



Summer is here!

Summer Solstice: June 21, 2010

Sol + stice derives from a combination of Latin words meaning "sun" + "to stand still." As the days lengthen, the sun rises higher and higher until it seems to stand still in the sky.

As a major celestial event, the Summer Solstice results in the longest day and the shortest night of the year. The Northern Hemisphere celebrates in June, but the people on the Southern half of the earth have their longest summer day in December.

Early Celebrations

Awed by the great power of the sun, civilizations have for centuries celebrated the first day of summer otherwise known as the Summer Solstice, Midsummer, St. John's Day, or the Wiccan Litha.

The Celts & Slavs celebrated the first day of summer with dancing & bonfires to help increase the sun's energy. The Chinese marked the day by honoring Li, the Chinese Goddess of Light.

Perhaps the most enduring modern ties with Summer Solstice were the Druids' celebration of the day as the "wedding of Heaven and Earth", resulting in the present day belief of a "lucky" wedding in June.

Today, the day is still celebrated around the world - most notably in England at Stonehenge and Avebury, where thousands gather to welcome the sunrise on the Summer Solstice.

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

9126 Ogden Avenue
Brookfield, Illinois
60513 USA

Phone: 708-255-5397
Fax: 708-255-5398
(call first)

www.american-sokol.org
aso@american-sokol.org

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Meets every 2nd Wednesday* at 7:30 pm

*except in July and August

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From the Editor...

Greetings! I hope your summer is starting off great! You will notice some changes in this issue. I have dedicated an entire page to the Calendar of Events section and created a permanent Table of Contents. I feel that there are great things happening around the American Sokol and you should know about them. Send in your event to be listed – no event is too small or too big! This section depends on your contribution, so let's make it a success.

In the coming months, you will start seeing small changes to better the publication and I'd love to hear your feedback on what you like or what you WANT to see. Email me directly at editor@american-sokol.org.

As always, please send your article submissions to editor@american-sokol.org, the American Sokol Community wants to hear about what you and your Units are doing!

NAZDAR!



To Submit Information for Publication:

Email: editor@american-sokol.org
Postal Mail to: American Sokol Editor, Angela Hartford,
1652 West Grace #3, Chicago, IL 60613



Mark your Calendar

Events around the American Sokol

Get your event featured! Email editor@american-sokol.org

July

- July 11** **87th Annual CESKY DEN, D.T.J. Farm in Taborville, Auburn Township, Ohio** – Several musical groups and brass bands will play including the Sokol Greater Cleveland Concert Band. Music 11:00am to 7:00pm. Goulash, tripe soup, Pork, sauerkraut and dumpling dinners and grilled wieners available. For additional information, contact Richard Smetana at 330-722-5474 or Bruce Marek at 440-543-8494.
- July 17-18** **Road Map through the Czech & Slovak Republic – The largest Czech & Slovak festival in Michigan!** Ethnic dancers, authentic cuisine and crafts continuous live bands featuring: Martin Brother Plus Two, Hank Haller. Hours: Saturday: 1-10:30pm and Sunday: 1-7pm. Admission is \$5 a day for adults, children under 14 free. Located at 23600 W. Warren Ave, Dearborn Heights, MI. For more information call (586) 924-9233 or visit www.sokoldetroit.com.
- July 18** **Czech Summer Picnic by Bohemian National Cemetery** – 5255 N. Pulaski, Chicago, IL. 12:00pm-4:00pm. Potato pancakes & sausage, watermelon, assorted Czech pastries, selection of Czech Books for Sale and live music. Free Admission. For more information call the BNC at 773-539-8442.
- July 18-25** **Dinkey Creek Camp (Sokol Los Angeles)** – Come spend one week in the High Sierras between Yosemite and Sequoia National Parks. If you would like more information, e-mail Otto Notz at ottonotzl@yahoo.com, or call at 714-785-9929.
- July 24** **American Sokol Instructor School Exhibition & Graduation Program – Sokol Greater Cleveland.** 7:00pm; course students will be presenting a small exhibition of marching routines, original calisthenics numbers, tumbling, pyramids and folk dancing. Free admission. Attend to show your support.
- July 31** **Sokol Greater Cleveland Golf Outing – Mallard Creek Golf Course, Columbia Station, Ohio.** First tee time, 10:00am, Dinner begins around 3:30pm. Cost \$75.00, includes 18 holes of golf, cart, lunch, dinner, beverages, prizes & fun. Dinner only \$10.00. Registration Deadline: July 17th. For more information, call Howie Wise at 216-642-1429.

