



## Strength in the Eye of Sokol

For current 2009 Slet Information,  
visit the website:

[www.slet2009.com](http://www.slet2009.com)



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Issue 2

The mission of the  
American Sokol is  
to provide fitness  
and community for  
individuals and  
families through  
physical,  
educational,  
cultural and social  
programs.

### AMERICAN SOKOL

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## AMERICAN SOKOL

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\*except in July and August

### To submit information for publication:

email [Editor@American-Sokol.org](mailto:Editor@American-Sokol.org)

mail Editor, American Sokol

Nancy Imbrone

916 Lawnview Ave.

Shoreview, MN 55126

## Calendar of Events



March	
5	Czech Uprising (Květnové povstání českého lidu)
6	Sokol NY Beseda Ball at Bohemian Nat'l Hall
8	Sokol Chicagoland Exhibition
14	Sokol Tabor Exhibition
14	Sokol Little Ferry Corned Beef & Cabbage
20	Sokol Naperville-Tyrs Exhibition
21	Sokol Stickney Exhibition
21	Sokol Little Ferry Pirogi Sale
22	Sokol MN Flavors of Slovakia Dinner
28	Sokol St. Louis BOI Fundraiser
28	Sokol San Francisco Dinner & Dance
28	Eastern Dist. Semi-Annual Mtg
28	Sokol Washington Josefska Party
April	
4	Central District Special Number Competition
5	Sokol MN Spring Breakfast, Craft & Bake Sale
13-17	National Library Week - ASO Open 10 to 3
16-17	Sokol MN Garage Sale
17	Sokol San Francisco Czech Song Singing Party
18	Sokol St. Louis Czech Festival
19	Sokol LA Spring Heritage Dance
19	Sokol Little Ferry 113th Annual Gymnastic Exhibition
25	Sokol NY vs Sokol Washington Volleyball Tournament
24-25	Sokol Tabor Rummage Sale
May	
8	Liberation Day (Den osvobození)
10	Mother's Day
15	Sokol NY Ballet Recital
16	Sokol San Francisco Lunch & Dance
17	Sokol NY Annual Gymnastics Exhibition
17	Sokol Little Ferry Annual Pork Dinner & Raffle
22	Bike to Work Day

**June 23-29, 2009**  
**International Sport & Cultural Festival in**  
**Fort Worth, Texas**

*Is your important event missing from this list?*  
**Send your Events to**  
**[Editor@American-Sokol.org](mailto:Editor@American-Sokol.org)**



# The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

SO -- How's the Prostna going? Which one are you learning? Don't forget the folk dance. What about the finale? Going to a Sokol class regularly makes it much easier to learn and remember the moves in these compositions.

Some Units hold their annual gymnastic exhibitions in March. These are all preparations for the Big National Slet in Ft. Worth.

In addition, our members also are working on "special numbers" for their exhibitions. In between, the apparatus is being given a good work out so that our competitors will make a good showing and make their respective Units proud of them -- even if they do not place first --- at least they tried and that's what really counts. These Sokols, whether performing the calcs or competing on the apparatus, all have worked toward a higher goal and will be satisfied that they were a part of all the events in their Units, Districts and at the Slet. They will have many fond memories and can look back later with the pride of being a Sokol Member!

### Did You Know?

The word "school" comes from the Greek for "leisure".  
The degree sign is an ancient symbol for the sun.  
Technically speaking, your cup of coffee is a fruit juice.

The "@" sign symbol is 500 years old.  
Houseflies hum in the Key of F.  
The State Capitol of Texas has been moved 15 times.

