



American Sokol

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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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TABLE OF CONTENTS

From the Editor.....	2
Meet the Executive Board	3
The Sokol Educator.....	4
Home of the Sokol Movement	5-6
American Sokol Gymnast.....	7-10
The History of Miroslav Tyrs	11
Updates from around the District.....	12-14
Calendar of Events	15
Support our Advertisers	16

From the Editor...

In this issue, I included a submission from Joseph Sulz from Sokol St. Louis about the history of Miroslav Tyrs. As I read through the article, I learned much about the early beginnings of Sokol. As I did not have space to print the entire submission in this issue, additional excerpts will appear in future publications. I hope you enjoy this article as well. Thank you, Bro. Joseph for sharing!

If you have an article that you think readers would enjoy, or updates from your Unit, please send it to me by mail or email (editor@american-sokol.org). I look forward to your interesting, relevant submissions, newsletters and calendar of events! I've read and included many of them so far — keep sharing.

NAZDAR!



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Meet the American Sokol Executive Board

Mary Steinman
1st Vice President



You could say I was born in Sokol. My grandparents, Joe and Anna Milan were among the first members that formed Sokol Fort Worth. From the time I was born, I was at the Sokol (aka "The Hall") several nights a week. My parents would take me to dances where we would enjoy the time with Sokol friends. Many times I would fall asleep during the evening and sleep on tables until the night ended. That is what is important to me, the "family" atmosphere. This is only one of the many treasured memories I have of Sokol. As I got older I participated in different activities, including gymnastics and volleyball, two of my favorites. As a gymnastics coach I was able to teach children and help them develop many new skills. I attended Kruzs (pronounced - courses) Sokol instructor's schools, as well as Unit, District, National, and International Slets.

Just after graduation from high school I had the opportunity to attend and participate in the National Sokol Slet in Chicago. During our District Special Number I rode a live horse across the field carrying our Southern District flag. Attending Slets, at all levels, gave me the opportunity to build lifelong friendships from all over the world. There are no words to describe the feeling as you walk out on the field during a Sokol Slet with so many other Sokols and know that you are apart of something so

big. I attended many Slets including the International Slet in Prague in 2006 along with my daughter, Appa, who had just graduated from high school. It was so breathtaking to be a part of an even larger group of Sokols from all over the world. I was so proud that I was able to bring up my daughter in an organization where I felt she and I gained confidence and leadership. We had so many people around to help us obtain these skills.

The world that we live in now is very fast paced and technology driven, it seems that there are not that many places for the young generation to obtain that social type environment that I had, and have, in Sokol. I hope to help Sokol remain that organization where children will want to attend to get physical and social skills and to know how it feels to have companionship with others. Sokol remains an organization where one can obtain the "family" feeling and sense of belonging. It may not ever be exactly the same as in the past, but maybe one that is very close to it.

We need to make the Sokol experience more accessible and attractive to more people, by expanding the variety of activities we offer. In addition, expand and adjust activity hours for people to be able to work it into their busy schedules among school, work and activities. ©



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

OCTOBER

October is National Fire Prevention Month — schools will be having fire drills — do you and your families have a plan for escaping? Put one together now and talk about it!

The birthstone for October is the OPAL, a fragile stone symbolizing magic, love and hope.

Czechoslovakian independence was proclaimed --

Oct. 8, 1918 in Paris

Oct. 18, 1918 in Washington, D. C. by Thomas G. Masaryk

Oct. 28, 1918 in Prague

Oct. 29, 490 B.C.: Battle of Marathon - the Greeks defeated the Persians

Oct. 7, 1925: Sokol Wilber, NE, was organized

Oct. 14, 1918: First Convention of the American Sokol Union held in Cleveland

Oct. 31, 1821: Karel Havliek Borovsky was born

Oct. 19, 1789: John Jay, a former president of the Continental Congress is sworn in as the first chief justice

Oct. 29, 1929: Start of the Great Depression. Over 30 billion dollars evaporated from the stock market's value. By 1933, 9000 banks failed.

Oct. 8, 1958: Dr. A. Senning performed the first cardiac pacemaker implantation in Stockholm, Sweden

October is the month of: All American breakfasts; Mom & apple pies; National cookie, pasta, pork, pretzel & pizza.

October 1st: World Vegetarian Day

October 5th: World Teacher's Day

October 9th: Fire Prevention Day

October 12th: Official Columbus Day, celebrated the 2nd Monday (this year on the 18th)

October 16th: Sweetest Day

October 24th: Mother-in-law Day

October 31st: Halloween

Candy corn existed for a century before manufacturers began offering it in colors, such as for Easter and Christmas.

The apple was an emblem of social status in ancient Rome and medieval Europe.

Chrysanthemums have long been touted for their health & nutritional benefits. In the 15th Century B.C., the Chinese used the boiled roots to treat headaches. Petals & sprouts were eaten in salads & leaves were brewed as teas which promoted longevity.