August

- August 1** **National Sokol Camp – Sokol Camp, St. Louis, MO.** Join us for the 10 Year Anniversary of National Sokol Camp! For more information visit www.sokolnationalcamp.org or email sokolsummercamp@american-sokol.org.
- August 1** **Czech American Congress Annual Czech Festival Picnic** – Kiwanis Park, 8820 Brookfield Ave, Brookfield, IL. Starts at 11am; live Music-Folk Dancers-Dancing-Czech Food & Drinks! Free Admission.
- August 28** **Annual Sokol Detroit Golf Outing – Fox Hills Golf & Banquet Center, Plymouth, Michigan.** Shotgun Start 1:30pm. Only \$110 per golfer before July 18th, after \$120 per golfer. Package Includes: 18 hole golf scramble with Cart, lunch with beverage, banquet dinner and open bar (after golf). Hosted by the Sokol Detroit Endowment Fund Committee, contact Gorton Greene at (248) 851-3681.
- August 29** **SwinRideRun Chicago Triathlon** – 9:00am race start. For more information contact Matt Carlozzi at ride2camp@gmail.com.



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

JUNE

Summer starts around the 21st – children are let out of school and parents start wondering what they will be doing during the long, lazy, hazy days and prepare plans for vacations. Graduates are looking for jobs.

- June 1, 1862: Unfurling of the banner of the Prague Sokol Unit designed by Manes.
- June 4, 1917: First Pulitzer Prizes awarded; named for New York World owner Joseph Pulitzer. A total of 21 Pulitzer Prizes are awarded each May in journalism, photography, literature, music and drama.
- June 10, 1942: Lidice a town 10 miles outside of Prague fell to the Nazis. Today in Cresthill, IL, a monument has been erected in its memory.
- June 8, 1867: Frank Lloyd Wright born - middle name was originally Lincoln.
- June 14th: Remember Flag Day! Recall how to hang Old Glory properly! It was first formed in 1775 at Fredonia, WI, at a one-room school house, 30 miles north of Milwaukee. It took until 1915 with a proclamation of Pres. W. Wilson to make it an official holiday. Only Denmark, Holland and Switzerland have older flags.
- June 21, 1948: Columbia Records released the first 33-1/3 LP.
- June 20th is National Bald Eagle Day - In 1782, the Continental Congress chose it to represent the fledgling country's spirit. The 3rd Sunday of June (19th) is Father's Day – honor your Dad, Grand-Dad, Uncle for all they've done or tried to do for you! It was started in 1910 by Mrs. J. Dodd. It finally became an official act of Congress in 1972. ©

NAZDAR!

EllenJeanne Schnabl

American Sokol Educational Director



Colors: Blue background with the American Sokol logo in white and red, the Unit name in white and the city and state in red.

CZECH IT OUT!

The Board of Governors approved new designs for all flags on the unit and district levels. To order, call Tom Kerfoot at 402-960-0306.



Colors: Red background with the American Sokol logo in white and blue and the District name in blue.

Please note: This is a correction from the last issue, which printed that only Sokol Omaha and the Western District flags were approved.

Convention Notes

Submitted by Christina Curran-Wurst

Highlights of XIX Convention

- First woman elected Chairperson to run Convention: Jolene Dalton, Sokol South Omaha.
- Finance Committee balanced the budget from 2010-2014 with very aggressive fund-raising and income expected from all areas of the organization.
- Central District won the bid to host the 2013 Slet in Milwaukee, WI.
- Central District will host the 2014 Convention in St. Louis, MO.



The National BOI presented Appreciate Awards at Convention to Chuck Kalat and Barb Vondra recognizing their leadership as Men's and Women's Physical Directors from 2000-2010.

Submitted by Christina Curran-Wurst



2010-2014 Executive Board at Convention

Submitted by Christina Curran-Wurst



Southern District Delegate

Submitted by Mary S.

