

American

SokolTM



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The Gift that Lives



*Original presented to His Excellency Vaclav Klaus, President of the Czech Republic
Wednesday, April 26, 2006, in Oak Brook, IL*

Symbolically: the Czech flag waves proudly with colors rich in the ideas of democracy. The flag contains a common gift, Sunflowers grown in regions of the Czech Republic. Sunflowers are known to rise up and look to the path of the Sun following it as it progresses through time. These Sunflowers are not cut flowers, which could only be seen and admired for a brief time. These flowers are alive and are rooted. They can survive and flourish with care. Their roots are held tightly in a container which poses the brand of the Sokol Organization. There is significance to Sokol, in that Sokol holds dear these roots of Freedom, Family, Fitness and Fairness through democracy. This gift was planted in America in 1865. In times it has flourished spreading roots and seeding the land and in other times it has shown attrition. However, Sokol has never lost its roots; they have been securely planted in America. The small American Flag is placed in with these roots and Ideas.

The Sokol holds America dear containing a commonality with the Czech people as well as all peoples who desire Freedom, Family, Fitness and Fairness. NAZDAR!

Rome Milan

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Calendar of Events

June

3	CD in LaGrange Pet Parade
10	Sokol Baltimore Competition & Exhibition
11	Sokol St. Louis Picnic
14	Flag Day – Fly Your Colors
16-18	Sokol Traveling Summer Camp at Sokol Tabor
17 & 18	Czech & Slovak Festival – Phillips, WI
18	Happy Father's Day Dads
19-23	Sokol MN Cultural Camp
23	Sokol Gr. Cleveland Fish Fry
25	Sokol Gr. Clev. Leaves for Prague

July

1-6	SLET – Prague, CZ
4	Independence Day
9-16	Sokol St. Louis Children's Camp
17-31	Nat'l Instructor School – Sokol So. Omaha
31-Aug 6	Nat'l Summer Camp – Sokol St. Louis

August

4-6	Annual Czech Festival – Wilber, NE
13	Sokol MN Camp Booya – Pine City, MN
16-19	National Gymnastics Congress – St. Paul, MN
26-27	Sokol Reunion at Sokol Woodlands, Barryville, NY
27	Sokol/Sokolice Milwaukee Picnic at Whitnall Park

I know these photos are small, but can anyone identify what and where these two places are?
Nancy



From the President...

Bro. Larry Laznovsky

NAZDAR, Sisters and Brothers:

On May 4th the American Sokol was honored with the Jan Masaryk Gratis Agit Award, given by the Czech Ministry of Foreign Affairs. Brother Paul Lebloch, Second Vice-President, and I proudly accepted the award for our organization. This award recognizes hundreds of thousands of volunteer hours of preserving Czech culture and heritage, as well as promoting physical fitness and good citizenship.



Laureates receiving the 2005 Award were from all over the world. Most notable are Madeleine

Albright (not present), The King Norodom Sihamoni of Cambodia, represented by his sister the Princess, and Cardinal Tomáš Špidlík, The Vatican. Other laureates were from Ireland, United Kingdom, Canada, France, Taiwan, Germany, Czech Republic, Argentina, Turkey and South Korea. Also honored was Jiří Nováček, President of the Austrian Sokol. The event was hosted by the Deputy Prime Minister of Foreign Affairs, Cyril Svoboda. The three day event included a State Dinner, A Tour of Jan Masaryk's apartment in the Czech Ministry, a concert, receptions, a tour of the Prague Castle and a boat ride on the Vltava. The award will be on display at the National Office at a later date.



Letters of congratulations were received at the office from Jaroslav Bernard, President Ceska Obec Sokolska and Ambassador Petr Kolar.

Nazdar & See you at the Slet!



The Sokol Educator
Sis. EllenJeanne Schnabl, Educational Director

NAZDAR, Sisters and Brothers:

Time does march on, doesn't it? Many Unit & District exhibitions, Slety and competitions have been completed. Now many of you are making plans to attend the Slet in Prague.

For those of you who are new to this experience, I would like to suggest any of 3 books which might help you in your travels.

- 1) Prague: Eyewitness Travel Guide; published in the U.S.A. by DK Publishing, Inc., 375 Hudson St., New York, NY, 10014; Project Editor: Heather Jones.
- 2) Prague - Insight Guide; distributed in the U.S.A. by Houghton Mifflin Co., 222 Berkeley St., Boston, MA, 02116-3764; edited by Joachim Chwaszcza.
- 3) Czech & Slovak Republics Guide; by Ted Brewer; Open Road Publishing, P.O. Box 20226, Columbus Circle Station, New York, NY, 10023.

All give great hints on the history of the region, its land and people as well as what to pack! They are also filled with many colorful pictures and maps for your enjoyment. These books are probably available at any good book store.

Take lots of pictures - BUT - keep a log of what you're taking so that when you get home, you won't wonder where a particular photo was taken.

Have a wonderful time and return home safely!

NAZDAR !
EllenJeanne Schnabl

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.

American Sokol Little Ferry, New Jersey

Sokol Hall's Haunted House co-sponsored by American Sokol Little Ferry and the Little Ferry Chamber of Commerce was an overwhelming success. On the nights of October 30 and 31, over 800 brave souls dared traverse through spine tingling dungeon scenes, a flame-breathing dragon, the deadly pirate ship, a thick haunted forest, a ghoulish cemetery, a harrowing maze and finally, the witch's brew. The Halloween event was the first of its kind for Little Ferry. Many attendees insisted on three to four passes and they were fascinated by the intensely detailed scenes. They pleaded to see more of the same next year! There was a nominal charge for admission. Several local businesses contributed monetary donations to help pay for materials and supplies used to erect the scenes. In addition to the adult volunteers, many of Little Ferry's eighth graders also assisted.

