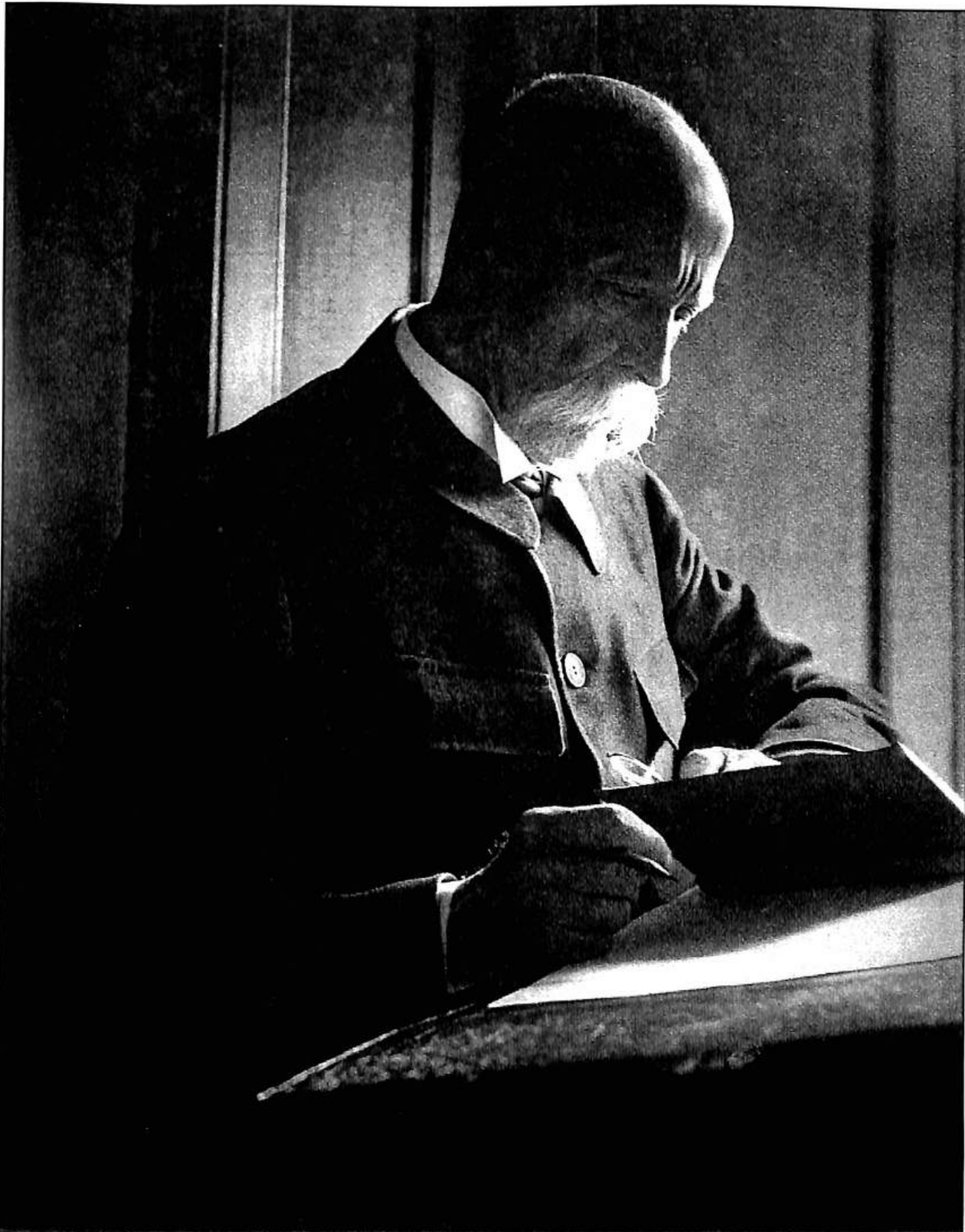


american **SOKOL**

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*Celebrating the 150th Anniversary
of the Birth of Tomas G. Masaryk*

American Sokol

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| John Satek | Mildred C. Pinc |
| Mickey Dalton | Mildred Mentzer |
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| | |
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A.S.O. Executive Board meets every 4th
Tuesday (except July/August), 7:30 P.M.

A.S.O. Board of Instructors meets every 2nd
Wednesday (except July/August), 7:30 P.M.