Come Czech Out What's Brewing

The Central District won the bid at the 2010 American Sokol Convention to host the **2013 Slet in Milwaukee, Wisconsin**

www.milwaukee.com • www.visitmilwaukee.org • www.hellomilwaukee.com



Points of Interest:

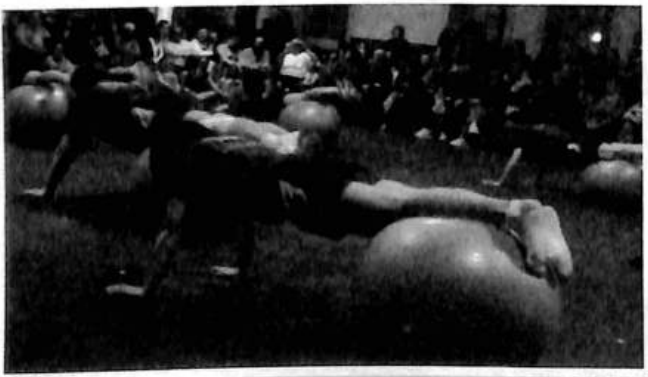
Miller Park • Milwaukee Art Museum • Milwaukee County Zoo

Old World Third Street • Mitchell Park Horticulture Conservatory (The Domes)

Betty Brinn Children's Museum • Pabst Mansion & Theater • The Miller Brewing Company

Highlights from Ceska Sin Exhibition

Submitted by Christina Curran-Wurst





AMERICAN SOKOL GYMNAST

*Pages 7-10 are specifically designed to benefit the Gymnastic programs of the 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

Time Savers for Working Out!

By Kandi Pajer ;)

- 1. Do you neglect stretching after exercise because you will "do it later" and either forget or run out of time?**
-Try stretching in the shower post workout-the warm water helps keep muscles loose to stretch easier as well!
- 2. Do you find it hard to do ALL the exercises you want to target specific muscles?**
-Try doing exercises that use multiple muscles-such as squats that use the front and back of your legs. Also-add dumbbells and perform an overhead shoulder press to incorporate more muscle groups while you are performing the squat.
- 3. Do you have a hard time getting your cardio and weight lifting done in one session at the gym?**
-Try to incorporate circuit training-it combines aerobics and strength training in the same workout! Example-do a strength training exercise for one minute. Without taking any rest, move onto another. Every two or three exercises add one minute of jump roping or your cardio activity of choice for two minutes.
- 4. Do you have a hard time staying on your piece of cardio equipment as long as you feel you need to?**
-Try intensifying your aerobic workout! This can help you get results in half the time! If you normally ride the stationary bike or walk at a moderate pace for 40 minutes. Take the time down to 20 minutes and ride the bike fast with extra resistance or run on an incline to boost your intensity!
- 5. Do you feel like your rest time could be utilized better?**
-Try not resting, but working on opposite muscle groups after performing a set-such as performing tricep kick backs immediately following bicep curls. Or work a complete different body part, such as after performing lunges (for legs and butt), go to the bench for dips (for arms and shoulders).
- 6. Do you not have time to get to the gym?**
-Try getting exercise in everyday things. When you go shopping-park in a spot far from the entrance. Walk to get milk instead of taking the car and instead of using a mop-scrub that floor on your hands and knees. Ⓢ

Can exercise reduce the risk of catching a cold?

By Jessica Matthews

While more research is needed to fully understand the effects of exercise on the immune system, existing studies have established a link between moderate, regular exercise and a strong immune system.

Research conducted by Dr. David Nieman concluded that individuals who perform a moderate-intensity walk for 40 minutes per day had half as many sick days due to colds or sore throats as those who don't exercise.

What's happening internally?

During moderate intensity exercise, immune cells circulate through the body at a more rapid pace, and are better able to kill viruses and bacteria due to a temporary boost in the production of macrophages. Although the immune system generally returns to normal within a few hours, consistent regular exercise is believed to make these positive changes in the immune systems last a little bit longer.

Is more better?

While moderate exercise has been linked to a positive immune system response, there is also evidence to suggest that too much intense exercise can reduce immunity. During intense physical activity, stress hormones cortisol and adrenaline raise blood pressure and cholesterol levels and suppress the immune system. Research has shown that more than 90-minutes of high intensity endurance exercise can actually make individuals more susceptible to illness for up to 72 hours following the conclusion of the exercise session.

Tips to improve your immune system

Engaging in moderate intensity exercise (on a scale of 1-10, moderate intensity would be about a 6) 30 minutes per day, at least five days per week. Remember, exercise can also be accumulated in shorter bouts (e.g., three 10-minute bouts) over the course of the day.

