

# american SOKOL

Volume CXXIV, Number VII

SEPTEMBER 2002



## 2002 ASO Instructors' School ~ Corpus Christi TX



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## American Sokol

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Telephone: 630.368.0771

FAX: 630.368.0758

E-Mail: Editor@American-Sokol.org

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Annette Schabowski

## From Your Editor...

In July, I had the opportunity to travel to Cedar Rapids to visit the National Czech and Slovak Museum and Library. I thoroughly enjoyed the Kroje exhibit, as well as the museum in its entirety. We stopped in at Sokol Cedar Rapids and spoke with Bro. Frank Edmunds, who was kind enough to show us the gymnasium. We watched 4th of July fireworks from Sokol Park. It was a great quick trip!

NA ZDAR!

Sis. Patricia Satek

46 Northgate Road ~ Riverside, IL 60546-1639

## CALENDAR of EVENTS

#### SEPTEMBER

- 1 Central District TNT Team at Naperville, IL Summer Fling
- 5 Sokol New York Class Registration
- 5 D.A. Sokol Class Registration
- 6 Sokol Berwyn-Slavsky Class Registration & Barbecue
- 7 Central District TNT Team at Woodridge, IL Cultural Fest
- 8 Sokol Omaha Czech Festival
- 8 13th Annual Czech & Slovak Festival, Highland Park, St. Paul, MN sponsored by Sokol Minnesota
- 8 Sokol Detroit Vino Brani
- 15 Sokol Little Ferry Coin Toss
- 15 Central District TNT Team at Tabor Hills Festival, Naperville, IL
- 19 Masaryk Statue Commemoration, Washington, D.C.
- 21-22 Moravian Days - Union Hall, Countryside, IL
- 22 Central District TNT Team Tryouts Call 630-833-6916 for details.
- 23 Sokol Milwaukee Class Registration
- 28 Lanzhotcanka Concert at Sokol Detroit

#### SEPTEMBER

- 28 Eastern District Annual Meeting
- 29 Central District TNT Team at Oak Brook, IL Fest

#### OCTOBER

- 5 Sokol Stickney 75th Anniversary
- 6 Sokol Omaha 125th Anniversary
- 12 Sokol Minnesota Harvest Dance
- 13 Sokol Town of Lake Camp Reunion, Willow Springs, 11 a.m.
- 13 Sokol Milwaukee Recognition Luncheon
- 18-20 District Directors' Conference at Sokol Greater Cleveland
- 25-26 Sokol Brookfield Rummage Sale
- 27 Sokol Minnesota Pork Dinner

#### NOVEMBER

- 9 Lodge 306 Sokol USA Hody
- 10 DA Sokol 110th Anniversary
- 10 Sokol Minnesota Pancake Breakfast/Bake & Craft Sale
- 15-17 TNT Team at Sokol Omaha

XXIV SOKOL USA SOKOLFEST  
July 2-6, 2003 • Valparaiso, Indiana

## THOUGHT STARTERS

from Sis. Joan Sedlacek, A.S.O. Educational Director

"You cannot use your friends and have them too."

~ ANONYMOUS

## Our Sokol Credo

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.

*Following is a report of the ethnic festival held in Roanoke, Virginia in which I presented a display table for the Czech Republic. It was the first time any part of Czechoslovakia had been represented.*

## **The First Ever Czech Republic Display at Local Colors ~ Roanoke, Virginia, City Market**

*Sunday, May 19, 2002*

The exhibit table was bright and colorful, with a red tablecloth topped with a knitted tablecloth. At one end of the table was a representative display of lead crystal items in cut glass and blown colored glass, as well as some delicate stemmed drinking glasses. A Plsensky costume was arranged at the other end, with costumed dolls along with a very old book with color photos of district costumes. A Sokol display dominated the center of the table.

The Sokol tri-fold display included photos of the 1994 COS Slet and the 2001 ASO Slet and 1989(?) Instructors School in Ennis, Texas. The Sokol credo was top center. Postcards of Sokol facilities, Sokol Slets and a message from Talon were included. A number of visitors thought the display had been prepared by a professional. Slet programs, a Czech dictionary and American Sokol were on the table. A commemorative book of the 1938 Prague Slet with color photos showing 14,000 to 30,000 gymnasts performing calisthenics was definitely the showstopper and conversation-opener. Once these photos were explained, visitors asked many questions. The new Sokol folders were taken by many who want time to consider the benefits.

