

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

November/December 2011 | Volume 134 | Issue 9

September 17, 2011

NGD2011
The Year of the Handstand



Sokol Gymnasts Help Set World Handstand Record

20,478 gymnasts and fans from more than 300 gymnastics clubs and locations nationwide joined together on Sept. 17, 2011 to break the world record for most handstands performed simultaneously and bring the title back to the United States.

At precisely 1 p.m. ET, 20,478 of participants throughout the country kicked up into a handstand to break the existing record of 2,402, set by Australian gymnasts in Melbourne to promote the 2005 World Gymnastics Championships. Learn more about Sokol's participation and see more photos on page 14.



6 participants from Sokol Cedar Rapids



19 participants from Sokol Tabor

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

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

Executive Board

Tom Pajer	President
Mary Steinman	1st Vice President
Bob Podhrasky	2nd Vice President
Bev Domzalski	Secretary
Barb Kucera	Treasurer
Barb Vondra	Financial Secretary
Maryann Fiordelis	Physical Director
Angela Hartford	Editor
EllenJeanne Schnabl	Educational Director
Lori Laznovsky	Membership Director
Christina Curran-Wurst	Public Relations
Jerry Milan	Foundation
Candy Short	Board Member
Howie Wise	Board Member
Mickey Dalton	Board Member
Marla Breidenbach	Alternate Board Member
Jane Wise	Alternate Board Member
Lillian Roter	Alternate Board Member
Jolene Dalton	By-Laws Chairman

TABLE OF CONTENTS

Statement of Ownership	2
From the President	3
The Sokol Educator	4-5
Conference Reports	6
American Sokol Gymnast	7-10
2012 Administrative Conference	11-13
Sokol Gymnasts Help Set World Record	14
Calendar of Events	15
Support our Advertisers	16

Board of Governors

Tom Pajer	President, American Sokol
Allison Gerber	Western District
Irene Wynnyczuk	Eastern District
Roger Martanovic	Northeastern District
Bob Podhrasky	Southern District
Lillian Roter	Pacific District
Barb Kucera	Central District
Maryann Fiordelis	BOI
Bev Domzalski	Secretary
Barb Vondra	Financial Secretary

Business Manager: Jean Hruby
Library-Archives, Museum Curator: Annette Schabowski
National BOI Office Secretary: Juanita Lo Giudice
Webmaster: Vacant

UNITED STATES POSTAL SERVICE® (All Periodicals Publications Except Requester Publications)

Statement of Ownership, Management, and Circulation

1. Publication Title: AMERICAN SOKOL

2. Publication Number: 0031259

3. Filing Date: 10/24/2011

4. Issue Frequency: JAN, FEB, MAR, APR/MAY, JUN, JUL/AUG, SEPT, OCT, NOV/DEC

5. Number of Issues Published Annually: 9

6. Annual Subscription Price: \$8.00/YEAR

7. Complete Mailing Address of Known Office of Publication (Street, city, county, state, and ZIP+4®): AMERICAN SOKOL, 9126 OGDEN AVE, BROOKFIELD, IL 60513

8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer): AMERICAN SOKOL, 9126 OGDEN AVE, BROOKFIELD, IL 60513

9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank):
 Publisher (Name and complete mailing address): AMERICAN SOKOL EDUCATION AND PHYSICAL CULTURE ORGANIZATION, 9126 OGDEN AVE, BROOKFIELD, IL 60513
 Editor (Name and complete mailing address): ANGELA HARTFORD, 1652 W GRACE ST, APT 3, CHICAGO, IL 60613
 Managing Editor (Name and complete mailing address): EXECUTIVE BOARD OF AMERICAN SOKOL, 9126 OGDEN AVE, BROOKFIELD, IL 60513

10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a proprietor, give its name and address.)

Full Name	Complete Mailing Address
AMERICAN SOKOL EDUCATION AND	9126 OGDEN AVE
PHYSICAL CULTURE ORGANIZATION	BROOKFIELD, IL 60513

11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box.