NAZDAR! EllenJeanne Schnabl, American Sokol Educational Director

**The ASO will be open for National Library Week – April 13-17, 10:00 am to 3:00 pm.**

**TRIVIA NICE**

When: **March 28, 2009**  
Doors : 6:30 pm • Trivia : 7:00 pm

Where : American Czech Center  
4690 Lansdowne Ave • St. Louis, MO 63116

Cost: \$120.00 a Table up to 8 People  
Draft Beer, Soda & Set ups included

head & Tails  
Dead or Alive  
50 / 50 Raffle

**& MORE ? ?**

Contact Judy for more information 314-781-1541 or  
email us at sokelstlibel@yahoo.com



**see you  
at the Slet!**



## Message from Greg Harris, ASO Executive Director

Hi Everyone,

It has been a couple of months since you have heard from me, yes, I am still here, and as you can imagine, I am still being kept very busy! I have been very fortunate to have been able to visit many Units over the past few months and it is by far the best way for me to get my finger on the pulse of the organization and to meet the people who are responsible for Sokol still being here today. To date, I have visited Spirit, Tabor, Chicagoland, St. Louis, Cedar Rapids, Detroit, Cleveland, Omaha, South Omaha, Dallas, Ennis, Ft. Worth, West, Houston, New York, Little Ferry, and Baltimore.

The following is a list of some of the things I have been working on:

**Grants and Sponsorships:** Please keep in mind that the process of researching, writing, pulling together all of the required documents, etc. for any grant is a very time consuming process and final decisions are often made many months after the application packet has been submitted. I appreciate everyone sending in their ideas as what we can apply for, but we have to keep in mind that funders want to give money mainly for programs that will help a lot of people. They also use these as marketing tools for their organizations. Rarely do they give money for administrative costs, but those costs can be built in to the application (usually a small percentage of the total grant). As a national organization, we need look for ways of adding programs throughout the day that will meet the needs of these funders (such as after school programs, latch key programs, fitness programs that address specific needs of specific communities, etc.). We need to make ourselves appealing to everyone while still letting them know what each Unit has done for the building of the communities that we represent. Everyone needs to be able to relate to us and we need to work on that. One idea is to add the word "fitness" to everything we do as the word "gymnastics" is very limiting. We must also consider getting back to the original concept of Sokol of doing "all things physical" to meet the needs of our communities. We are in the process of beginning to look for a Development Director whose sole responsibility will be to look for funds, but we have to have things in place that will actually allow this person to look for funding...then, we must all be ready and willing to provide the services that the funders are charging us with doing, and then be able to document progress and every cent spent. If we get money for programs, etc., we MUST all do them without question.

I have been working on a new proposal to see if we can get money to create a computerized archive/catalog of all of our printed materials. It is a very time intensive, government grant but we are in desperate need of this and time and energy must be devoted to seeing if we can make this happen. We also need to look into a grant that will allow us to digitize all of our images and items in our collection.

We need to look for a grant that will help us build our infrastructure and also for capital improvements, but these will require commitments from all of the Units to do what the grants outline for usage of facilities, etc.

We have a group of daring, dare I say crazy, younger Sokols who have decided to do a fund raiser for our National Leadership Training Camp. They have decided to cycle from Chicago to Ft. Worth to arrive in time for the 2009 International Sport and Cultural Festival. The

National Office is behind this effort and has been offering guidance for the preparation of the journey. I have submitted two grant applications, so far:

**Nike:** \$10,000 and/or riding equipment.    **Fleet Feet:** \$10,000 and/or riding equipment.

Total contributions raised so far (cash and in-kind donations): \$68,000 to \$72,500 (approx).

**Ideas and ways of increasing business and our visibility:** Jean and I have been working on a project that we are calling our "General Manager concept." The idea is to have a full-time, paid, person (preferably a younger Sokol person) whose responsibility is to look for and fill the Unit with programs all day long and manage the activities. I know the first thing you are thinking is, "we don't have money for that..." but we have devised a self funding, percentage based, payment schedule that will benefit the instructor (and this can be someone from the outside), the General Manager, the Unit and the National Office...we can all win from this. The goal of all of our Units should be to get our doors open all day long, fill our Units with vibrant programming, make Sokol the career for many of our younger, very talented, people, and to become self sufficient. We are currently working with several Units to get this program started. If you are interested, please let us know and we can send you the information we have. Once we have the job description finalized, we will be posting on the website and in the publication....stay tuned!

