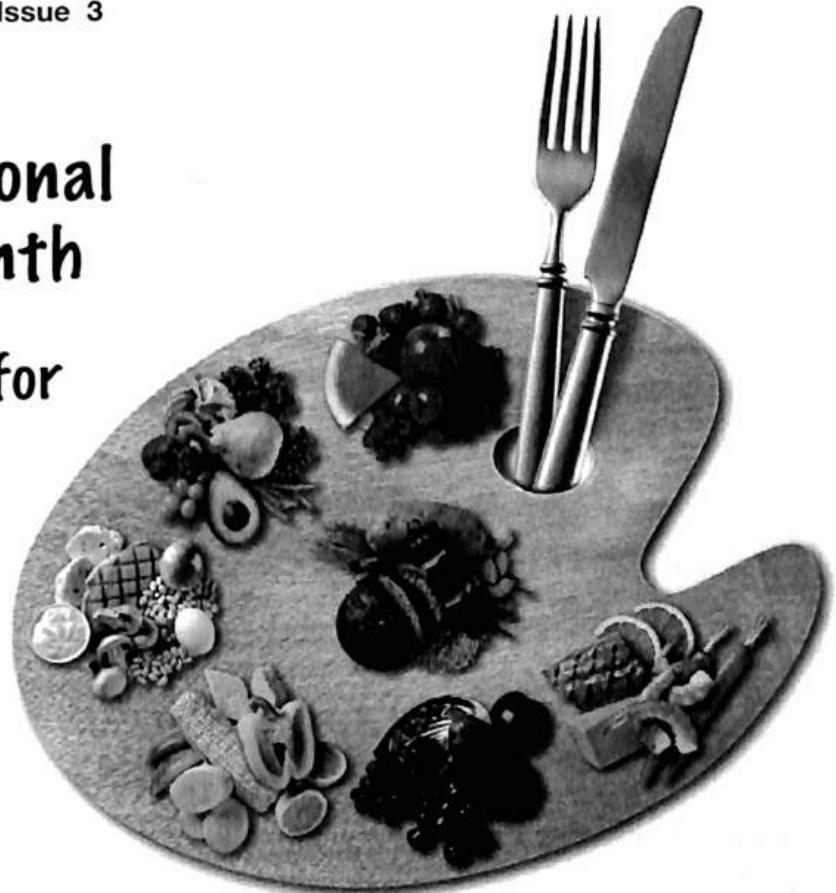


The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.

March 2011 | Volume 134 | Issue 3

March is National Nutrition Month

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AMERICAN SOKOL

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AMERICAN SOKOL

ISSN 003-1259

Published nine times each year: Jan, Feb, March, April/
May, June, July/Aug, Sept, Oct, Nov/Dec.

Periodical postage paid at Brookfield, IL and additional
mailing offices.

Subscription: \$12.00 per year

Postmaster: Send address changes to American Sokol,
9126 Ogden Ave, Brookfield, IL, 60513

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ASO Executive Board

Meets every 4th Tuesday* at 7:30 pm

ASO Board of Instructors

Meets every 2nd Wednesday* at 7:30 pm
*except in July and August

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From the Editor...

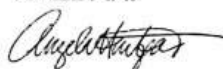
During the 2011 National Nutrition Month®, the American Dietetic Association encourages everyone to add color and nutrients to your meals through this year's theme: *Eat Right with Color.*

- Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.
- Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.
- Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.
- Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.
- White, tan and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

Stay healthy and active with a balanced diet and exercise!

Don't forget to submit relevant, interesting articles, newsletters and more to be featured in *American Sokol*. Send material to me by mail or email (editor@american-sokol.org). I look forward to hearing from you!

NAZDAR!



To Submit Items for Publication:

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

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Meet the American Sokol Executive Board

**EllenJeanne
Schnabl
Educational Director**



Years of Service:

- Sokol Berwyn Educational Director – (at least) 8 yrs
- Director of Women – 9 yrs
- Central District Women's Director – 9 yrs
- National Director of Women – 5 yrs
- National Secretary (1975)
- Central District President's Award (November 1990)
- Honorary National Director of Women (June 1975)
- Delegate to every Convention since 1955

The Sokol Berwyn Gymnastic Association became an integral part of my life when my father, Bohumil Kuchynka, brought me to First Class Girls when I was seven years old. He had been an excellent gymnast in Blovice, near Plzen, Bohemia, in what became Czechoslovakia. All classes and routines were in Czech.

When I become Central District Women's Director (for the first time), I suggested that we have competitions for the First Class Girls, since at that time there were no competitions for First Class Girls and only one division for Second Class Girls. The officers told me OK but I would have to write the exercises myself, which I did in Czech. Later I created a second division for the Second Class Girls and I wrote those exercises as well.