American Sokol Little Ferry's Annual Beefsteak Dinner is becoming more popular each year. Even the Blizzard of 2006 that began early in the evening did not deter members and guests from attending. And, everyone stayed to closing. This year's Valentine's Day theme had Sokol Hall looking very elegant, especially the centerpieces made by Sis. Laurie Romano.

Thinly sliced fillet mignon served on miniature bread slices is a specialty few of us can resist! Platters of this steak were brought nonstop to each table throughout the evening. Pasta, salad, waffle fries, fruit, ice cream cake, and beverages completed the meal. The dinner was prepared by a local caterer and served by his staff. A D.J. was hired to play music for dancing or listening, and he also assumed responsibility as Master of Ceremonies.

An **old tradition** continues at American Sokol Little Ferry. In a small, diversified town where 29 different languages (no Czech or Slovak) are spoken in the local schools, it is incredible that a Czech-style dinner remains a popular venue for the community. The Sokol Hall is transformed into a cheerful ethnic restaurant. Czech and Slovak melodies fill the hall along with the fragrance of pork, sauerkraut, and dumplings. Additional side dishes of applesauce, bread and butter, homemade desserts and beer, wine, or soda are included in the reasonably priced dinner.

A new venture at American Sokol Little Ferry is the **Parent and Child Classes**. In addition to physical activities taking place on the mats, the pre-Tots and their parent also participate in exercises containing hand apparatus, such as beanbags, ball, and hoops. To "wind down" after the lively sessions, all engage in craft activities.

Sokol Baltimore, Maryland

Sokol Baltimore's new Sokol Center

As many of you already know, Sokol Baltimore had to sell its old Hall due to neighborhood changes, and has been taking steps to relocate for several years now. This is a progress report on this effort. We have been successful in acquiring 11 acres in a choice location in the Perry Hall section of Baltimore County. We have an approval by the zoning commissioner (with support of the community) to build on the parcel a 120ft x 180ft 2-story Center, with the required parking.

In order to access this site, it will be necessary to perform grading for about 100 ft through a small rise. The building permit for this work was obtained, however the bids were double the amount estimated by the engineers. We are in the process of modifying the request for the temporary access road to reduce the costs. We need this road to give us reasonable access, and to provide limited parking.

We had an architect produce the preliminary drawings for the Center. These will be used shortly to obtain estimates on the cost of construction.

This preliminary work got us to the most important and difficult part of the total effort: obtaining the \$\$\$\$ to proceed to build the center. We are planning a 2 to 3 year effort to raise the necessary funds. We have a general plan for obtaining the money, but if anyone has information of possible sources of large donations, please contact us. However, no donation is too small; **Sokol Baltimore welcomes all contributions.**

Wish us luck and we will keep you posted periodically on the progress.

Sokol Baltimore Beseda Dancers continue practicing on Thursdays. They have performed at the Czech and Slovak Heritage Associations Festival for the past several years. They have performed at other events in Maryland and marched in costume at the Baltimore Preakness Parade. Sokol Baltimore gymnasts marched and performed at the parade, too.



Picture of Beseda Dancers at the Preakness Parade
Br. Ed Foreman, Br. Alex and Jane Vanicky, Sis. Betty J. Kilian, Sis. Natasha Sefcovic, D. Tuma, Br. Bo Bata, Br. Frank Huber

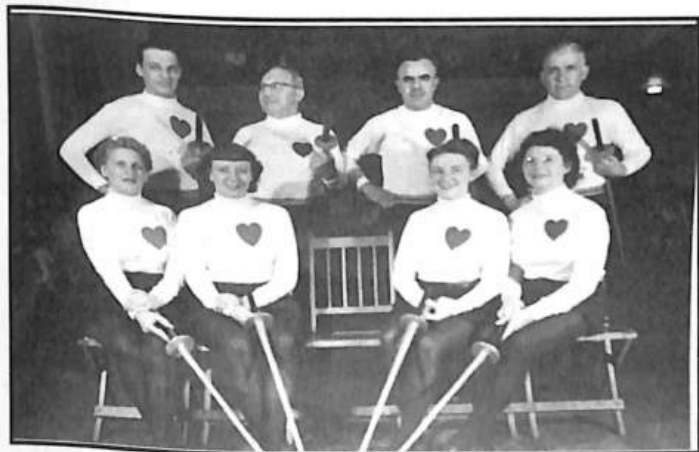
Sokol Baltimore coaches are busy all summer. The gym is opened for summer camp where as many as 800 children in Baltimore City are introduced to gymnastics. We are the only gym in Baltimore City that offers this opportunity.