We've made contact with persons of Czech or Slovak descent who would be interested in developing social events. A small group of Slovak families maintain their customs through their Catholic churches. They are interested in holding a "vinobrani" in the fall. Some visitors are interested in learning a bit of Czech language and still others feel they could be interested in organizing a Sokol unit to participate in some light exercise. At least the interest has been established. We have addresses for 18 individuals whom we will contact for an informal gathering to discuss possibilities.

Milka Yeglin, who was born in Czechoslovakia and lived there until she was 19, was my co-exhibitor. She has lived in Roanoke for over 30 years and we were fortunate to meet through the Local Colors coordinator. We enjoyed speaking with the many visitors and did not even have time to examine other exhibits. Perhaps with the help of those on our list, we can have more people manning the exhibit next year. Then we could participate in the noontime Parade of Nations in costume, the Costume Fashion Show and perhaps put together a folk dance or simple calisthenics for the cultural program.

Thanks to Sis. Annette Schabowski and Sis. Joan Sedlacek and the American Sokol Little Ferry for supplying materials for the Sokol display.

**NA ZDAR!**

Sis. Audrey Benda

# American Sokol National Instructors' School 2002

## Sokol Corpus Christi, Texas

From July 15 to July 29, forty-nine students from seventeen units came to Sokol Corpus Christi for two weeks of intense training in the Tyrs system of gymnastics.

It was a school of several firsts. Seventeen units sending students was a record! The largest beginners class of twenty-one students, and the largest advanced II class of seven were also records.

All units did an excellent job of selecting students for the school this year. Morale was high. Enthusiasm exploded in each and every class and a great amount of creativity was shown in their written compositions.

The school's success was due in no small part to the great hospitality of the members of Sokol Corpus Christi, who went out of their way to provide the best possible atmosphere for students and staff. They attended to our every need and the meals everyday were DELICIOUS.

Our school concluded with graduation ceremonies and program to over 50 spectators, among them the president of the American Sokol, Bro. Larry Laznovsky. Bro. Larry spoke to the students concerning their future role in Sokol and wished them success in the coming Sokol year.

The 2002 school closed with the lowering of the flag and the usual three Sokol "Zdar!"

**NA ZDAR!**

Bro. Vojmir Benak  
American Sokol School Board

### COVER PHOTO (Top) – Students & Instructors

*Front Row L-R:* Carly Vincentini, Paige Vachata, Jessica Rus, Megan Rosenow, Sarah Rattan, Hannah Slovacek, Sara Ford, Jennifer Polk, Amy Bazata, Teresa Skrivanek

*2nd Row L-R:* Buddy Benak, Lori Laznovsky, Peter Lattanzio, Stephanie Kadlec, Heidi Sanders, Bo Benak, Travis Silhan, Julia Hickey, Robert Liptak, Mary Cushing, Bud Benak

*3rd Row L-R:* Aida Eure, Annette Bartik, Elizabeth Mason, Evie Cutshaw, Heidi Venci, Kevin Fitzpatrick, Jonathon Boyd, Jennifer Lat, Tina Valentine, Kristine Ohlman, Skye Wakefield, Virginia Kocek

*4th Row L-R:* Brando Macias, Rudy Soliz, Melanie Sowa, Stacey Domzalski, Heather Beasley, Jason Gunsaulley, Melyssa Petkus, Stephanie Sutton, Kaitlan Short, Kevin Wheet, Ken Fron

*Back Row L-R:* Luke Gabriel, Jeremy Pros, Steven Kowalski, Andrew Dalton, Matt Carlozzi, Caitlin Reeves, Edward Burek, Michael Dropka, Joey Kenney, Mark Beckerman

### COVER PHOTO (Bottom) – Staff

*L-R:* Peter Lattanzio, Lori Laznovsky, Buddy Benak, Vojmir Benak, Mary Cushing, Robert Liptak

# SOKOL SCHOOL TEACHES MORE THAN GYMNASTICS

*Program instructs participants in both competitive and educational aspects of sport*

From the Corpus Christi Caller-Times, July 27, 2002, by Javier Becerra

For the last two weeks, more than 50 youths and adults from around the United States have occupied Sokol Gymnastics Center for the 2002 American Sokol National Instructors School.