I attended ASO Kurz which was conducted by Bro. O.J. Kudrnovsky and Sis. Emilie Welcl at Sokol Havlicek-Tyrs. I made many friends at this course who are still very active in Sokol today!

I attended my first ASO Convention, as a visitor in St. Louis in 1950. It was in a very dark and smoky room with mostly Brothers as delegates. This was also my first time as a competitor in the Women's Championship Division.

With the encouragement of Sis. Blanche Kos and Sis. Anne Halik, I started the Tots class at Sokol Berwyn, then named, "Future Champions". This class was later taken over by Sis. Blanche Dunn.

It was around this time that Bro. Ed Schnabl and I got better acquainted and married on July 21, 1956. He was a member of Sokol Berwyn and taught the Junior Boys and Men, was Men's Director, President of our Unit, Chairman of the Board of Directors and later became the Central District Men's Director. When our two daughters came along, they too became my Sokol Sisters. Diana taught the Tots' class while still in High School and later taught the Womens class as did our other daughter, Anita.

I continued my interest in the Educational Department and became the Director at Sokol Berwyn and published the Sokol Berwyn Falconite a monthly 4 to 6 page newsletter for at least ten years.


I have written gymnastic apparatus routines for four ability levels in five age groups and calisthenics exercises to music for all age levels; conducted conferences of National District Directors and seminars for District Unit Directors; taught at National, District and Unit Instructors' schools; lead workshops for apparatus and calisthenics routines, volleyball and gave track and field clinics. I've organized gymnastic exhibitions and apparatus competitions on the Unit, District and National levels. I helped Sis. Sylvia Pistorius when Sokol West Suburban was founded – now called Sokol Chicagoland – and Sis. Lynda Filipello when she founded Sokol Naperville-Tyrs.

In 1965, I was asked to assist the National Secretary, Sis. Betty Prener who lived out of town. At this time Sis. Lorraine Zdenek, the National Director, her two daughters, Marilyn and Marcia, my two daughters and myself began to sort and file all BOI material in the basement at the first Berwyn office. This was the first step in creating a Sokol library.

I have lived up in the North Woods of Wisconsin for the last 20 years and have been conducting a women's exercise class twice a week at the Senior Center in Woodruff for about 15 years – based on the knowledge gained instructing many classes at Sokol. Chairs, the wall, two sizes of balls, medicine ball, lying on the floor, clubs, stretch bands, weights and occasionally a parachute are used in the class.

There are many more Sisters and Brothers in addition to those mentioned above who have influenced, helped and yes, criticized, me. Over the years I have met numerous other wonderful and dedicated Sokol Sisters and Brothers with whom I have collaborated to make the Sokol program work. Many have contributed to our team work. None of us could possibly have done it alone and to them I can only say a humble thank you of appreciation!!

My goal as Educational Director is to continue to educate all Sokol members about our heritage so that everyone is mindful of where we came from and how our ideals have been implemented. I am fully aware that we must go "upward and onward". I have initiated many new formats by asking permission of the whole committee in charge and moving along slowly.

The direction of our committee is to keep our members "in the loop" by keeping them apprised of what is happening and ideas that come to the fore. We must remember that every Unit is unique and what works in one place will not necessarily work in another. 



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

MARCH

The birthstone is the aquamarine. These crystals can grow as large as 200lbs! It is thought to guard against sea monsters and soothe marital discord.

DAYLIGHT SAVINGS starts on Sunday, **March 13** – it was first adopted in 1918 to reduce the need for artificial lighting during World War I – it is observed in every state except Arizona, Hawaii and parts of Indiana.

The **second week of March** is National sleep awareness week – sleep is vital for everyone's health and growth and promotes alertness, memory and performance. Develop and keep a customary, regular bed time routine.

March is the month of: (among many others) – Honor Societies; International Listening Awareness; Music in Our Schools; Chronic Fatigue Syndrome Awareness; Ethics Awareness; National Women's History and Reading Month.

The earliest Girl Scout cookie sale was in Muskogee, OK in 1917. In the 20's the girls baked their own which were sold door to door for \$0.25 to \$0.35 per dozen.

The first product ever to have a kosher certification in 1870 was soap in Lithuania because European soap was based on lard, which wasn't kosher, so you couldn't use it in the kitchen.

On **March 4th** you should observe National Grammar Day. Do you know when to use lie and lay? How about anxious and eager? Do you know when to use I, me and we, us? Do you know not to end a sentence with a preposition? If not, ASK a teacher!

On **March 17th** the Irish have their St. Patrick's Day with all the green BUT on the 19th, we Czechs have our St. Joseph's Day – the patron saint of workers. Musicians are supposed to visit every home in their town where a Joseph lives. This is also the time to wear red, serve red beer and bake red bread!

March 2, 1904: Birthday of Dr. Seuss, Theodor Seuss Geisel.

