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The following officers were elected at the  
Annual Convention, April 19-25, 2010

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April/May 2010  
Volume 133  
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The mission of the  
American Sokol is  
to provide fitness  
and community  
for individuals and  
families through  
physical, educational,  
cultural and social  
programs.

### AMERICAN SOKOL

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ASO Executive Board

Meets every 4th Tuesday\* at 7:30 pm

ASO Board of Instructors

Meets every 2nd Wednesday\* at 7:30 pm

\*except in July and August

**To Submit Information for Publication:**

Email: Editor@American-Sokol.org

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

May	
8	Sokol Greater Cleveland Vcelka (Theatrical Group) Puppet Show
13	Free CPR Training, Sokol New York
16	Sokol Minnesota, Tanecní Mládež Grand Concert, CSPA Hall, 2pm
16	Sokol Little Ferry Annual Pork Dinner and Raffle
16	Sokol St. Louis Meat Shoot at Sokol Camp, Imperial, MO
21	Sokol New York Ballet Exhibition, 6pm
21	Sokol Greater Cleveland, Fish Fry, 5pm
22	Sokol New York Tae Kwon Do Exhibition, 1pm
22	Central District Spring Men and Boys Competition, Brookfield, IL
22	Central District Spring Women and Girls competition, LaGrange Park
23	Central District Sokol Day Picnic, Riverside, IL
23	Sokol New York Gymnastics Exhibition, 1pm
28-30	44th Annual National Polka Festival, Ennis, TX
30	Sokol Detroit, Sokol Camp Pancake Breakfast
June	
12	Northeast District Sokol Competition, Hartland, Michigan
13	Northeast District Sokol Exhibition Slet - South Lyons, Michigan
13	Sokol St. Louis Picnic at Sokol Camp, Imperial, MO
20	Sokol Greater Cleveland, Sunday Dinner Dinner

**From the Editor...**

I want to thank you for re-electing me as the 2010 American Sokol Editor. I have many good ideas for the publication that I plan to implement. Please send your article submissions to editor@american-sokol.org in order to make this publication a success!

NAZDAR!



**Correction:** In the Sokol Educator, March Issue, Bedrich Smetana was born March 2, 1824 and not in 1864. He died in 1884. We apologize for the error.



# The Sokol Educator

*Sis. Ellen Jeanne Schnabl, Educational Director*

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## APRIL

With Spring showers  
when sun is shining  
on heaven's colors  
a rainbow is seen.  
April weather!  
always it's changing  
who knows, if we don't get wet  
surely it isn't April.

## DUBEN

Pri jarnim desticku  
kdyz slunce sviti  
na nebi barevnou  
duhu je zriti.  
Dubnove pocasi  
stale se meni  
kdoz vi, zda nezmoknem  
jisto tu neni

April Fool's Day originated in France where it is still celebrated with the "poisson d'Avril" - a paper fish pinned to unsuspecting persons.

April's birthstone, the diamond, has its durability reflected in its name which is derived from the ancient Greek word Adamastos, or fortitude.

"Only a Fool is not afraid of something."

**April 5, 1896:** First modern Olympic Games were held in Athens, Greece

**April 7, 1348:** King Charles IV founded the University of Prague, the first in Central Europe

**April 10, 1862:** The recommendation by Manes concerning a Sokol uniform was accepted.

**April 15, 1891:** First Sokol Unit in Prague established the first mounted division.

**April 17, 1825:** Birth of Vojta Naprstek, humanitarian, Czech philanthropist, founder of the industrial museum in Prague, and the first Czech publisher in America.

**April 20, 1862:** Sokol adopted the motto "Tuzme Se" (let us inspire or with aspiration) on the advice of Dr. Miroslav Tyrs

**April 29, 1911:** The Czechoslovak Sokol Organization announced that women could become members of Sokol Units.

**April 1919:** Edgar Allen, Elyria, Ohio, founded the National Society for Crippled Children, following a personal tragedy.

**April 1934:** The National Society of Cripple Children launched its first "seal" fundraising campaign

**April 1967:** "Easter Seals" was formally adopted as the organization's name.

**April 1990:** Easter Seals advocated for the passing of the Americans with Disabilities Act into law.

**April 2006:** Easter Seals welcomed its first international partner, Ability First, Australia.

There are so many Easter customs in the Czech Republic from Kraslice the hand-painted eggs to the baking of pound cakes in the two piece lamb, chicken and bunny molds. Young live pussywillow twigs were made into a pomlázka - braided - and anyone who is whipped with them will have greater health and youth.

