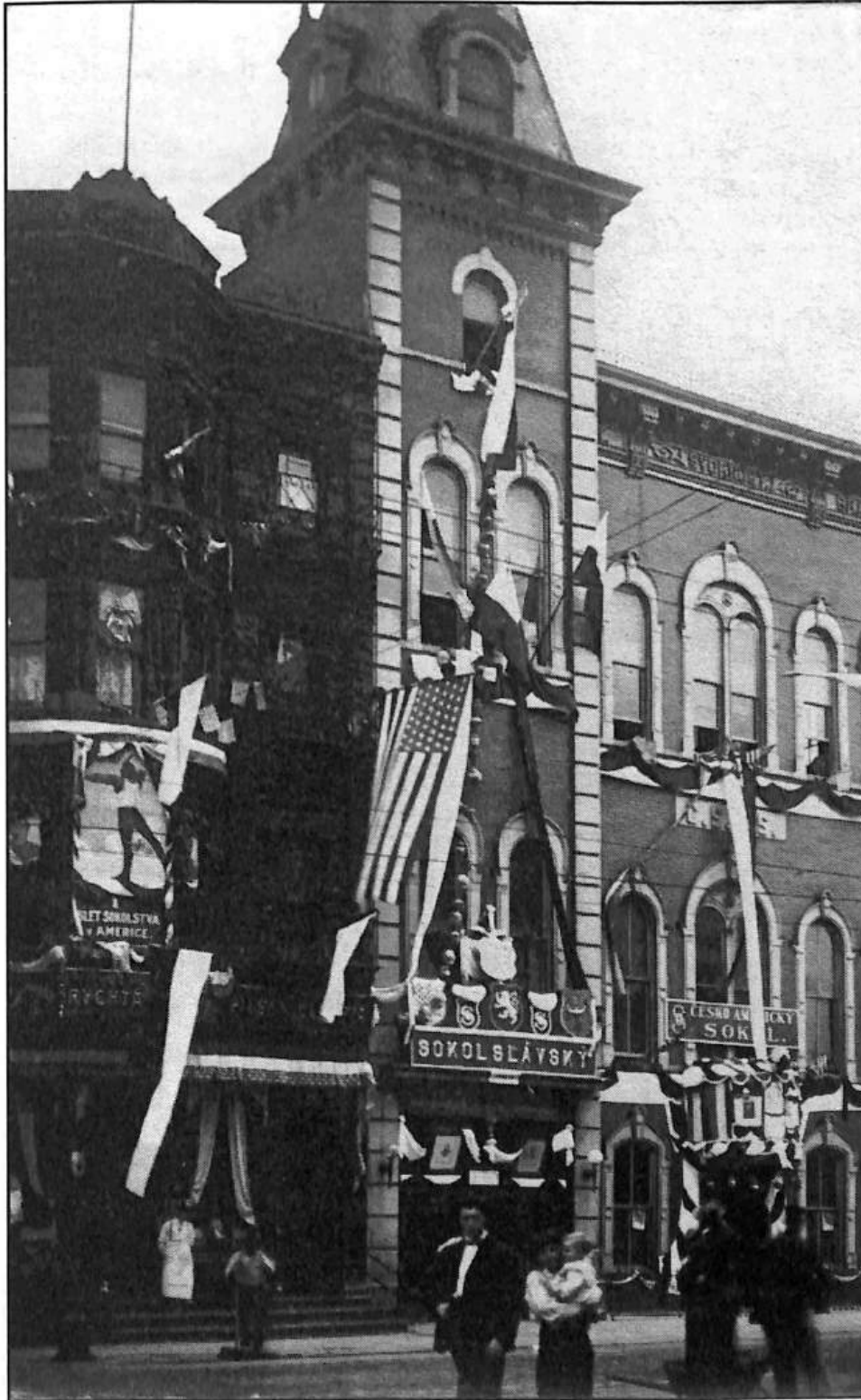


# american **SOKOL**

Volume CXXVI, Number III

MARCH 2004



## From the Archives...

A photo of Sokol Slavsky.

Can you help identify what year it might have been taken?

Thanks to Sis. Ellie Babka for passing this photo on to us from Sis. Joan Sedlacek for publication.

In this issue:

**2004 American Sokol  
Roster of Officers**

## American Sokol

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### AMERICAN SOKOL

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## From Your Editor...

There are Sokol exhibitions galore in the coming weeks! Hope you're able to attend at least one to see the great work done by the gymnasts and instructors. Be sure to file this issue in a convenient location – it contains the American Sokol roster of officers.

NA ZDAR!