Sokol Curtis Bay, Maryland

Sokol Curtis Bay has been dedicated and supportive to Sokol by remaining an active Sokol unit and through financial contributions. The small group meets every-other-month to conduct Sokol business

Sokol Philadelphia, Pennsylvania

Sokol Philadelphia members have been working on several different exercise programs, "Fit Moves" from the Institute of Human Performance is one of our favorites, along with our own combination of functional/core exercises using stability balls, medicine balls, hand weights, and pulleys. Erica (Jaros) Knight ran her first 10K race in preparation for her first Marathon coming up soon. Rose Jaros is hard at work putting a pictorial history of the people and events that have made up our unit. At the Eastern District meeting several people were talking about a special fencing number from the '50s. I thought they might like to see the Philly group who performed at several events including the Grand Opening and 82nd Anniversary of Sokol Baltimore on January 17, 1954.



back row - Ervin Jaros, Ben Knovak, Lou Vagner, George Novak
front row - Josephine Tunkl, Rose (Dvork) Jaros, Valeria Mikosek, Anna Vagner

Sokol New York, New York

The past year has been a busy one for Sokol New York. With 770 registered participants in our classes of Tots, Small Girls, Small Boys, Junior Girls, Junior Boys, Seniors, Rhythmics, Ballet, Tae Kwon Do, Volleyball, Basketball and Folk Dancing our Hall is very energizing. We thought we would take a few moments to report on the highlights of events that some of you may not know. While it is true that the younger participants enjoy many parties and good times with their classes and at our monthly Roller Nights, our adults play hard as well.

Sokol New York hosted a lecture by Dr. Charles Bednar, Emeritus Professor of Political Philosophy of Muhlenberg College. This lecture was titled

"Reflections on the Life and Times of Tomas Garrigue Masaryk: 1850 - 1937: Thinker, Statesman and First President of the Czechoslovak Republic". This wonderful afternoon which was held in our beautifully restored 1896 Room allowed Sokol New York members and guests to celebrate Masaryk in a new and informative way. In addition, our precious and valuable Library which was professionally catalogued by an archivist/librarian from Praha, continues to be a source of pride for us.

Highlights of the year would be remiss if we did not mention our annual Dart Tournament. This event allows for our adult members to get together, share a few laughs and compete against each other in Darts. This year, the tournament was coupled with a Super Bowl Party - the festivities continued from early afternoon until late in the evening and were a true testament to Sokol spirit! Along the same lines, was our wonderful Casino Night. We played cards and assorted table games with "Sokol Dollars". At the end, we had an auction of the prizes with the Sokol Dollars.

The Bro. Stanley Mergl Memorial Fund made the restoration of our 1896 antique bar possible. The afternoons of the dedication brought Sokols from near and far to not only celebrate this restoration but an afternoon of sharing memories where everyone could celebrate Bro. Mergl in an appropriate manner.

Our adult Halloween party is not to be missed. Costumes are mandatory and you cannot believe how creative Sokols can be when given an opportunity!

Sokol New York's Tae Kwon Do program hosted its very first Invitational meet. Seven regional Tae Kwon Do clubs were invited and an entire day of competition showed Sokol New York's program to be as strong, if not stronger, than many in the region.

Not even Saint Patrick's Day gets away from us. We hosted our second annual Ceili (Irish for musicians' party). Authentic Irish musicians and step dancers donated their time and talent and our resident chefs cooked up corned beef, ham, cabbage and potatoes to make your mouth water.

Representatives of Sokol New York attended a reception with President Vaclav Klaus. Perfect timing of this reception was the opening of the "Prague-Crown of Bohemia" exhibit at the Metropolitan Museum of Art.

Sokol New York not only has a booth at the Annual Czech Street Fair on Madison Avenue and 83rd Street in Manhattan every year but our gymnasts are always invited to perform. The Fair is held on the first Saturday of October. Last October our Juniors and Tae Kwon Do classes performed a combination tumbling/martial arts crowd pleasing number. This Fair is sponsored by the Consulate General of the Czech Republic and the Czech Center of New York - it is a day of Czech food, music and festivities not to be missed.

Competitions are held each year with the "United Sokols of the East". This group is made up of American Sokol units, Sokol USA and DA Sokol. We also get together for an "Eastern Area Sokol Competition and Festival" at Sokol USA's Woodlands and never miss the mid-summer Annual Clambake hosted at Woodlands.

Please visit us on our newly created website:
www.SokolNewYork.org

Sokol Washington, D.C.

At the 2005 American Sokol Convention in Cleveland, OH; I was asked what unit I represent? After I replied that I represented Sokol Washington; many brothers and Sisters were surprised and replied: "Is Sokol Washington still alive?" Well, it is alive and still kicking.

Sokol Washington, DC's annual meeting is held the first Wednesday in September. Regular scheduled programs are volleyball on Monday evenings then gymnastics for the children and aerobics for adults on Friday evenings. About 60 members, their families and friends attended the Annual Appreciation Picnic on the second weekend of October. On October 29th the Annual Wreath Laying Ceremony at the Tomb of the Unknown Soldier at Arlington National Cemetery was held. It was attended by a delegation of uniformed Sokol members and representatives from the Czech and Slovak Embassies. A large crowd watched this solemn event.

In November, Sokol Washington held their Annual "Katerinska" Party. For those who are not familiar with some of the Czech and Slovak customs, the following is a brief explanation: Around the Day of St. Catharine (in Czech Katerina and in Slovak Katarina) on November 25th, during the reign of Austrian-Hungarian Emperors, its military was campaigning through the lands for recruits, young village boys, to serve in the armed forces. Near the end of the month a big dance and party was held in many of the villages for the reluctant

young recruits who would be leaving. Many a young man never arrived at the military camp.

Around December 6th, St. Nicholas Day, Sokol Washington holds "Mikulasska". This event is mainly for children, who are visited by St. Nicholas (Svaty Mikulas), the Devil (Cert), and the Angel (Andel). Svaty Mikulas gives each child a small bag of goodies after the child perform a song or a poem. The adults enjoy "Jitnice, Jelita and Klobasy" with sauerkraut and potatoes.