WHY DO WE FORGET?

Too much stress: Cortisol & adrenaline hormones keep you sharp, but too much can flood the system and hurt our ability to think.

Too little sleep: Loss cripples ability to think logically, pay attention & remember. In snoozing, the brain moves information from short-term memory to long-term memory.

Multi-tasking: You think you are super-efficient, but research shows that you are only kidding yourself. Ability to learn & remember is seriously compromised when you divide your focus.

Working on autopilot: Not paying attention could be the cause of absentmindedness. This is called "amnesia for the automatic" because some tasks are so routine that you don't pay attention.

Brain booster: Take 30 seconds each time to repeat or cue yourself. Post-it notes were also made for this reason.

Eleanor Roosevelt said: "With a new day comes new strength and new thoughts". ☺

NAZDAR! EllenJeanne Schnabl, American Sokol Educational Director

Tyršův dům – Home of the Sokol Movement

Written by Jan Velinger on 10-20-2010, Czech Radio 7 – Radio Prague; www.radio.cz/en

Submitted by Paul Lebloch

If you've visited the Czech capital's Malá strana there's a good chance you've passed by Tyršův dům, a beautiful Baroque palace, together with surrounding grounds, which underwent massive renovation in the early 1920s, after it was bought by Czechoslovakia's Sokol organization. Sokol (which means falcon) was a sports and gymnastics movement which had been founded roughly 60 years before by Miroslav Tyrš and Jindřich Fugner, and played a strong role in the Czech National Revival and later in the inter-war period. The movement's central tenets were the balance of body and spirit, influenced by romantic or nationalist sports movements in fellow European countries and tracing inspiration back to Ancient Greece. It long sought a proper headquarters and Michnův palác would prove ideal.

Still, when it was bought by Sokol in 1920 the site was largely a ruin, having been used as a manufacturing site for munitions as well as a barracks for soldiers of the Austro-Hungarian Empire. Zdeněk Bartůněk, a retired professor from the Faculty of Physical Education, who has lived and worked on site since the mid-1960s told me more:

"When you look at photographs from the period and dig through the documentation, you see that the palace in the early 1920s was an absolute shambles. But within just a few years the site was fully renovated. The site cost 2.1 million Czechoslovak crowns and involved renovating not only existing buildings but adding on or tearing down some facilities. The completed site was reopened in 1925



Photo courtesy of www.sokol-cos.cz

The reopening of Tyršův dům in 1925, T.G. Masaryk in the center.

and was attended by 15,000 Sokol members as well as Czechoslovakia's first president, T.G. Masaryk."

Renovation of the site was overseen by architect František Krásný and included a new complex to be used for exercise, including a basement pool which is open to the public and used by Charles University to this day. Meanwhile, a large building, coined Carré after the French word for square, was torn down to make room for athletics grounds. Carré had been used as a barracks and only photos remain. In the pictures - indeed in all photos taken prior to the renovation project - an anonymous man stands in the shadows holding a measuring stick. Zdeněk Bartůněk:

"In the photos you can see how they approached the project, creating a 1:100 scale model and each pictures reveals a man at the side holding a metre-long stick. At first my wife and I used to wonder who he was and what he was pointing at, (we thought it might be hidden treasure or some kind of secret) until we learned the truth: that he was there to show by proportion the size of the building."

Today, it's hard to imagine such a massive project being completed in Prague just a few years' time, but by 1925 the building was ready for use, by both male and female Sokol members. There were on-site living quarters, a gym and even access onto the palace's roof, where groups of sportsmen and women used to take in the sun. When he visited, President T.G. Masaryk - 75 at the time - also couldn't resist.

"The president visited Tyršův dům on several occasions. He was in the habit of visiting key areas several days before he was due to speak, and here it was no different. He had a good look at the site before it was opened."

A photo shows T.G.M. climbing up staring unflinchingly ahead. Naturally, I couldn't pass up the chance for a look at the roof myself, climbing first stairs, then a ladder to the top.

"It's an unusual view of the capital you can see the main sites - the Castle or the Devil's Stream from a different angle. There's one bridge over Čertovka, and another."

Below, in the basement where the pool lies, the scene is quite different. Several dozen first-year students at Charles University do lap after strenuous lap. I talk to their instructor Karel Kovařovic:

“These are first-years and they are just warming up for dives today, so they’re working hard. The technique’s not there yet but they’re trying. In the first year we teach them the basics, in the second we teach them how to swim fast.”

The pool, used by the faculty during the week and the public at the weekend, operates at a loss but Sokol is able to pay for the operation of the headquarters through various means, including the commercial rental of space inside and accompanying buildings. Once again my guide Zdeněk Bartůněk:

“Along with Tyršův dům, Sokol owns the neighboring Chotkův palace and buildings housing private hotels and rents space for commercial purposes. Because of that we are able to keep Tyršův dům in operation. The turn-over is around 40 million crowns per year and without it the headquarters would not be able to operate.”