**Programs:** We have sent out all of the materials for the four, new, core programs developed in conjunction with the Strategic Plan. The Implementation Team is working diligently with representatives from all Units to get these started as quickly as possible. We have been hearing that there are Units who have already started!!! Way to go!

**Committees:** The Organizational Development Committee has begun meeting to look at developing best practices for our organizational structure. We must get a fully functioning organizational system in place for enhanced communication, streamlining ways of dealing with organizational issues and accountability, to bring our organization up to speed with today's practices, and to show potential funders that we are making progress as an organization.

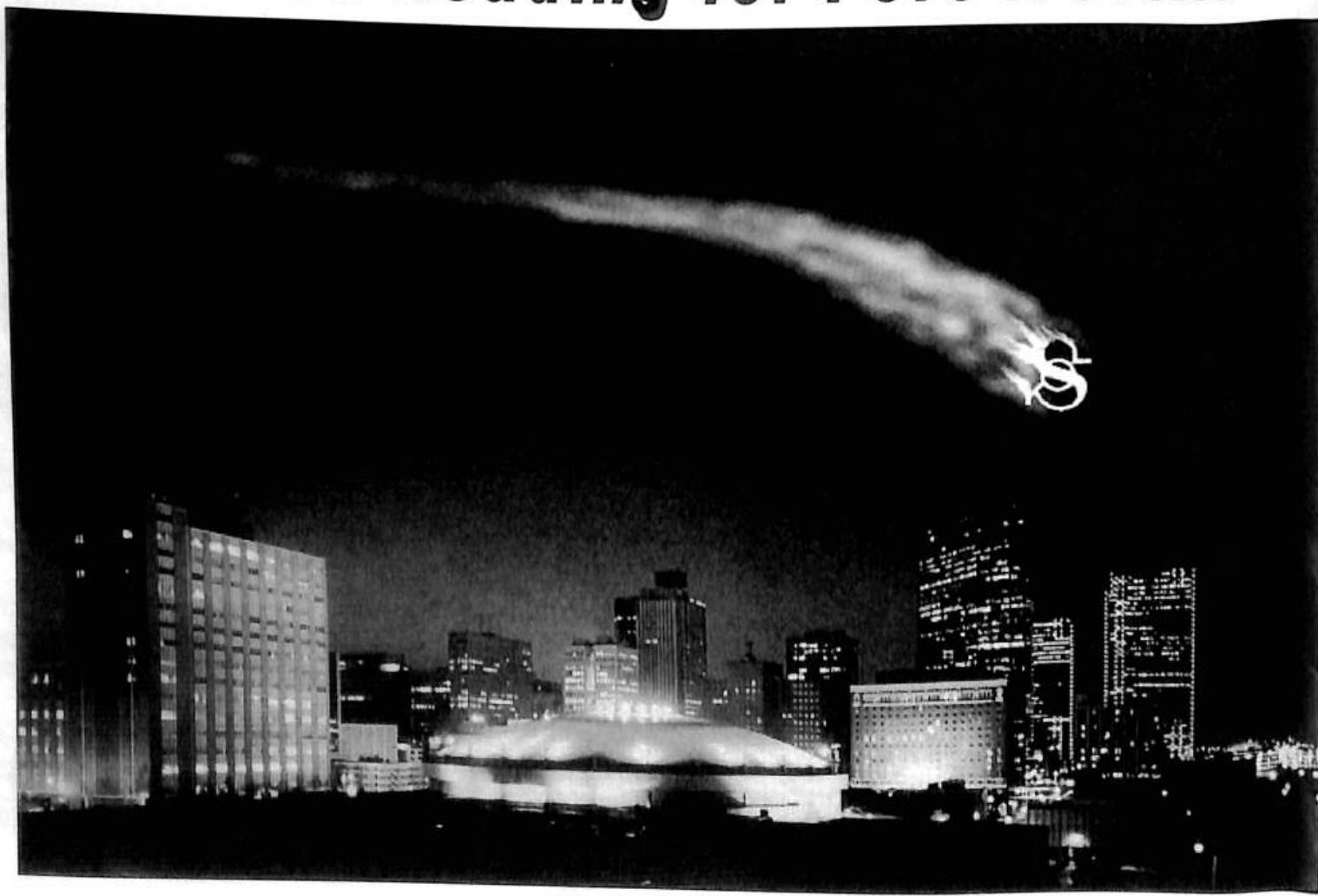
**Information about the National Office:** It would be ideal if the office was always open and available to any and everyone at all times, at the drop of a hat, but the reality is, we are often at meetings, doing research, or working on projects that take a lot of time and concentration in an attempt to help American Sokol move forward, and to become a self sufficient, prosperous organization that is truly following the original concept of Sokol by doing all things fitness, all day long, for all people! Our hours here are not set in stone, and it seems as though everyone has their own idea of when we should be here. We must be flexible as every day brings new adventures and challenges, so if you need to meet with any of us who are here, it is best to call or email and make an appointment so we can make sure we put you on our calendars and are here to meet with you. Please give us enough advanced notice so we can plan our calendars accordingly and give you the time you need. However, please be mindful of our time. Jean and I are often working on big projects and we might not have an hour or so to sit and talk. While we appreciate seeing everyone, we might not have time to spend hours sitting and socializing. If your issue requires a lot of time, we will do all we can to commit to giving you the time you need. Even if you need to pick up uniforms, it is sometimes not as easy as just calling and saying that you are on your way. We must have