Hot cross buns were first baked in England to be served on Good Friday. The Easter Bonnet started out as a wreath of fresh flowers in a circle to express the roundness of the sun.

"It is when we forget about ourselves that we do things which are most likely to be remembered." ©



# The Sokol Educator

*Sis. EllenJeanne Schnabl, Educational Director*

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## KVETEN

V majovem slinicku  
rosa se trpyti  
uvijme venecky  
z vonneho kviti

## MAY

In May sunshine  
dew itself glitters  
we will make wreaths  
from fragrant flowers

May is Military Appreciation month, so don't forget to let our troops know we care. The poppy has become recognized as the memorial flower all over the world.

### FLAG CODE:

On Memorial Day, at dawn, raise the Flag to full staff, but bring it down to half-staff immediately. At Noon, raise it to full staff briskly until sunset.

In 1889, the Johnstown flood in Pennsylvania killed more than 2,200 people. The Red Cross ministered to some 25,000 survivors.

**May 2, 1866:** Premiere of Bedrich Smetana's "The Bartered Bride" in Prague.

**May 12, 1820:** Josef Manes born in Prague & designed both the official banner and uniform of the Sokols. He also painted the famous tower clock on the city hall in Prague.

**May 23, 1618:** Beginning of the 30 years' war.

**May 1787:** 55 Americans from 13 colonies came to the State House in Philadelphia to convene the First Constitutional Convention.

### The 3 Iron Men of Czech Folklore:

May 12th - St. Pankrac; 13th - St. Servac; 14th - St. Boniface -- all went fishing on the 11th but the weather turned bad and they all froze. On the 15th - St. Sophie's day, she nurtured them back to health. It usually rains on that day.

MORAL: Don't start planting in your gardens until the 16th of May!

### MOTHER'S DAY:

The 2nd Sunday of May is recognized all over the world.

Began during the 17th & 18th Centuries by the English who had a "Mothering Day" in the middle of Lent.

Julia Ward Howe campaigned in 1872; Mary towels Sasscen in 1887 tried to institute this observance.

In 1904 Frank Henning met with only local results; In 1907 Anna Jarvis succeeded in getting attention.

In 1913, President Woodrow Wilson signed a Joint Resolution and proclaimed it as an annual observance. ©

NAZDAR!

EllenJeanne Schnabl,

American Sokol Educational Director

Dear Sokol Members and Friends,

Do you know what you are witnessing? With our previous administration's kick start, and the new administration's commitment and drive, you are witnessing the resurgence of a 145 year old organization. Sokol is a growing, innovative and respected organization to be a part of. Our rich history is only surpassed by the opportunities and the future that awaits us. And that is a very exciting thing!

It is with great honor that I kick-off my term as President with a note to everyone, to thank you for all you have done so far for our great organization. Whether that means bringing your kids to class, helping out at our fundraisers, serving on a committee, or participating in any of our fantastic programs, your support of Sokol keeps us growing and growing.

Do we have challenges as an organization? Of course, every organization does. It is what we do about these challenges and the actions that we take that define us and separate the great from the status quo. We have the potential to be great! I choose to take action, make change, and seize our opportunities. If you share this vision, let us move forward together, like the many members before us that have built this organization.

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

This mission allows for everyone to participate in Sokol in whatever aspect that they wish. It encourages more than just participation in a program, more than just attendance at an event and more than just a place to go. It allows for community for all. It allows for a way of life. It allows for an EXPERIENCE unlike any other!

This is an exciting time for us. There is very little that we cannot achieve by working together. Thanks for all your support. Let's get ready to GROW!

Nazdar!



Tom Pajer, American Sokol President

## DON'T FORGET!

### National Merit Award Applications are due June 1st

This award has been offered to members since 1975 and paid by the Future Sokol Leaders Fund.

The Merit Award is designed to assist American Sokol Members in their pursuit of higher education. This is for any member of the organization who plans on attending, full-time, an accredited two-year or four year college. Applicants for this award need not be limited to those who just recently graduated from high school.