From Your Editor...

Well, the ASO Convention is almost upon us. Take a final look at the Executive Board officer list on the left side of this page, for there will be significant changes in the next issue. Let me take this opportunity to offer up a hearty Sokol NA ZDAR! to the officers who have served faithfully for the past five years. We applaud your efforts. To the new officers, who face ever changing challenges and opportunities, may the journey be rewarding and fulfilling.

NA ZDAR!

Sis. Patricia Satek
46 Northgate Road
Riverside, IL 60546-1639

CALENDAR of EVENTS

APRIL

- 1 Wester District Children's Competition at Sokol Omaha
- 2 Sokol New York Spaghetti Dinner
- 9 Sokol Minnesota Pancake Breakfast & Sing-A-Long
- 14 Sokol Greater Cleveland North Coast Luncheon
- 15 Central District Special Number Competition
- 15 United Sokols of the East Boys & Girls Competition
- 17 Junior Girls' Tri-Meet - Omaha, South Omaha, Crete
- 21 Sokol Grtr. Cleveland Fish Fry
- 25-30 ASO Convention

MAY

- 3 Sokol Greater Cleveland Spring Card Party
- 6 United Sokols of the East Jr./Sr. Competition
- 7 Sokol Greater Cleveland Concert & Reception
- 7 Sokol South Omaha Mini Slet
- 19 Sokol Minnesota Volunteer Appreciation Dinner
- 19 Sokol Grtr. Cleveland Fish Fry
- 20 Sokol Detroit Competition
- 20 Sokol New York Roller Night
- 20-21 Central District Slet
- 26 Sokol N.Y. Recognition Day

**XIII ALL-SOKOL SLET
JUNE 26-JULY 2, 2000
PRAGUE, CZECH REPUBLIC**

THOUGHT STARTERS

from Bro. Jerry Milan, A.S.O. Educational Director

*"To serve is beautiful, but only if it is done with
joy and a whole heart and a free mind"*

~ PEARL S. BUCK

Our Sokol Credo (Translated by Sis. Libbie Krivanek for Bro. Vaclav Zenisek)

To build a healthy and beautiful human body; to cultivate a harmonious and total person; to develop firm character, a well-rounded disposition and a love of truth and justice; to produce strong, lovely and honorable people; that is the goal of a Sokol education.

2000 AMERICAN SOKOL ROSTER OF OFFICERS

Listed alphabetically by District and then Unit.

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at Klas Restaurant

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Secy. - Rosemary Zelenka
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9523 S. Ryan green Ct. #1
Franklin, WI 53132
414-421-1868

Director - James Hron
9523 S. Ryan green Ct. #1
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Naperville, IL 60563
630-983-8563

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Vice-Pres. - Helen Lexa
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Treas. - Elaine Haas
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Racine, WI 53406

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314-352-7066

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SLET TRAVEL SAFETY CONCERNS

Are you going to Prague?

Are you participating?

Or are you touring?

Have you checked your insurance policy?

Do you have coverage outside the U.S.A.?

What type of coverage it is?

If you do not know. You better check before you leave. The one issue many of us overlook or take for granted is our insurance policy. Many HMO's will not cover you outside the USA. Some will not provide you with coverage if you are competing in a sports activity for an organization. The insurance company will expect the organization, or unity to have coverage for its athletes, coaches, and staff. If you need treatment, or are hospitalized, do you have verification of coverage; will that hospital accept your policy? Will the doctor speak English? If needed, will you be assured hospital admittance? Will you get the same treatment and care as USA standards? Some tour companies offer insurance policies for their groups, but do they exclude athletic programs (sporting events)?

It is the responsibility of each Sokol unit to check their coverage for their members, coaches, and gymnasts. More importantly, the extent of this coverage or lack of it should be communicated to the participants. For individuals attending the Slet, you need to check our personal insurance policy to see if it covers you not only for outside the United States, but for also participating in an athletic program. Personally, you need to know what your coverage is!

Understanding local medical practices, communicating in different languages, and accessing quality Healthcare post a myriad of unforeseen obstacles that can seriously affect a traveler's well-being. Before you leave - check your passport, check your insurance coverage, and have documentation for medical coverage on this trip. It does not make sense not to protect yourself! That's why you should buy insurance: you can't afford to!

Unforeseen emergencies can create either a happy ending or a nightmare. Which shall it be!