advanced notice for that too as our stock varies (shipments are very sporadic with uniform deliveries), it does take time to find product and process orders, and it often requires breaking away from what is being done to pull things together.

**Other notes:** A detailed letter was sent out to the Board of Governors, Executive Board, District and Unit Presidents, Unit Secretaries, and members of the Board of Instructors, outlining the roles and responsibilities and the authority of the Executive Director. We hope that this will give everyone a better idea, and understanding, of what the position of Executive Director of American Sokol means, and what I will be doing for the organization as we move forward. We have asked that this letter be shared with the membership of each Unit before April 1, 2009. If you do not receive a copy of it from your Unit by April 1, 2009, please feel free to contact the National Office and we will send one to you.

As you can see, I continue to keep busy and working on ways of keeping Sokol alive and well so that we can work toward our next 144 years. Nazdar! Greg

## **There is a bright star over Texas, and it's heading for Fort Worth!**





# AMERICAN SOKOL GYMNAST

Pages 7-10 are specifically designed to be a benefit to the Gymnastics programs of American Sokol.  
Please pull copy and distribute to your participants as you see fit.

Kandi Pajer – 117 Oakland Grove – Elmhurst, IL 60126

Kandi@pajer.us

## Facts About Heart Disease: *It's A Family Affair*

### ♥Some Basic Facts

- Coronary heart disease (CHD) is the number one killer of American males and females. According to the American Heart Association (AHA), approximately every 33 seconds an American will suffer some type of coronary event and almost every minute, someone will die from it.
- Heredity, although not a controllable risk factor, does play a role in heart disease risk. In fact, children of parents who have heart disease are more likely to develop heart disease later in life. Because individuals with a family history of heart disease are at a greater risk, it is important to focus on controllable risk factors such as not smoking, keeping cholesterol and blood pressure within a normal range, becoming physically active and maintaining a healthy weight.

### ♥Don't Wait Until It's Too Late

- Studies have shown that signs of heart disease begin developing in childhood.
- It is a well-established fact that high blood cholesterol levels play a role in the development of coronary heart disease in adults. Because studies have shown that signs of atherosclerosis begin in childhood, lowering levels of elevated blood cholesterol in children and adolescents is beneficial.

### ♥Cholesterol Counts (*Even for Kids*)

- Children and adolescents who have high cholesterol levels are more likely than those in the general population to become adults with high cholesterol levels.
- According to statistics from the American Heart Association, approximately 10 percent of adolescents between the ages of 12 and 19 have "high" total cholesterol levels (over 200 mg/dl). Among children and adolescents ages 4-19 years, average total cholesterol and LDL (low density lipoproteins or "bad") cholesterol levels are higher in females than in males. These averages also are higher in non-Hispanic black children and adolescents when compared to non-Hispanic white and Mexican-American children and adolescents.
- Research with families has found that simple dietary modifications can significantly lower total and LDL cholesterol levels in parents and their children.