The application process was announced in the January publication. All forms will be sent out from the American Sokol National office with information, deadlines and all requirements. Completed applications are due June 1st. This award can be applied for an unlimited number of times but can be received only once. ☺

### Central District Sokol Day Picnic Sunday, May 23, 2010

Forest Preserve National Grove # 1  
DesPlaines Ave, near 29th St., Riverside, IL.

**Performance begins at 1:00 pm**

Sokol Central District Spring Competition award presentation will immediately follow.

**Admission: FREE, but donations are accepted**

- Bean Bag Tournament with cash prize
- Volleyball
- Water Balloons
- Frisbee Golf
- Obstacle Course
- Food available for purchase provided by Sokol Town of Lake.

No glass bottles or additional grills allowed. Parking Restrictions will be patrolled and enforced.

*Submitted by Wilma Swiecionis, Sokolice Tabor*

## American Sokol Memorabilia: The INDIAN CLUB

American Sokol has a rich history and many units have savored tradition and the past. Many units have as a portion of the unit facility, a Sokol Museum or displays of items. Some units adorn their interior walls with plaques, diplomas and paintings depicting Sokol leaders. Sadly, however, much of the Sokol History and memorabilia is lost due to generations of neglect. Some old equipment that is no longer in use is abandoned or lost in fire, smoke, flood or trashed. In order to save some of this history and pull items together for future displays, I have began a collection of Indian Clubs from each Sokol Unit. I would like to ask each Sokol unit that still has Indian Clubs to send a pair for this collection. I have already received a few.

Wanted any unwanted or discarded Sokol material and items, such as: Badges, Awards, Uniforms, Books, Pins, Ribbons, Equipment, paintings, etc. ☺



**Please contact:**  
Rome Milan  
rome-paris@aol.com  
817 371-1944

**Send Items to:**  
Rome Milan  
8013 Cripple Creek  
Fort Worth, TX 76179 USA

## Proud Sokol Member Takes Leave to Attend Exhibition

*Submitted by EllenJeanne Schnabl*

Recently at Sokol Spirit's annual exhibition, Sis. Debbie Simik's son was in attendance for the exhibition. He wrote the following letter in order to get an approval to leave for the weekend. Justin, thank you for your dedication to this country and to Sokol!

TO: Major Phillips, USMC

Subject: Reason for special liberty request

Sir, I respectfully request permission to go home so that I may attend an exhibition at Sokol Spirit. Sokol is a world-wide Czech heritage/athletic organization with which I have been involved in since the age of six, and I attribute the development of my character to my participation in this organization. An exhibition is a way for each unit to show how far they have come throughout the year and provides an exciting program including an opening ceremony, calisthenics, special numbers, gymnastics and a finale. After the show, there is a reunion for new and old members. This organization has been in my family for generations, and it would be outstanding if I were allowed to attend. In advance, thank you sir.

Very respectfully

Justin Simik-Valadez  
Midshipment Candidate, USN

## XV ALL SOKOL SLET

*150 Years of Movement*  
July 1, 2012 – July 7, 2012  
Prague, Czech Republic



This will commemorate the 150<sup>th</sup> Anniversary of Sokol, the 180<sup>th</sup> Anniversary of the birth of Miroslav Tyrs, the 190<sup>th</sup> Anniversary of the birth of Jindrich Fuegner and the 130<sup>th</sup> Anniversary of the first Sokol Slet.

Sletu Zdar!

Paul Lebloch



*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**

## **Benefits of Participation in Gymnastics Programs**

ALL children benefit from classes and participation in gymnastics. The areas listed below are a small sampling of the actual benefits from gymnastics activities. You have done a terrific job of parenting by getting your child interested in this educational sport. Many of the benefits of gymnastics are NOT related to learning gymnastics skills, but more important developmental areas that will help your child become a better student and young adult. Gymnastics programs are not solely about creating gymnasts. There are so many more important areas to consider. ALL children, regardless of ability, should stay in gymnastics for 3 - 5 years, if not longer, to get the full benefit of what gymnastics teaches.

### **Self Confidence**

Through the challenge of learning gymnastics skills, the students gain confidence with each step that they take. Doing skills on the beams and bars helps them gain confidence in their own abilities. This improved self confidence will transfer to other areas of their lives including school.

### **Coordination**

Gymnastics instruction helps develop better coordination and body movement. For the young child, a great deal of their self confidence comes from how coordinated they are because their "world" is so physical rather than mental. Gymnastics improves coordination.