The period beginning the day after New Years Day and ending at Ash Wednesday is in Czech called "Masopust" and in Slovak "Fasiangy". At this time of the year many Dinner-Dance evenings take place as well as traditional Balls. Sokol Washington, DC. used to hold an annual "Sibrinky-Fasiangy". For unknown reasons this tradition was broken and so this year on February 25th we revived it. Wiener Schnitzels and Potato salad were served as well as Kotlikovy Gulas (Kettle goulash). For the thirsty there was Pilsner from the tap as well as white and red wines. Good music was provided by the excellent Slovak folk music group "Pajtasi" from New York.

Finally, on April 1st the biennial Volleyball tournament of Sokol Washington took place. It was very well attended by three local teams from Sokol Washington, three teams from Sokol New York as well as a team from Sokol Greater Cleveland. The winner was the team of "Leftovers" from Washington, second place was taken by the team from Sokol New York (Friday A), and the bronze went to the team from Sokol Greater Cleveland. It was successful and in the evening everyone met at the traditional "Josefska" party of Sokol Washington DC.

To conclude where I started, Sokol Washington DC is still alive and kicking."

Thank you to everyone from the Eastern District who had a hand in submitting these recaps! - Nancy

G for greetings

Radio Prague [05-06-2002] By Pavla Horakova

Ahoj is an informal greeting used both when meeting and parting with friends. Now if you think this nautical expression is out of place in a landlocked country, you're absolutely right. Nevertheless, the greeting, which found its way into the language in the 1920s together with expressions concerning sport, hiking and camping is very popular among all generations.

The general formal daytime greeting, used from morning until late is **dobry den**, meaning literally good day. That's what Czechs say when they meet a stranger, somebody older or somebody of higher status. The same applies to **dobré ráno or good morning**, only this greeting is usable only until about 10 am. Even earlier than that, Czechs greet each other with **dobré jitro**. The word **jitro** means early morning and as Czechs are known as early risers, this expression is actually quite frequent. In the afternoon, Czechs say **dobré odpoledne** or good afternoon, and in the evening they greet each other with **dobry večer**. When parting at night or when going to bed, they say **dobrou noc** or good night.

Friends, family or people who are on first name terms have a different set of greetings they use among themselves. We've already spoken about **ahoj**. There's another originally foreign expression - **èau**, from the Italian. It too can be used both when meeting and parting with a friend. The Czech expression **nazdar**, is of Slavonic origin, and is linked to the verb **daòit se**, to do well, or prosper. Often, you can hear a very intimate parting word **pa**, or **papa**. Originally, this term comes from baby-talk.

The formal greeting used when parting is **na shledanou**. It roughly means "until we meet again" or "see you". Sometimes you can hear the abbreviated form **nashle** which is quite informal and somewhat less polite. Radio presenters often use an alteration of **na shledanou** which is **na sly'enou**, meaning "until we hear each other again".

AMERICAN SOKOL GYMNAST

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Raising Teenagers

www.lifescrpt.com – Dec. 2005

This article is to help instructors and parents alike! Everyone who teaches or is a parent would like to break that "barrier" between them and their teenager(s). Here is a way to help connect and what a better time than over the summer when your teenager is not in school. They can focus their energy on YOU! Yeah Right! There are also some things you can do as a coach to keep them involved in Sokol! KP:)

We've all experienced being a teenager – those years where we were in the throes of tagging hormones, dealing with peer pressure and trying to gain some independence, all while struggling to find our place in life. While the teenage years can be tumultuous for your child, being the parent of a teenager can be just as trying. But you, as a parent, can help guide your teenager through this period of their lives with an understanding, but controlled hand, even in the face of resistance.

Gone may be the days when your sweet, baby-faced little boy or girl worshipped the ground you walked on and never wanted you to leave their sight. Now it may seem like your teenager loathes you and can't wait to get away from you. The years between age 12 and 18 are a time where the voluntary separation of teenager from the parents is a natural occurrence. However, while they may be pushing you away, they also need you more than ever, and that's the most important thing to recognize as a parent. Teenagers experience all kinds of physical, mental, emotional and social changes. They're trying to find a way to cope with all these changes at the same time that you're trying to find ways to cope with their desire for independence. Here are some lessons in good parenting to make raising teenagers a successful journey and maintain your sanity and their future.

Talk the Talk and Walk the Walk

Your teenager not only needs rules and boundaries, they also subconsciously want rules and boundaries because it actually shows that you are invested in their well being. For more tips on how to give your kids what they really need, read Good Parenting. One of the most beneficial things you can do for your teenager is to set rules and boundaries and outline the consequences for breaking those rules. But here's the catch. Setting rules and boundaries and outlining consequences is worth nothing if you're not willing to follow through with implementing those consequences. You hand over the power to your teenager if you go back on your word, and the only things they learn is that your word means nothing and everything can be tested. Try including your teenagers in the rule-making process (only if they're mature enough and only for the rules that are non-negotiable). Parents are often fickle with their rules because they want their teen to consider them a friend rather than an authority figure. But your teen doesn't need another friend – they need a mentor. Don't be scared of you teenager. It is ok if you are unpopular with your teen's friends or other parents. You are raising your son or daughter and not other teens or parents. Don't give in when your teen gets whiny, angry and upset over a

well-deserved punishment, it is your job to see that the proper action is taken by you now so your teen will act properly in the future.