Fran Malina, ASO BOI secretary can assist you with additional information on insurance companies that offer additional coverage.

World Sokol Federation International Youth Sokol Camp

The World Sokol Federation is sponsoring an International Youth Camp for selected Sokol Juniors aged 12-16. Four campers have been invited from each of the World Sokol Federation member organizations to attend the camp in the Czech Republic following the Prague Slet. Congratulations to juniors Carrissa Skrivanek (Sokol Minnesota), Julia Hickey (Sokol Tabor), Teresa Skrivanek (Sokol Minnesota), and Jenny Aubrecht (Sokol Minnesota) and accompanying instructor Thomas Aubrecht (Sokol Minnesota) for being selected to represent the American Sokol at this camp.

2000 Prague Slet Watch

Interest in the 2000 Slet in Prague, Czech Republic is running high in several areas of the country. People are making travel arrangements, learning the calisthenics, and preparing for a grand experience. The problems of distance and language have been sizeable; but everyone is cooperating, lending a helping hand, and doing the best they can. Calisthenics uniform ordering information is now in the hands of unit directors of units indicating participants in the Slet Calisthenics.

As usual, there will be a parade through the streets of Prague. Parade Dress -- ALL adult American Sokol participants in the Slet Parade are expected to wear the official American Sokol Parade Uniform. Juniors have the option of wearing that same official Parade Uniform or the T-shirt & shorts combination as shown below. All American Sokol children marching in the parade, **MUST** wear the T-shirt & shorts combination. Each American Sokol marcher will also be given a small American flag to wave during the parade.



♦ Women's Dress Parade Uniform

- ♦ Navy blue blazer with the American Sokol crest on the left side
- ♦ Light gray skirt (no pants).
- ♦ White shirt type blouse (no ties, scarves, or jewelry to be worn with the blouse).
- ♦ Navy blue or black shoes.
- ♦ The hat: navy blue with rosette, feather, and sokol pin on the left side.

♦ Men's Dress Parade Uniform

- ♦ Navy blue blazer with the American Sokol crest on the left side
- ♦ Light gray trousers.
- ♦ White dress shirt with Sokol tie.
- ♦ Black shoes.
- ♦ The hat: navy blue with rosette, feather, and sokol pin on the left side.

The hats worn by both men and women are the same to present a uniform picture when marching together.

♦ Children and Junior Prague Slet Parade Uniform

- ♦ Designated white T-shirt with American Sokol design
- ♦ Navy blue above the knee shorts
- ♦ Plain White crew socks and plain white gym shoes.

Tie, hats, crests, and T-shirts are available through the American Sokol Uniform Department at the National Office.



Exercise Yields Benefits for Children

Does your child get more excited about killing space invaders on his Nintendo than going outside for a game of soccer or baseball? If this sounds familiar, you're in good company.

Fewer than one in four children, from grades four through 12, exercise daily, and schools aren't taking up the slack. Less than 25 percent of children and teens do not receive any physical education from their schools, according to a recent survey conducted by Louis Harris and Associates for the Centers for Disease Control and Prevention (CDC) and the International Life Sciences Institute.

Lack of exercise can lead to obesity, a major public health problem, even among children who are obese, meaning they have more than 32 percent body fat for girls and 25 percent for boys. Moreover, obesity in children, as in adults, is strongly linked to the development of diabetes and heart disease later in life. Also, many obese children become obese adults.

The CDC study found that many obese children also have obese parents, while children of athletic parents also tend to be athletic. So, parents who set a good example can help their children maintain exercise habits that will have lifelong benefits.

There are many opportunities for children to exercise. Many schools offer intramural or team sports such as soccer. There are scores of opportunities, outside of school, for example, Little League, local YMCAs, and other community programs. If a child doesn't want to join a competitive program, he can simply walk, bicycle or roller skate to get adequate exercise.

The important thing is to do something regularly. It can be difficult to begin an exercise program, but when you consider the potential health hazards of obesity and the benefits of fitness, that difficulty pales.

Some kids might complain they haven't enough time to exercise because of homework or because they lack talent. Parents should "just say no" to excuses and emphasize that exercise is as important as homework and should be part of their child's daily routine.

How much exercise is enough? For older kids, physicians recommend at least 30 to 40 minutes of vigorous aerobic exercise, five days per week, which can be accomplished through soccer or swimming programs, for example. It's wise to

stay away from weight training and long-distance running until children are at least 15 years old. Starting such demanding sports too early can stunt children's growth.