### **Non "Star" Athletes**

Some children do not have the skills to be a "star" athlete in any sport. But in gymnastics we can control their progress and challenges. Children who are a little weaker, a little overweight and/or a little less flexible can all find success with our terrific, caring gymnastics teachers. EVERY child can benefit from gymnastics.

### **Hard Work Ethic**

Gymnastics is a tough sport. The best thing about it is that the kids have to earn the skills, we just can't give them to them. This hard work shows them that the more they work the more they learn. What a great lesson. You want your children to have a "hard work ethic," don't you?

### **Flexibility**

Participation in gymnastics helps the athletes become more flexible. Baseball players, basketball players, football players and all other sports need more flexible athletes. Gymnastics builds flexibility better than any other sport. Flexibility also helps limit injuries.

## *Benefits of Participation in Gymnastics Programs (continued)*

### **Social Skills**

Especially for the younger ones, gymnastics gives the little ones a weekly chance to learn about social skills like listening and following directions, taking turns, being quiet, respecting others and a lot more. The gymnastics teachers work hard to build social skills with their students because they are so important in other aspects of the lives of the little ones.

### **Discipline**

So, so important today. We do have rules in gymnastics classes and the teachers treat these rules as being very important. The more discipline the children get today the better off they will be. Gymnastics classes are a very controlled environment. Very helpful for the child.

### **Politeness**

Yes, we stress politeness in classes as the way to treat others. The teacher is polite to the students and the students are expected to do the same to the teachers and to their class mates. The more the kids are exposed to “politeness” the better.

### **Fitness**

In this world of a lot of obese children, fitness is CRITICAL to the current and future health of our children. Gymnastics classes are full of activities that will make your child more fit and help keep them healthy. You have them in the right place if fitness is important to you and your family.

### **Overcoming Fears**

Some parts of gymnastics are very challenging. We think that this is good training for all kids. They need to be challenged. The key is that we challenge them with “attainable challenges” so that they are successful the majority of the time. To face a challenge, maybe with a little fear, and then to accomplish the challenge is a wonderful part of gymnastics classes and it happens all of the time. We want confident, aggressive children.

### **Learning To Perform in Front of People**

What a terrific, sometimes overlooked, benefit of gymnastics. Gymnastics classes have the students perform their skills in front of other students which helps teach “performance” and makes performing in front of others easier. Gymnastics students tend to be the 1st ones at school to volunteer to do things in front of the class as they have learned to “perform” which is going to help them throughout their lives.

### **Determination**

Gymnastics builds determination. Some gymnastics skills are hard to master so the children learn determination in continuing to work hard even when things are tough. Such an important lesson.

### **Strength Development**

Moving and lifting their bodies during gymnastics activities helps build upper body strength as well as leg strength. This helps the gymnast as well as the students who are also in other sports. Do you want a strong child? You have them in the right place.

### **Caring Teachers**

Our gymnastics teachers care about EVERY student regardless of their potential. We KNOW that every child can learn a great deal by being involved in this incredible sport. Every child is important in our gymnastics classes. (S)

The article is from onestopfun.com, from the AmeriKids Gymnastics Association newsletter. Some descriptions above are based on that specific gyms philosophy, but you can see that Sokol accomplishes the same goals in their classes. KP ;)



*St. Vincent  
Sports Performance*

# MANAGING WRIST PAIN IN GYMNASTICS

By John Locke, LAT, MS



**FIG 1**

**T**he wrist is a frequently injured site for gymnasts. It can be an acute (sudden onset) or chronic (pain over a longer period of time)

injury in nature. Acute injuries include wrist sprains, strains and fractures. These injuries should be managed by immediate first aid. If there is a loss of motion or strength the athlete should be referred to a medical professional for further evaluation. The chronic injuries occur due to repetitive stress to the musculoskeletal system and joints. As the volume to training and level of skill increases, the incidence of chronic wrist injuries can increase.

The dorsal (back) aspect of the wrist is one of the most commonly injured areas in gymnastics (Fig. 1). As the 'grip' muscles develop (wrist and finger flexors), the wrist joint will have a tendency to lose flexibility in extension and hyperextension. The loads placed on the wrist and fingers in extension during practice and competition can irritate the joint and decrease the gymnast's ability to perform skills. Injuries like 'dorsal wrist impingement' and 'distal radial stress fractures' are the most common problems with overuse and excessive loads to the gymnast's wrist.