If your teenager continuously breaks rules or is out of control, you are allowed to take drastic measures, such as taking everything out of their room except for their bed. Actions like these may seem harsh, but the lesson you are teaching your teenager can be priceless. Your teenager will make mistakes, there's no doubt about it. That's just part of what is called "growing up." But, with your help, your teenager will also make good decisions, and those decisions should be acknowledged and praised. If teenagers meet their parent's expectations, they'll also learn the importance of meeting expectations at school, in sports, in their future careers, and even in their future adult relationships. The key is not to control, but to foster good values, which in turn, will lead to better choices.

KP;) It is important for coaches to set rules and punishments for breaking them as well-

Foster Communication

You shouldn't be too alarmed if your teenager is no longer the Chatty Cathy or Carl they were when they were younger. Teenagers tend to inwardly reflect on their life while sometimes acting annoyed when parents ask questions. When they do talk, Listen! Remember that teenagers are exploring new ideas, feelings and beliefs. Encourage them to do so in a healthy way, even when those feelings and beliefs are contrary to what you believe. You should also initiate conversation with your teen whenever possible. Make sure they know that you're there for them if they need to talk, such as on the way home from school (the car is a typical place for chatter). If you disapprove of a behavior your child is exhibiting, instead of attacking their personality, tell them "I love you, but I disapprove of such and such behavior."

Get Connected

If your relationship with your teenager isn't at its best, don't give up. Seeing that you're making an effort is important to your teen, and he or she will be more likely to be receptive to improving your relationship. Take an interest in your teenager's life, from who their friends and teachers are, their sports activities and especially their activities after and outside of school. Studies have shown that the more involved you are, the less likely your child will engage in high-risk activities, such as drugs, alcohol, stealing, and sex.

It is possible to raise a happy and healthy teenager, or to raise a teenager who, in the future due to your good parenting, will be happy and healthy. Also, remember that your relationship with your teen might be great one day and not the next. You don't have to try to make it ideal every day. But, when the moments arise to listen and teach, don't let them pass you by. When you strike a balance between love, stability, guidance and communication, you're providing your teenager a step ahead in the game of life.

Health Inside and Out

An important element of any happy and healthy relationship is individual health. The mind-body connection is so powerful, that by taking care of your body you will help empower your mind and enrich your relationships. Start by taking vitamins to support your health and future success. *Talk to your doctor on what might be best for you and your teen. You should also get the proper amount of sleep – at least 7 hours a night - and exercise to maintain cardiovascular, muscular and bone health.*

Does the second sentence in the above paragraph sound familiar?

Sound mind = healthy body?

That is our Sokol credo, or motto! True dat!

Activities you (parents and instructors alike) can do with your teen to show your interest!

Parents

Plan a family bike ride or walk

Volunteer at a shelter or hospital with your teen

Let your teen plan dinner one night a week (you are a resource for their questions)

Have a family fun night- play games- (once a month)

Invite your teens friends and their parents for a bar-b-q

Talk to your child's instructor

Ask them questions about school-class-friends-teachers, etc.

Instructors

Plan a hike at the nearest forest preserve (instead of class at the gym)

Volunteer at a shelter or hospital with your class- outside of class-

Have your class plan a dinner for another class (you are a resource)

Have a fun night (play games in class)

Plan a special night out with your class – not class related

Talk to the parents of your students

Talk to you students about school- other activities-friends, etc.

The best key is to be open and willing to talk, share stories, have fun and give them responsibility. Teens are the most exciting age group to work with because they are so close to adulthood. They can teach you a lot as well as you teaching them a lot. Be a good role model, provide a healthy environment and show them a good time. Also, get them involved-maybe by encouraging them to help with a younger class, stress going to National Sokol Camp and/or Instructor School, and get them more involved in a GREAT, HEALTHY ORGANIZATION! I truly believe that Sokol is a great tool for molding wonderful people-get them involved, they will enjoy it!

Gymnastics Off Season Conditioning

In the beginning, and throughout the training process, conditioning is the easiest way to get the body physically ready for sport. Conditioning helps to develop the body alignment. This process will aid the body in how to curve, stand straight, and flip. There are two types of conditioning and all levels of gymnasts need both types!

1. **Conditioning for health and fitness.** This is when you are making your body, including muscles, lungs, heart, etc. stronger.
2. **Sport specific conditioning.** This is when you develop memory and feeling in the muscles for performing your sport.

To design a program - you must think of all the muscles you need to strengthen:

MUSCLE	EXERCISE TO STRENGTHEN
<i>Stomach</i>	<i>Sit-Ups of all variations</i>
<i>Back</i>	<i>Super-man or Arch-Ups</i>
<i>Triceps</i>	<i>Push-Ups</i>
<i>Biceps</i>	<i>Bicep Curls</i>
<i>Thighs</i>	<i>Lunges or Wall Sits</i>
<i>Calves</i>	<i>Toe Raises</i>

Begin the conditioning program with a low number of sets and reps as the muscles get stronger, you will increase the number of sets and/or reps and possibly weight.

A good number to start with is to do 2 sets of 10 reps of each exercise. If this is too easy, the gymnast can increase the number of reps, but when beginning a program it is best not to over do it.