March 2, 1824: Birth of Bedrich Smetana, composer of Ma Vlast (My Country) and Prodana Nevesta (The Bartered Bride).

March 16, 1850: "The Scarlet Letter" was published by Nathaniel Hawthorne.

March 24, 1889: Sokol units in Bohemia united into the Bohemian Sokol Organization – Ceska Obec Sokolska and the first official convention was held.

March 27, 1862: On the recommendation of Jindrich Fuegner and Eduard Gregr, JUDr. the Sokols inaugurated the custom of addressing one another by the second personal pronoun "ty" (thou) instead of "vy" (you). "Ty" is a more informal, friendlier form.

March 28, 1592: Birth of Jan Amos Komensky – a great national teacher, last bishop of the Bohemian Brothers' Union and creator of the modern system of education.

Memorable and interesting Czechs:

Joseph Bulova - a watchmaker

George Halas - founder and coach of the Chicago Bears

Roman Hruska - U.S. Senator from Nebraska

John Kriza - an outstanding solo dancer of the American Ballet Company

Ray Kroc - founder of McDonald's

William Paca - a signer of the Declaration of Independence

Albert Pick - founder of the Albert Pick hotel chain

NAZDAR! EllenJeanne Schnabl, American Sokol Educational Director 



A Message from the
AMERICAN SOKOL NATIONAL OFFICE

In order to better serve the members, Units, Districts and Executive Board of the American Sokol, the following American Sokol National Office hours and operations were implemented. These items are subject to change as necessary to fit the needs of the American Sokol.

The American Sokol National Office Hours:

- Monday-Friday - 8:00am to 4:00pm
- Saturday-Sunday - Closed

Office Operations:

- The American Sokol office is a business office and not a retail store. We will maintain an "open to all" approach. We ask that members and the general public needing to do American Sokol business contact the National office at 708-255-5397 for an appointment during normal office hours.
- To maintain the "open to all" approach and manner, the outside door may be locked during open hours, but a clear professional sign will designate how to contact a live person to request entry.
- The office will be closed for the following official American Sokol holidays.
 - * New Year's Day
 - * Good Friday - Easter Holiday
 - * Memorial Day
 - * Independence Day
 - * Labor Day
 - * Thanksgiving Day
 - * Day After Thanksgiving
 - * Christmas Eve
 - Christmas Day
 - New Year's Eve

If a holiday falls on a Saturday, the official day off is granted on the Friday before the holiday. If the holiday falls on a Sunday, the official day off is granted on the Monday after the holiday. ©

An expert from David Vaughan's article published on 11.07.2010 on www.radio.cz

From Finnegans Wake to Calisthenics: Czech-Irish relations in the first half of the 20th century

Submitted by Paul Lebloch

A book entitled *Czech-Irish Cultural Relations 1900-1950* may sound a little obscure, but this slim volume published last year by the Centre for Irish Studies of Prague's Charles University is anything but a dull, dry thesis. The book covers a hugely interesting and complex period, during which Ireland emerged from centuries of rule from London and Czechoslovakia arose from the ashes of the Habsburg Empire.

The book's author is Daniel Řehák, publishing under the pseudonym Daniel Samek, from the Institute for Czech Literature, and his study of Czech-Irish cultural relations in the first half of the 20th century begins with a glance at the period before the First World War. Cultural links between the Czechs and the Irish went back centuries: Irish Franciscans had fled to Prague to escape persecution by Queen Elizabeth way back at the end of the 16th century; from the mid 17th century one of the most influential Bohemian noble families, which included the 19th century Austrian Prime Minister Eduard Taaffe, also hailed from Ireland – they even had a folly built on their estate in West Bohemia, made to look like their ancestral castle in Ireland. And even James Joyce has a Czech link. His sister Eileen married František Schaurek, a Czech working at the branch of the Živnostenská Bank in Trieste.

Between the First and Second World Wars Czech-Irish links developed rapidly. At a diplomatic level, the reason was pragmatic. Daniel Řehák explains: "At the end of the 1920's Britain began trying to protect its markets from a flood of goods made in Czechoslovakia, so Ireland seemed a good alternative. Czechoslovak exporters put pressure on the government in Prague to open a diplomatic mission in Dublin. The main focus was to be trade – to find markets for sugar, machinery and shoes."

The man chosen for the job was Major Pavel Růžička – a charismatic figure, who had fought in the First World War in the famous Czechoslovak Legions in Russia. "He took advantage of Ireland's growing independence. Not only did he manage to get Czech and Sudeten German experts on the sugar-processing industry over to Ireland and secure the import of machinery from Brno, but he also helped to reform the system of physical training for the newly emerging Irish army."