While some came to learn and others to hone their skills, it's not the idea of competitive gymnastics that brought the group to Corpus Christi.

School director Bud Benak said experience goes much beyond that.

"The idea is not to teach them gymnastic, but to teach them how to instruct others when they go back home," said Benak, a 55-year member of the organization from Omaha, Nebraska.

"They'll learn all the aspects of what one would need to be a coach," said Benak, one of three staff instructors at the school. "By

the time they go home they'll know how to lead a class."

Training during the last two weeks has included artistic, rhythmic and apparatus skills, judging, spotting and safety. Participants have also been instructed on proper warm-up techniques, stretching, conditioning, marching, first aid and calisthenics.

Every day since July 15 has begun at 7 a.m. and lasted past 10 p.m., but most participants don't seem to mind the time-consuming schedule.

"I've gotten to meet people from all around the country and been able to make friends," said 16-year-old Skye Wakefield, also from Omaha. "It teaches us how to do things the right way so we can go back and teach kids at our own gym."

American Sokol is a multi-faceted organization that guides its members from early youth to maturity, to physical and moral health and responsible patriotism through continuous self-improvement. The goals are pursued through general physical fitness activities, gymnastics and sports, as well as varied cultural and social activities.

Hannah Slovacek, 12, has been a gymnast for nine years. Though she said she plans to remain active in the Sokol organization, she is thinking about trying a different fitness program.

"I'd like to improve myself and this is a great way to do that," said Slovacek, who is representing the Ennis (TX) Sokol chapter. "But I don't feel like I can do gymnastics much longer. I think I'm going to try cheerleading."

## *From Sokol Corpus Christi . . .*

Sokol Corpus Christi, Texas, was honored and glad to host the recently completed 2002 American Sokol national instructors' school. We want to congratulate all the graduates and encourage them to put all they learned to use in their units. We also want to compliment the students on their outstanding discipline. We commend the instructors for the great job they did and all their hard work. Last, but not least, a big THANK YOU to our great Sokol Corpus Christi volunteers, who cooked three meals a day for two weeks for 70 people. **Outstanding!**

*Submitted by Bro. Jerry Elzner, Sokol Corpus Christi*

## BRO. ANTON SMUNT TURNS 100!

It was quite a celebration when Anton Smunt turned 100 this past June. As a member of the CSA Half & Half Singers, he sang at his own party. A surprise visit (and kiss!) from Illinois State Treasurer Judy Baar Topinka added to the festivities. Bro. Smunt, Sokol Town of Lake, came to America as a child from Czechoslovakia and continues to be an active member of many Czech organizations. Retired from the post office, Bro. Smunt volunteers at the British Home in Brookfield, Illinois, by delivering mail to residents. It is not unusual to pass his room and hear him singing.

Happy Birthday, Bro. Smunt! NA ZDAR!

*From the British Home Community Newsletter,  
August/September 2002.*



### 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 Marcella Stransky from Sokol Town of Lake .....	\$25.00
In Memory of Bennie Lankas from Robert, Vivian & Anton Smunt .....	\$50.00
In Memory of Lillian Ceithaml-Pasek	
From Joe & Mil Ceithaml .....	100.00
From Sokol Town of Lake .....	25.00
In Memory of John Stribny	
From Eleanor & David Cecka .....	\$25.00
From Bernie & Ellie Babka .....	\$20.00
From CCC Information Services - Kathleen Wilharm, Beverly Mundy, Hamid Zar, Bob Thomas, Andrea Dizon-Nico, John Rogers, John Konopinski, Laura O'Hern . . .	\$120.00

## **SOKOL CLASSES HAVE STARTED... ARE YOU ENROLLED?**



# AMERICAN SOKOL GYMNAST

Sash Dumanovic, 2419 S. Scoville Avenue, Berwyn, IL 60402

SashDumanovic@American-Sokol.org



## Let's Be Safe This Year

It's that time again. Classes have started, students have gone back to school, and we're all on that familiar schedule that carries us through the year.