Not surprisingly, Tyršův dům as the centre for Sokol in the Czech Republic, remains a key site during so called “Slets” – athletic meetings between members from all around the world: other Slavic countries, North America, and

elsewhere. Meetings are no longer what they used to be says Mr Bartůněk - in its heyday in Czechoslovakia alone the movement attracted tens of thousands in massive athletic displays and boasted more than a million members – but still visitors at the last “Slet” in 2006 counted in the hundreds, if not thousands. Many expatriates from around the world still share the movement’s moral bearing and approach to mind and body.

Historically, the Sokol movement had a major impact not only on the founding of Czechoslovakia – but also in resisting tyranny in the Second World War. Both the Nazis, after they occupied Bohemia and Moravia - and the Communists who came to power after the war in 1948, were quick to identify it as a strongly patriotic and principled movement and therefore a threat. Zdeněk Bartůněk:

“The Nazis were very wary of Sokol as a strong movement and banned it. The Communists, a few years later, were also aware of its strength as an organization. The latter, to a large degree appropriated it, replacing it with the spartakiáda – similar large displays of gymnastics. It was clever of them to funnel that display of strength for their own purposes. Spartakiáda continuing at Strahov stadium, which was the site of the last great “Slet”. ☺



Photo courtesy of www.radio.cz/en

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and unique to celebrate this
event?

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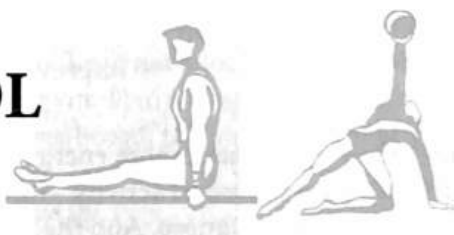
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AMERICAN SOKOL GYMNAST



*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.*

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Keeping Fit, Active And Diabetes-Free In The Fall

By: Melissa Roos, Elmhurst Memorial Healthcare

Exercise is essential to preventing diabetes because physical activity lowers blood sugar and boosts the body's sensitivity to insulin. Maha Abboud, M.D., an endocrinologist on staff at Elmhurst Memorial Hospital said, "Obesity is one of the highest risk factors for diabetes. If you lose weight, although diabetes never disappears, it can seem like a remission of the condition. Even a modest weight loss is beneficial in the long run," she said.

Diabetes is characterized by high blood sugar causing the body to be unable to properly produce insulin and process foods. There is an inherited form of the disease that is known as Type 1 and usually sets in at a young age. Type 2 typically develops over time due to poor nutrition and not enough exercise, causing the body's organs, such as the pancreas and liver, to stop functioning normally.

Type 2 diabetes accounts for 90 to 95 percent of diabetes cases, according to *Diabetes*, a journal published by the American Diabetes Association, but it is often preventable and partly reversible with a change in lifestyle choices. Some of the necessary choices are so easy that many people are already taking action without realizing it. In the summer, making those choices seems simple: fresh foods are everywhere and the idea of spending time outside is appealing. However, in fall it can be difficult to stay in that "plenty of exercise and healthy eating" mindset. Looking for a way to make it work for you?

In the fall, cool evenings are perfect for a brisk walk outside. Thirty to forty minutes of walking a few nights a week is a good way to enjoy the last remnants of summer and continue being active.

If the cooler weather just isn't appealing to you, try an indoor fitness class. Choose an activity that you've always wanted to try that will help instill good physical habits in kids by making workouts fun.

In addition to exercise, diet is also important. Nutritious fruits and vegetables can still be found in the fall.

Fiber intake helps with weight loss by making you feel full faster. Whole grains help maintain blood sugars, which lowers the risk of diabetes.

Fruits and vegetables that are in season in the fall include squash, broccoli, blackberries, apples, cranberries, grapes, pumpkins and sweet potatoes.

As the weather gets cooler, don't stop focusing on health. Even as summer ends, there are plenty of options for staying active and energized to prevent illness and disease.

Your physician can help you develop a diabetes prevention plan for you and your family. Many people with diabetes are unaware of their condition because they do not experience the usual symptoms, such as excessive thirst and appetite, increased urination, unusual weight loss or gain, fatigue, nausea, dry mouth, slow-healing sores or cuts and itchy skin. Schedule regular check-ups and be honest with your physician about your eating and exercise habits so that he or she can identify a risk early before organ damage occurs or symptoms begin to affect your livelihood. ©

Exercise: 7 Benefits of Regular Physical Activity

You know exercise is good for you — but do you know how good? From boosting your mood to improving your sex life, find out how exercise can improve your life.

By Mayo Clinic staff

Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise. The merits of regular physical activity — from preventing chronic health conditions to promoting weight loss and better sleep — are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or physical ability. Need more convincing? Check out seven specific ways exercise can improve your life.

1. Exercise improves your mood.

- Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down.
- Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Regular physical activity can even help prevent depression.

