

First Lady Michelle Obama, Agriculture Secretary Tom Vilsack and Surgeon General Regina Benjamin unveiled the federal government's new food icon, MyPlate, on June 2nd as a new reminder to help consumers make healthier food choices.

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.

As Americans are experiencing epidemic rates of overweight and obesity, the online resources and tools can empower people to make healthier food choices for themselves, their families, and their children. Later this year, USDA will unveil an exciting "go-to" online tool that consumers can use to personalize and manage their dietary and physical activity choices.

AMERICAN SOKOL

9126 Ogden Avenue
Brookfield, Illinois 60513 USA

Phone: 708-255-5397
Fax: 708-255-5398 (call first)

www.american-sokol.org
aso@american-sokol.org

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Meets every 2nd Wednesday* at 7:30 pm

*except in July and August

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From the Editor...

Summer has arrived! Share your end-of-year Sokol stories with other members. We want to hear from you — submit relevant, interesting articles, newsletters and more to be featured in *American Sokol*. Send material by mail or email (editor@american-sokol.org). I look forward to hearing from you!

NAZDAR!



To Submit Items for Publication:

Email: editor@american-sokol.org
Postal Mail: American Sokol Editor, Angela Hartford,
1652 West Grace #3, Chicago, IL 60613

Postmaster:

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Meet the American Sokol Executive Board

Jerry B. Milan Foundation Director



Some of the reasons I ran for the position of American Sokol Foundation director was that I felt we had not been successful in soliciting donations from the correct sources. I felt we needed to expand our knowledge of grant writing and fundraising. I felt we were limited in our programs and projects because of the lack of funds. Many hours have been spent researching charitable giving, grants, fundraising, etc.

I have made contact with several consultants in the profession in order to fine tune knowledge and plan for a successful foundation program.

Some of my goals are:

1. Continue to research and redefine the structure of the American Sokol Foundation.
2. Establish a committee, according to the by-laws, and also include consulting and honorary members, which consist of grant writers, civic leaders, celebrities and notable persons in the fields of our core programs.
3. Produce foundation brochures, forms and a DVD.
4. Establish our foundation website which defines types of donating, funds and benefits, purposes and uses of funds, show results of projects and programs.
5. Establish a Potential Donors list and make contacts.
6. Secure a major grant or donation, several mid-range and many lesser donations. Ⓢ

Sokol Fort Worth:

- President, Vice President
- Mens Physical Director
- Educational Director
- Public Relations Director
- Museum Curator
- Unit Delegate to many ASO Conventions.

Southern District:

- Mens Physical Director,
- Public Relations Director
- Educational Director
- Chair Dist. By Laws Committee

American Sokol:

- Public Relations Director
- Educational Director
- Executive Board Member
- National BOI Member.
- National School Board
- National By Laws Committee, chair
- Strategic Task Force Committee, member.
- Foundation Director
- Sokol Representative USGF-USAG

~~~~~

Jerry B. Milan has devoted his life to Sokol and the sport of gymnastics. For 30 years, Jerry was a teacher, coach, sponsor, chaperon, fundraiser and many other things in the Ft. Worth, Texas school district. After retirement in 1988 he became owner of Paramount Sales Co. (Nut Vending) and in 1994 became owner of Milan Fine Art Gallery in downtown Ft. Worth Sundance Square.

He first enrolled in classes at Sokol Fort Worth in 1936. He has attended many National Instructor Courses including Chicago Havlicek-Tyrs (1951), Chicago Willow Springs Camp (1953), St. Louis Sokol Camp (1955) and Potters Lake, Wisconsin Sokol Camp (1957). Later, he became an instructor at many Unit, District, and National Instructor Courses, Clinics and Workshops. Jerry has been highly involved in the Unit, District and National level. See the listing to the left for details.

Bro. Jerry has taught and participated at gymnastics clinics, workshops, camps and instructor schools throughout the world including about 20 USGF and USAG National Congresses.



# The Sokol Educator

*Sis. EllenJeanne Schnabl, Educational Director*

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## JUNE

The birthstone for June is primarily the pearl and sometimes the moonstone or alexandrite. Pearls are formed inside the shell of a mollusk when irritated. Moonstones can be opaque while alexandrites are rare and known for chameleon-like color changes.

June 1935: Alcoholics Anonymous was formed in Akron, Ohio, by Bill Wilson & Dr. Bob Smith.

June 23rd: Celebrate Olympic Day - an international effort to promote fitness and well-being.

June 24th: "Take your Dog to Work" Day.

June 25, 1950: Korea was divided resulting in a 3-year war which left 2.5 million dead heroes.

Monarch butterflies start their trips north and average 50 miles per day.

June 1, 1862: Unfurling of the banner of Sokol Prague designed by Josef Manes. First public exhibition of gymnastic exercises.

June 8, 1867: Frank (Lincoln) Lloyd Wright was born.

June 9, 1369: Jan Hus was born in Husinec.

June 12, 1887: Polish Falcons organized in America.

June 13, 1882: Sokol St. Paul, MN, was organized.

June 15, 1862: The salute "NAZDAR!" was adopted on a motion by Josef Barak.

June 20, 1782: The Continental Congress chose the bald eagle as the symbol to represent our Country's fledgling spirit.

### 14 — FLAG DAY

In 1885, teacher B.J.Cigrand honored the flag in the Stony Hill Schoolhouse in Fredonia, Wisconsin. This flag was 10 inches wide and carried only 38 stars. In 1917, President Woodrow Wilson proclaimed June 14th to be a National observance. The Stars and Stripes are a symbol of hope and freedom in this diverse yet cohesive nation.

We are all getting ready for various Unit exhibitions, District and National Slets – making sure our apparatus and calisthenics routines are perfect -- making sure our uniforms are spotless and pressed.

But for all of these exciting events, students are busy cramming for finals – here is a "test prayer" from one such scholar (courtesy of the late Ann Landers):

Now I lay me down to study, I pray the Lord I won't go nutty.

If I should fail to learn this junk, I pray the Lord I will not flunk.

But if I do, don't shed a tear, Just put a rose behind my ear.

Tell my teacher I did my best, Then pile my books upon my chest.

If I should die before I wake, That's one less test I'll have to take.

BY THE WAY: On a more serious note, have you, your Units, your Districts kept up to date turning rosters of officers' names, addresses, phone numbers and email addresses in to the National Office? It is our obligation to keep them and ourselves abreast of current changes. Please double check to make sure this has been done when you attend your meetings. Find out when it was done and by whom. If you don't tell us, we don't know! ☺

NAZDAR! Sis. EllenJeanne Schnabl, American Sokol Educational Director

# SAVE THE DATE

## *Administrative Conference*

*Hosted by the American Sokol*

*January 14-15, 2012*

*Chicago Area*

*Training and assistance for Unit & District Officers & Administrators*

*Topics include: Leadership development, Marketing your unit, Legal liability, Membership benefits, Volunteer recruitment, and a whole lot more!*

**STAY TUNED FOR MORE DETAILS!**



*Come Czech  
Out What's  
Brewing!*



**2013 SLET**  **MILWAUKEE, WI**

**Mark Your Calendars**  
**Tues. June 25 – Sun. June 30, 2013**

Visit [www.american-sokol.org](http://www.american-sokol.org) and click  