In addition to regular exercise, eating a well-balanced diet, obtaining adequate sleep, and reducing stress will also help to ensure optimal immune system function. Ⓢ

Stay Healthy During Summer

www.mamashealth.com


1. Drink plenty of water. It is very important to drink water. Your body needs water to prevent dehydration during warm summer days. Take special care to make sure infants and toddlers drink enough water. They can become dehydrated much more easily than adults.
2. If you have asthma or other respiratory problems, keep a careful watch on the daily air quality reports. Also, don't forget to take your inhaler or other medication with you when you go out.
3. Take a rest or nap. Don't push yourself beyond your physical limits.
4. Wear Sunscreen. Sunburn is painful and unhealthy. Use a sunscreen that is right for your skin.
5. Stay Cool. Wear light, loose-fitting clothing to help you stay cooler.
6. Wear Sunglasses. Sunglasses protect your eyes from the sun's UV rays.
7. Maintain your energy level by limiting your intake of fat and sugar; focus on carbohydrates, fruits and vegetables.
8. Before leaving for vacation pack a few items (calamine lotion, baking soda) that will help with itchy or painful insect bites.
9. If you have allergies and plan to be traveling/vacationing, find out which plants will be pollinating in your vacation spot.
10. Know your body. If you are feeling ill, see a doctor. An average of 400 people die each year in the United States due to extreme heat. Ⓢ

Getting Kids to Eat More Healthy

Parent-Child Activities

www.fruitandveggieguru.com

(Please check out the website, there are GREAT print outs for kids too!)

- 1. Plant a garden.** Nothing tastes as good as fresh fruits and vegetables. Consider planting a garden – even if you only have room for one or two items – to help educate kids about how things are grown. Kids will learn the ins and outs of caring for the plants for several weeks or months (have them water the garden frequently, pull weeds and watch for fruit and vegetables to sprout). They'll discover how to tell when different items have matured (when tomatoes turn bright red or when the orange part of the carrot top starts to peek from the dirt) and will love getting to pick their own produce. Then, serve up your tasty treasures as a part of lunch or dinner so kids can see the rewards of their hard work.
- 2. Cook with your kids.** Most kids love to help by washing produce, stirring a salad or setting the table. Older kids can help chop, dice or shred vegetables and fruits for a meal. Have younger kids help with simple tasks like dishing out applesauce or washing off baking potatoes, poking them with a fork and wrapping them in foil for baking. Consider letting your kids choose the menu one night a week (with your guidance, of course).
- 3. Eat meals together.** Studies show that eating as a family helps kids perform better in school and makes them less likely to fall victim to substance abuse. A study from Time.com reports that “kids who eat most often with their parents are 40 percent more likely to say they get mainly A’s and B’s in school than kids who have two or fewer family dinners a week,” according to the article titled “The Magic of the Family Meal.” Not only does sharing a family table enhance your parent-child relationship, but it also allows you to monitor kids’ eating habits and present healthy food choices.
- 4. Take your kids grocery shopping.** It may sound like a mundane task, but grocery shopping is an essential part of meal planning and preparation. The more your kids know about healthy food choices like fresh fruits and veggies, the more likely they’ll be to develop good eating habits as adults. Let your kids pick out one fruit and one vegetable to try for the week, and no matter what they choose, make sure you try some too.
- 5. Visit a produce farm.** Take the kids to a pumpkin patch or apple orchard to harvest their own fruits and veggies. Younger kids will love the novelty of the adventure; older kids will begin to develop an appreciation for how their food makes it to the table. Many operations allow kids to see how the produce is processed, most offer locally grown products like ciders, jams, jellies or cobbler mix, and many distribute their own recipes for you to try at home with the kids.
- 6. Take a cooking class with your kids.** Many communities offer classes to help boost your meal repertoire or to teach new ways of preparing a commodity. Chefs or dieticians may demonstrate different ways to use mainstream items or educate you about special varieties of produce like the blood orange or pluot. Scope out the offerings at your local community college or culinary school, or watch for free classes offered by a local supermarket.
- 7. Pack a picnic.** Skip the fast-food lunch on the weekends. Instead, prepare a homemade picnic and head for the park. Pack baby carrots, celery sticks, apples, grapes or bananas for a lunch side dish and toss in dried fruit for a snack. Your kids will have fun on a playground, kicking around a ball or throwing a Frisbee (and they won’t even know it’s exercise!).
- 8. Find a fun way to use up leftovers.** Sometimes produce can be just plain fun. For instance, kids can use an extra raw potato to make a natural stamp. Cut the potato exposing a flat edge, then have kids carve away a design (like a star, a circle, or even something elaborate). Dip the “stamp” in paint and let your kids create their own art. For younger kids, slice off a piece of sweet corn – have them dip the ends in paint to create instant flower stamps. 