2. Exercise combats chronic diseases.

- Worried about heart disease? Hoping to prevent osteoporosis? Physical activity might be the ticket.
- Regular physical activity can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular physical activity boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing triglycerides. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries.
- And there's more. Regular physical activity can help you prevent Type 2 diabetes, osteoporosis and certain types of cancer.

3. Exercise helps you manage your weight.

- Want to drop those excess pounds? Trade some couch time for walking or other physical activities.
- This one's a no-brainer. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but physical activity you accumulate throughout the day helps you burn calories, too.

4. Exercise boosts your energy level.

- Winded by grocery shopping or household chores? Don't throw in the towel. Regular physical activity can leave you breathing easier.
- Physical activity delivers oxygen and nutrients to your tissues. In fact, regular physical activity helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

5. Exercise promotes better sleep.

- Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day.
- A good night's sleep can improve your concentration, productivity and mood. And you guessed it — physical activity is sometimes the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep. There's a caveat, however. If you exercise too close to bedtime, you may be too energized to fall asleep. If you're having trouble sleeping, you might want to exercise earlier in the day.

6. Exercise can put the spark back into your love life.

- Are you too tired? Or feeling too out of shape? Physical activity to the rescue. Regular physical activity can leave you feeling energized and looking better, which may have a positive effect on your love life. But there's more to it than that. Regular physical activity can enhance pleasure for women, and men who exercise regularly are less likely to have dysfunction problems than are men who don't exercise — especially as they get older.

7. Exercise can be — gasp — fun!

- Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical!
- Physical activity doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find a physical activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!

Are you convinced? Good. Start reaping the benefits of regular physical activity today! 📌

GYM SAFETY

From: www.peoples-health.com/gym-safety-tips.html

Following certain gym safety tips are essential when you are in your fitness center. This will help prevent the occurrence of injuries or other complications during the course of your exercise regimens. It is without question that you must adhere to your fitness therapist or your health physician's safety guidelines before engaging yourself to any kind of fitness activity.

The foremost importance in gym safety principles is never to exercise or do any kind of workout when exhausted, very tired, and most especially sick or ill. Doing any kind of fitness activity might worsen the state of your condition or injure yourself.

It is a vital gym safety precaution to check your fitness prior to any strength or weight training program. Modify or totally avoid weightlifting when experiencing muscle pain or suffering from joint problems, heart diseases, seizure disorders, previous injuries, high blood pressure or any kind of dangerous physical condition.

Warm ups are very important prior to any aerobic workout and strength exercises. These activities are repetitive which increases your heart rate. It is essential to stretch the muscles of the body and loosen the blood vessels for better blood flow circulation. Some body twisting stretches are good after a brief warm up. This will adequately prepare your muscles for strenuous workout preventing potential injuries to them. Rushing yourself to any sport or exercise activity without warming up your muscles first will make them easily susceptible to any kind of injuries. You can start your warm ups with easy jumping jacks, brisk walking, some light cardiovascular exercises or just simply shake your body and move your arms and legs will do the job.

Sudden weightlifting can also lead to muscle injuries. Lifting weights should be done in a slow and very controlled manner. The increase of the weights should be done gradually from lighter to heavier. Safety collars should be used when working out on bench presses, curl, dumbbells and squats; this will secure the plate thus avoiding any potential occurrence of injuries. When heavy lifting it is advised to use a weight belt, straps, wraps, and gloves; this will help protect the lumber region of your body. Knee wraps are also important to prevent causing injuries to your ligaments and tendons.

Proper form when heavy lifting is important for your muscles to work correctly and at the same time protecting you from possible injuries. It is always important to do your workouts and exercises in a slow and controlled manner through a full range of motion. It is not good to hold one's breath while weightlifting; this will cause pressure to the abdominal cavity which may lead to hernia.

Proper breathing while doing exercises and strength trainings should be applied. Breathe out when you exert and breathe in when you relax. Steady repetition of exercises will be beneficial to your work out. Consume plenty of water while doing your workout; this will prevent you from becoming dehydrated. When dizziness, change in heart rhythm and fainting is experienced it's best to discontinue all of the exercise activities. Follow these simple gym safety tips and you are more likely to have a safe and enjoyable time exercising. 📌

Have a GREAT time and relax. The main thing is to get to the gym and do some form of exercise! Get out and get healthy! KP ;)

The Truth About Stretching and Flexibility

From: www.tailored-fitness-home-workouts.com/stretchingandflexibility.html

Stretching and flexibility is often associated with dancers, athletes, and yoga buffs. It is typically a missing component of fitness programs but one that is necessary if you're interested in becoming stronger and increasingly fit, and of course improving your flexibility!