the Wisconsin 2013 Slet icon for information.

This page will be updated as plans develop.



*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**

## Summer Family Fitness Tips

*From: Livestrong.com*

Summer provides many great opportunities to be active and enjoy time together as a family. Making fitness a family priority paves the way for a lifetime of healthy, active living and makes it easier for all family members to incorporate exercise into their often busy schedules. Here are a few tips to help make the most of summer fitness in your family.

**Find Fun for All Ages** – One of the biggest challenges in getting the whole family together for fitness is finding activities that involve family members of all ages. Swimming and bike riding are often good ideas because they can be modified in a number of ways to include everyone. Find a local event, such as a 5K fun run. Many such events include smaller races or other activities for younger kids, and some even allow strollers and dogs. Letting kids and teens invite friends their own age to join in family activities is also a good idea.

**Get Outside** – In many places, summer is a great time to be outside. Fresh, warm air and sunshine are excellent motivators for physical activity. Many outdoor activities also provide lots of flexibility and are therefore great opportunities for family fun and fitness. A simple day at the park, complete with a kickball game, a hike and some playground time can keep adults, teens and children active all day long.

**Add Variety** – Keeping things interesting by doing a variety of different activities will keep every member of the family motivated to stay active. Trying new activities as a family is a good way to strengthen relationships and learn from each other.

**Dedicate Time** – Summers tend get busy very easily, so scheduling time for fitness activities as a family is important. Making it a recurring event on certain days of the week or writing it down in the family calendar are good ways of keeping all family members accountable. Scheduling exercise as a family is also a good reminder to individual family members of the importance of prioritizing physical activity.

**Take Turns Choosing Activities** – Give every family member a role in family fitness time by taking turns selecting activities. This enhances accountability, assures that everyone is included and encourages variety and creativity.

**Respect Hot Weather** – Summer in many locations means hot weather. Physical activity in the heat requires plenty of hydration and vigilant observation for signs of heat exhaustion or heatstroke. Both of these conditions are extremely dangerous. Make sure you always have water with you during outdoor exercise, and stop to rest when needed. Wear breathable clothing, and remember to use sunscreen. ☺

## Heal Better: Smart Workout Pain Solutions

*By Richard Laliberte From: Fitness Magazine*

**A real pain in the butt (hamstring, ankle, or shoulder) doesn't have to put your active routine on ice. Here are smarter ways to ease the aches.**

**How to Overcome Workout Pains and Injuries** – Early last year Megan Brady, 36, signed up for a half-marathon near her town of Waterloo, Iowa, and launched herself into a training program. But during a six-mile run five weeks before the big race, she had an uh-oh moment. “My right hamstring suddenly felt tight and started cramping,” says Megan, who put on her game face and kept running. She hoped the pain would go away once she got home, but no such luck. Her leg ached for weeks. “Whenever I stood up, I'd have to limp because I was so sore,” she says. “When I'd start running, the pain would get really intense.”

Megan, an athletic trainer at a local university, knew what the problem was: tendinitis, an overuse injury that would heal only if she rested her muscles for at least a month. “I didn't have time for that,” she says. “I was determined to do the half-marathon.” On race day she achieved her goal pace of 10-minute miles, “but I was really sore for four days,” she says. “It was three months before my hamstring finally felt normal again.”