Communication and your 4 to 5 year old

From: www.kidshealth.org - please take a look at this site. Many great ideas!

Communicating with a child is one of the most pleasurable and rewarding experiences for both parent and child.

Children learn by absorbing information through daily interactions and experiences with other kids, adults, and the world. Between the ages of 4 and 5, many kids enter preschool or kindergarten programs, making language competency necessary for learning in the classroom.

Communicating With Your Child

The more interactive conversation and play kids are involved in, the more they learn. Reading books, singing, playing word games, and simply talking to kids will increase their vocabulary while providing increased opportunities to develop listening skills.

Here are a few suggestions to improve your child's communication skills:

- Help your child relate to books by selecting stories that mirror families like yours or people from your cultural or ethnic group.
- Keep books, magazines, and other reading material where kids can reach them without help.
- Help kids create their own "This Is Me" or "This Is Our Family" album with photographs or mementos.
- Talk with your child about books or TV programs and videos that you watch together.
- Let your child see you reading and enjoying books.

Vocabulary and Communication Patterns

As kids gain mastery over language skills, they become more sophisticated in their conversational abilities. Kids ages 4 to 5 years can follow complex directions and enthusiastically talk about things they do. They can make up stories, listen attentively to stories, and retell stories.

At this age, kids usually are able to understand that letters and numbers are symbols of real things and ideas, and that they can be used to tell stories and offer information.

Sentence structures now incorporate up to eight words, and vocabulary is between 1,000 and 2,000 words. Most kids this age should have intelligible speech, although there may be some developmental sound errors and stuttering, particularly among boys.

Preschoolers generally are able to make comments and requests and give directions. They should know the names and gender of family members and other personal information. They often play with words and make up silly words and stories. Ⓢ

San Francisco Unit Spring Activities

Submitted by Zelmira Zivny

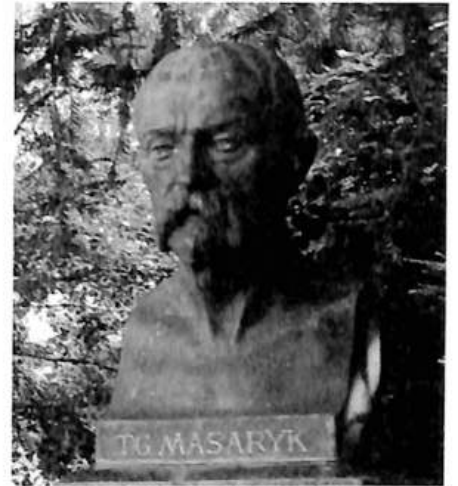
It has been a busy spring for Sokol members around the San Francisco Bay. As we have for some years, we are screening old and new Czech movies at Stanford University. This is a very rewarding event attended by Sokols, friends from the Czech and Slovak community and students from the Stanford Slavic Languages Department. Thanks to Sister Jara Dusatko, who is an Instructor at Stanford, as we can not only show movies from our archive but also from the University film library. The screenings this year have included the Panel Story directed by Vera Chytilova, Forman's and Menzel's Firemen Ball and both parts of wonderful Director Stekly's movie, Good Soldier Svejk.

The Sokol Cross-Czech ice hockey team worked it's way up in the Silver B League to the final playoff game. On April 15th, our guys won their last game and they are now Silver B League Champions. We are very proud of them.

On April 17th, Sister Georgina Teyrovsky invited Sokol members to her residence for a singing party and light refreshments. Brother Bohousek Botcha led Sokol singers performing Czech, Moravian and Slovak nationals songs.

Walk For Your Health is a new action in our Unit, offering easier physical activity to our members who are mostly well over the age of gymnastics and calisthenics. Our first walk took us on a three mile trail in the Coyote Hills, a small National Park just over the Bay.