There are many thoughts and studies that have been done on stretching and if it helps or harms. The studies show that for a sport (in this case gymnastics-for our Sokol classes) that requires much flexibility, it is recommended that you stretch before and if at all possible after. This helps to maintain and/or gain the flexibility that is demanded by the sport. KP:)

Definition of flexibility

What is flexibility, anyway? Flexibility is a joint's ability to move freely through a full and normal range of motion. Factors that affect flexibility include genetic inheritance, the joint structure, connective tissue elasticity within muscles, tendons or skin surrounding a joint, strength of opposing muscle groups, body type, age, activity level, previous injuries, and gender. Like strength training and cardiovascular capacity it's possible to dramatically improve flexibility with minimal effort. The following are methods used to improve flexibility. Some can be done solo other require assistance from a trainer or therapist.


Stretching and flexibility: Some common methods:

- **Static Stretching** – moving towards the full range of motion of the muscle you're stretching and holding for 20-60 seconds (the safest method for most people)
- **Dynamic Stretching** – swinging the muscle through it's full range of motion (common among martial arts experts, not recommended for the average person)
- **PNF Method** – angled, rotating, dynamic movements cued by a registered physical therapist
- **Contract-Relax Method** – also known as pnf, a contracting against resistance from a partner then stretching (inhibits the stretch reflex allowing you to stretch further)
- **Contract Antagonist/Relax Method** – isometric contraction of the opposing muscle before stretching (similar to above and very effective)
- **Fascial Stretching** – deep tissue manipulation by a professional to increase range of motion (ie. Rolfing, Thai massage, and neuromuscular therapy)

Why should you stretch? Being more flexible will:

- **Increase Range of Motion** – this contributes to proper form, faster strength gains, and decreases your risk of injuries.
- **Release Tension** – this alleviates stress, improves posture, and reduces soreness caused by strength training.
- **Increase Blood Flow** – this promotes endurance, faster strength gains, and healthy joints and cartilage.
- **Improve Neuromuscular Coordination** – this results in improved balance and coordination, as well as enhanced performance.

How often you stretch depends on your training goal. If your goal is increased mobility, stress relief, or endurance, it's a good idea to stretch daily. Basic stretches, yoga, pilates, and tai chi, are all great ways to improve flexibility. If your goal is to get stronger and prevent injuries, stretch after your strength-training workout, between sets, or after your cardio training. Remember to stretch slowly into a position that feels slightly tight but not painful. Try not to bounce and hold that position for at least 20 seconds before moving on to your next stretch.

When to stretch is the key to a successful stretching and flexibility program. Stretching before strength training or cardio training can increase your risk of injuries so make sure to warm up before you get started. The best time to stretch is after 5-10 minutes of moderate physical activity such as walking, cycling, or calisthenics. You can also stretch after strength training or cardio training (as described above). If you want to guarantee your results check out the clean sweep transformation program to find out how to incorporate a stretching and flexibility program into your training. 

The History of Miroslav Tyrs

Excerpt from the book *Věvec Vavřínový* by Frantisek Kozik

Submitted by Joseph Sulz, Educational Director, Sokol St. Louis

*Look for additional excerpts from *Věvec Vavřínový* in future issues of American Sokol.*

In April 1832, 33-year-old Doctor Johann Vincent Tyrch commenced his job as a private doctor to Frantisek Thune, who was the owner of an estate and sanitarium in Decin. Decin is a city in northern Bohemia, which is now the Czech Republic. His

wages were 200 zloty plus wood for his apartment and hay for horses. His wages and remuneration were adequate for living. His duties included taking care of the owner's family and his employees; villagers' ailments in the village were treated "gratis".

In September 1832, a boy was born to Dr. Tyrch and baptized Fredrich Emanuel Tyrch. Two years later his sister was born, but died three weeks later from the dreaded disease "TB". (At that time there was no cure for tuberculosis and many people young and old perished. This was a very contagious malady). The owner of the estate and small spa, Frantisek Thune, was afraid that TB would spread throughout the spa and therefore terminated the employment of Dr. Tyrch. The Tyrch family moved from Decin to Ober-Doblingen near Vienna, where Mrs. Tyrch's brother was a pharmacist. In November 1836, Dr. Tyrch died at the age of 34. In April, another daughter succumbed to the dreadful disease. Dr. Tyrch wrote in his last will — "All the furniture is to be inherited by my wife, all the clothing is to be altered and worn by the children."

Five-year-old Fredrich was living with his mother, when her brother also passed away from TB. Mrs. Tyrch left Austria and moved to Karlovy Vary in Bohemia, where another brother resided. Not even a year later she passed away. She wrote in her will — "I am putting my son, Fredrich, in the hands of my brother who, I hope, will give him a good education and a Christian upbringing. For a time he must live in the country to gain some weight by eating good country food."

For three years Fredrich lived in open spaces, breathing good clean air and eating nutritious food. It took him one hour to walk to school. His uncle hired a private tutor, who commented that Fredrich was very intelligent and obedient, but needed to attend a regular school for sociability with

other children. Fredrich's uncle and mentor became very ill and decided to send the boy to Prague to live with a widowed uncle who had five other children. They called him "Bedrich". Opportunities in Prague would include attending theaters, libraries, and museums, but young Bedrich at the age of ten did not want to move to Prague. He liked the outdoors, but he had no choice and was sent to Prague.