12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one):
 Has Not Changed During Preceding 12 Months
 Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)

PS Form 3526, September 2007 (Page 1 of 3) (Postmaster: Page 3) PSN 7530-01-000-8011 PRIVACY NOTICE. See our privacy policy on www.usps.com

13. Publication Title: AMERICAN SOKOL

14. Issue Date for Circulation Data Below: 10/20/2011

15. Extent and Nature of Circulation

	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)	3700	3700
b. Paid Circulation (By Mail and Outside the Mail)		
(1) Mailed Outside County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above national rate, advertiser's proof copies, and exchange copies)	NONE	NONE
(2) Mailed In-Country Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above national rate, advertiser's proof copies, and exchange copies)	NONE	NONE
(3) Paid Distribution Outside the Mail (including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS)	NONE	NONE
(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g. First Class Mail®)	NONE	NONE
c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))	3700	3700
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)		
(1) Free or Nominal Rate Outside County Copies Included on PS Form 3541	NONE	NONE
(2) Free or Nominal Rate In-Country Copies Included on PS Form 3541	NONE	NONE
(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g. First Class Mail)	NONE	NONE
(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	NONE	NONE
e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))	NONE	NONE
f. Total Distribution (Sum of 15c and 15e)	3700	3700
g. Copies not Distributed (See Instructions to Publishers #4 (page 6))	75	75
h. Total (Sum of 15f and g)	3775	3775
i. Percent Paid (15c divided by 15h times 100)	NONE	NONE

16. Publication of Statement of Ownership:
 If the publication is a general publication, publication of this statement is required. Will be printed in the NOV/DEC 2011 issue of the publication. Publication not required.

17. Signature and Title of Editor, Publisher, Business Manager, or Owner: *Tom Pajer* Date: 1/24/2011

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

PS Form 3526, September 2007 (Page 2 of 3)



From the President... Holidays with our Sokol Family

The holidays are here, and with that comes all of the happiness (and stress) that one can handle. From the gratitude that we give at Thanksgiving, through the excitement and joy of Christmas, right on up to the planning and resolutions made for 2012, we are all blessed with the opportunity to spend time with our family and friends.

In the fairly recent past, I was lucky enough to spend the first part of the holiday season with my Sokol Family. Our Central District TNT stunt and pyramid team occasionally took advantage of an opportunity to march and perform in the Thanksgiving Parade in downtown Chicago. This was a relatively high profile event and the excitement continued to build for us as the day came closer.

Always thinking about getting the Sokol Name out there, we worked hard to find a way to do special performances the morning of the parade that may just show up on television. So, with that goal in mind, on Wednesday evening, the day before Thanksgiving, the team stayed overnight at the Sokol gym so that we could get the early rise that we needed to get downtown.

At 3:00am Thanksgiving morning, our alarms went off, and it was time to get to work. The first step...to put on our Jingle Elf outfits. Thanks to help from people more creative than I, we were all outfitted with special elf costumes to add some magic to our performance that day. And certainly, the outfit would not be complete without the rosy red cheek and red nose makeup applied with what seemed like permanent marker to our faces.

By about 3:30am, the team looked good, and it was time to get downtown for our performance. Parking is not always that easy in downtown Chicago, especially with street closures during a parade. So....our sleigh became the Chicago EL system (Elevated Train). There was a rather confusing moment for the normal 4:00am EL rider as 10 elves jumped on the train and rode downtown to the parade site.

At 4:20am, we arrived safely downtown and walked a couple of blocks to the site where they were doing the TV spots. Weather that day....15 degrees Fahrenheit or so... We waited (and stretched) patiently for our opportunity. At about 5:00am, they called upon our team to perform for the local news. The costumes held up well and we got our first chance to perform for the world on live TV (if you just happened to be up at 5:00am).

The next 2 hours after this were the hardest. Limited shelter, freezing cold weather, and jingle elf clothing (good for show, bad for cold) led to a fairly brutal morning wait. But as the sun came up around 7:00am, so did our excitement. Parade participants began to arrive in all forms and fashions, from horses to balloons, from another stunt and pyramid team (who were NOT dressed as festive might I add) to a soap opera leading man who seemed to take the focus of our female elves away for a moment. The bands were warming up and the dance groups were practicing while we began to get our own act together.

At 9:00am, step off time for the parade was upon us and we began the walk down Chicago's State street delighting audiences with our performance and our outfits. The streets were lined with people about 5 rows deep and I don't recall any spaces throughout the route. This was certainly not the longest parade that we had ever done, but probably the most populated.

Nearing the end of the parade, we knew that we were scheduled for a TV spot on the main stage. When we arrived at that spot in the street, we were rushed into position as they were at commercial. I recall the "producer/director" saying to me... "Ok...get ready, we are long on time"... To this day, I don't know what that means. However, with a cue to go from the director, we began our TV performance and as far as I remember, it seemed to go quite well. Outside of the parade announcer (I believe that it was Dennis Franz of NYPD Blue) botching our Sokol name, we put on a good show and even surprised some of the announcers. After the TV spot, we finished the parade route and it was time to hop the EL and head back home.

