age 14, he attended his first Instructors Kurs (course) in Crystal Lake, Illinois at the Sokol Havlicek-Tyrns summer camp under the direction of brother Richard Molcar.

Michalek has taught gymnastics to boys and girls at all levels at many of the Sokols in the Central District. He has also held many administrative positions at the unit, district and national level. He served as the National Physical Director of the American Sokol Organization from 1990 to 1995 and was appointed to the ASO National School Board. Michalek was a teacher at Instructor Schools for several decades, giving back to Sokol everything that was given to him.

Professionally, brother Michalek taught at all levels in the Chicago Public Schools coaching gymnastics, volleyball and other sports. He has a bachelors degree in Education at Chicago State University, a Masters in Physical Education at George Williams College, and a Doctor of Philosophy Degree from University of Utah. He had a fellowship at the University of Utah, and taught at several University and Community Colleges in Illinois as a guest lecturer. Michalek taught full time in the Chicago City Colleges and retired from Richard J. Daley college in 1993.

The best part of Sokol, brother Michalek says, is the Sokol Gymnastic Festivals (Slets) where he gets reacquainted with all his Sokol friends, both young and old. Sokol is what keeps him young so that he can continue breaking and setting records. He also has played competitive volleyball in the Senior Olympic Games for the past 25 years. Nazdar. ☺



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