A great program for over the summer would be:

- a. 2 sets of 10 reps. **Crunches** (sit-ups)
- b. 2 sets of 10 reps. **Side to side sit-ups** – alternate touching right elbow to left knee and vice versa-
- c. 2 sets of 10 reps. **Arch-ups** (lying on stomach, gymnast lifts thighs and shoulders off floor and holds 3 seconds) or **Super-man** – gymnast lies on stomach and reaches left arm and right foot up as far as they can-holds 3 seconds and repeats same on opposite side
- d. 2 sets of 10 reps. **Push-ups** (concentrate on elbows in)
- e. 2 sets of 10 reps. **Bicep curls**-with some resistance, start with arms at side and bend elbows to bring hands up to nearly touch shoulders-slowly lower back down to sides
- f. 2 sets of 10 reps. **Lunges**-with right foot in front drop back knee down to just barely touch the floor-after 10- repeat on other leg or **Wall sits**-up against a wall (make sure knees and ankles are at 90 degrees) hold the position for one minute - two times.
- g. 2 sets of 10 reps. **Toe raises** , standing on a stair, let ankles relax all the way down and lift up on toes as high as you can and slowly lower down again.

Another great exercise for gymnasts to perform is the straight arm Lat. Pull-down. This is the last motion of the glide kip. The gymnast should have straight arms out in front of them and against some resistance, pull their arms down to their thighs, keeping the elbows straight.



Vaclav Klaus Visits Chicago

Submitted by Jean Hruby – American Sokol National Office

On Wednesday, April 26, 2006 a private Welcoming Reception was held at the CSA Fraternal Life Building for the President of the Czech Republic, His Excellency Vaclav Klaus, along with the Czech Ambassador, Petr Kolar and the New Consul General of Chicago, Marek Skolil. Hosted by CSA Fraternal Life, American Sokol and Czech American Congress, 100 guests from all three organizations attended to welcome His Excellency to Chicago and the Czech Community.

Members of the Moravian Cultural Society and United Moravian Societies dressed in costume to welcome and sing the National Anthems. As the entourage arrived, Deborah Zeman, CSA President, greeted His Excellency and escorted him up the walk, lined with people dressed in traditional Czech and Moravian Costumes. He paused to speak to those in costume and to admire the flags on display. John Pritasil, CAC President, announced his arrival as he entered the building and the UMS singers sang the beautiful anthems. His Excellency Vaclav Klaus, very happy to be able to speak in Czech, gave a warm speech to all guests and was very touched to see the Czech Culture "alive" in our city. He stated that although these cultural customs are fading back in the Czech Republic, he was proud of what the Czech Communities are doing, and encouraged us to keep the traditions going. "Maybe the Czech-Americans can help bring it back to the country!"

He was then escorted to tour the Czech and Slovak Heritage Museum by Larry Laznovsky, President of American Sokol, Deborah Zeman, CSA and John Pritasil, CAC. All guests were then allowed into the Museum to personally meet His Excellency and all dignitaries that accompanied him. Deborah Zeman, CSA Fraternal Life, presented him with a gift of Chicago Cufflinks, John Pritasil, CAC, gave him a book of Chicago

and Larry Laznovsky, American Sokol presented a commissioned painting titled, "The Gift that Lives," (Cover Page) created by Rome Milan, Sokol Ft. Worth. In reading "The Gift that Lives, Larry Laznovsky thanked the people of the Czech Republic for Sokol. The Sokol idea was a gift to the American people from the Czech Republic and we will work hard to keep it alive.



L-R His Excellency Vaclav Klaus ,
Bro. Larry Laznovsky & Sis. Jean Hruby

The warm evening concluded with some farewell songs that His Excellency joined in singing, and cocktails and hors d'oeuvre which were prepared by Marie's Catering, Willowbrook. This was an exciting and unique opportunity to be close to the President of not only a country, but a Country that is *Remembered and Loved* by so many here in Chicago and the Czech Communities around the United States. The guests were awestruck in his presence and smiles were spread from ear to ear! It is not often that one gets to touch the hand of a President, the hand that holds a country, a country that held the hand of our ancestors and a country that many hold dear to their hearts.

In a thank you to American Sokol, Ambassador Kolar states...

The achievements of American Sokol Organization in Illinois and in the United States have been remarkable. Your organization seems to have revealed the recipe for how the Czech heritage can be passed on from one generation to another. To use the metaphor from the picture presented to the President, the Czech roots here have in deed remained solid and the American Sokol Organization made an important contribution, for which I am sincerely grateful. I would like to hope that we will be able to rely on this foundation of flourishing Czech American relations also in the future.

In Memoriam: It is with great sorrow we recognize the passing of some long-time Sokol members.

Brother Fred Kala: Bro. Kala was born in Spilville, IA, a small Czech-American community, famous because Antonin Dvorak spent a summer there when he was director of the New York Conservatory of Music. The New World Symphony was composed there. Fred attended the same church where Dvorak once played the organ. Fred was interested in all things Czech. Even though both his parents were American born, he spoke admirable Czech. Fred moved to the Chicago area where he met Carol Kuchvalesk. They fell in love, married, and had two sons, Fred and Steve. Both boys attended Sokol and the Moravian Cultural Society dance group. Fred and his sons were also active in the Boy Scouts of America. Fred was an avid reader and was also interested in American Indian Culture. He loved the outdoors. He was a fisherman, mushroom hunter and gardener. He particularly enjoyed the annual Sokol Berwyn fishing trips to Elmer Kulousek's Wisconsin summer home. Fred had a big heart and was always willing to help someone in need. He was founding member of the Moravian Culture Society. He had bountiful energy and wore many hats in our Sokol Organization. He taught the Central District folk dance group. Sometimes he had over 90 juniors and young adults attend his class. He was Educational Director for the Central District. On the National Level, Fred was Membership Chairman and later President. He worked hard to establish good relations with the newly reactivated Czech Sokol. I believe his greatest joy was Sokol Berwyn and his many friends there. He was President of Sokol Berwyn for many years. The men's club enjoyed his culinary talents every Friday after men's class. He helped facilitate the merger of Sokol Berwyn and Sokol Slavsky. He attended the XII and XIII All Sokol Slets in Prague. In 2000, he received the Silver Medal from the Czech Sokol and the prestigious Jan Masaryk Gratis Agit award. These were given for his work for Sokol and the Czech-American community. Fred was proud of his family: Wife Carol, sons Fred and Steve, their wives Christie and Karen and grandchildren Melanie, Nicole, Brooke and Megan. We thank you for sharing Fred with us. To Brother Fred, we extend our final Nazdar! May you rest in peace.