As a former soldier and World War I hero, Růžička had become a good friend of the Defence Minister, Frank Aiken,

and Aiken was enthusiastic when Růžička suggested setting up a system based directly on the so-called Sokol training back home in Czechoslovakia. The Sokol movement – sokol means falcon in Czech – had been going strong since the 19th century as a patriotic gymnastics organization, and had become one of the symbols of the Czech national revival. By the 1930s it was also one of the largest sports organizations in the world. We pick up the story in Daniel Řehák's book:

Collective exercise subordinated to an aesthetic ideal and underscored by music found avid adherents in Ireland. The musical accompaniment for Irish Sokols was first provided by Czech rally compositions, while the creation of Irish music for the purpose was eventually suggested. The task was performed by a music teacher from an army school, John Francis Larchet (1884-1967), who regularly met with Consul Růžička.

The degree of Irish enthusiasm for the Sokol movement is reflected in an interview that the Irish publisher, L. P. Byrne gave to Czechoslovak Radio, when he witnessed the huge Sokol gymnastic displays that took place in Prague in the summer of 1938. The recording is crackly, but it is not hard to pick up his enthusiasm even through the background noise.

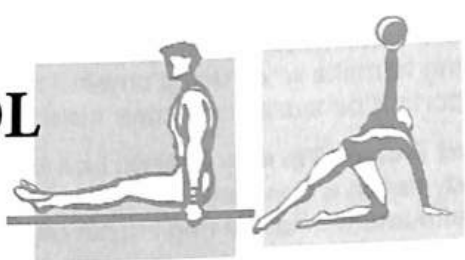
"I have seen those magnificent pictures, 50,000 men engaged in physical exercise on a vast field. The picture fascinates, the thing itself was even more fascinating – glamorous, magnificent, tremendous – something that people in Western Europe do not realize from the pictures presented, something that needs to be seen, felt and experienced, to get the inner spirit and the force and the power behind that magnificent organization, to get the 20th century as against a Greek background."

But not everyone in Ireland was so keen on Sokol. Daniel Řehák continues: "Voices from Catholic circles began to make themselves heard, vehemently criticizing the idea of introducing the physical education methods of Sokol in Ireland, because Sokol was known as a movement built on free thinking, and, if anything, was anti-Catholic. Instead there were calls for Ireland to develop its own system, based on Gaelic games."

Under this pressure, Růžička's initiative foundered, although not before hundreds of young Irish had been given a taste of physical education, Central European style. ⑤



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

6 Fast Fitness Tips –

How to Lose Weight Build Muscle and Get in Shape Fast!

From: www.vitalfitnessstips.com

Are you trying to improve your body shape? Are you trying to lose weight and maybe even build some muscle mass? Then you need to understand these 6 powerful fitness tips that will help you attain your goal.

Fast Fitness Tip #1 – Lifestyle change. Just because you're about to change your lifestyle it doesn't have to be complicated or "over the top". You only have to start out doing a couple different things compared to what you're use to doing each day until you're on track and living the new ways you want to.

Start with easy activities first like walking is an excellent starting point. While you continue to walk each day, try making small changes on what you're eating as well. If you're trying to build muscle, try gradually raising your lifting weight and try super-setting. Never rush into it though, you don't need to start training like a professional athlete on the first day, week or even month. If you make huge changes to fast your body won't understand what you're doing and you'll be setting yourself up for failure. Remember, natural progression equals happiness and success!

Fast Fitness Tip #2 – Get motivated. Have some self discipline and be highly committed to your fitness. Always have your end result/goal in your mind when you're starting out and going through your new fitness journey. Keep thinking about what you're going to look like when you hit your goal weight. Look at and admire people that are already where you want to be to keep motivated. You don't have to do a whole lot everyday to get in shape. But whatever you do make sure you do something each day. Consistency!

The more committed you are to your dream and goal the more you will do, the better you will do it and the faster you will start seeing big changes. The key here is to simply change your bad habits into your good habits over time, not all in one hit.

Fast Fitness Tip #3 – Healthiness. Make sure you take note of what you eat each day. If you find you're obsessed with sweets then you must change that habit to eating fruits. You must change your usual eating habits because eating the correct foods is vital to getting in shape.

But remember, never over eat, even with healthy foods. Over eating won't help your fitness change at all. You need to be eating smaller meals every few hours instead of having the usual 2 or 3 large meals so your metabolism stays high.

Fast Fitness Tip #4 – Keep drinking. You are most likely aware that nutritionists advise drinking 6 to 8 glasses of water each day? This is completely true. It will help your body sustain good health levels when you're exercising and will also bring your appetite down so you're not tempted to eat as much.

Fast Fitness Tip #5 – Do it everyday. You must exercise regularly in order to get in shape. If you're doing gym workouts, make sure you do a minimum of 3 gym sessions each week. If you're just starting out trying to lose weight make sure you're at least walking each and every day and increase your exercising from there slowly. You may eventually get to a gym when you're comfortable enough and want to lose that weight even faster and more efficiently.