As we move forward this year, do all you can to minimize injuries and proactively promote safety inside your programs.

There are many strategies you can employ to minimize the risk of injury to athletes and staff, but all of those strategies will be organized into three major categories: Preparatory, Real Time, and Corrective.

## Preparatory Actions

Preparatory actions begin with registration where you can introduce the Sokol program in your gym to class participants and their families. Outline safety expectations, class rules, and appropriate clothing for class. This is a great time to confirm all participants are covered by health insurance, explain the risks associated with our sports, and have the waiver and release for emergency medical treatment forms signed by the athletes parent and/or guardian. You may also want to give a tour of your facility and show where the exits are, the first aid kit, telephone, equipment, and/or other areas of importance.

Other preparatory actions will include equipment inspections, proper lighting, signage making certain your first aid kit is stocked, and keeping your certifications current as well as providing regular instructor training.

## Real Time Actions

Even with the best planning, we may unintentionally omit something from our safety strategy or find ourselves in a situation that will require immediate attention.

This will include proper supervision of athletes, spectators and staff to minimize distractions and the risk of injuries. Adjusting equipment to the proper dimensions, incorporating adequate warm-ups into the activity, insuring that proper progressions are utilized in each activity, and remaining flexible enough to be able to make quick changes with regard to safety issues.

As always, this goes to the very core of a good instructor. An instructor that thinks quick on their feet, that is able to retain the respect and attention of their athletes, and that remains attentive to the safety of the athletes is the single most important asset a gym has.

## Corrective Actions

Corrective actions will include replacing or repairing damaged equipment, giving short safety talks to your athletes prior to and after a dangerous situation, changing the floor layout to improve program quality, and/or changing the lesson plan accordingly to reflect athlete performance, goals, and/or injuries.

Above all, be alert to the environment surrounding your classes and encourage athletes, instructors and guests to report unsafe conditions and activities. Working together will improve the quality of the Sokol program.

**Eastern Area Slet  
Sokol Woodlands  
Gymnastic Competition Results  
June 28-29, 2002**

**Boys, Class VII**

1.	Michael Fox	DAS	54.55
2.	James Finn	DAS	53.80
1.	<b>Team Trophy</b>	<b>DAS</b>	
	<b>High and Class VII</b>		

**Senior Men, Class VI**

1.	Eric Skovronek	USA-BTN	51.80
2.	John Mooney	DAS	51.05

**Junior Boys, Class VI**

1.	Chris Novaes	DAS	47.95
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**Junior Boys, Class VII**

1.	Garry Gurreri	DAS	54.65
2.	Anthony Vlasica	USA-BTN	52.30
3.	Anthony Deplato	DAS	51.00
4.	Seamus Mullarkey	DAS	50.15

1.	<b>Team Trophy</b>	<b>DAS</b>	
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**Boys, Low Division**

•	Robert Patterson	USA-BTN	42.25
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**Boys, Intermediate Division**

1.	Geri Gottschall	ASO-NY	51.00
2.	Kyle Patterson	USA-BTN	47.75
3.	Stephan Petonak	USA-BTN	47.25
4.	Lucas Hengler	USA-BTN	46.90
5.	Dan Geiger	USA-BTN	51.05*

**Boys, High Division**

1.	Matthew Mancuso	USA-BTN	45.70
2.	Jacob Skovronek	USA-BTN	43.80
3.	David Gurreri	DAS	42.85

**Boys, Class VI**

1.	Asa Perley	DAS	49.35
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• Medal Forfeited

**Fitness Challenge Results**

1.	Anthony Deplato	DAS	13-16
1.	Anthony Vlasica	USA-BTN	16-17
1.	Andrew Femia	DAS	25-34
1.	Joseph W. Hollander	DAS	35+

**Senior Women, Level 5**

1.	Jessica Stewart	DAS	34.40
2.	Katherine Ludvik	DAS	33.80
3.	Melissa Mondello	DAS	28.70

1.	<b>Team Trophy</b>	<b>DAS</b>	
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**Senior Women, Level 6**