**Mental Coping Strategies** – We've all sucked it up and pushed ourselves through pain to finish a workout. Every year 42 percent of exercisers hurt themselves, a recent study by the American College of Sports Medicine (ACSM) found. Knee pain and sprains as well as strains of the shoulders and upper arms are especially common; they help fuel more than \$2 billion in annual sales of over-the-counter pain relievers. “When people begin exercising or try something new, they tend to overdo it, leading to poor technique,” says Windee Weiss, PhD, associate professor in the school of health, physical education, and leisure services at the University of Northern Iowa in Cedar Falls. “As a result, they get muscle strains or soreness so severe that it hurts to move.”

How you react to that pain can affect how intensely you feel it, how long it lasts, and even how well you recover from the injury, new research shows. Typically, whenever you sprain a muscle, fracture a bone, or tear a ligament, pain impulses travel through a network of nerves to the spinal cord, which funnels them to the brain. But because pain signals share some pathways with thinking and emotions, those wires can become crossed, experts say. “Stress and anxiety in particular lower your threshold, so minor pain feels more intense than it normally would,” says Robert Gatchel, PhD, distinguished professor of psychology at the University of Texas at Arlington. People who are overwhelmed are also more likely to put a worst-case spin on pain, playing a mental loop of negative thoughts like “I'll never overcome this” or “I can't stand having to deal with it.”

Such thinking can trigger a nasty downward spiral. Studies find that “catastrophizing” pain — imagining the worst and dwelling on it — boosts activity in areas of the brain that relate to pain, creating more distress and worse hurt. In fact, some doctors believe that dreading pain can be more disabling than pain itself. “There's a self-fulfilling prophesy with pain,” Weiss says, and that's especially true for exercisers. “You tend to focus on how pain will hinder your workout,” explains Maria Urso, PhD, a research physiologist at the U.S. Army Research Institute of Environmental Medicine in Natick, Massachusetts. “You'll make a bigger deal out of pain than someone who doesn't work out regularly, because you've got more to lose.”

That's what happened to Dawn Nida, a 36-year-old bioengineer and lifelong runner in Natick. When Achilles tendinitis recently kept her off roads and trails for a month, Dawn says, it was “the worst four weeks of my life. I'm known as a runner, and if I can't do that, who am I?”

**Mind Over Muscle** – The good news is that you can learn to quash gloomy thoughts about pain and use your brainpower to feel better. To start, adopt the attitude that most physical aches are nonthreatening. You hurt less when you perceive pain as the body healing itself and getting stronger, research finds. When volunteers in a study at Stanford University thought about pain in a way that made it seem more benign, they were able to reduce it by up to 64 percent. “They came up with unique strategies to change the meaning of pain,” says study leader Sean Mackey, MD, PhD, chief of the pain management division at Stanford. “For example, to produce a cooling effect, one woman imagined little snowflakes landing on her aching shoulder.” Get the same result by picturing your cells making repairs, swelling going down, tissues building up, and pain going away. “For five minutes twice a day, close your eyes and visualize that process occurring,” Weiss says. “Along with rest and physical therapy, this can help increase the rate of healing.”

When pain strikes, think about your fitness regimen for the past week: Did you increase reps? Up your speed? Start a new workout? “If your activity changed, some pain or soreness will be normal,” Weiss says. Apply ice to the area and take ibuprofen: Over four to five days it produces an anti-inflammatory effect that can reduce swelling and allow tendons to move more freely. Have you been skimping on shut-eye? “When you’re tired, there’s a good chance you’re changing your gait or technique during exercise,” Weiss says. “Get more sleep and you should feel better in two to five days.”

If pain wakes you up at night, feels worse in the morning, prevents you from moving a joint through its full range of motion, or is present when you’re standing still, see your doctor. You may have tendinitis or a stress fracture. “Rest is the only thing that will cure overuse,” Weiss says. Go to the doc right away if you experience any sharp, piercing, shooting, radiating, burning, or searing pain, which may be a sign of nerve damage.

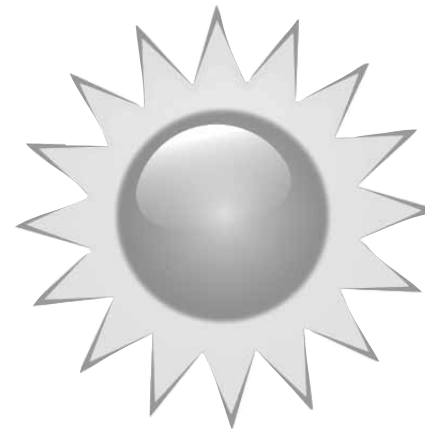


As you’re healing from an injury, don’t stop exercising (as long as your physician gives you the okay), but do rethink your workout. “If running hurts, you can get the same cardio benefits without all the pounding by swimming or doing the stairclimber instead,” Weiss says. Activity delivers oxygen and nutrients that aid your body in repairing itself. Plus, it improves your mood and helps you stay upbeat. And who knows? You just may discover a new exercise to add to your repertoire.