Eulogy by Bro. Paul Lebloch, 2nd VP ASO



Sister Betty Prener: If you knew Betty – you also knew Helen, her sister. Thomas Fuller wrote: "If you have one true friend, you have more than your share." What truer friend had Betty Prener than her sister Helen. It was Michel de Montaigne who wrote: "It is in the enjoyment and not in mere possession that makes for happiness." Helen and Betty – neither sought worldly possessions, but both – together – enjoyed all and everything and everyone about them. What more can one ask? Both sisters were members of Sokol. Helen, a member of Sokol Stickney for 55 years and had dual membership at Sokol Slavsky. Betty was a member of Sokol Slavsky for 83 years. Betty involved Helen in Sokol activities, where she helped on many committees. Betty joined Sokol in the junior class at Sokol Havlicek-Tyrs in Chicago. One of her first instructors was Sister Mildred Prchal. She developed into an all-around gymnast. While at Sokol Havlicek-Tyrs, she was secretary of the Board of Instructors. She became secretary of the Central District and, years later because of her knowledge, was appointed to the American Sokol Organization Board of Instructors where she became Assistant Director of the Women's Board of Instructors. Betty attended Sokol technical courses in S. Haren, MI 1931, and Czechoslovak Obec Sokolstvo course in rhythmic at Nymburk (near Prague) in 1932. Betty traveled to Czechoslovakia with the Championship Gym Team in 1932 to the IX COS Slet, and is credited for helping the team win 2nd place with the COS District Teams. She also traveled to the last Slet in 1938 before Hitler's Germany invaded the country. During WWII she was instrumental in helping to organize the first Sokol unit of the Red Cross in raising funds for Czech Sokol children. She was secretary for the Berwyn-Cicero branch of the movement to send worn clothing and food to Czechoslovakia at the end of WWII. Betty taught children's classes at Sokol Stickney (1949-1951), member of the ASO Executive Board (1945-1950, 1955-1960). She was president of Sokolice Slavsky (1954-1956). Betty was elected Secretary of American Sokol Executive Board in 1965 and 1970 (10 years). In 1975 Betty was elected 1st Vice President of ASO, and served on the Slet Committees 1969, 1973, 1978 and 1985. Betty and Helen were the Uniform Division from 1975-1985. In 1985, Betty was elected 2nd Vice President of ASO – Her last official office. In 2002, Betty was presented an 80 year certificate from her Unit, Sokol Berwyn-Slavsky, and a plaque from Illinois State Treasurer Sis. Judy Baar Topinka for her endeavors during 80 years as a Sokol. Loving and kind in all her ways, upright and just to the end of her days. Sincere and true in her heart and mind; a beautiful memory she left behind. She had a nature you could not help loving, a heart that was purer than gold. And to those who knew her and loved her, her memory will never grow cold. Sister Betty Prener was born on December 16, 1905. She rested on March 22, 2006, at the age of 100 years.

Eulogy by Roy Zitny, Sokol Spirit

Grand Opening Sokol Greater Cleveland Czech Cultural Center's Museum and Gift Shop

The weekend of May 12, 2006 marked another important milestone in the history of The Czech Cultural of Sokol Greater Cleveland-it was the official opening and dedication of a new museum and library. Among the guests present were Ambassador Kolar, his wife, Ohio Senator George Voinovich and his wife, Janet. The Voinovich's are members of Sokol Greater Cleveland.

The museum and library adds still another important cultural and historic element to Historic Bohemian National Hall, home of Sokol Greater Cleveland. The building is listed with the National Registry of Historic Places and The Cleveland Landmarks Commission.

The hall was built and dedicated in 1897 by Czech immigrants, who wanted a place where their traditions, culture, heritage and language could be sustained. It was purchased by the Unit in 1975 and over the next 23 years it was painstakingly and lovingly restored to its present remarkable condition. In 1999 a 12,000 square foot athletic facility was added.

The inclusion of the museum and library enhances the beautiful historic building and its importance to the history of Cleveland. The exhibits planned include archives, and artifacts of the neighborhood, the history of the Large Czech-American community, and the history of Sokol in Cleveland over the last 100 plus years. There colorful displays of Czech - Contemporary and antique-- art works, glass, pottery, jewelry large collection of Czech regional costumes, and a collection of priceless hand carved marionettes--found at the hall .A small gift shop with items imported from the Czech Republic, is also a part of the space. The museum and library are free and open to the public.

Reminder:

**Sokol Alumni Reunion
August 25, 26, 27, 2006**

Sokol Woodlands
211 Mail Road
Barryville NY 12719
845-557-8413

RSVP by June 30, 2006
e-mail anytime!

b.babuska@att.net

Questions or input by phone:
Between 1:00 & 8:00 PM.

301-527-1671

Sokol means falcon in Czech however the organization is a lot more than that. Sokol started in 1862 by Tyrs and Fugner living in the Austrian Hungarian Empire that is now the Czech Republic.