These techniques will help you not to do too much too quickly. This will help your body understand the changes you're trying to make when doing physical activity so you can then add another kind of exercise. All these things are very important because it will lower the risk of injury.

Fast Fitness Tip #6 – Zzzzzz. Last but certainly not least, make sure you get at least 7 to 8 hours sleep because your body needs a good amount of rest to be refreshed for your next day. Not getting enough sleep is not good for your health and will have a bad impact on your fitness goals.

These are 6 powerful fitness tips to keep in mind when you're on your journey to get in shape. Don't forget them or bookmark this page because they will all help you reach your fitness goals and help prevent any problems that can occur from overdoing it. 5

What Is Yoga: Definition Of Yoga And The Six Branches Of Yoga

<http://www.abc-of-yoga.com/members/profile-main.asp?ID=17231>

Written by: Shaynebance

What comes into your mind when you hear the word Yoga? Well, if you think of women in seemingly impossible poses, then you may have an inkling of what Yoga is. But that's just it - an inkling. You've got a long way to go before fully understanding Yoga.

Yoga is an ancient Indian body of knowledge that dates back more than 500 years ago. The word "Yoga" came from the Sanskrit word "yuj" which means "to unite or integrate." Yoga then is about the union of a person's own consciousness and the universal consciousness.

Ancient Yogis had a belief that in order for man to be in harmony with himself and his environment, he has to integrate the body, the mind, and the spirit. For these three to be integrated, emotion, action, and intelligence must be in balance. The Yogis formulated a way to achieve and maintain this balance and it is done through exercise, breathing, and Meditation - the three main Yoga structures.

In Yoga, the body is treated with care and respect for it is the primary instrument in man's work and growth. Yoga Exercises improve circulation, stimulate the abdominal organs, and put pressure on the glandular system of the body, which can generally result to better health.

Breathing techniques were developed based on the concept that breath is the source of life. In Yoga, students gain breathing control as they slowly increase their breathing. By focusing on their breathing, they prepare their minds for the next step - Meditation.

There is a general misconception that in Meditation, your mind has to go blank. It doesn't have to be so. In Meditation, students bring the activities of the mind into focus resulting in a 'quiet' mind. By designing physical poses and Breathing Techniques that develop awareness of our body, Yoga helps us focus and relieves us from our everyday stress.

Six Branches of Yoga

- Hatha Yoga or Yoga of Postures-Hatha Yoga is perhaps the path of Yoga you are most familiar with since this is the most popular branch of Yoga in the West. This branch of Yoga uses physical poses or Asana, Breathing Techniques or Pranayama, and Meditation to achieve better health, as well as spirituality. There are many styles within this path - Iyengar, Integral, Astanga, Kripalu, and Jiva Mukti to name a few. If what you want is a peaceful mind and a healthy body to go along with it, Hatha Yoga may just be the path for you.

- Bhakti Yoga or Yoga of Devotion-Bhakti Yoga is the path most followed in India. This is the path of the heart and devotion. Yogis who practice this branch sees the "One" or the Divine in everyone and everything. Bhakti Yoga teaches a person to have devotion to the "One" or to Brahma by developing a person's love and acceptance for all things.



•Raja Yoga or Yoga of Self-Control-Raja means “royal”. This path is considered to be the King of Yoga and this may be due to the fact that most of its practitioners are members of religious and spiritual orders. Raja Yoga is based on the teachings of the Eight Limbs of Yoga found in the Yoga sutras. A Raja Yogi sees the self as central, and as such, respect to oneself and for all creation are vital to this path. They achieve self-respect by first learning to be masters of themselves. If you wish to learn discipline, then Raja Yoga would perfectly suit that need.

•Jnana Yoga or Yoga of the Mind-Jnana Yoga is the path of Yoga that basically deals with the mind, and as such, it focuses on man’s intelligence. Jnana Yogis consider wisdom and intellect as important and they aim to unify the two to surpass limitations. Since they wish to gain knowledge, they are open to other philosophies and religion for they believe that an open and rational mind is crucial in knowing the spirit.

•Karma Yoga or Yoga of Service-Karma Yoga is the path of service for in this path, it is believed that your present situation is based on your past actions. So by doing selfless service now, you are choosing a future that is free from negativity and selfishness. Karma Yogis change their attitude towards the good and in the process, change their souls, which leads to a change in their destiny.

•Tantra Yoga or Yoga of Rituals-Perhaps the most misunderstood of all the paths, Tantra Yoga is about using rituals to experience what is sacred. Although intimacy is a part of it, it is not the whole of it since this path aims to find what is sacred in everything we do. Tantra Yogis must possess certain qualities like purity, humility, devotion, dedication to his Guru, cosmic love, and truthfulness among other things.