After being sidelined by a second foot injury, Dawn Nida finally began to focus on what she could do rather than on what she couldn’t. “I kept telling myself that not running for a month or two is worth it if it means I can keep running for the rest of my life,” she says. Dawn took up Spinning, yoga, swimming, and elliptical workouts instead. “I realized that these other activities made me more well-rounded,” she says. “Now that I’m healed, I still do them all, and it’s made me a much better runner. The injury really changed my way of thinking. I listen to my body more, and I’m stronger than ever.” 📌

## For Safety Sake- How to Prevent Heat Illness This Summer!

From: *Safety.BLR.com*



The Centers for Disease Control and Prevention (CDC) provides helpful tips as to how individuals can avoid heat-related illness. That advice includes:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him or her how much you should drink while the weather is hot.
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors, and if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
  - Infants and young children
  - People aged 65 or older
  - People who have a mental illness
  - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heatstroke. Infants and young children, of course, need much more frequent watching. Ⓢ

### SOME MORE FUN ACTIVITIES!

1. Play in the sprinkler or with water guns or water balloons.
2. When working out-do so in the morning, or evening when the sun isn't high-at dawn or dusk and at the playground!
3. Have popsicles on hand-freeze orange juice in ice cube trays with cellophane wrapped over the top and toothpicks held in place.
4. Take frequent breaks-play water games, or eat fresh fruit with H<sub>2</sub>O (such as watermelon) to decrease risk of overheating.

Make it fun and be creative! KP ;)

## MEMORIES by: Br. Pavel Paces

*Excerpt from Sokol New York Newsletter, March 2011 – Submitted by Paul Lebloch*

On January 30th of this year, I once again became a full member of our Sokol organization. Fifty-six years after I had entered this hall as a six year old and over thirty years of absence I am once again surrounded by memories from a time that I hold dear in my heart. I remember Sokol Hall as a bustling, vibrant community, home to both immigrants and locals alike. I remember gymnastic classes during the week, volleyball on Friday nights, track meets, weddings and affairs on weekends. Sokol was like a home away from home for many families and mine was no exception. My mother worked in the kitchen, my father and brothers waited on tables during weddings and I remember my father and cousin, Jan Paces painting the walls of the gymnasium, the colors of which unfortunately are now hidden by paneling.

I have many fond memories of my gymnastic years, from midget to Director of Men. I remember Br. Walter Slavik contesting a judge's scoring, implying favoritism towards the home team during a competition in Little Ferry. After a heated exchange, the judge changed his score and I was awarded a medal. I remember on one occasion as a midget, I wasn't paying attention and Br. Stanley Mergl gently grabbed me by my sideburns and said "Já tě zatáhnu zá ty pačesy". When I got home and asked my father why he used a derivative of our name in that remark, my father laughed and for the first time I found out that slang for hair in Czech is pačesy.

I remember my fellow gymnasts Bros. Joe Kubat, Al Ondira, Charlie Vyterna and myself vaulting over the table during exhibitions and wondering how we didn't break our necks on those 2" thick mats. I remember the strength of Br. Ondira performing the Iron Cross on the rings and the graceful performance of Sis. Karla Drgon on the balance beam, all to the delight of the audience. I remember as a youth, my summers at Camp Sokol, a week or two reprieve from the city heat and later as an adult, my Memorial and Labor Day weekends there. The walks through Kalabza's Woods, the swims at the dam, the campfire and naturally, the annual softball game, are all etched in my mind.

I remember Joe, Al and Charlie going to Vietnam and thank God returning home safely. I remember our friend Billy Hannigan, not as fortunate and although not a Sokol, our members grieved as if he was one of us. I remember the fire, the back taxes, the sale of the camp, the closing of the bar – the Sokol I had known had become but a fading memory. I started my teaching career, moved out of the city and at that point Sokol became just a footnote in my life.