Sis. Patricia Satek

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## CALENDAR of EVENTS

#### MARCH

- 5 Sokol San Francisco Masaryk Dinner/Dance
- 6 Sokol Greater Cleveland Casino Night
- 6 Sokol Brookfield Exhibition
- 13 Sokol Greater Cleveland Skills Clinic
- 13 Sokol Tabor Exhibition
- 14 DA Sokol Biennial Convention
- 19 Sokol Naperville Exhibition
- 19 Sokol Greater Cleveland Fish Fry
- 20 Sokol Stickney Exhibition
- 26 Sokol Chicagoland Exhibition
- 27 Sokol Berwyn-Slavsky Exhibition

#### APRIL

- 16 Sokol Greater Cleveland Fish Fry
- 16-18 Western District Competition and Exhibition
- 17 Central District Special Number Competition, 6 p.m.

#### APRIL

- 23-24 Sokol Brookfield Rummage Sale
- 30 Sokol Tabor Rummage Sale

#### MAY

- 1 Sokol Tabor Rummage Sale
- 15 Central District Gymnastic Competition
- 21 Sokol Greater Cleveland Fish Fry
- 22 Central District Gymnastic Competition
- 22 Sokol San Francisco Picnic
- 23 Central District Sokol Day Picnic

#### XI SOKOL CANADA SLET

June 23-27, 2004 • Toronto, Ontario

#### AMERICAN SOKOL CONVENTION

April 19-24, 2005 • Cleveland, OH

#### XXI AMERICAN SOKOL SLET

June 22-26, 2005 • Chicago, IL

## THOUGHT STARTERS

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

"Something good can be said about everyone.  
We have only to say it."

~ FULTON OURSLER

## 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.

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# AMERICAN SOKOL GYMNAST

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## March

### March is a time to keep up with your resolutions!

I know a lot of you have made New Years' resolutions to get more healthy this year. There is a web site that allows you to record your workouts and receive points according to your activity. The site also lets you compare your results to others on the site. The Central District "TNT" Team is on there, why not register and see if you can compare or even compete with them?

How to register:

Type in [www.presidentschallenge.org](http://www.presidentschallenge.org) in your browser

You will come to the screen "You're it. Get fit!"

Here, click on kids, teens, adults or seniors according to your age group.

When you get to the next screen scroll down to the bottom and click on Sign Me Up!

This will bring you to the registration screen.

You must choose a user name and password

Also enter Group ID #: 2248 (For American Sokol)

Group Member ID/Name = your 1<sup>st</sup> and last name (Ex: mine is kandipajer)

You must also enter your personal information as accurate as possible because it determines the points you will be awarded upon entering your workout info.

Click on Continue >>

In this screen you are to choose a program- read each one and choose it according to your activity level. You are now ready to enter your workout information!

**Good Luck and have fun!**

**I am hoping some people try to challenge me because I have been lazy and do not enter my workouts on the site! I am not even close to the bronze!! E-mail me and let me know you are challenging me! Can't wait to compete!**

**KP ;)**

# Ten Ideas to Get Active

From the President's Challenge Web Site

## Adults

1. Use a push mower to mow the lawn.
2. Go for a walk in a nearby park.
3. Take the stairs instead of an elevator.
4. Bike to work, to run errands, or visit friends.
5. Clean out the garage or the attic.
6. Walk with a friend over lunch.
7. Volunteer to become a coach or referee.
8. Sign up for a group exercise class.
9. Join a softball league.
10. Park at the farthest end of the lot.

## Kids

1. Take your dog for a walk.
2. Start up a playground game.
3. Join a sports team.
4. Go to the park with a friend.
5. Help your parents with yard work.
6. Play tag with friends.
7. Ride your bike to school.
8. Walk to the store.
9. See how many jumping jacks you can do.
10. Race with a friend.

## Why is it so important to get active?

In other words what can exercise do for me?

Well there are many positive benefits you can gain from exercise, I will separate them into long and short term for you to determine your progress.

### Short Term

You feel better about yourself  
Greater self esteem  
Gain more energy  
Begin to lose weight  
Better sense of self  
Gain proprioception

### Long Term

Lose weight  
Loss in clothing size(s)  
Decreased risk of obesity  
Decreased risk of diabetes  
Decreased risk of cardiovascular disease  
Decreased risk of cancer

As you can see, starting a healthier lifestyle can give you many positive benefits. Why not begin a workout routine? Just remember, start out small and work your way up. If you decide to begin running but have not ran for a while, begin with a brisk walk for 5 minutes, jog for 5 minutes and finish with a 10 minute brisk walk. A cardiovascular workout (working your heart and lungs, such as walking, running, swimming, biking and any activities that include these) should be done at least 20 minutes a day. If you do this, you will be getting benefits from your workout. -Signs that you are gaining benefits during your workout-sweating, breathing heavier, heart rate increased, muscle tightness, thirsty, etc.