For the second walk, we joined another Czech and Slovak organization, the CSA Fraternal Life and went to the San Francisco Golden Gate Park, to visit Tomas G. Masaryk, the first Czechoslovak President. Masaryk's bust was installed in the Park's Rose Garden fifty years ago with Sokol members present there, too. Some Czech singing completed our wonderful afternoon.



Sokol St. Louis Meat Shoot

Submitted by the Sokol Falcon, Maria Breidenbach; photos from www.sokolstl.org

Our third Meat Shoot was held on May 16, 2010. We added two Youth Rounds for our 14 and Under participants to have a chance for some prizes.



PROGRAM of the Tour to Texas – American Sokol Slet 2009 in Fort Worth

By Marie Slamova, Czech Sokol Group

Maria and her group traveled from the Czech Republic for the 2009 Fort Worth Slet where they spent 18 days touring Texas. During her journey, Maria kept a daily journal of her experiences to share with us in this and future issues. This is the fourth and final edition of her travels.

Day 10 – Sunday 6/21/2009 Corn Hill – Central Texas – Austin

Sunday morning we got up quite early because we had arrangements for the Mass in Corn Hill. We were accompanied by Darwin Machu and John Stastny. The service featured the “Czech Priest” adding yet another wonderful experience for us. The Mass also offered us an opportunity to talk to the local people, some of them still speaking Czech.

We then took a tour bus to Central Texas with our guides, Darwin Machu and John Stastny. First, we went to Granger where we saw two of the oldest Czech churches in Texas – the Granger Brethren Church, which is a member of the Cesko-Moravska Bratrska Jednota of the state of Texas and across the street the Catholic Church. Then we went to visit the Evangelicky Catholic Cemetery and the Machu Cemetery where most of the Czechs who came to Granger are buried.

We also visited a farm where Czech farmers still farm and were even given a chance to view the cotton fields and even touch some of the prickly cotton balls. It was a guided tour in the Czech Language. Amazing!

Day 11 – Monday 6/22/2009 Stops in Temple, Waco, West and finally to Fort Worth

Our wandering through Texas was almost over as we reach the last, and most important destination on our tour – the city where Sokol Slet should take place at the end of the week, Fort Worth. But we didn't go straight from Austin to Fort Worth. We made few stops on the way.

First, a short stop in Georgetown, then to Temple where we were invited by Mr. Brian Vanicek to visit SPJST and the Czech Heritage. We were warmly welcomed by the Czech Heritage Museum Executive Director Sandi Wicker and her colleagues, as well as by my old friends Mrs. Merlene Bravenec, Mrs. Evelyn Jez and Mr. Arnold Pejchal. The museum was so interesting and full of wonderful things on display that it was very difficult to leave. While my group was busy, Merlene Bravenec who took me to visit the grave of my dearest friend Esther Cunningham who unexpectedly passed away two weeks before our arrival to Texas. That

short visit to the beautiful and peaceful cemetery was very important for me.

After we said good-bye to our friends in Temple we continued on our way to Fort Worth. There was one more stop ahead in West, a relatively small town with many Czech names, selling good kolache, Czech style sausages, souvenirs and Czech festivals. The most admirable person there was Mrs. Liduska Vaculikova, the lady of Czech origin, who lives in Snokhous neighborhood and although she is ninety, she was so cheerful and such a wonderful person that one wouldn't believe that it is possible. A good example that one can enjoy life at any age. From West, we went straight to our Holiday Inn Express Hotel in Fort Worth.

Day 12 – Tuesday 6/23/2009 Fort Worth – Opening Ceremonies - Gala in Fort Worth.

How wonderful it was (especially for me) to meet all my Texas, Chicago and New York Sokols who I was with at the Prague in 2006. We met Mr. Bob Podhrasky, Mr. Larry Laznovsky – along with his wife and daughter, the Milan Family from Fort Worth, wonderful people who were very active in preparations of this great sporting event, Chuck Kalat and Barbra Vondra, both very important for the Sokol Slet and my very good friend Jean Hruby from Chicago, who was very busy with both arrangements and sport activities. And I must not forget Rosine – sister of Jerry Milan, who wore a beautiful Moravian costume.

We went to visit the Historical Stockyards with their cowboys, Texas longhorns and the popular cattle drive – a great place for people who haven't seen anything like this before except in the movies (like the real West, just like in our imaginations).