1.	Nicole Favale	USA-BTN	36.10
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**Junior Girls, Level 2**

1.	Mary Kubat	ASO-NY	33.70
2.	Emily Rawdon	ASO-NY	32.70
3.	Allison Stroczyński	USA-BTN	30.90

**Junior Girls, Level 4**

1.	Marianne Mullarkey	DAS	35.30
2.	Ariel Aviles	ASO-NY	28.80

**Junior Girls, Level 5**

1.	Denise Vlasica	USA-BTN	35.60
2.	Jessica Bardy	DAS	29.10

**Girls, Low Division**

1.	Nora Obeid	ASO-NY	32.40
2.	Sonia Brozak	ASO-NY	31.95
3.	Madeline Skovronek	USA-BTN	31.70
4.	Emma Finn	DAS	30.30

**Girls, Intermediate Division**

1.	Erica Bent	ASO-NY2	35.05
2.	Katie Meehan	USA-BTN	34.10
3.	Eva Mendelson	ASO-NY2	33.65
4.	Melissa Bent	ASO-NY1	32.95
5.	Lucy Albert	ASO-NY1	32.65
6.	Nora Gottschall	ASO-NY2	32.50
7.	Karin Brian	ASO-NY1	32.05
8.	Samantha Mileti	ASO-NY1	31.60
9.	Tamara Turner	ASO-NY3	31.30
10.	Marissa Naeen	USA-BTN	30.95
11.	Melissa Avala	ASO-NY3	29.35
12.	Maria Patterson	USA-BTN	29.25
13.	Gabby Aviles	ASO-NY3	26.65

1.	<b>Team Trophy</b>	<b>ASO-NY2</b>	
2.	<b>Team Trophy</b>	<b>ASO-NY1</b>	

**Girls, High Division**

1.	Casie Young	USA-BTN	31.60
•	AnneMarie Suchanek	ASO-NY	33.65

**Girls, Level 4 Division**

1.	Sheri Florio	ASO-NY	33.75
2.	Ashley Ayala	ASO-NY	32.40
3.	Jenna Bitar	ASO-NY	32.05
4.	Emily Smela	ASO-NY	30.25

**Fitness Challenge Results**

1.	Denise Vlasica	USA-BTN	13-15
1.	Jessica Bardy	DAS	16-17
1.	Nicole Favale	USA-BTN	18-26
2.	Brandi Kovac	USA-JER	18-26
1.	Ellen Kova	USA-JER	M-A
1.	Dorothy Gurreri	A.S.O.	M-B

**Congratulations To**

**All Eastern Area**

**2002 Slet Participants**

**The 2002 Organizational**

**Award Was Presented To:**

***D.A. Sokol***

**As A Tribute This Year**

**The Organizational Award**

**Was Presented**

***“In Loving Memory***

***Of***

***Bro. Walter Slavik”***

## Asthma 101

“Know your asthma and symptoms; tell an adult; take your medication; rest and relax; and take a deep cough”. Those were the five steps to asthma management that respiratory professionals at South Suburban Hospital in Hazel Crest, Illinois were teaching to kids to help them manage their illness.

Asthma is the most common chronic illness in children. Of the nearly 14.5 million Americans who have asthma, about a third are children under age 18.

Asthma is a chronic disease in which the bronchial tubes, or the main air passages of the lungs, become inflamed and the muscles of the bronchial walls tighten. Extra mucus is produced and the airways narrow, leading to wheezing and difficulty in breathing.

Although the cause is still unknown, researchers believe family history and sensitivity to allergens or irritants in the environment that act as triggers are the primary cause.

Medical professionals who treat asthma mostly agree that teaching a child to manage their illness will be one of the most important things they will ever learn.

It also remains important that the instructor and assistant be prepared to react should a child have an attack and become unable to help themselves. Having a procedure in writing on how to react and help a child is our duty while they are in our care.

Go through your registration forms and become familiar with the medical history that the participants provide so you may be better prepared to respond to any situation.

## The Categories of Severity:

The National Institutes of Health recommends that asthma patients be divided into four categories and treated accordingly.