Spending time with your Sokol Family over the holidays can be a magnificent experience!

Continued on page 5



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

NOVEMBER/DECEMBER

When it is Winter, hard on birds,
feel sorry for them, children,
scatter to those poor ones
scatter them crumbs !

Kdyz je zima, ale je ptackukm
slitujte se, deticky,
sypte jim ubozackum
sypte jim drobcky!

- Nov. 6, 1771: Alois Sennefelder born - discovered lithographic printing in Prague.
 Nov. 10, 1775: Founding of the United States Marine Corporation by an act of the Continental Congress.
 Nov. 11, 1918: Armistice Day - ending of the First World War and is now called Veterans' Day.
 Nov. 17, 1869: Opening of Suez Canal - work of engineer Lesseffs.
 Nov. 19, 1833: Dedication of National Cemetery at Gettysburg. The scene of Lincoln's classic Gettysburg address.
 Nov. 20, 1850: Charlotte Garrigue Masaryk was born.
 Nov. 23, 1919: First Sokol educational school opened by the Czech Sokol Organization in Prague.
 Nov. 29, 1869: Founding of the Physical Culture Club of married women and single girls in Prague.
 Dec. 1, 1860: Chas. Dickens published the first installment of "Great Expectations"
 Dec. 18, 1773: War for independence of the Colonies is begun.
 Dec. 18, 1914: Prof. T. G. Masaryk leaves Prague to work in exile for the liberation of Czechoslovakia and returns in triumph 4 years later.
 Dec. 24, 1889: Dr. Francis Cizek - the first physical director of the Czechoslovak Sokol Union dies.
 Dec. 27, 11571: John Keppler famous astronomer is born.
 Dec. 31, 1834: The song now regarded as the Czech National anthem, "Kde Domov Muj?" was sung for the first time at the performance of the play "Fidlovacka" in Prague. Josef Kajetan Tyl wrote the words and Frantisek Skroup composed the music.
 Dec. 18, 1897: The district society of the American Sokol Union was formed under the name of Fuegner-Tyrs in Chicago.
 Dec. 1890: The first year Christmas tree lights were mass produced.

December is: read a new book month; universal human rights month; bingo's birthday month.

Dec. 4 - wear brown shoes day

Dec. 9 - national pastry day

Dec. 13 - national ice cream & violins day

Dec. 16 - national chocolate covered anything day

Dec. 30 - festival of enormous changes at the last minute

Every year, 30 million live Christmas trees are sold in the USA. The amount of trash between Thanksgiving and New Year's Day tossed out is 25% - more than at any other 6-week period. Best Teacher's gift: a sincere note of appreciation.

Holiday place names: North Pole, Alaska; Santa Claus, Indiana; Santa Claus, GA; Noel, MO; Rudolph, WI; Dasher, GA; Snowflake, AZ and a dozen places named Holly, including Holly Springs, MS and Mount Holly, NC.

It is prudent to remember that as temperatures go down in winter, food intake tends to go up — watch your waist!

Don't forget to hang up your stocking on the night of Dec. 5th in anticipation of goodies when you awake on St. Nicholas Day on the 6th.

Bright Light; After the Winter Solstice about the 21st, the DAYS GET LONGER WITH MORE SUNSHINE!

Do you know our Sokol marching songs?

Co cech, to muzikant - paraphrased to mean if you are a Czech, you're into music. From the pages of "The American Sokol Sings" is "Lvi Silou" == Like Lions — in both Czech and English.

ALSO: How about the 3 melodic versions of "Sly panenky silnici" == Maidens fair went down the road"

Copies are limited - send for yours to Sis. A. Schabowski, ASO Librarian and Archivist at the National Office.

INFORMATION AVAILABLE:

Do you or your own Unit subscribe to other Units' newsletters? There is such a wealth of information in each of them telling us of their activities, fundraisers and other general Sokol/historical information.