Prevention is the number one component to young gymnasts to prepare their upper extremities for the forces that will be placed on them during activity. Stretching the 'grip' muscles is vital to the functionality and resiliency of the joint (Figure 2). This will provide the joint the flexibility needed when the wrist goes into extension. The wrist joint will have a better proprioceptive response to the increased motion.

Another way to prevent wrist pain is to improve wrist mobility. This can be done by manually gliding the wrist (distal end being pressed posterior) into extension as the palm of the hand is flat on a table or solid surface (Figure 3). This movement replicates the mobility required at the wrist to perform gymnastics skills.



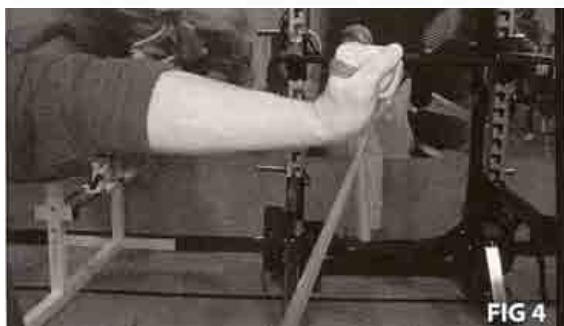
**FIG 2**

*St. Vincent Hospital and St. Vincent Sports Performance in Indianapolis, Ind., are official service providers to USA Gymnastics. Call 317-415-5747 or visit <http://sportperformance.stvincent.org>.*



Strength, range of motion, flexibility, and bracing can all be important components of prevention, protection and treatment for the gymnast. Strengthening the wrist extensors (fig 4) will help to maintain wrist extension. Strength of the wrist flexors, extensors and rotators must to be developed due to the excess amount of gripping and rotating the athlete must perform in a gymnastics routine. Strength and flexibility go hand in hand as the wrist must actively move through flexion and extension effortlessly, pain-free and with a great amount of stability. Protection from abnormal stresses is another important aspect in the treatment of wrist injuries. Wrist bracing and/or taping can be helpful in protecting the joint from excessive movement and stress during gymnastics activities.

In conclusion, a gymnast will have the opportunity to be more successful if his/her wrists are capable of performing all necessary movements within the activities of their daily practice and competition routines. This can be achieved with preventative measures such as strengthening, stretching and maintaining proper mobility in the wrist joint. ✕



## Can exercise reduce the risk of catching a cold?

*By Jessica Matthews*

While more research is needed to fully understand the effects of exercise on the immune system, existing studies have established a link between moderate, regular exercise and a strong immune system. Research conducted by Dr. David Nieman concluded that individuals who perform a moderate-intensity walk for 40 minutes per day had half as many sick days due to colds or sore throats as those who don't exercise.

### What's happening internally?

During moderate intensity exercise, immune cells circulate through the body at a more rapid pace, and are better able to kill viruses and bacteria due to a temporary boost in the production of macrophages. Although the immune system generally returns to normal within a few hours, consistent regular exercise is believed to make these positive changes in the immune systems last a little bit longer.

### Is more better?

While moderate exercise has been linked to a positive immune system response, there is also evidence to suggest that too much intense exercise can reduce immunity. During intense physical activity, stress hormones cortisol and adrenaline raise blood pressure and cholesterol levels and suppress the immune system. Research has shown that more than 90-minutes of high intensity endurance exercise can actually make individuals more susceptible to illness for up to 72 hours following the conclusion of the exercise session.

### Tips to improve your immune system

Engaging in moderate intensity exercise (on a scale of 1-10, moderate intensity would be about a 6) 30 minutes per day, at least five days per week. Remember, exercise can also be accumulated in shorter bouts (e.g., three 10-minute bouts) over the course of the day. In addition to regular exercise, eating a well-balanced diet, obtaining adequate sleep, and reducing stress will also help to ensure optimal immune system function. Ⓢ

The following letter was sent to all convention delegates on May 1. In order to help facilitate ongoing communication with all our members, it is also being printed here in our publication. Over the next several months there will be more information forthcoming on the happenings at the convention, so stay tuned ~Maryann Fiordelis

Dear Convention Delegate:

First of all I'd like to thank you for taking your time to attend and participate in the convention. It was an emotional and sometimes stressful time but I believe we worked through some issues.