In 1843, living in Prague was a traumatic experience for young Fredrich (later known as Miroslav). He was accustomed to the open spaces of country living, walking in the forest and fields. He liked to wake up to the songs of birds, but while in Prague the noise of horse-drawn wagons and the loud voices of trash collectors woke him each morning. His uncle, Antonin, had five children--3 sons and 2 daughters. Jenny was the only one older than Fredrich. She liked Fredrich and commented "When my father buys you a new coat, pants and a scarf, you better not like someone else from your small village."

Uncle Antonin was employed by a fire insurance company and received some money from Fredrich's inheritance. While living in Prague, Fredrich attended a co-ed school. The lessons were conducted in German. Fredrich was a good student and entered high school and was taught by Carmelite monks who also taught in German. In 1845, his 12 year old cousin became ill. When she coughed up blood, he knew her sickness was very serious. She died the same year.

When Fredrich was 13 he registered for gymnasium classes. In the year 1845, Czech citizens were part of the Austrian-Hungarian Empire. The Czechs began to demand more political freedom and wanted to teach the Czech language. Demonstrations erupted in Prague. Naturally, young Tyrch was part of the happenings. The citizens began to erect barricades against the Austrian army. While Fredrich was part of a group building barricades, a shot broke the silence and young Fredrich suffered a head wound. He was not seriously hurt and was proud of his nationalistic activities during the uprising. The Bohemian nation did not gain any privileges and the official language remained "German".

Fredrich signed up for courses in law, but soon realized that this was not what he wanted to do in life. He switched to philosophy. His uncle became angry at his choice and proclaimed, "What is philosophy? You will not find a job with such an education." ☺



2010 Chicago Triathlon Recap

Written by Judi Soulides

Except from Tabor Talk, a Sokolice Tabor publication

American Sokol had 23 members participate in the 2010 Chicago Triathlon, seven of which were Tabor members: Erik Hartwig, Jaye Hartwig, Katy Linhart, Judi Soulides, Kaitlan Short, Sean Short and Andrew Bucek. The following is Sis Judi Soulides' account of the day.

The day started very early, 3:00 am, for #702. I had breakfast of a banana, half a muffin, and coffee, a must. Kate Linhart arrived to share the ride downtown.

We arrived in Chicago at 4:30 am and met up with Andrew Bucek in the parking garage. We walked together to the transition area, hooked up our bikes, set up our ride and run gear and located the Bike Out and Run Out stations. After bidding farewell to Andrew and a quick stop at body marking, we were off to the Swim Start, still waiting for sunrise.

The gate to Swim Start opened at 5:45 am and we lined up according to our wave #, the order in which they release groups of triathletes. Being in wave #5, I said goodbye and good luck to Kate (wave #6), and I lined up with Bob and Kathy Barcal. Kathy kept us company until she lined up with wave #6. As my nervous energy started to rise, I started talking to fellow triathletes and learning their race histories (i.e., first timer, 3rd race, 10th race, etc.), located the safety ropes that run along the wall that you could hold on to in the water if needed, and zipped up a few wet suits for others. I was beginning to second guess my choice of not wearing one when a gentleman next to me suddenly realized he had his on backward. No more second guessing.

As I mentally prepared to hit the water at 6 am with my fellow purple caps, the sun rose and lit up the lake front and my half mile swim path of Balbo to the Yacht Club. The water was 73 degrees that morning. We were given our signal to enter the water, waited just a minute or two, and then released to "Go". The water was expected to be my greatest challenge; however, the water itself was so warm and relaxing, the first leg of this race was actually the most enjoyable. It helped to see and hear the familiar voices of my family somewhere along the wall cheering me on. I finished the swim in record time—my record time that is.

Out of the water, there was a 450 yard run to the bikes. A quick change of clothes, add shoes and helmet, and I was off to the 13.2 mile bike ride from Monroe Street north to Foster Avenue and back. Training did not prepare me for the actual ride down the middle of Lake Shore Drive or what to do if I lost my water bottle, which I did in the first 10 yards. Thanks to a whole lot of prayer and the incredible support from returning triathletes passing on



Pictured from left: Kate Linhart and Judi Soulides

my right, "You're looking great—keep it up", "You're almost there", and "Come on—don't slow down now", somehow I managed to finish the second leg of the race.