Some years ago while at the Czech Festival I spotted the Sokol booth and once again became reunited with my Sokol past. As I look around Hall today, I realize that just as I have aged, so has the Hall, but I also see younger and older energetic people working together to make sure this organization as vibrant and filled with life as it once was. They deserve our appreciation and gratitude, for without them this organization would become just a footnote in all of our lives.

We all have our Sokol memories, and I've shared but a few of mine with you and, I now look forward to making new friends, revisiting the old ones and remembering those that are no longer with us, but will always be part of us, The words "Rovnost, Bratrstvi, Volnost" (Equality, Fraternity, Liberty) are etched in stone at Sokol Tabor in the Czech Republic and as I read them I realize that I never left Sokol, it was always a part of me. Na Zdar! And thank you for welcoming me back.®

**Do you have Sokol memories? Email your stories to [editor@american-sokol.org](mailto:editor@american-sokol.org)**



### **Czech & Slovak Festival: Dearborn Heights, MI.**

Czech us out **July 16-17, 2011** the largest Czech & Slovak festival in Michigan! Ethnic dancers, authentic cuisine, crystal and crafts continuous live bands featuring: Millie Okapal, Joe Tomes and Hank Haller. Our Theme is *Marketplaces in the Czech & Slovak Republic*. Doors open: Saturday from 1-10 pm and Sunday from 1-7 pm. We also have Karaoke in the Beer tent. Admission is just \$5 a day for adults and children under 14 free. Located at the Sokol Czech & Slovak Cultural Center 23600 W. Warren Ave Dearborn Heights, MI. just ¼ mile E. of Telegraph For information about the festival contact James Mack 734-542-4820 or 586-924-9233[cell] visit [www.sokoldetroit.com](http://www.sokoldetroit.com) ®

## March 12th, 2011 USA Wheel Gymnastics National Open Championship, Single Wheel Competition & Level Testing in Chicago

*By Evan S. Brown • 309.530.3358 • [wheelgymanst@hotmail.com](mailto:wheelgymanst@hotmail.com)*

The Fifth Annual USA Wheel Gymnastics National Open Championship occurred on March 12th, 2011, during the Bi-Annual Chicago Big Wheel Weekend. The event was very successful and strong abilities were exercised by all competitors. Nations represented were USA, Japan, Canada, and Argentina.

Being held as a US Open Championship, it also served as the trials for the upcoming Wheel Gymnastic World Championship in Arnsberg. The weekend included coaching and judging clinics, the US Open Championship in gym wheel and single wheel as well as a testing skill level from the US gymnastic federation and the US wheel gymnastic federation.

Saturday morning started with a crowded Willy White facility in Chicago North. All courses, clinics and testing started at 9am. A total of 70 wheel gymnast participants were at the same time rolling around. Level testing was accomplished for Introduction, Bronze, Silver, and Gold levels. This is only the second time level testing in wheel gymnastics has occurred in the USA, the first time being in Indianapolis earlier this year under the guidance of Paula Lord. For the first time, athletes from American Sokol and Sokol USA participated in this event. A total of 11 athletes from Sokol passed the testing. Two gymnasts passed the Introduction level, seven passed the Bronze level, three passed the Silver level, and seven passed the Gold level in wheel gymnastics.

Taking first place all-around in the Senior Men's competition was Cornell Freeney, competing for American Sokol, with a score of 26.60. Sam Sake came in second with 17.20 and Yasuaki Yoshikawa from Japan came in at third with 16.55.

For the Senior Women's all-around competition, first place went to Nozomi Yoshida from Japan with a score of 22.55. Second place went to Luisina Rosas, competing for American Sokol, with a score of 17.75. Chloe St. Jean (Canada) received third place with a score of 11.10.

Junior Men's competition had gymnasts all from the USA. This event resulted in Dave Ettelson receiving first place with a score of 20.90. Second place went to Jack Gomberg with a score of 20.30. Third place went to Cortez Young with a score of 9.00 and fourth place went to Prado Keme with a score of 8.45. Rounding out the Junior Men's competition, Jackson Masada received fifth place with a score of 6.50.

Receiving first place in Junior Women's all-around competition, representing the USA, was Edith Keme with a score of 13.40. Narumi Taguchi from Japan received second place with a score of 11.15 while Elsa Thompson from the USA received third place with a score of 8.60.

The performances of Cornell Freeney in vault in the men division and the two top juniors, Dave Ettelson and Jack Gomberg showed a good perspective on their goals to have a chance to be able to reach the finals at the 9th World Championship.