Sports offer more than mere medical benefits. Participation in athletics, whether in organized teams or impulsive games of pick-up basketball, increases self-esteem, coordination, strength and the ability to work with others as a team. Competition also teaches children how to win with grace and rebound quickly from defeat. All these attributes contribute to a more successful adulthood. Parents should encourage children not to become overly concerned about their athletic abilities. Varsity glory may or may not be in the cards, but that does not mean, a child is doomed.

No matter what athletic activity children choose, the earlier exercise becomes part of their weekly routine, the better. Early involvement in exercise can reverse a tendency toward obesity, improve overall health and help prevent certain major illnesses, such as diabetes. Besides, the kids like it.

According to the CDC study, 93 percent of children participating in school physical education classes enjoyed their sports activities. Now, if you could just get them to eat their spinach.

American Sokol National Instructors School

**Cleveland, Ohio
July 18 - August 6, 2000
Hosted by
Northeastern District
&
Sokol Greater Cleveland
at the
Newest Sokol Gym
in North America
\$200**

Contact Your Director for Information

Energy Bars or Protein Bars?

The best thing about energy bars is that they are convenient and compact. The worst thing about them is that they might be used for the wrong reasons.

Although they are called energy bars, these products fall into two categories: high protein and high energy. Among the top-selling products, the one highest in protein contains 30g. Two others weigh in at a mid-range of 14g, while the lowest contains 4g. In general, the bars low in protein are high in carbohydrate.

There is no problem with protein bars if the athlete is not getting enough protein through other foods. But if he is getting enough protein in his diet, there is no reason to go for the bars high in protein. There is no evidence that the body can store unused protein.

True Energy Bars

A true energy bar, on the other hand, is simply a way to deliver energy. Energy can also be delivered in lots of other ways. Fruits are good examples. An energy bar should not be used for the same reason as you would use a protein bar. You might use an energy bar before or even during relatively short exercise periods, but you shouldn't eat something high in protein or fat at those times. They would be more appropriate if eaten well before a marathon or, at times, as a meal replacement. The choice between high calorie or high protein bars becomes a time issue.

Most sports nutritionists recommend that an athlete consume energy bars that are high in carbohydrate. They range from 51g to a low of 19g. Remember that carbohydrate consumption can result in fluctuating blood sugar levels, which can affect performance. One guideline states that the grams of sugar should be no more than half of the total carbohydrate grams.

Of the 19 grams of carbohydrate in one energy bar, 17 g are sugar. In another, less than a third of the carbohydrate comes from sugar.

No Fat or Low Fat

Since there is no good reason to be taking in fat above that contained in normal diets, look for energy bars that have the fewest fat grams.

The Right Combination

Your task will be to find the right combination of nutrients in one product that 1) meets your needs, 2) does it at a price that is reasonable, 3) and has taste that is acceptable.

Penn State Sports Medicine Newsletter, May '98.

Ten Questions To Ask A Child Playing Youth Sports

Before asking "Who Won," ask:

- 1. How did it go?**
 - ♦ Let the child have an open ended opportunity at expressing her/his experience.
- 2. Did you have fun?**
 - ♦ Invite expression of any positive aspects of the games.
- 3. Did you play in the game?**
 - ♦ Find out the extent to which the child participated in the game.
- 4. Did your friends get to play?**
 - ♦ Give the child a chance to talk about her/his friends and the other children.
- 5. Which other team did you play?**
 - ♦ Is the league helping to bring children together and to broaden their world?
- 6. Did you get to kick or hit the ball?**
 - ♦ Some children love the skills of the game and enjoy talking about them.
- 7. Did you run fast?**
 - ♦ Some children thrive on the speed and endurance of play.
- 8. Did you get tired?**
 - ♦ The feelings of a good workout can become a very satisfying experience.
- 9. Did the coach tell you when to come to practice?**
 - ♦ Is the child learning to think and play ahead, to anticipate future experiences?
- 10. Would you like some milk and cookies?**
 - ♦ A warm and welcome home is a child's greatest security.

Then, after all of this, if it really matters to you, go ahead and ask,
"Who Won?"

ARE YOU HEADING TO PRAGUE FOR THE UPCOMING SLET?