I know all of us are concerned about our financial future. We took the first step by coming up with a balanced budget. Now we need to live up to it. We all need to be conscientious about our spending but more importantly we need to work diligently to increase our revenues. The Strategic Plan budget has some large dollars stated as income. While it is far from being a sure thing, I can promise you that Greg, I, and the Strategic Planning Task Force will do our best to make it happen especially in the marketing of programs. I also know that the new Executive Board will be keeping a close eye on our cash flow and will take proactive rather than reactive measures.

I want to thank you for expressing your views during the convention and allowing the Strategic Planning teams to share their plans and results with you. We made progress through discussions and compromising and am pleased that we have a revised Article 34 documenting a procedure so that a National Board or standing committees can get bylaws changed between conventions.

The Strategic Planning Task Force and especially the Organizational Development Team are currently gathering information from the various presentations made during the convention along with your feedback from discussions to see which areas we need to review. Our plan is to document these concerns, issues and ideas, analyze them, make a decision and communicate our actions along with rationalizations.

It was great to hear the enthusiasm from the Public Relations/Communications/Marketing Team and their willingness to continue working on the Communications/Marketing Team for the strategic plan. I would like to extend an invitation to those who might be interested in joining either the Leadership Development Team or The Implementation Team to send me your name and contact information.

Together We Can Get It Done!

Nazdar,

Maryann Fiordelis

Strategic Planning Task Force Director

## DID YOU KNOW?

### 2010 Olympic gold-medal figure skater, Evan Lysacek has ties to Sokol

Evan's grandmother Eleanor Lazansky was a member of Sokol Berwyn (Illinois) and was a "powerhouse" for their volleyball team. His Great Aunt, I. Lazansky was also a member of Sokol Berwyn. ©

Submitted by Paul Lebloch & Deborah Zeman

### Volleyball Champions



**Sokol Berwyn** – Top Row: A. Kostka, G. Toulou, A. Hodoval, L. Zeman; A. Vydra, M. Jenicek, B. Dunn, E. Lazansky, M. Udaykee, H. Kostka

### Volleyball Champions



**Sokol Berwyn Jr. Girls** – Top Row: E.J. Kuchynka, I. Lazansky, B. Slavicek, R. Vesely; V. Wolf, S. Rodriguez, M. Nemecek.

## 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 third edition of her travels.*

### Day 7 – Thursday 06/18/2009

#### Corpus Christi – Kingsville. King Ranch

After breakfast we went south from Corpus Christi to Kingsville where we visited the King Ranch – the largest working ranch in Texas still having just one owner. I wasn't quite sure if people would like it or not but I was nicely surprised when my people loved the visit. It was very exciting for them. We were allowed to take a tour by our bus with our driver Billie and the local guide which made it very comfortable for us. We enjoyed the stop that allowed us to visit the house of the oldest still working cowboy and to buy souvenirs. I'm quite sure his picture could be found in most houses or flats of my Sokols. Everyone wanted to be in a picture with him.

After lunch in Kingsville we continued to San Antonio. While I myself love the city, I wondered how the others would like it there. In our hotel we met my friend Paula Looney where we went on the famous Riverwalk for a cruise on the canal. The boat cruise was wonderful. We were lucky when our guide let me translate everything he said during the cruise. This helped us enjoy the cruise even more. We finished the evening on the Riverwalk with dinner by the canal which was very romantic. It was wonderful to sit there, enjoy the meal, the music of the Mexican musicians, and to watch the boats with lights. We got back to our hotel very late but nobody minded it at all.

### Day 8 – Friday 06/19/2009

#### San Antonio

We spent the whole day in San Antonio. Right after breakfast went to the IMAX cinema to watch the film, The Price of Freedom. Even though it was very rough and somewhat bloody, it was a wonderful movie about the heroic battle for Texas independence at the former Mission of Alamo. From the cinema we went to visit the actual Alamo – which today is probably the most precious shrine in the state of Texas – with its exhibition of the battle where we finished an emotional morning.

From the Alamo we went by a street car to the Mercado, or Market Square to the popular restaurant Tie Miera where a group of people, including members of the Czech Heritage Society met us for lunch. After lunch, we enjoyed the ride by another street car to visit a cathedral in La Villita village

where we bought some souvenirs. From there we traveled to Hemisphere Park and Sunset Station where we enjoyed not only dinner but also iced margaritas. Some of our group went back to the hotel but the others went with me to watch the dancing show on Riverwalk in La Villita. We really did enjoy it very much! We all enjoyed the whole day in San Antonio!