The evening's Opening Ceremony was that night in the Convention Center. After the ceremony some of us enjoyed meeting near by Water Garden, a wonderful place to meet with old friends and make new ones, too.

Day 13 - Wednesday 6/24/2009 Dallas

On Wednesday, we decided to spend the whole day in Dallas. Everyone in the Czech Republic knows the Dallas city skyline from the famous soap opera “Dallas”. Our first stop in Dallas was the place where JFK was assassinated in 1963. When we stopped at the memorial plaque near the road, we immediately were offered old newspapers and for a small fee “guaranteed genuine”. All very interesting.

From there we went to the Sixth Floor Museum, where there is a nice exposition about that event and President Kennedy. Some members of our group decided to stay at

the museum while others continued on with me to the Old Court House. We then visited JFK Memorial Park and on to Main Street to a very nice park with iron longhorns and cowboys. We had to hurry back to Sokol Hall in Walnut Hill (Dallas) to meet the Circle of Czech Women, where we enjoyed the ladies company, singing songs and enjoying their wonderful hospitality.

Later on that evening, some of our group enjoyed beer and margaritas in a local Fort Worth pub, watching live armadillos near the Court house and then the summer open concert of country music in the Garden. Another wonderful day was over.

Day 15 – Friday 06/26/2009
Fort Worth – Parade, Rodeo

For me the day started quite early. I was invited by Sokol President Bob Podhrasky to join the Czech Delegation for breakfast. At 8:00 am I had to leave the Delegation and to go to the Court House to meet my group getting ready for the Slet Parade. It took an hour before the Parade was ready to start but the result of all that effort was amazing. We walked through the City Center to the Convention Center, cheered by many visitors and local people. There was music, singing in several languages and an over all wonderful and joyful atmosphere. Concluding the parade, there was a short welcome speech at the Convention Center.

After the parade, we left for the very famous Amon Carter Museum in the Cultural District and the Botanical Gardens. We received word that rehearsal on Friday evening was cancelled because of the extremely high temperature so we suddenly got the opportunity to go to a RODEO in Coliseum in Stockyards. I booked our group VIP tickets and we went to meet another adventure. What a wonderful experience!

Day 16 – Saturday 06/27/2009
Fort Worth

In the morning, we went back to the Botanical Gardens to visit the Japanese Gardens which we had no time to visit on the previous day. Before the afternoon, some of us stopped to visit Kimbell Museum and some went for more shopping to the Stockyards. Saturday's afternoon was spent mostly doing rehearsal and after dinner we had to be ready for the Sokol Slet – the performance. It started at 7:30 pm at the Convention Center instead of the big Stadium outside where it was supposed to be. A Wonderful and very exciting evening!

In the hall, I encountered a miracle. I wished so much to meet my dear friend Bob Cunningham (whose wife Esther

passed away at the end of May but told me he could not attend the Sokol Slet because he had a visitor in town). What a surprise for me that evening when I watched the performances of the Sokol Slet that I suddenly saw Bob coming to the hall with Esther's daughter Kathleen! She didn't know I was there and it just happened that Kathy, who was that Bob's visitor, had persuaded Bob to go watch the Sokol Slet. Such a big and amazing surprise for all three of us!

When the Slet performances were over some of our group went to the hotel but some enjoyed wonderful meeting of Sokol participants in the Water Garden.

Day 17 – Sunday 06/28/2009
Fort Worth – Flight back to Prague.

After the last breakfast in Texas, we departed from our hotel at 9:30 am to the local Sokol Hall for an early lunch – a very tasty barbecue and farewell party with our Sokol friends. We toured the beautiful Museum of trophies and souvenirs. Talking to our friends, barbecuing, singing a last song, a bit of dancing and then with great sorrow, we said "Good-bye Texas" or better yet "So long all our dear friends. See you all again in Prague in 2012 (which is not as far as it seems).

Then we left the Sokol Hall and having been seen out by our Texas friends we went by our bus to the Airport and then by plane first to Amsterdam and from there with some delay to Prague.

Day 18 – Monday 06/29/2009
Amsterdam - Prague

Before our group split in Prague's Airport people told me that they had never thought about such a wonderful trip to Texas, about such amazing and hospitable and friendly people there and about such wonderful and unforgettable memories from Texas. An AMAZING EXPERIENCE!