The Official Junior Parade Uniform T-Shirt will be available to purchase from the ASO Office soon. ANYONE can purchase a shirt to wear for rehearsals at the Slet, to show you're a proud member of the American Sokol or just to add to your collection. Information on ordering was not available at press time. Directors will be informed through the Director's Newsletter of cost and availability.

WHO'S THAT?

Do you recognize anyone in this photo? Many are world-renowned Sokol leaders (well, maybe that's a bit of an over statement).

Check out the April-May issue for the answer!



AMERICAN SOKOL ORGANIZATION XVII GENERAL CONVENTION

APRIL 25-30, 2000

At Sokol Omaha
and Harvey's
Casino Hotel,
Council Bluffs, IA

Pre-Convention Meetings
April 24 & 25

FUTURE SOKOL LEADERS FUND

PURPOSE: To train and education young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.

| | |
|---|----------|
| In Memory of Blanche Janes and Robert Faltynek from Roy & Marie Jensen | \$20.00 |
| In Honor of 55 Years of Membership - Ludmila Cejka, Lad Jenicek, Anne Turek, GeorgeAnne Verner and Mildred Zeman from Sokol Berwyn-Slavsky | \$125.00 |
| In Memory of Blanche Janes | |
| From Sokol Town of Lake | \$25.00 |
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A YEAR IN A COUNTRY VILLAGE

Excerpted from President Masaryk Tells His Story, recounted by Karel Capek

When I look back on it all now, what a host of impressions a child has of village life! Winter: there goes St. Nicholas with the Devil. the Devil is a very influential personage; even when I was a professor I still used to play at St. Nicholas with my children. Then you have Christmas, and carol singing; there used to come, God knows from where, a man with a model of the Manger in Bethlehem; it was a show for the whole village. After that there was Three Kings (Twelfth Night), and th masquerades at mid-Lent... a child had always something to look forward to The greatest fun was the quill-stripping; at such times as these as many as twenty people would meet and sit round together – and didn't tongues wag! We children would pinch and nudge each other, so as not to fall asleep and miss any of the ghost stories; and by and by cakes and tarts would be handed round.

At the first sign of spring we always discarded our shoes; there were still traces of ice here and there, but we would be about bare-footed. As soon as the ground got dry, the high season opened for games with beans or a bat; a ball was a great rarity, especially when it had some india-rubber in its make-up, so that it would bounce back from the ground or the wall; india-rubber was to us a precious

commodity, and whenever we could come by a bit of it we cut it up to make a ball.

And then it would be Easter time again, and would go round with rattles at noon and vespers; on Easter Monday we used to go round and slash at the girls with a willow-switch plaited into a whip, an sing Easter songs for colored Easter eggs. The Resurrection is a great holiday too; it was the greatest of all at Hodonin, because two dragoons with unsheathed swords used to stand on each side of the sculptured Entombment. I simply couldn't take my eyes off them.

Then in May there is the procession and litany in the fields, to pray for good crops; there are the "visitations," when the priests from all the country round meet together with the dean for a banquet – a whole week in advance the cooks were baking and frying, and we choir boys carried in the dishes.

Another festivity was the raising of the pole at the autumn fair – we boys always tried to climb it afterwards. At this fair the older boys chose leaders, a boy and a girl, and all went all through the village from house to house, collecting what they could: fowls, cakes, or wine. Sometimes strolling acrobats would come and stretch a rope across the village green for their tight-rope

dancing. Then we boys would imitate them after the fair: we would walk along the top of the garden wall, or the tops of the gables, perhaps even the roof of the church. A fall from there would have been "for ever and ever amen" – only we didn't fall.

A funeral means a holiday in a village, especially if there is music; there is a very festive feeling about this big gathering of fellow citizens, and more especially "citizenesses," and of course it also provides a welcome chance of leaving one's work and having a good gossip.

In Autumn there were bonfires and grape-picking; then the great jam-making: day and night they stirred the plums over the fire; there was not much talk during the process, but the boys got all the more chances of licking the spoon. Sometimes, at potato-digging time, I had to be out till after dark watching the fields and I was very frightened of bogies!

How beautifully and richly the year is parceled out in a country village, both by nature and by religion! Life itself is more ceremonial in the country than in the town.

Heavens, the wealth of still unexplored life there is in our villages and towns!

AMERICAN SOKOL

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