## What to Say When Your Child Is Extremely Upset. (Helping Hand)

We want kids to talk to us when their emotions are running high. It helps them release those emotions constructively and helps us understand what's going on in their lives.

The best way to insure young people will talk out – instead of act out – their strong feelings is to respond to them in ways that make them feel understood. Ken Druck, PhD, founder of the Families Helping Families program and a crisis-response expert, offers some guidance in this regard in his book, *How to Talk to Your Kids About School Violence* ([www.howtotalktoyourkids.com](http://www.howtotalktoyourkids.com)).

He says when kids get very angry, adults have a unique opportunity to connect with them. “As she describes the particulars of her situation, listen and allow her to rant about what happened. She’s likely to be very hurt, upset and may even make threatening and radical remarks.” He provides some common statements kids make when they’re angry and how adults can respond:

When your kids say:

“I won’t let him get away with this.”  
“He’ll be sorry he ever messed with me!”  
“I’m going to make him pay!”  
“I’m going to kill him!”

“It’s not fair!”

“I can’t stand the way I’m being picked on/bullied/made fun of.”  
“I can’t go on anymore.”  
“I can’t face anyone ever again.”

“I’m not going back to school.”

“You don’t know what it’s like.”  
“Things are different from when you were growing up.”  
“You don’t get it.”

YOU should say:

“I know how angry you are. I understand you feel he should have to suffer consequences for what he did. Retaliating will only make things worse. Don’t you think he’ll try to get you back? Let’s think of some ways to end this.”

“No. It’s not fair. And neither is life sometimes.”

“I can see how humiliated you are, and I might want to crawl into a hole and hide if I went through what you did. Things might be rough for a while, but we’re going to figure this out, you’ll see.”

“It is a miserable situation, but I think we can do something about it.”

“I know you don’t think I understand. And I know things are different from when I was growing up. But I still want you to Give what I have to say a chance.”

***This article caught my eye and gives examples on how to handle some rough situations. I thought as parents, coaches and/or assistants, our gymnasts confide in us and these scenarios might help.***

# How To Help Girls Develop Their Self-Esteem

Girls don't have to fall into a gender trap.  
(Helping Hand)

Both girls and boys start out feeling pretty good about themselves. By age 9, though, many girls begin a downward slide to lowered self-esteem. By 12, they're generally taking a back seat to boys' confidence in themselves.

Robin Goodman, PhD, director of [aboutourkids.org](http://aboutourkids.org), says that by age 12, many girls focus intently on their bodies, trying to measure up to the impossible standards they see reflected in media. They start to feel they are only as worthwhile as their bodies are perfect. In addition, they begin to think that being smart is not attractive, so they hide their abilities. What's more, some experts think parents and schools inadvertently reinforce traditional roles for boys and girls. Teachers may ignore girls' unique response styles in the classroom. Parents may suggest or encourage only stereotypically female careers to their daughters. Added to those factors is boys' natural tendency to take more credit for their accomplishments than girls, so it appears to girls that boys are more accomplished.

But these perceptions can be reversed. Girls can learn to recognize their own worth and act upon that knowledge by achieving their own greatness. Dr. Goodman has some suggestions for adults who want to nurture a girl's self-esteem.

1. Monitor your comments about your own body. Don't complain about your stomach in front of young girls.
2. Watch tendencies to stereotype chores. Girls can help fix toilets. Boys can cook dinner.
3. Expose girls to various positive role models.
4. Monitor and comment on media messages that could be harmful.
5. Let girls fail. This means letting them try things. Helping them all the time, especially if dads do it, can lead to a girl's feeling helpless and incompetent.
6. Encourage girls to speak their minds, even if you don't agree with what they say (although they should express themselves respectfully – as should boys).
7. Get girls involved in regular physical activity or sports. Physical activity builds strength and, thus, self-confidence. It also relieves stress and anxiety.

JoAnn Deak, PhD, an educator and school psychologist, has another perspective to add to the discussion about developing girl's confidence. Writing in *Paradigm* magazine (Fall 2003), she encourages us to understand that girls' brains are wired in ways that make them excel as critical thinkers and masters at relationships. Celebrate, honor and verbally express your admiration for the special qualities that come along with being female. Help girls develop pride in their gender.