There are still a lot of misconceptions about Yoga, for instance, Yoga being a religion. Yoga is not a religion. It is more of a set of techniques for us to find spirituality. In fact, Yoga is being practiced by a lot of people from different religions like Christians, Jewish, Buddhists, and Muslims.

Another misconception is that Yoga is an exercise, a way for us to keep fit. It is partly true, but if you think that Yoga is just that then you are greatly mistaken. Yoga develops the body since a weak one is a hindrance to spiritual growth. It does not simply focus on the physical but on the mental and spiritual aspects as well. (“Sound Mind in a Sound Body”-sounds like Sokol’s motto!)

Yoga in Your Life-You may ask, “Is Yoga for me?” Definitely, yes! Yoga is for anyone who is willing to learn its ways and ideas. It does not actually require any special equipment or clothing. What it requires is your will to have a healthier, stress-free self. You may first approach Yoga as a way to achieve a great body or to keep fit and that is perfectly alright. Yoga really does help in improving your health for stretching can tone your muscles and exercise your spine and your entire skeletal system. Do not just take advantage of what Yoga can offer. Yoga encourages you to reflect on yourself and to find your inner peace. It exercises not just your body but your mind as well. With a healthy body and mind, you’re on your way to a more fulfilling life. ☺

Cholesterol: Keeping It Under Control

From Campbell's Center for Nutrition and Wellness - campbellsoup.com

Say the word "cholesterol" and many people think they know what it is. But there are two common misconceptions about cholesterol: (1) that it is a fat, and (2) that the body would be healthier without it.

Actually, cholesterol is not a fat, but a fat-like, waxy substance. Your body needs cholesterol to function (although the body makes its own cholesterol, making dietary cholesterol unnecessary).

Cholesterol and heart health: While cholesterol is necessary for your body to function properly, too much cholesterol circulating in the bloodstream can increase your risk for cardiovascular disease. The excess cholesterol in the blood can build up and contribute to thick deposits (plaque) in the walls of arteries, making it harder for the blood to flow to vital organs, such as the heart and brain. These clogged arteries can eventually lead to heart attack or stroke.

Types of cholesterol

Different types of blood cholesterol have been identified and have been studied for their effects on health. Total cholesterol is the total of all cholesterol in your blood. LDL ("bad") cholesterol contributes to blocked arteries. HDL ("good") cholesterol actually helps keep cholesterol deposits from building up in the arteries.

Knowing your levels: A blood test can determine your cholesterol levels. High levels of total and LDL cholesterol and/or low levels of HDL cholesterol mean you may be at greater risk for cardiovascular disease. (See your doctor to determine if and how often you should have your cholesterol tested.)

For HDL cholesterol, a higher measurement is actually protective. A measurement of 60 mg/dL or higher is considered protective against heart disease.

The National Heart, Lung, and Blood Institute has set the following ranges for cholesterol screening:


Total cholesterol:

- < 200 mg/dL = desirable
- 200-239 mg/dL = borderline high
- ≥240 mg/dL = high

LDL cholesterol:

- < 100 mg/dL = optimal
- 100-129mg/dL = near opt/above
- 130-159mg/dL = border. high
- 160-189mg/dL = high
- ≥190 mg/dL = very high

Taking control of high cholesterol - Fortunately, there are several things you can try to control high blood cholesterol:

- As a first step, consult your doctor to discuss the prevention or treatment strategies that will be best for you.
- Choose a diet low in saturated fat, trans fat, and cholesterol, and high in fiber.
- Control your weight.
- Get regular exercise.
- Consult a registered dietitian for dietary advice. To find one near you, visit the American Dietetic Association at www.eatright.org. 

American Sokol
INSTRUCTOR
SCHOOL
JULY 10 - JULY 24, 2011

Hosted by Central District:

Being held at **Sokol Spirit**

Levels: **Beginner, Intermediate,
Advanced, Advanced II**

Minimum age ⇨ 13

School Fee: \$275 for American Sokol Youth Members - Early Bird Discount - Postmarked by May 15
\$325 for Adults or other Sokol Organizations - Early Bird Discount - Postmarked by May 15
\$375.00 Postmarked May 16 - June 15
\$425.00 Late fee - Postmarked after June 15

For additional or immediate information contact:

Jane Wise 216-642-1429
or email: hjwise@sbcglobal.net
or www.american-sokol.org

For applications: Contact your District or Unit Director



Is anyone out there listening?

Submitted by Lynda Filipello, President, Sokol Naperville Tyrs

This morning as I enjoyed my 3rd cup of coffee, 98.7 FM our one and only classical radio station, was playing Anton Dvorak's "Carnivale". It sounded so familiar to me that in my early morning mind I started to anticipate the next stanza. I knew this piece, but how?