Central Dist. - Chicagoland, Milwaukee, St. Louis, Spirit, Tabor; **Eastern Dist.** - Baltimore, Little Ferry, New York, Washington, D.C; **Northeastern Dist.** - Detroit, Greater Cleveland; **Southern Dist.** - West; **Western Dist.** - Cedar Rapids, Minnesota, South Omaha; **Pacific Dist.** - Los Angeles; In addition, **Sokol USA** has one. Don't forget "Koreny" (Roots) from Sugar Grove, IL. Contact me for their address. Please, check them all and pass them around to other Sokol members.

A WISH FOR YOU IN 2012:

- May peace break into your house & may thieves come in to steal your debts.
- May the pockets of your jeans become a magnet for \$100 bills.
- May love stick to your face like Vaseline & may laughter assault your lips!
- May your clothes smell of success & may happiness slap you across your face.
- May your tears be that of joy.
- May the problems you had forget your home address.
- In simple words: May 2012 be the best year of your life! NAZDAR! ☺

From the President continued from page 3

During the holidays, I spend some moments reflecting on the successes of the year and share the joy and memories again with my own family. I also make sure to take time to note the trials and difficulties of the past year and we as a family make our commitments to improve. Much the same, our Sokol Family also holds similar celebrations of sharing and it is always interesting how we find ourselves in passionate conversations about our struggles and our drive and will to become better and stronger. It is very encouraging to me that we, even at our social Sokol get-togethers, take some time to work through difficulties and at times, even create plans and actions for improving our Sokol world.

However, don't forget to relax and allow yourself to simply enjoy the holidays and your Sokol Family. Take time to participate in your class Christmas party. Attend the Sokol Holiday fundraiser. Take a trip with your Sokol family to the nearby mall for a shopping excursion. Buy the wreath, wrapping paper, candy, cookies, etc... from your Sokol Junior fundraiser. Help to put on a skit for your Sokol kids classes. Deck the Sokol Halls! Celebrate the "eves" with Sokols who are close to you. And by all means, if you get a chance to dress up like an elf, ride the train to your local parade and perform stunts and pyramids in front of millions of people, don't pass it up!

Finally, while you are celebrating with your nearby Sokol families, don't forget to recognize that your Sokol family extends across the globe. Your Brothers and Sisters from the Czech Republic, France, Australia, Canada and many more are celebrating with you and wishing their extended Sokol family the best of luck in the new year.

On behalf of my family, I personally wish you and your family a wonderful holiday season and a great start to a new 2012! ☺

Nazdar! Tom Pajer – American Sokol President

BOI District Directors and Development Conference Report

Submitted by Maryann Fiordelis, National Physical Director

A big thank you to the Southern District to agreeing to host our District Directors Meeting and Development Conference and to Sokol Ft. Worth for stepping up to the plate to offering their hall as our location when we had to change dates to the weekend of October 21-23.

We started off the weekend on Friday with our Director's meeting with a full agenda where we discussed such topics as our National Programs, Skills, Fitness Challenge, Instructor's School, Camp, Handbooks, Conferences, Mentoring, 2012 and 2013 Slets. We worked on changes to our Attendance Reporting, Tournament of Rules, and broadening our Resource List. We will be submitting recommendations to our Educational Directors in regards to the Merit Awards. Goals was also a big topic where we established some National BOI goals, submitting areas to our National Education Director we like to see undertaken. We also establishing goals for District Directors, myself and all my assistants as well as progress reports and feedback. It was great to have Chris and Todd Yatchyshyn in attendance working right alongside us and giving us an opportunity to get their input from a Sokol USA standpoint. Over the years we have built a cooperative working relationship with Sokol USA whether it is from a Slet standpoint, uniforms, representation on our School Board or simply exchanging ideas. We were fortunate to have Todd Yatchyshyn joining our National Instructors School Staff this year and look forward to a continuing relationship in this area as well. I was pleasantly surprised that we had finished our meeting around 8:30 p.m. as I thought we would surely be there until 10.

Bright and early the next morning we started our Development Conference at Sokol Ft. Worth after enjoying a breakfast at our hotel. Registration began at 7:30 a.m. with Orientation and 8:00 and our first session on Mentoring beginning at 8:30 a.m. We had 32 sessions throughout the 1 ½ days. Other new topics covered areas such as Social Media, Unit Growth Pro-

grams; heard from various units on activities they utilized such as Week Long Summer Camps, Trivia Night, Dodge ball Tournament, Haunted Hayride, opening our gym doors through the summer by offering zumba, boot camp, aerial ribbons, fitness for kids and teens and of course we had some old standbys with some new twists such as circuits, handspring vault, warm ups, spotting and progression on various apparatus for both males and females. Our Saturday session ran until 8:45 p.m. followed by a short social before heading back to the hotel. We were back at it again on Sunday morning starting at 8:00 a.m. ending our conference on a high note with an outside speaker talking about physiology of gymnastics. One of our first tasks for that session was breaking into groups to talk about our Mission. It was great that two of the groups could quote our Mission verbatim and the other three groups had all the components of the mission statement. Do you know what our Mission statement is? Better yet, do you live up to it? Nazdar 🇸