If you know a girl whose natural self-confidence seems to be slipping, contact our school's student assistance counselor, psychologist, social worker, nurse or guidance counselor for more information and helpful resources.

*As parents, educators, instructors and friends, I feel it is important to practice habits that will aid our youth in becoming the best they can be. Articles like these just give us tips and pointers to help us become better at what we do. If you have any articles like this or that you feel can help to benefit our youth, please send them to me via e-mail (on the first page of the gymnast) or snail mail. You can also send articles to the AS Office, just put attention Gymnast or Kandi Pajer! KP:)*

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*Financial Secy.*  
Henry Kumpost  
620 West 5th  
Box 931  
Wilber, NE 68465  
402/821-2497

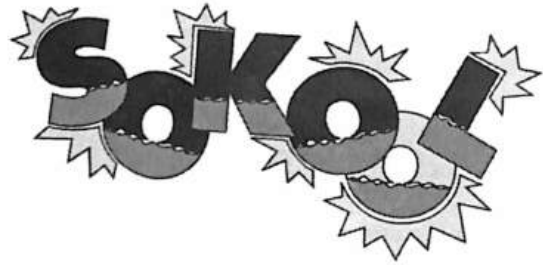
*Educ. Director*  
Evelyn Roesler  
6121 S. 25th Street  
Lincoln, NE 68512  
402/328-8588

**NOTE: Refer roster  
corrections to the  
National Office  
630-368-0771 or  
ASO@AMERICAN-SOKOL.ORG**  
**Refer to the web-based  
roster for most current  
information.**

## **NATIONAL LIBRARY WEEK**

Why not check out  
the American Sokol  
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**National Library  
Week, April 19-23?**  
Call today,  
630-368-0771,  
to make arrangements.

# American Sokol YOUTH PROGRAM Activities and Information



## NATIONAL SOKOL CAMP AND INSTRUCTOR'S SCHOOL

NOW is the time to start planning for this summer's National Sokol Camp and Instructor's School. Applications are available for both. There are also youth scholarships available. Check out the February youth newsletter for the essay contest to win a scholarship. But do it quick! Essays are due on March 31st. Check out the website for camp and course information and applications

<http://www.american-sokol.org>

## CREATE A FUTURE SOKOL CONTEST!

All youth members are asked to participate in the "Create A Future Sokol Contest." On one sheet of paper, draw out your vision of a Sokol in the future. Be creative, detailed and very colorful. The most creative and interesting will win the contest. There will be many cool prizes for the winners and everyone else will get a consolation prize. Encourage all youth members to participate and feel free to lend a hand!

If you want more information about Youth Activities or have ideas for programs we can do this year or in the future, you can contact your district youth ambassador or call or e-mail Tom Pajer at 630-833-6916 or [tompajer@american-sokol.org](mailto:tompajer@american-sokol.org).

## NA ZDAR! The American Sokol Youth Committee

### 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 my brother, Stanley Hruban, Sokol Omaha, from Irene Ruzicka . . . . .	\$500.00
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is a multi-faceted organization guiding its members throughout life, from early youth through maturity, to physical and moral health, good citizenship and responsible patriotism, combined with continuous self-improvement. This goal is pursued through general physical fitness activities, gymnastics and sports, as well as varied cultural and social activities.



## EDUCATIONAL & B.O.I. MATERIALS, MEMBERSHIP PINS & KITS

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- "Sokol and the Sokol Ideal"
- "Our Task, Aim and Goal"
- "Dr. Josef Scheiner"
- "Highlights of Czech History"
- A.S.O. 125th Anniversary Book
- "American Sokol Sings" Songbook
- Gymnastic Activities w/Hand Apparatus
- Sokol Gymnastics Manual
- Unit ID Ribbons

### BOARD OF INSTRUCTORS

- Director's Newsletter Subscription
- Instructors' Digest (Vol. I, II, III, IV, V)
- Unit Directors' Handbook
- District Directors' Handbook
- Girls'/Boys' Skills Program Materials
  - Large Packet (25 Participants)
  - Small Packet (12 Participants)
- Tots' Skills Program Materials
  - Large Packet (25 Participants)
  - Small Packet (12 Participants)
- Separate Cards, Patches, Bars and Ribbons Also Available
- Birthday Ribbons

### MEMBERSHIP PINS & NEW MEMBER INFORMATION

- Membership Kit
- Plain Pin (No Year)
- Year Pins (in 5-year increments: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50-Year)
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For information on all items, contact:

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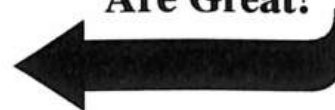
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