Dr. Miroslav Tyrs (1832-1884) was very educated and his ideas will continue to be passed from generation to generation. Tyrs founded Sokol on the idea that in order to build a strong nation you need people working together to build a strong mind and body. Dr. Tyrs was only 30 years old when he founded Sokol in 1862.

Jindrich Fugner was a wealthy businessman who provided the financial backing to start the Sokol organization. The Sokol ideas came to America in 1865 and within the next few years Sokol units sprang up in towns throughout the United States.



Thanks

A huge **THANK YOU** to All Who Contributed to the American Sokol Performance Team's quest to go to Prague. We will make you proud!

**Congratulations & Nazdar!
American Sokol Performance Team**



**Central District
Sokol Naperville
Southern District
Sokol Spirit**

Sokol's traveling to Prague for the Slet:

Sokol Greater Cleveland: Women Drums: Noreen Ananea, Dolly Baca, Mary Baca, Angela Bartik, Dorothy Cummings, Ellie Fitzpatrick, Suzy Bures, Judy George, Carolyn Huber, Marjorie Juba, Jackie Justice, Kathy Kavan, Jaclyn Roth, Gretchen Vencl, Heidi Vencl, Angela Wise, & Jane Wise; Sr. Men and Women: Donna Bachna, Sherri Bures, Aggie Friend, Georgia Jencik, & Elsie Kralik; Men's Drill: Mark Beckerman, Kevin Fitzpatrick, Mike George, Lou Huml, Edwin Jirousek, Tim Krachko, Steve Sebesta JJ Vencl, Howie Wise, Mike Wise, & Steve Wise; plus some 40 spectators.

Sokol Los Angeles: Jaromir and Libuse Turek, Patrick and Kristina Ariniello with Nicholas, age 7 and Karina, age 4.

Sokol New York: (Spectators) Julie Slavik-Weiss, Anna Slavik, George Walter Weiss, and Beluse Bednar (Slovak Sokol)

Sokol Minnesota (Sr. Cal.): Carolyn Cahill, Dennis Cahill, Doreen McKenney, Norm Petrik, and Joyce Tesarek

Sokol St. Louis – 10 Members

This list is not all-inclusive. There are many more.

Best of luck to everyone during this unforgettable experience.

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In Memory of Jeannie Mason from Barbara Vondra \$25.00

FOUNDATION FUND

In Memory of Fred Kala from Rose Barcal..... \$10.00

Prague Celebration Dinner



Come join the American Sokol Performance Team in celebration of the Prague Slet. Whether you are getting a chance to go or whether you will be joining us only in spirit, we want everyone to come and enjoy the evening festivities.

Friday, June 23rd, 7:00pm at Sokol Tabor

Your ticket to this event includes:

- Full catered pork dinner
- Raffle ticket for the CASH door prize
- Performance by the American Sokol Performance Team
- Chances to win at many other different raffles
- Opportunity to bid on fantastic artwork and sculptures

All of this for only \$15 per person.
What a deal!!!

Please call Tom Pajer at 630-833-6916 or e-mail tom@pajer.us by JUNE 15TH to reserve your spot. Space may be limited so please get your reservation in SOON!!

Almost 20,000 due to take part in Sokol physical exercise gathering in July

[06.04.2006] – Radio Prague Current Affairs - Ian Willoughby

The Sokol physical exercise organisation, founded in 1862 during the Czech national revival, is one of the oldest associations of its type in the world. Plans have just been announced for the 14th Vsesokolsky Slet (All-Sokol Meeting), a gigantic gathering which takes place every six years. Eighteen thousand people are due to take part in the 2006 Slet, which is being held in the first week of July at the Evzen Rosicky stadium at Prague's Strahov. The modern era of Sokol began with its revival after the fall of communism; I spoke to the organisation's Dr Vladimir Dostal and began by asking him: what shape is it in today? "We are talking 15 or 16 years after the Velvet Revolution, so Sokol is now a very popular and I think one of the greatest sports and sports for all organisations. We mustn't forget that it's also a cultural organisation. At this time we have approximately 200,000 members."



Vladimir Dostal
photo: Martina Stejskalova

Around a tenth of them are going to participate in July in the Sokol Slet, or Meeting. How often is the Slet held and how important is it to the movement? "Traditionally the slets are organised or have been organised in six-year periods: the last one was held in 2000, now in 2006 we have organised the 14th one...We are talking about the great mass of our members, we mustn't forget the rest of those who don't participate. "But anyway, it's a certain milestone for our movement; thousands of gymnasts are preparing, not only for the Slet at Strahov but for regional, district and other smaller slets, which will be held before the Slet at Strahov."

A couple of years ago I visited the London Sokol - I'm interested how many branches of Sokol there are outside the Czech Republic, and how many members are you expecting to come here in July for the next meeting? "We expect good participation from abroad, mainly from the Sokols from the states with traditional Sokol organisations - I am talking about American Sokol, Canadian Sokol, as well as from Western Europe, namely Sokol Paris, Sokol Vienna, and the Serbian or Slovenian Sokol for example. "Besides that we expect participants from non-Sokol countries, such as Spain, Portugal, Brazil and many others." **Sokol has been in existence for almost 150 years. What does the future hold for the organisation? And is there enough interest from young people today to sustain the movement?** "Sometimes the general public thinks that Sokol is only a traditional movement for old people, for seniors, the reality is different. I don't know the percentage exactly, but a great percentage of our members are young people." For more information go to www.sokol-cos.cz/COS/sokol_en.nsf.



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