**SPACE STILL AVAILABLE
MAKE YOUR RESERVATIONS NOW!
150 YEARS OF SOKOL!**



**JOIN US IN THE CZECH REPUBLIC!
PRE-SLET TOUR ~ \$750+airfare
SLET WEEK TOUR ~ \$800+airfare
For more information:
aso@american-sokol.org
Or 708.255.5397**



AMERICAN SOKOL GYMNAST

*Pages 7-11 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

Happy Holidays from the American Sokol Board of Instructors



Physical Director – Maryann Fiordelis

1st Assistants – Bob Kucera and Allison Gerber

2nd Assistants – Chuck Kalat and Janet Kalat

Office Secretary – Juanita LoGiudice

Recording Secretary – Beverly Domzalski

Educational Director – Ellen Jeanne Schnabl

Board Members

Christina Curran-Wurst, Tom Pajer, Kandi Pajer, Buddy Benak, Barb Kucera,
Kevin Fitzpatrick, Paul Lebloch, Barbara Vondra, Jerry Milan, Jane Wise

District Directors (Some were already mentioned above)

Kathy Barcal, Ron Jaros, Donna Spriglia, Mary Cushing, Howard Wise,
Lori Laznovsky, Otto Notzl, Theresa Vernon and Rome Milan.

Old School Games

From Scholastic Parent & Child Magazine

What did Pilgrim and Wampanoag children do at our nation's earliest Thanksgivings?

They made their own fun!

Cobb's Castle: Place three large stones close together on the ground. That's the "cobb." Place another stone on top. That's the "castle." Step back and toss stones at the castle to try to knock it down. First to do so wins.

Hubbub: Similar to heads or tails, this Wampanoag game has kids bounce a bowl full of flat playing pieces-dark on one side, light on the other-onto the ground. You can play a version using a wooden salad bowl and pennies: A player chooses a side of the coin, and each time his side lands up during his turn, he earns a point.

All Hid: Is basically another name for hide-and-seek. Organize two mixed-age teams, pairing adults with young children. Choose an older child from each team to protect "home base" when it's their turn to seek.

Foot Races: Were very popular among young Native Americans. Pilgrim children most likely played versions of leapfrog tag. Combine these traditions in an over-under relay race: Line up teams of at least 3 players. The first player hands an object-a toy, small pumpkin, etc.-backward over her head to the next player, who then passes it between his legs. Each player runs to the end of the line to continue passing the object until one team crosses the finish line.

Feel free to make up your own games, or play board games and or do puzzles.

It is also fun to complete some simple crafts.

Turkey: Trace someone's hand. The thumb is the neck and head of the turkey, and the fingers are the feathers of the tail. Use crayons or markers to color and decorate, or get even more creative and get feathers and stickers from the craft store.

Snowman: Using paper plates that are three different sizes, starting with the largest on the bottom and smallest on the top. Decorate with crayons or markers, or cut out colored paper, or like above purchase some trinkets from the craft store to decorate with. Bobble eyes are always a hit and some left over felt from an old project makes a perfect scarf.

Snowflakes: A plain piece of paper and scissors can be folded and cut out to make a snowflake.

Chain: Cut slips of paper and make individual circles out of them, the next slip of paper needs to interlock with the first circle to create an adjoined chain. This makes a great holiday decoration that shows how teamwork can be beautiful! 🧶

The main theme for this holiday season is to get the "adults" and "kids" to play some quality games and spend time together! Whether you do this in Sokol classes, at school or at home during your holiday celebrations-enjoy your time together and have fun!!! Good luck KP:)

Tame the Butterflies

From *Scholastic Parent & Child Magazine* By: *Stephanie Cajigal*

Does your child stress before a big test or game? These calming strategies can help put things into perspective.

(This can also help with performance anxiety or nervousness before competition as well.)



Talk about it. Children are less likely to be anxious if they have the chance to discuss their fears with you. You might record your chat, play it back, and then talk about it some more. Hearing her fears out loud can make them seem less scary.