Ah ha! SOKOL! Of course, my only source of Dvoark's music as a 40ish mother way back when. But how did this piece play so warmly and passionately in my mind? Of course, Sis. Ellie Babka, the purple skirts, the scarf, the lovely ballet moves, the hours of rehearsal, the smiles of joy and satisfaction on the faces of the young and old Sokol class members. Dvorak opens the mind which relays to the body what graceful motions to perform in unison.

And so I wondered, where are these graceful moves today. What kinds of minds are we producing today? The Black Swan movie was about ballet, but a sick mind, tormented mind behind the aspiring ballerina. Did the audience feel the beauty of the classical music and dance or were they just engrossed in the dark mystery? Too bad! Classics are classics because they speak to the depths of the soul.

I know that there is a distortion out there of how the past is the past and we need to move on with the new, but in losing the past we lose our connection to the purpose of the evolution of thought and expressions. If I did not have some history of Sokol, the Sokol movement, the reason behind the calisthenics, the purpose of today's Sokol would be lost to me.

I do not subscribe to the passing notions of 'be like everyone else'. I like being different. In the quest to be like everyone else, one loses self. I do not want to lose what made Sokol so special. I like the precision of the calisthenics that made me aspire to my higher self, my mind controlling my body, not the other way around.

I have witnessed our membership disintegrate. Some would keep changing until we will no longer recognize what was a unique combination of orderly parliamentary, of disciplined students, of dedicated instructors, of respectful discourse between different opinions; and as a result we flounder in a sea of confusion. I know that the world is changing but then it always changes. The one constant in the universe is change. But change for change sake alone is not sound.

Well, back to Dvorak. I want to perform as a group to the classics and am looking for a few good men and women who want to explore their higher self through classical calisthenics, and through this effort ward off dementia. Not joking. ☺

Milan Gallery hosts reception during Superbowl week

Submitted by Jerry Milan

Steve Sabol, president of NFL Films, exhibited his football and Americana themed collage works in the Milan Gallery Superbowl week. Sabol, former NFL coach Dick Vermeil and former Quarterback Ron Jaworski made an appearance at this Ft. Worth Gallery. ☺



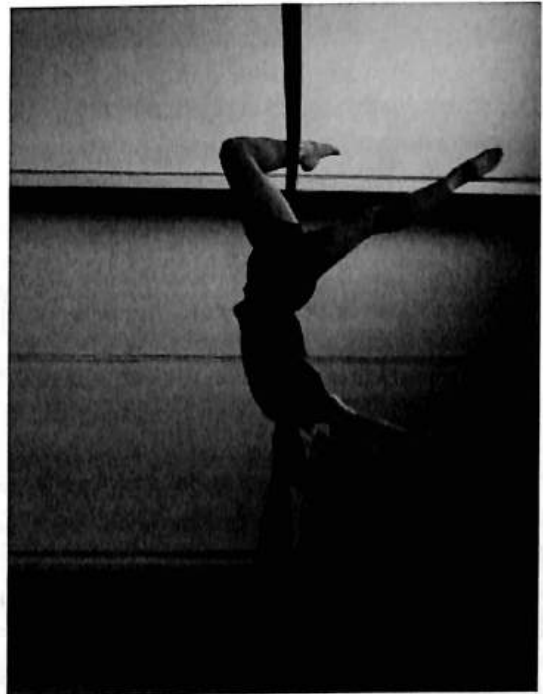
Tal Milan holding a bottle of Dick Vermeil's Napa Valley wine.

Aerial Silks at Sokol Greater Cleveland

Submitted by Howard & Jane Wise

Aerial silks is an athletic art form most often associated with Cirque du Soleil. It involves paired lengths of fabric hung from above that are climbed, wrapped around the body, and/or tied to create dramatic drops, poses and movement above the ground. Like gymnastics, participation in aerial silks classes builds strength, flexibility, and coordination.

Lifelong Sokol Member Leslie Friend began learning the art of aerial silks while living in California. Upon returning to Cleveland, she started practicing her silks skills and performance routine at Sokol Greater Cleveland's gym. As members watched in awe, Leslie received enough encouragement to begin teaching silks classes. She conducted a trial summer session of Aerial Silks classes using her own equipment. This trial generated enough enthusiasm that Leslie readily researched the cost of buying the materials needed to offer more formal classes. With the Board of Instructors' and Board of Directors' approval, she moved ahead and had four additional silks mounted from the ceiling inside the gym and started teaching classes which currently meet twice a week. In less than six weeks, fees collected from the classes covered the initial expense of equipment and mounting, and have continued to generate funds for Sokol Greater Cleveland. ©



American Sokol Funds


American Sokol depends upon private contributions to fund many of its programs throughout the year. Your gifts will help ensure that the American Sokol is able to continue its tradition of excellence in the community and accomplish its mission: *To provide fitness and community for individuals and families through physical, educational, cultural and social programs.* The mission is accomplished by providing a diversified program for members and our communities which guide youth through maturity, to physical and moral health, good citizenship and responsible patriotism, combined with continuous self improvement. These goals are pursued through general physical fitness activities, gymnastics, and sports, as well as through a variety of cultural and social activities.