1. **Mild Intermittent Asthma:** Symptoms once every other week or once a month. Usually treated with an albuterol inhaler as needed. Albuterol is a quick-relief medication that relaxes the muscles around the airways to make breathing easier.
2. **Mild Persistent Asthma:** Symptoms once or twice weekly. An anti-inflammatory medication usually is recommended, either a non-steroidal one or an inhaled steroid. Non-steroidal anti-inflammatories include cromolyn and nedocromil. Corticosteroid inhalers (steroid anti-inflammatories) include fluticasone, beclomethasone, budesonide, flunisolide and triamcinolone acetonide.
3. **Moderate Persistent Asthma:** Daily symptoms, waking up with them a couple of times a month. This requires an inhaled steroid daily, plus a medication such as albuterol for quick relief.
4. **Severe Persistent Asthma:** Daily symptoms, with emergency-room visits likely several times a year. Treatment requires higher dosages of inhaled steroids, in addition to a long-acting bronchodilator such as salmeterol and a leukotriene modifier, which comes in pill form and prevents constriction of airway muscles.

### Sources:

National Institutes of Health  
Dr. Jim Moy, Dept. of Pediatrics, Cook County Hosp.  
American Lung Association

# USING HER TALENTS TO BENEFIT OTHERS

*Laura Weimer makes time to help United Way, Bike to the Beach*

From the Corpus Christi Caller-Times, June 3, 2002, by Mary Moreno

Volunteering isn't something Laura Weimer does when she has time, it's something she makes time for.

The accounting specialist at Valero Refinery said she learned volunteerism from her parents, who were heavily involved in their community. Now Weimer volunteers with the United Way, Sokol Gymnastics Center and Bike to the Beach, a fund-raising event that benefits multiple sclerosis.

"Sometimes it is a little bit overwhelming, but I see the good that it does, and that makes it all worthwhile," she said.

Weimer said her involvement with volunteer work began as a schoolgirl when she volunteered in a hospital. And she would join her parents in delivering gifts to underprivileged children on Christmas and food baskets on Thanksgiving Day.

Sandy Lowe, United Way marketing director, nominated Weimer for the Caller-Times/KRIS

Channel 6 Jefferson Volunteer Awards because of her heavy involvement with several organizations.

"She's multi-talented, and she uses her talents to benefit other people," Lowe said.

Weimer is a past president of Valero's volunteer organization and started a relationship with Gibson Elementary that rewards students for good grades and began visits to nursing homes for ice cream socials.

As United Way special events chairperson, Weimer helps coordinate the agency's campaign kick-off, Day of Caring, golf tournaments and publicity events. At Sokol, she handles the rental of the hall that helps finance the gymnastics program.

"I think it's something that has to be inside you," she said of making time to volunteer. "I'm pretty blessed and can give back to make somebody's day a little brighter."

Weimer has been recognized as part of the 12th annual Caller-Times/KRIS Channel 6 Jefferson Volunteer Awards, which recognize community volunteerism.

Nominations are accepted throughout the year, and a community panel each month selects four honorees to be featured in the Caller-Times and on KRIS Channel 6 News.



**EDITOR ADDENDUM:** This article was submitted by Sis. Norma Baker, Past-President of Sokol Corpus Christi, who writes: *Laura Weimer is a member of Sokol Corpus Christi. She handles the rentals at our hall and is on the Sokol Corpus Christi Board of Directors. She works for Valero Refinery. She does volunteer at the hall during rentals - you can see her in the kitchen, behind the bar or on the phone talking to people wanting to rent the hall. She is one great person!*

COMING SOON!

## SOKOOL Sokol Kids Page

Latest News from the American Sokol Youth Committee

# Q & A: West Nile Virus

## **Q. What is West Nile encephalitis?**

**A.** "Encephalitis" means an inflammation of the brain and can be caused by viruses and bacteria, including viruses transmitted by mosquitoes. West Nile encephalitis is an infection of the brain caused by West Nile virus, a flavivirus commonly found in Africa, West Asia, and the Middle East. It is closely related to St. Louis encephalitis virus found in the U.S.