The first ever single wheel (also known as cyr) competition was held. Competitors battled in four rounds, each round consisting of two 30 second displays per gymnast of their abilities on the single wheel. The audience voted via applause for the best display. Yasuaki Yoshikawa received first place, Paul Perreault from Canada received second, and Eli Cherweznik from the USA won third place.

Besides the US Open, a workshop for coaches and athletes took place. In the end the USA Wheel Gymnastic federation was able to hand out certificates to 10 attendees at the clinics.

Several of the competitors in the USA National Open Championships will be representing their respective countries during the upcoming 2011 World Championships in Wheel Gymnastics to be held in Arnsberg, Germany, May 31st – June 5th. For more information on that competition, please visit [www.rr-wm2011.de](http://www.rr-wm2011.de). For specific scores from the USAWGF National Open Championship, please visit [www.usawheelgymnastics.org](http://www.usawheelgymnastics.org). ©

## USA Wheel Gymnastics Federation & USA Gymnastics Wheel Gymnastics Testing March 12, 2011 – Chicago, IL

| Name               | Sokol        | Score /100 | Passed       |
|--------------------|--------------|------------|--------------|
| Pajer, Scarlet     | Spirit       | 43.5       | Introduction |
| Pajer, Max         | Spirit       | 62         | Introduction |
| Baize, Lukas       | USA Sokol    | 60         | Bronze       |
| Pracko, Samantha   | USA Sokol    | 70         | Bronze       |
| Choi, Elizabeth    | Sokol, Elite | 78         | Bronze       |
| Zeglin, Marina     | Sokol, Elite | 83         | Bronze       |
| Pracko, Matthew    | USA Sokol    | 84         | Bronze       |
| Larson, Kaleigh    | USA Sokol    | 86         | Bronze       |
| Gatsos, Christian  | Spirit       | 88.5       | Bronze       |
| Millwood, Thalassa | USA Sokol    | 75         | Silver       |
| Piatkowski, Jordan | USA Sokol    | 76         | Silver       |



## WALKING FOR OUR HEALTH AROUND SAN FRANCISCO BAY

*Submitted by Zelmira Zivny, Sokol San Francisco*

The first half of the year 2011 is almost over and as always, one just cannot believe how fast it went. So, let's check what we did for our health, how many of the popular WALK FOR YOUR HEALTH were organized around the San Francisco Bay.

We skipped the first month of the year. Our Unit is always very busy in December, organizing the Czech Saint Nicholas Party, our Annual Meeting and the End of the Year Dinner and Dance. Also, Milos Zivny, our Men's Director was under the impression that with the rainy Northern California sky nobody was feeling like walking or hiking. Well, maybe it was a mistake. The rain was not all that bad in January, waiting apparently for our February walk. The plan was to walk through the historic part of the island town of Alameda, a 3 miles loop among the beautiful Victorian residences facing San Francisco across the water of the Bay. We met on February 19 and yes, we saw the houses, enjoyed the park and look at it all through a not very romantic veil of dense rain. At the end, we cut the route a little and let ourselves dry at a cozy coffee place full of people as wet as we were.

Against all expectations, it was raining again in March and under the circumstances we decided not to challenge Mount Diablo, one of the highest peak in the area.

Then April came and with the help and guidance of Jana and Daniel Botcha, our Men's Director organized a walk at the Indian Valley Open Space Preserve in Novato. The weather could hardly be better and it was a wonderful day for all of us. One car after another came from all around the San Francisco Bay and a large group of Sokol hikers gathered at the Pacheco Plaza in Novato. From there, we took a short drive around the Indian Valley College to the trailhead. Our guides, Daniel and Jana took us up a steep hill, then down and then up again. It was a good hike and a great view from the top of both hills. Toward the end there was a possibility of yet another hike or a choice of a comfortable fire road back to the parking. After two hours of hiking I was happy for the road. Back at the Pacheco Plaza, nobody was ready to go home. We got refreshments at the Plaza Market and enjoyed the early afternoon chatting and meeting new friends from Novato who joined us for the walk.

In May, the Sokol members joined the C.S.A. Fraternal Life and as it was last year, we went to the San Francisco Golden Gate Park, to the bust of Tomas Garrigue Masaryk and paid our respect to the first President of Czechoslovakia. Some of our Unit's oldest members were present in their beautiful National costumes. After placing the bouquet of flowers to the Masaryk's statue, the whole group enjoyed singing of Czech and Slovak national songs.