Foundation Fund – This Restricted Fund provides new programs and activities to perpetuate the organization for our members and expand the Sokol traditions of Education, Fun, Friendship and Community.

Future Sokol Leaders Fund (FSLF) – Established in 1960 by member Jos. L Cihak, this Restricted Fund provides financial assistance for the training and education of members to become able administrators, advocates and instructors of American Sokol. The FSLF has contributed to the success of the American Sokol National Instructor School, National Sokol Camp and has funded many Merit Awards, which has provided over \$150,000 of financial assistance toward College Educations. A new project of the Future Sokol Leaders Fund is the efforts to raise money for a year round National Leadership Camp. Our members have organized marathon events and have raised over \$8000 for the National Leadership Camp. Anyone can donate to this effort or organize an event to support this fund.

Library & Archives Fund – The 150 year history of Sokol is a treasure that few organizations can truly understand. This Restricted Fund was established to financially support the cataloging, preservation and display of archival documents, photos, art, books, collections, merchandise, technical material and articles that are inherently valuable and significant to Sokol, its founders, members, history, culture, philosophy and creed. We are excited to announce our NEW “Preservation Project” – This program is being developed to digitally catalogue as an on-line resource, all of American Sokol’s library and archive items into a nationally recognized system that will be available to the National Archives in both Washington D.C. and the Czech Republic, as well as the world wide web!

Wings Fund – Annual Appeal - At the Core of the American Sokol Foundation’s funding priorities is American Sokol’s most treasured asset: our Members and our Units. Your Unrestricted Gift, as part of the Annual Giving Program, enables the Governing Board flexibility to respond to emerging needs of the communities we serve. By Supporting the Wings Fund, you make possible the General Manager Program, American Sokol’s educational, leadership and member-development programs and Community Outreach Programs. These funds can be used in the General Fund

The American Sokol Organization is a non-profit, 501(c)(3) organization. 

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Mark your Calendar

Events around the American Sokol

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

March

- March 12** Sokol Tabor Exhibition – 1602 Clarence, Berwyn, IL 6:30pm
- March 12** Sokol Detroit Team Trivia Night Celebrating **St. Patrick's Day** – Contact Allen or Mary Cushing for more information: acush47@comcast.net or marycsokol@comcast.net
- March 13** Sokol New York Annual Gymnastics Exhibition – 420 East 71st Street, New York, NY, 1pm – 4pm
- March 18** Naperville Tyrs Exhibition – Naperville Central High School 7:00pm
- March 18** Sokol Greater Cleveland Monthly Fish Fry
- March 19** Sokol Stickney Gymnastics Exhibition
- March 19** Sokol San Francisco Walk for your Health – Mt. Diablo St. Park
- March 27** Sokol Greater Cleveland Corned Beef Dinner
- March 26** Sokol Spirit Exhibition – George Washington Middle School

April

- April 3** Sokol Los Angeles Spring Social Knollwood CC – 11:00 am to 3:00 pm
- April 9** Northeast Ohio Boy's Gymnastic League Championship Competition
- April 9** Czech This Out Pilsen Bus Tour – Chicagoland Area, Schedule: Day begins at 8:30am at Klas Restaurant, 5734 W Cermak Rd, Cicero, IL. Stop for a tour of St. Procopius Church, pasta buffet lunch and tour at Thalia Hall, time for a self-guided walking tour of the Pilsen area, bus tour of local Czech and Slovak sites, return to Klas at 4:30pm. For questions and more, call Dolores at 630-906-8175.
- April 9** Sokol San Francisco Walk for your Health – Novato
- April 9** Sokol St. Louis Czech Festival – American Czech Educational Center, serving meals at 11:00 a.m. Czech food, music, booths, cooking demos for more information visit info@sokolstl.org
- April 11-13** National Library Week – Celebrate by visiting the American Sokol Library 11:00am – 3:00pm; For more information call the American Sokol Office 708-255-5397.
- April 15** Sokol Greater Cleveland Monthly Fish Fry
- April 16** Central District Special Number Competition – Lyons Township North
- April 16** Sokol San Francisco Singing Party at Sister Teyrovsky – Baywood Castro Vall
- April 17** Sokol Greater Cleveland Pork Dinner
- April 30** St. Louis Exhibition – American-Czech Educational Center St. Louis 6pm. For more information email info@sokolstl.org.



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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