## **Q. Is the disease seasonal in its occurrence?**

**A.** In the temperate zone of the world, West Nile encephalitis cases occur primarily in the late summer or early fall. In the southern climates where temperatures are milder, West Nile virus can be transmitted year round.

## **Q. How do people get West Nile encephalitis?**

**A.** People become infected by the bite of a mosquitoes infected with West Nile virus.

## **Q. What is the basic transmission cycle?**

**A.** Mosquitoes become infected when they feed on infected birds, which may circulate the virus in their blood for a few days. Infected mosquitoes can then transmit West Nile virus to humans and animals while biting to take blood. The virus is located in the mosquito's salivary glands. During blood feeding, the virus may be injected into the animal or human, where it may multiply, possibly causing illness.

## **Q. If I live in an area where birds or mosquitoes with West Nile virus have been reported and a mosquito bites me, am I likely to get sick?**

**A.** No. Even in areas where the virus is circulating, very few mosquitoes are infected with the virus. Even if the mosquito is infected, less than 1% of people who get bitten and become infected will get severely ill. The chances you will become severely ill from any one mosquito bite are extremely small.

## **Q. Can you West Nile from another person?**

**A.** No. West Nile encephalitis is NOT transmitted from person-to-person. For example, you cannot get West Nile virus from touching or kissing a person who has the disease, or from a health care worker who has treated someone with the disease.

## **Q. Besides mosquitoes, can you get West Nile virus directly from other insects or ticks?**

**A.** Infected mosquitoes are the primary source for West Nile virus. Although ticks infected with West Nile virus have been found in Asia and Africa, their role in the transmission and maintenance of the virus is uncertain. However, there is no information to suggest that ticks played any role in the cases identified in the United States.

## **Q. What can I do to reduce my risk of becoming infected with West Nile virus?**

**A.** Here are preventive measures to take:

- Apply insect repellent sparingly to exposed skin. The more DEET a repellent contains the longer time it can protect you from mosquito bites. A higher percentage of DEET in a repellent does not mean that your protection is better-just that it will last longer. DEET concentrations higher than 50% do not increase the length of protection. Choose a repellent that provides protection for the amount of time that you will be outdoors.

~ Repellents may irritate the eyes and mouth, so avoid applying repellent to the hands of children.

~ Whenever you use an insecticide or insect repellent, be sure to read and follow the manufacturer's DIRECTIONS FOR USE, as printed on the product.

- Spray clothing with repellents containing permethrin or DEET since mosquitoes may bite through thin clothing. Do not apply repellents containing permethrin directly to exposed skin. If you spray your clothing, there is no need to spray repellent containing DEET on the skin under your clothing.
- When possible, wear long-sleeved shirts and long pants whenever you are outdoors.
- Place mosquito netting over infant carriers when you are outdoors with infants.
- Consider staying indoors at dawn, dusk, and in the early evening, which are peak mosquito biting times.
- Install or repair window and door screens so that mosquitoes cannot get indoors.
- To avoid helping mosquitoes breed in your environment, drain standing water. Routinely empty water from flower pots, pet bowls, clogged rain gutters, swimming pool covers, discarded tires, buckets, barrels, cans, and other items that collect water in which mosquitoes can lay eggs.

NOTE: Vitamin B and "ultrasonic" devices are NOT effective in preventing mosquito bites.

**Q. Is there a vaccine against West Nile encephalitis?**

- A.** No, but several companies are working towards developing a vaccine.

**Q. I'm confused. None of the products in the store says "DEET."**

- A.** Most insect repellents that are available in stores are labeled with the chemical name for DEET. Look for N,N-diethyl-m-toluamide or, sometimes, N,N-diethyl-3-methylbenzamide.

**Q. Is DEET safe?**

- A.** Yes, products containing DEET are very safe when used according to the directions. Because DEET is so widely used, a great deal of testing has been done. When manufacturers seek registration with the U.S. Environmental

Protection Agency (EPA) for products such as DEET, laboratory testing regarding both short-term and long-term health effects must be carried out. Over the long history of DEET use, very few confirmed incidents of toxic reactions to DEET have occurred when the product is used properly.