Our Unit's June outside event is a Sokol picnic on June 18. at Lake Chabot so there will be no walk this month. We would like to organize a walk during our summer break, possibly in August, when most of the Sokol members will be back from their vacations. We plan to take a ferry to the Angel Island, a beautiful and historical place in the San Francisco Bay, and enjoy our walking there. After some summer break, we will be ready for another good walk. Most of our members are well over the age of gymnastics but we really like to walk, for our pleasure and for our health. ☺

### *Save the Date! National Camp Reunion*

**August 19-21, 2011 – St. Louis, Missouri**

By popular request, we're finally hosting a National Camp Reunion! All adult members, 18 and over, past campers or not, are invited to join us in this inaugural event. This is a great opportunity to get together with old friends, make new ones, and participate in the best activities in National Camp history! With 10 years of fun in the books, arrive in St. Louis assured that your dedicated staff has lined up a weekend of relentless excitement!

So, before you head off to college or start packing up your summer clothes, come join us for a weekend in St. Louis guaranteed to live up to the high expectations the National Camp has rightfully earned. All are welcome; past and new campers of all ages, as well as their friends. Come celebrate a great tradition and start building a new one!

With a combined 51 years of Sokol National Camp Staff expertise under our belts, you'll be amazed at what we fit into one amazing weekend! At a cost of \$100 for food, lodging and fun, what more could you ask for?

Registration forms and additional information will be available soon. Send an email to [reunion@sokolnationalcamp.org](mailto:reunion@sokolnationalcamp.org) to receive information as it is released and reserve your spot at camp! ☺



## Mark your Calendar

### Events around the American Sokol

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

## June

- June 17** **Sokol Chicagoland & Elite Sports Complex Fitness Fun Fair** – Elite Sports Complex, Sokol Chicagoland, 6360 S. Belmont Rd, Downers Grove, IL; 9:00 to 11:00am. Fun stations include: trampoline, basketball, tunnels, scooters and more! \$10 per team of 2, Ages 4-99! No pre-registration required
- June 17** **Sokol Greater Cleveland Monthly Fish Fry** – 5pm to 7:30pm
- June 17-19** **Southern District Slet at Sokol Fort Worth** – Volleyball, Gymnastics competition, Tots Skills Evaluation, Calisthenics Performance, Awards, Field Events.
- June 18** **Sokol Detroit Summer Gymnastical** – Sokol Camp 3pm
- June 18** **Sokol San Francisco Picnic** – Lake Chabot Park, San Leandro
- June 26** **Sokol Greater Cleveland Duck Dinner**
- June 29-July 2** **Sokol USA Slet** – Independence, OH
- Wednesday, June 29:** Basketball Tournament - Indy Fieldhouse - afternoon  
Opening Ceremonies - Independence H. S. Gymnasium - evening
- Thursday, June 30:** Gymnastics Competitions - Independence H. S. Gymnasium - all day  
Fitness Challenge - Indy Fieldhouse - all day  
Golf Tournament - Sleepy Hollow Golf Course - afternoon  
Dinner, Youth Social, Dancing - Sokol Greater Cleveland - evening
- Friday, July 1:** Men's & Women's Volleyball Tournament - Indy Fieldhouse - all day  
Fitness Challenge - Indy Fieldhouse - all day  
Bowling Tournament - Cloverleaf Bowling Center - morning  
Banquet - Holiday Inn - evening  
Bowling & Billiards Social - Cloverleaf Bowling Center - evening  
Fireworks - Independence Civic Center Complex - evening
- Saturday, July 2:** Slet Rehearsals - Independence High School Field - morning  
Slet Performance - Independence High School Field - 4:00 PM  
Celebration Dance & Finale Cocktail Party - Holiday Inn - evening

## July

- July 4** **Sokol Detroit Camp - Picnic**
- July 10-24** **American Sokol National Instructor School** – Sokol Spirit, Brookfield, IL. For more information visit [www.american-sokol.org](http://www.american-sokol.org)
- July 14-24** **Sokol Los Angeles Dinky Creek Camp** – Contact: Otto Notzl
- July 16-17** **Sokol Detroit Czech & Slovak Festival: Sokol Hall Dearborn Heights, Michigan** – Doors open: Saturday from 1-10 pm and Sunday from 1-7 pm. Admission is just \$5 a day for adults and children under 14 free. Located at the Sokol Czech & Slovak Cultural Center 23600 W. Warren Ave Dearborn Heights, MI. For information about the festival contact James Mack 734-542-4820 or 586-924-9233[cell] or visit [www.sokoldetroit.com](http://www.sokoldetroit.com)



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