### Day 9 – Saturday 06/20/2009

#### San Antonio – Austin

From San Antonio we continued on to the capitol of Texas, Austin. We found it to be a very elegant city with the most beautiful capitol building from all state capitols in the United States of America. Everybody did enjoy the trip very much so far but the most special Day was just beginning.

We went straight to the Capitol where my friends Mr. Darwin Machu and Mr. John Stastny arranged a very special guided tour around the Capitol for us. We had a wonderful guide for a tour that was very detailed and very interesting.

From the Capitol we walked to the Bob Bullock Museum where we again had a wonderful and special guided tour with a local guide which specially arranged for us by our friends. Although we enjoyed the capitol and the museum very much, the best part of the day was still ahead of us. We had been kindly invited to spend the rest of the day at the family house of Mr. Darwin Machu and his wife Mrs. Nancy Machu. We were then treated to so much tasty food – fruit, vegetables, salads, desserts and beer and other drinks, it was like there should be a big wedding party! It was amazing experience!

And it didn't end there. We had a big surprise waiting for us in their backyard. All arrangements were so elegant and formal! Not only the tables and chairs, but also the band and the Taylor Czech Chorus along with other people as well. It was unbelievable how everything was prepared for our group! How many people were involved in our warm welcome, our entertainment and in hospitality of our group! And all this was arranged by just two couples Darwin and Nancy Machu and John and Bennie Stastny. How many hours to make all those arrangements and how much effort! Then they were helped by other participants – the members of Travis, Williamson County, Czech Heritage Society, Texas Czech Genealogical Society and the Taylor Czech Chorus who also helped by bringing desserts, salads, and beer. What a wonderful day!!!

That Saturday was a very Special day for our visit of Texas! My Sokol group enjoyed food and drinks, music, the singing of Taylor Czech Chorus, talking to the local people, and their Sokol performance. After such a wonderful day it was very difficult to say good-bye to our new friends and to leave the house for the hotel. But we didn't say Good-bye to our Host families because we were invited to spend another day – Sunday with them as they kindly prepared another program for us.

## The Warrior Diet:

*Fat-loss for busy people.*

In today's society, most of us lead extraordinarily busy and hectic lives, so the idea of trying to remember what to eat or not eat at exactly what time is a prospect that often turns off people to dieting. I am definitely in the same boat, with classes at odd times during the school year, and a full and part time job on my breaks. I hate having to worry about what my next meal is going to be.

### Enter the Warrior Diet!

The basic premise of this diet is that you only eat one big meal per day and nothing else, except maybe a piece of fruit in the morning. This is an incredibly flexible diet that almost anyone can fit into their schedule. Most people end up eating their large meal at either lunch or dinner, but you can eat whenever you want to.

### Don't worry about your metabolism slowing down.

I think many people tend to get caught up in the idea of eating multiple meals per day as "healthy". This is a mainstream media and bodybuilding myth perpetuated by supplement companies who want nothing more than you eating protein shakes and popping pills six times a day. Now I'm not saying that eating 6 meals per day is not effective, I just think most people tend to eat too much at these smaller meals, and it requires a lot of discipline and planning to be effective.

### Elite military units do it: You can too

A good example is the US Army Ranger School. These guys are forced to go days at a time eating little to nothing, then come back and essentially "make up" their calorie deficit. Now I admit this isn't the greatest example since they actually lose muscle mass during their training, but that is because they aren't doing any heavy resistance training (i.e. weights), and they are in an extreme survival scenario eating foods with low protein and vitamin content. You and I don't have that problem, so don't worry about it.

## Sokol HEALTH & FITNESS CORNER

By Charles Malina  
Sokol Tabor  
University of Illinois at Urbana-Champaign

### Why eating all your calories in one meal is actually healthy

Think about it. Our caveman ancestors almost certainly didn't have access to food 24/7, eating snacks every couple of hours "To keep their metabolism up". I really don't think it's healthy to have food constantly in your stomach. If your gut, liver and stomach are constantly working to process food, when are they going to rest? It seems very natural to have one big meal after a period of fasting. Now I wouldn't recommend eating like this every single day, but maybe 3-5 times a week is definitely doable.