THANK YOU SO MUCH to all my Texas friends and their friends and everybody who devoted a lot of effort, time and money to Czech Sokol people they have never seen before. ☺

Strength Training for a Lean Special Forces Body

Gain strength without size

Can you get stronger without getting bigger?

In my experience a lot of people think that you have to spend hours in the weight room doing burnout sets to failure in order to get stronger. While this can work over a short period of time, you will plateau very fast and in my opinion create a physique that is incapable of performing any kind of athletic activity at a high level. This is something that I see a lot of people doing in the gym. I repeatedly hear young guys discussing how they've hit a plateau in their lifts and they decide to try to simply increase the number of sets/reps, total volume, or simply keep doing the same old thing, hoping that they'll magically get stronger. This is incorrect, especially if you don't want to get bigger/more muscular.

Reduce your sets and reps to increase strength and muscle tone

To get really strong you need to lift the heaviest weights you can manage with perfect form, for very few reps. I recommend 3-5 reps. 1-3 reps for pure strength, 5 reps for a little muscle as well. A good rule of thumb is to get out of the gym feeling stronger than when you came in. If you feel fatigued or sore, you did too much. I like keeping the total number of sets under 14 total. Keep rest between sets to about 1-2 minutes. I know it sounds crazy but trust me, you will bust through your current plateau and build strength steadily like this. This is an awesome way to gain strength without size for a lean Special Forces body.

Why more is NOT always better

Most people think that simply doing more work equals better results, and I was definitely stuck in that category until a couple of years ago. Basically, increasing the total number of sets, or just trying to do more work will mean that you'll build strength endurance and muscle mass, but you're pure strength gains will stagnate quickly. Remember those muscle bound dudes in high-school and college with "inflata-lats" and ridiculous cut-off t-shirts who seemed to subsist on a diet of protein shakes and chicken breasts (Think like half the cast of "Jersey Shore")? This is the look you will create with high volume lifting. If you combine this lifting method with a high carb, high calorie diet and you're just asking for a puffy and bloated look.

Sokol HEALTH & FITNESS CORNER

By Charles Malina
Sokol Tabor,
University of Illinois at Urbana-Champaign

Train like a Recon Marine to get a Hollywood body

This is a really popular method of lifting in military units that have to be ready to go at a moment's notice. They can't afford to be tired or sore from a 2 hour lifting session, but they still need to be really strong and conditioned. Recon Marines and Navy SEALs are 2 Special Forces units that are a great example of the body type and level of conditioning this training produces. They are generally of average size, but with outstanding muscle tone and strength to body weight ratio. I've been training like this for about 3 years now, and I have nearly doubled my strength levels. I used to have trouble lifting 50lb dumbbells for a single armed row, and now I can easily pull 100 with each arm at a body weight of 160lbs. Whenever I start to train guys for the military the first thing we do is limit our time in the weight room as much as possible. After a few weeks you will feel like a power-lifter using heavier weights than half the people around you and then leaving while everyone else is still slogging through their burnout sets. 🤪

Note: Please check with your physician before starting any diet or exercise plan.

manifest films

April 2, 2010

Ms. Jean Hruby
 American Sokol
 9126 Ogden Avenue
 Brookfield, IL 60513

Dear Jean,

I'd like to take this opportunity to express our sincere thanks for your organization's generous donation of \$1000.00 toward the production of the Trailer for our documentary film, "Czechs in Chicago". And we heartily appreciate your time and attention given to heading-up with us the planning of the Czech Community Meeting at Klas Restaurant recently.

Producing a documentary is never easy, but we are continually encouraged by the support of the Czechoslovak Community and by the contributions of organizations like yours. The high production values and quality of this film will be due to the work of many professionals and companies who will help ensure that this unique film reaches the widest possible audience.

As you know, your organization's name will be listed in the "Czechs in Chicago" Trailer credit roll, plus your group will receive a first-edition copy of the Trailer DVD for its library.

Thanks again for your generosity in helping to create this Trailer that will assure the film gets made and aired. You've given a wonderful gift to yourselves and your Community that will be a permanent legacy for the Czechs in Chicago.

Best regards,


 Susan Marcinkus
 Producer/Director

*Jean -
 You are one
 dynamic &
 talented woman!
 -S.M.*

916 N. Euclid Avenue
 Oak Park, IL 60302
 708.660.9320
 manifestfilms@aol.com

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