## ♥ Be Heart Smart - Choose a Healthy Diet

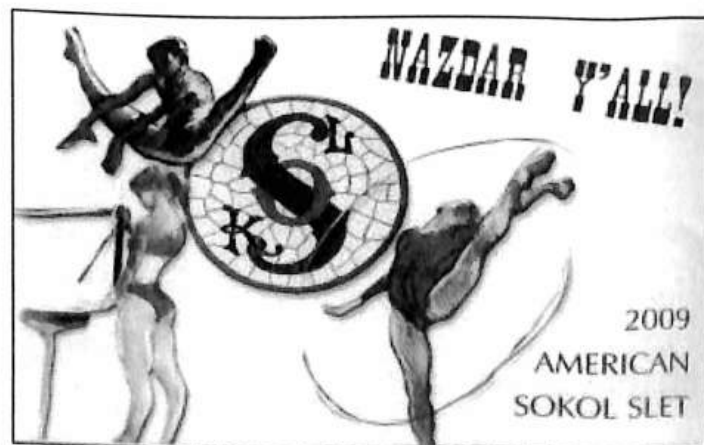
- According to the National Heart, Lung and Blood Institute (NHLBI), it is important to establish healthy lifestyle habits early in life - such as healthy eating patterns - in order to help keep the risk of heart disease low. The NHLBI has said, "Everyone older than age 2 should care about cholesterol to reduce the risk of developing heart disease as an adult. Children as well as adults can improve the health of their hearts by following a low-saturated-fat and low-cholesterol diet, avoiding obesity, and being physically active."
- Studies have found that 80 percent of adolescents between the ages of 13 and 18 exceeded dietary recommendations for total and saturated fat. Another 49 percent exceeded recommended intakes of dietary cholesterol; subsequently, these individuals were more likely to show early signs of atherosclerosis.

## ♥ Aim for a Healthy Weight

- According to the American Heart Association, experts convened by the World Health Organization (WHO) have said that obesity is rapidly increasing and is a threat to the health of populations worldwide. These WHO experts also noted that obesity affects adults and children alike.
- The well-known Bogalusa Heart Study found that children between the ages of 5 and 17 who were overweight were 2.4 times more likely to have elevated total blood cholesterol levels than children of normal weight. The study also indicated that of those children who were overweight, more than half (58 percent) had at least one risk factor for heart disease.
- According to health officials, approximately 25 percent of children between the ages of 6 and 19 are overweight, which may place an alarming number of children and adolescents at an increased risk for heart disease.

## ♥ Physical Activity Also is Key








- Being physically inactive is as risky as having high blood cholesterol levels, high blood pressure or cigarette smoking.
- Health experts recommend at least 30 minutes of physical activity each day to reduce the risk of chronic disease, such as heart disease. Regular physical activity has dropped in high school students from 42 percent in 1991 to 29 percent in 1999.
- The American Heart Association notes that physical inactivity is more prevalent among young women than men. Blacks and Hispanics are less likely to be physically active than their Caucasian counterparts.



# What Should I Eat?

## Foods to Choose More Often and Less Often

Eating a diet with the right amount of calories and that is low in total fat, saturated fat, and cholesterol is a balancing act. One way to assure a varied, healthy diet is to wisely choose foods every day as indicated by this chart:

Foods	Choose More Often	Choose Less Often
 <b>Meat, Poultry, Fish and Shellfish</b>	Lean cuts of meat with fat trimmed; poultry without skin; fish and shellfish; lean luncheon meat (e.g., turkey)	Fatty cuts of meat; bacon and sausage; organ meats; fried chicken, fried fish and shellfish; high-fat luncheon meat (e.g. salami)
 <b>Eggs and Dairy Products</b>	Egg whites; egg substitutes; skim or 1% milk; low-fat or nonfat cheeses; low-fat or non-fat yogurt	Egg yolks; whole milk or 2% milk; whole milk products (example: cheese, yogurt)
 <b>Fats and Oils</b>	Margarine products (made from unsaturated oils, including reduced-fat or non-fat varieties); reduced-fat or non-fat salad dressings (including mayonnaise); liquid cooking oils; seeds and nuts	Tropical oils; butter; lard; bacon fat; shortening; full-fat salad dressings; coconut
 <b>Breads, Cereals, Pasta, Rice, Dry Peas, Beans and Soy Products</b>	Whole-grain bread, cereal, pasta and rice; dry peas; beans; baked goods made with unsaturated oil or margarine	Egg breads; granola-type cereals; pasta, rice, dry peas or beans <b>made with</b> cream, butter or cheese sauce
 <b>Vegetables</b>	Fresh, frozen, or canned prepared plain or with lemon juice, broth or small amounts of unsaturated oils or margarine	Vegetables prepared with butter, cheese or cream sauce
 <b>Fruits</b>	Fresh, frozen, canned or dried fruit; fruit juice	Fried fruit or fruit served with butter or cream sauce
 <b>Sweet and Snacks</b> <i>Keep in mind that while many of these products are low in fat, they still contain calories.</i>	Candy such as gumdrops; low-fat or fat-free frozen desserts (yogurt, sherbet, fruit ices, ice cream), low-fat cookies/cakes; flavored gelatins; pretzels; baked snack chips; air-popped popcorn	Candy and baked goods made with butter, cream, or tropical oils; high-fat ice cream and frozen desserts; doughnuts; regular snack chips

Article from-<http://www.healthyfridge.org/factsaboutheartdisease.html>

*Please take a look at this wonderful site to get some ideas and info on kids as well as adults and "eating right"! KP;)*

# How To Do A Perfect Handstand

By-Paula Tribble

Learning how to do a handstand is one of the most important steps to becoming a good gymnast. Sooner or later, you'll be doing a handstand on just about every event, and learning a solid one will help you improve quickly in the sport.

Here's how to do -- or perfect -- your handstand.

Start with a wall, preferably a padded one. Make sure you have plenty of open space all around you, and a padded surface underneath you. Stand about four to five feet away, facing the wall. Lift your arms straight up over your head. Lunge forward and place both hands in front of you on the floor, shoulder-width apart, about a foot away from the wall. Keep your fingers spread out slightly and facing forward. Using the momentum from your lunge, kick one leg up toward the wall, and then follow it with your other leg. Keep your arms straight. It doesn't matter which leg you lead with -- you should do what feels most comfortable. If you aren't able to get all the way up into a handstand it can help to have a spotter who pulls your legs up.

Once you get into a handstand, check your form and positioning. Try to be as straight as possible:

- Keep your legs straight and together, with your toes pointed towards the ceiling.
- Tighten your stomach and back so you aren't arching your back or bending in the hips.
- Peek at your hands, but don't stick your head out.
- elbows always locked out.

Push down through your palms so your shoulders and arms are fully extended. Once you can kick up to a straight handstand, practice holding it for a few seconds longer each time. This will help you strengthen the muscles you'll need to hold it without a wall, and improve your balance as well.

When you feel ready, attempt your handstand without using the wall. You may want to have a spotter to help you balance. The spotter should hold your legs once you kick up.

In your first attempts, you might be a little nervous that you will kick too hard and go right over the top. A spotter should be able to prevent this from happening, but you will want to learn some good ways to come out of your handstand when you don't have a spotter:

- **Roll out:** Bend your arms, tuck your head under (chin to your chest), and do a forward roll out of your handstand.
- **Pirouette:** Twist your shoulders and walk one hand around. Your body will make a quarter turn, and you will be able to step down without going over the top. Though this method seems more complicated, most gymnasts prefer it once they learn it.

When you are successfully doing a handstand on your own, have someone take a look at your body position. Is your body straight like a pencil? The tighter you are, the easier it will be for you to hold a handstand. Congratulations-you're doing a handstand!