### A caveat before you try this

Be careful not to overeat on this diet. Eating all your calories in one meal can be a lot of fun and you can be a little less strict on the types of foods you eat. However, I would definitely try to fill up on veggies and lean meats as the base of the meal first, and then move on to starches or high carb foods like bread or potatoes. This will help you keep calories in check and insure you get an adequate amount of protein. (S)

*Note: Please check with your physician before starting any diet or exercise plan*



## CZECH IT OUT!

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## 2009 Houby Queen: Kaitlan Short

*Submitted by Christina Curran-Wurst*

The 41st annual Houby Day Festival brought an outstanding crowd from Berwyn, Cicero and the surrounding communities to take part and show support for the yearly cultural event.

On Friday night, October 2, 2009 at Skylite West Banquets, our very own Sis. Kaitlan Joan Short was crowned 2009's International Houby Day Festival Queen. Kaitlan is a senior at Columbia College majoring in dance, and is co-instructor for Sokol Tabor's 1st and 2nd class girls. Both Sokol Tabor units sponsored her for the event.

"I would like to thank Sokol Tabor Men's and Women's units for sponsoring me in the 2009 Houby Day Pageant," words of gratitude from Kaitlan after being crowned. She was featured in the Houby Day Parade two days later, which included dozens of festive floats from local businesses, government entities, community groups, and a number of members from Central District Sokols who tumbled, carried banners, flags, and posters, waived to parade-goers and marched in festive support.

Houby Festival serves to highlight and celebrate the contributions of the Czech community, it also provides a gathering together of the diversity of local residents and businesses for a weekend of fun and entertainment.

The Houby festivities began in 1968 with local residents of Czech decent. Called "Houby" after the Czechoslovakian word for "mushroom", the festival now has evolved to encompass numerous ethnicities in a stunning display of pride, culture and unity. Nazdar! ©



Kaitlan is a senior at Columbia College majoring in Dance. She is extremely dedicated to dance, gymnastics, and fitness teaching. Her dream is to open up her own Sokol one day; until then Kaitlan will continue to volunteer at Sokol Tabor, which is a top priority.

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and

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## The Southern Branch of the Northeastern District Classes Come to an End *(for the season)*

*Submitted by Maryann Fiordelis*

Once again members from Sokol Detroit and Sokol Greater Cleveland come together down in Ft. Myers during the winter months for gym classes.

We often hear about units who don't have halls can still have classes. Well, we are a perfect example. Jim (Vaclav) and Jerry (Jarmila) Kalivoda, George and Jackie Eisenstein and Maryann Fiordelis from Sokol Detroit as well as Elsie Kralik, MaryJane Kotlin, Mary Hrcncir from Greater Cleveland have been getting together for years. This year we were joined by Rich and Noreen Rejna also from Sokol Greater Cleveland who were down in Ft. Myers for three month. We take turns hosting the gym class so we practice in a screened in rec room, a tennis court, a garage and even a driveway. Besides calisthenics we march, exercise, line dance, sing and we even all participated in the Sr. II skills. We had to be pretty innovative to get the skills on the bars. We went to a park with a playground and used their equipment. Of course we had to ignore the sign that said playground equipment was for up to age 11 and had to practice our courtesy skills as we waited our turn (there were two little girls who wanted to show us what they could do).

We made sure we touched on all of our four core areas so besides keeping fit, we brought in the cultural when we ate Jackie's bublinina or Mary's houska, I learned some new Czech words when we were trying to get ourselves up on the bars and we tried to keep the social aspect until after class. We celebrated George's 90th and Jackie's 87th but more importantly we kept active! We might be done for this year but we'll be back at it next winter. Nazdar. 🇸



Back Row: Rich and Noreen Rejna, Elsie Kralik, Mary Jane Kotlin, Jackie Eisenstein, Mary Hrcncir, Maryann and Carl Fiordelis, Jerry Kalivoda; Sitting: George Eisenstein, Jim Kalivoda, Ed Hrcncir



## Central District's First Balance Beam

*Submitted by Lucile Lancas, former member of Sokol Chicago and Julie Barcal*

Sokol Chicago was the first unit in the Central District to have a balance beam. The beam was roughly six feet in height. Pictured is Lucile "Blondie" Lancas performing and the Hlinka brothers spotting, about 1947. 🇸



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