**Q. What are the symptoms of West Nile encephalitis?**

- A.** Most infections are mild, and symptoms include fever, headache, and body aches, occasionally with a skin rash on the trunk of the body and swollen lymph glands. More severe infection may be marked by headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, paralysis, and, rarely, death.

**Q. What is the incubation period in humans (i.e., time from infection to onset of disease symptoms) for West Nile encephalitis?**

- A.** Usually 3 to 15 days.

**Q. How long do symptoms last?**

- A.** Symptoms of mild disease will generally last a few days. Symptoms of severe disease may last several weeks, although neurological effects may be permanent.

This information taken from Centers for Disease Control & Prevention website at [www.cdc.gov](http://www.cdc.gov) Go there if you want to know even more!

The Centers for Disease Control and Prevention (CDC) is recognized as the lead federal agency for protecting the health and safety of people - at home and abroad, providing credible information to enhance health decisions, and promoting health through strong partnerships. CDC serves as the national focus for developing and applying disease prevention and control, environmental health, and health promotion and education activities designed to improve health of the people of the United States.

# DEDICATION OF T.G. MASARYK HISTORICAL MARKER

Independence Hall in Philadelphia ~ July 23, 2002

Nine individuals from Maryland, in two vans, attended the dedication of the T.G. Masaryk Historical Marker next to Independence Hall in Philadelphia on July 23, 2002. Sokol members from Sokol Baltimore and Sokol Philadelphia acted as flag carriers and honor guard. The temperature that day was close to 100 degrees. Being dressed in Sokol parade uniform made it feel even warmer.

Peter Rafaeli, Hon. Consul General of the Czech Republic, officiated at the 50-minute ceremony. Many representatives from the Czech Republic, Slovakia, Poland, the United States and Philadelphia, and various ethnic organizations were in attendance. Ron Jaros, the

president of Sokol Philadelphia, carried the state of Pennsylvania's flag and Sokol Baltimore carried the others.

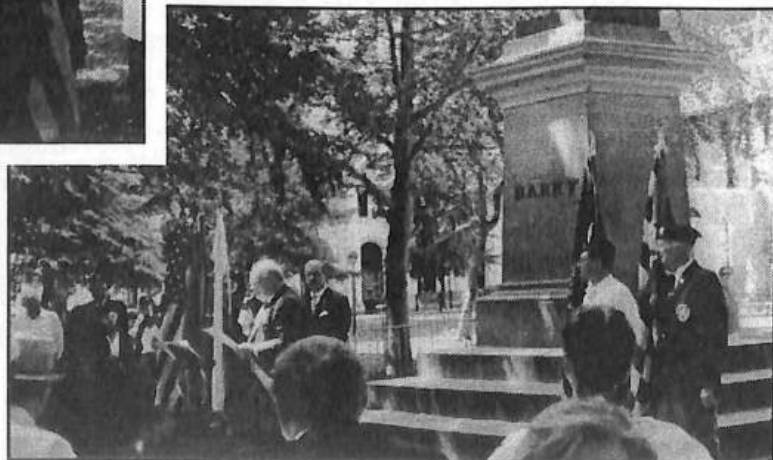
Tomas Garrigue Masaryk, chairman of the mid-European Union, read the Proclamation of common Aims on October 26, 1918 in front of Independence Hall in Philadelphia. The legacy of Tomas Garrigue Masaryk, the founding President of the first Czechoslovak State, who believed in humanity and democracy, made a major leap in establishing a democratic state. Philadelphia, the City of Brotherly Love, was an ideal place to speak out and receive support for a new democratic country. The historical marker is located at

Independence Hall West (South 6th Street) in Philadelphia.

The Polish Community Center hosted a reception following the ceremony. The center is beautiful, with attractive glassed-in displays of costumes, jewelry and Polish ethnic history. Tomas G. Masaryk and Ignace Jan Paderewski, a Polish independence leader, statesman and musician, were very good friends.

I would like to acknowledge the participation of the following Sokol Baltimore members: Bo & Ruth Bata, Anci & Frank Huber, Alex & Jane Vanicky, Ed Foreman, Rose Cervin, Michael Rokos and Eva Vacca.

*Submitted by Anci Huber,  
President, Sokol Baltimore*



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