*See you at the Slet!*





American Sokol 2009 Slet  
 P.O. Box 101117  
 Ft. Worth, TX 76185-1117



**American Sokol cordially invites you to "Saddle Up!" and attend  
 The 2009 International Sport and Cultural Festival  
 June 23 – 28, 2009 in Fort Worth, Texas USA!**



American Sokol has joined forces with USA Gymnastics, Pan American Gymnastics Union Gymnaestrada, Special Olympics, and others to create a week-long extravaganza of sport, recreation, culture and fitness. Each organization will be holding its own competitions and activities for all to enjoy in the Fort Worth Convention Center.

American Sokol Slet events will include artistic and rhythmic gymnastics, volleyball, basketball, bowling, team marching and calisthenics, a fun walk/run, fitness challenge, golf tournament and, of course, our demonstration of mass calisthenics.

Combined events will include the opening and closing ceremonies, an exhibition gala showcase, a parade in downtown Ft. Worth, socials, and vendor displays.

We would be honored to have you and your organization present for all or part of this upcoming event as a participant or as a spectator. A tentative schedule of events and housing information is attached for your convenience.

You can also visit our website, [www.2009isfestival.com](http://www.2009isfestival.com), to view updated information on the event and view a wonderful promotional video.

Please extend an invitation to all of your staff and friends and extend a hearty Sokol greeting from all of us at American Sokol. This event promises to be a dynamic international gathering where bonds of friendship will be strengthened or forged anew.

We look forward to having you "Saddle Up!" with us in June 2009.

Nazdar!

Larry Laznovsky  
 President, American Sokol

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**Thank you!!**

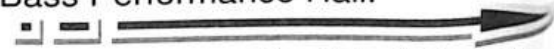
American Sokol would like to recognize the following supporters of our 2009 International Sport and Cultural Festival:

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A special thank you to the City of Fort Worth for their very generous sponsorship of the 2009 International Sport and Cultural Festival!

"Culture, Community and Cowboys!" Fort Worth is a cosmopolitan city offering a quality of life second to none. Its cultural district boasts a number of museums, the highly visited stock yard area, and Sundance Square, the city's growing, exciting downtown area which offers an array of restaurants, theaters, and nightspots plus the world-renowned Bass Performance Hall.



and to Sokol Blosser

**NAZDAR  
Y'ALL**



**NAZDAR  
Y'ALL**





# Sokol Blosser

For supplying the wine for our VIP gift baskets. In 1971, Susan Sokol Blosser and her husband planted grapes on just 5 acres in the Dundee Hills. As one of the pioneering wineries of the region, Sokol Blosser has played a key role in developing and shaping the now-prominent Oregon wine industry. The winery is still family owned and operated, with the second generation now at the helm: siblings Alex and Alison Sokol Blosser. While the estate has grown to over 90 acres, the winery works to create wines of world-class quality, produced in a sustainable manner, which reflect the distinctive flavors of the grapes, soil and climate, as well as the winery's values and sense of place.

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Tel: cell 011 420 607940630 or 011420257922971

You can advertise here too – contact Jean Hruby at the ASO office ...



## Sokol Stickney Pancake Breakfast

Kathy Barcal , Women's Director- Sokol Spirit - took "Sokol Slim". Tom Pajer-Central Dist. Pres., Mike Michalek- Sokol Chicagoland and Rich Vachata, Pres. Sokol Stickney, and a very happy work crew. Did anyone see Sokol Slim go by????

**AMERICAN SOKOL 9126 Ogden Avenue Brookfield, Illinois - See the new signage!**  
**When you're in the neighborhood - give us a call and stop by! 708-255-5397**



**The ASO will be open for National Library Week - April 13-17, 10:00 am to 3:00 pm.**

I want to help ...



## Yes! I want to help support the American Sokol 2009 International Sport and Cultural Festival!

Dear Family and Friends,

Any donation you can make will help to insure a successful event and will allow American Sokol to continue providing, and developing, valuable fitness and social activities for our families, friends and communities.

Please accept my donation in the amount of \$ \_\_\_\_\_

Please charge my credit card for the above amount:

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Signature \_\_\_\_\_ Date \_\_\_\_\_

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