With great caution, I made the 45 degree turns that led me back into the transition area. Again, a quick change of clothes, tightening of my laces, and a much needed drink of Gatorade, I was off to the final leg of the race, a 5K run from Monroe Street to Soldier's Field and back to the finish line. I had finally reached the section of the race that I envisioned mentally, where people along the path hand you water and cheer you on. The number of spectators was overwhelming. The first familiar face along the run was Kelly Carlozzi. Thanks, Kelly. Her encouragement gave me quite a boost and reminded me I was doing this for a cause greater than myself—Sokol. Some distance and thousands of spectators later, my family appeared again with incredible words of encouragement that recharged my run. Along the run, I continued to be inspired by other triathletes, in better or worse shape than myself, running for reasons far greater than themselves: leukemia, breast cancer, AIDS, Alzheimer's, Parkinson's, etc. About the time my energy was draining and I was certain that I had missed the Sprint Distance Turn-around, here came Kathy Barcal with a "Way to go—NAZDAR". I was charged up again and knew then I would make it to the finish line. I made the final turn and heard the roar of American Sokol members waiting to cheer me on to the finish line.

It was amazing. Somehow I forgot how tired I was and I celebrated the rest of the way. I heard my name announced as I crossed the finish line and that was amazing—but not nearly as amazing as the ice cold towels you receive to help cool down—followed up with receiving a 2010 Chicago Triathlon Finisher medal.

What an incredible journey from learning how to run in March to completing the triathlon. Thank you Matt Carlozzi for organizing the event and presenting this challenge. Thank you to all of my supporters, sponsors, and contributors, especially my Sokol brothers and sisters who spent the day supporting not only me but all of the Chicago Triathletes. NaZdar! 🇺🇸

20th ANNUAL SOKOL TOWN OF LAKE CAMP REUNION

Sunday, September 19, 2010

Submitted by Henretta Sanfi Milan

Greetings again from Willow Springs Sokol Camp Reunion! A perfect day and great crowd! In the Sokol Museum at the 2009 "American Sokol Slet and International Sport and Cultural Festival", Annette and Henrietta had the pleasure of meeting Ellen and Robert Duvall. We talked about her Sokol days in the Chicago area and the Camp Reunion. We gave them the date... AND THEY CAME... from Springfield, Illinois.

Two years ago, Ellen's brother Bill Komarek, dropped in for the Camp Reunion with old photos. We discussed the photos of the "Terrible Six" (six young comedian gymnasts from Sokol Town of Lake, wild and crazy Czechoslovakian guys). We then started a list of Camp Directors and life Guards. Ellen was a camper in the 50's and then was a kitchen helper for some years after.

Another newcomer was Franklin C. "Corky" Buscher from Wisconsin; he was a red-headed happy camper from 1944, when they stayed in tents behind the Soda/Candy Stand. In 1954, he was the director of the camp. We enjoyed more great old stories, socializing, studied photos and albums, heard more stories and of course walked the trails to the lake and photographed there.

Also, last year, we became acquainted with the quiet wife of Laddie Lankas and found out that she was "Blondie" a champion Sokol gymnast in the 1950's. We have corresponded and shared old photos and heard her stories of the 1951 American Sokol Traveling Team train trip that performed in Ft. Worth, Texas for the Southern District Slet, then in Los Angeles, California for the Pacific District Slet — a whole other story.



The reunion was some *special* day, great Sokol history and photos of the 23 that attended added to our notebooks. Glad to see so many attend since several other activities were going on in the Central District the same day. Everything was uako rad" (Just Right) Special Thanks to the Park District. (Zdar. Zdar. Zdar!) ☺

Can anyone add to our list of unknowns to help us have an accurate Camp history?

YEAR	DIRECTOR	LIFE GUARD
1949	Vivian Mikulecky	Laddie Vanek
1950	Laddie Vanek	
1951	Laddie Vanek	Joe Chocola
1952	Laddie Vanek	Frank Plim? Joe Chocola?
1953	Chuck Novotny	Danny Farley
1954	Loverne Pesek/Franklin "Corky" Buscher	
1955		
1956	Julie Kee	Peter Kalkus
1957		
1958	Joe Sveda	Bill Komarek
1959	Joe Regner	
1960	Joe Kazda	George Kazda
1961		
1962		
1963		
1964		Terry Sula





In Memoriam...Sylvia Jean Laznovsky

Eulogy delivered by Bob Podhrasky, President of the Southern District

Submitted Larry Laznovsky & EllenJeanne Schnabl

Our dear friend Sylvia Jean Laznovsky passed away on Sunday, February 28, 2010 at the Ennis Regional Medical Center. She was 72.

Sylvia entered this world on June 30, 1937 as the first child born to Frank A. and Mary (Trojacek) Laznovsky in Ennis,

Texas. She grew up in the Ennis area, attending Central High School for eight years and then graduating from Ennis High School. After attending Draughons Business College, she went to work for the Federal Government Defense Contract Service Administration Region. She retired with thirty-six years of faithful service.

Sylvia was part of several organizations that were part of the Czech community. These included WFLA Lodge #402, SPJT Lodge #135, Ennis Czech Women's Sewing Circle, and Texans of Czech Ancestry. She was also a charter member of both the Texas Czech Genealogical Society and the Ennis County Czech Heritage Society.

Sylvia's parents and grandparents were very active Sokol Karel Havlicek Borovsky of Ennis. Sylvia followed in their footsteps, beginning at a young age. During her thirty-five plus years as Unit Director and Southern District Director, she touched the lives of hundreds of young people, encouraging fitness and patriotism. On February 14, 2010 she was recognized as a fifty-five year member of Sokol KHB. From 2000 to 2005 she served on the American Sokol National Executive Board as Membership Director.

Sylvia is survived by one brother, Larry Laznovsky as his wife, Lil of Ennis; nieces Lisa and her husband, Nathan Vyers of Ennis and Lori Laznovsky of Flower Mound, along with a great niece, Olivia Vyers of Ennis.

We will remember Sylvia not only as a dear friend but as an active, outgoing leader. She was always willing to take on a task, organize and get it done. As a leader in Sokol, she touched the lives of three generations of young people, teaching, leading, judging, and giving awards for success. She enjoyed travelling, sometimes for pleasure,

but often to attend a District, National or International Sokol Slet.

Sylvia has a wonderful life. She was an independent person but chose to live with her mom and dad in her adult years. She had the love and loyalty of brother Larry and his wife Lil. She had the joy of watching two special young people, nieces Lisa and Lori, grow up to be fine young ladies. She embraced the Czech community and what it had to offer. Helping others. Having many, many friends at home, around the United States and around the world. She was an active engaged person. Very unique, we will miss her.

Sylvia is being laid to rest in her Sokol uniform. Sokol was so much of her life. For those of us who are familiar with Sokol traditions, I ask you to help us bid her a farewell by saluting her with three Zdar's. NAZDAR! ☺

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- Outdoor Holiday Shopping Featuring Gifts from Midwest Artisans and European Importers
- Visit St. Nicholas, along with the Angel and the Devil at 10 a.m., on Saturday, Dec. 4
- Fire Juggling & Horse Drawn Wagon Rides
- NSCML Guild Cookie Walk on Saturday at St. Wenceslaus Gymnasium at 9:30 a.m.
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Friday, December 3

9 a.m.-8 p.m.
Saturday, December 4



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Events around the American Sokol

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

November

- Nov 6** **Central District BOI Meeting** — Noon at Sokol Spirit
- Nov 6** **Sokol Greater Cleveland Holiday Fair Bake Sale** – Doors Open at 10am
- Nov 7** **Czech & Slovak Dinner Party** – Sokol Detroit, Dearborn, Michigan; Dinner 12-4pm, Musical Heritage Program 2pm, Dancing 4-8pm to the Joe Tomes Brass Band; \$20 per person includes dinner; Sale of Czech cut glass, ceramics, jewelry, ornaments, dumplings, books and kolache
- Nov 7** **Central District Annual Meeting** — 9am at Sokol Stickney
- Nov 13** **Sokol Greater Cleveland Night at the Races** — Doors open at 7:00pm – Dinner at 7:30pm – Races to follow. Tickets: \$15 Advance Sale / \$20 At the Door. Includes: Pasta Dinner, Coffee & Dessert, Pop & Wash. BYOB. For more information, contact Julie Meyer 216-288-5692 or jmeyer1993@yahoo.com www.sokolgreatercleveland.org
- Nov 19** **Sokol Greater Cleveland Fish Fry**
- Nov 21** **Czech and Slovak Sokol Holiday Pancake Breakfast** — Sokol Minnesota, CSPS Hall in St. Paul, 383 Michigan at West 7th, 9:30am – 1:30pm; \$6.50/adults, \$4.50/children under 9, \$20/family of four French toast, all-you-can-eat pancakes, fruit cup, sausage, juice, milk, coffee

December

- Dec 5** **Central District Rhythmic Competition** — 9am at Sokol Chicagoland/Elite Sports Complex
- Dec 9** **What's Cooking In Yorkville? Vánočka** — Sokol New York 6:30pm – 8:00pm
- Dec 10** **Czech Slovak American Club of Tucson Special Holiday Party** — Traditional Roast Pork/Dumpling Dinner with all the fixings. Entertainment by the Bouncing Czechs. Reservations will be required. Details will be announced later. As posted on <http://tucsonczechslovak.homestead.com>
- Dec 26** **Sokol Washington Skiing Trip in Vermont - until January 3, 2011** — A week-long ski trip to Burke Mountain, Vermont. For children with or without parents. For more information or to sign up, contact Br. Pavel Klein at: (301) 424-1658 or at kleinp@epilepsydc.com
- Dec 31** **Sokol Greater Cleveland New Years Eve and Breakfast** — Live Band: Polka Pirates. For more information visit www.sokolgreatercleveland.com or Facebook SGCnewyear



American Sokol Deadline

Send your submissions, articles, events and photos to editor@american-sokol.org for the *American Sokol* by the 15th of the month prior to the publication issue!



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