Create a worry box. Older children can list their fears on pieces of paper (younger kids can draw pictures) and store them in a shoebox. By visualizing their worries contained in a box, children acknowledge their fears rather than avoid them (which is what leads to anxiety), and then set them aside.

Think positive. Asking your child to repeat constructive phrases can soothe his nerves. The night before a quiz, he might say, "I studied a lot for this," or "I did well on my last test."

Use logic. Tweens can begin to mentally work out whether their fears are legitimate. Have your child ask himself how likely it is that his worst-case scenario will actually happen. Then talk about potential solutions. He may be surprised at how easily he has let his fears spin into something bigger than reality. Ⓢ

Sweat To Be Smart

From: *familycircle.com* By: *Christine Mattheis*

Exercise can make kids more intelligent, say researchers from the University of Illinois at Urbana-Champaign. Working up a sweat increases the size of the basal ganglia, a part of the brain that controls attention and the ability to coordinate actions and thoughts. Ⓢ



Mind Games

From: *Family Circle Magazine*

These scientifically proven mental tricks will help you tackle your exercise goals.



➔ **Make It Fun.** A University of Illinois study found that unmotivated people perform better when a task is made more enjoyable. Add zing to your walks by varying your routes, setting a destination (like the library), or tuning up your walking mix. Visit familycircle.com/playlists.

➔ **Find A Friend.** Over the course of two years, participants in a University of Pennsylvania study who exercised with a partner were more likely to stick with it and lost more weight than those who worked out alone. Walk with your spouse, a neighbor or members of a local walking group.

➔ **Talk To Yourself.** Each morning, say out loud, "Will I walk today?" A study published in the journal *Psychological Science* shows that questioning whether you'll complete a task makes you more likely to actually do it. Ⓢ

A lot of us and our children are using our computers and other electronic devices and are online all the time. Here are some strategies to help develop smarter computer/online habits. And to help our youth in their learning. KP :)

Online Learning At Home

From: www.scholastic.com/parents

Give your child a head start in school by selecting the best online resources together at home.

Make Computer Time Count—Young children should devote much of their time to being physically active and to exploring their environment. So the limited time that your child spends on computers and other digital devices should provide maximum learning benefits, while at the same time be engaging and fun. Many websites offer online learning activities for young children. These tips can help you choose those that are beneficial:

What To Look For In A Website:

- √ The primary purpose is educational-with little or no advertising.
- √ Does not contain links that your child could click on to go off-site.
- √ Offers rich oral language experiences, artistically illustrated stories, and accurate nonfiction content with thoughtful selected photographs.
- √ Makes it easy for young children to find and engage in appropriate learning activities independently.
- √ Makes it easy to find activities that match the specific learning needs of your child.
- √ Highly qualified early childhood teachers and curriculum experts are actively involved in the design of learning activities.
- √ Provides not only technical support by also curriculum support, so you can be sure that you are providing your child with the best possible guidance and help.

Online Learning Tips:

Once you've found the right online learning resources for your child, here are two suggestions to help make those learning experiences effective and enjoyable:

1. Do at least one activity together each day. Your child will value learning even more when it means that he or she can spend time with you.
2. When your child is working independently, place the computer in a common family area to make it easy to monitor what your child is doing and provide guidance when needed.

Developing Smart Computer Habits


Set Limits

- √ For your preschooler or kindergartner, 30 to 60 minutes of computer usage at a given time per session for learning activities is plenty.
- √ For your older child, you may wish to allow 30 minutes after school for fun, entertainment, and communication with known friends. After that, the computer is used for homework or educational programs that you know.

Monitor and Manage

- √ For your very young child, the best way to ensure safe usage is to allow him or her access only to those sites without external links. Also, set the browser to "full-screen" mode so that the URL entry field is not visible.
- √ For your older child, frequently check the browser history to know where your child goes online, and visit those sites yourself. You can use security tools and privacy features on your web browser for extra protection if you wish. You can learn more at ABCmouse.com

Did you know? Talking to your child about his or her online learning experiences can help make those experiences more effective, according to research. Studies have shown that when children reflect on what they are learning and on how they are learning, their understanding is deepened and they are more likely to retain what they have learned.

Source—U.S. Department of Education. 

**AMERICAN SOKOL PRESENTS:
~ THE 2012 ADMINISTRATIVE CONFERENCE ~
JANUARY 14 & 15, 2012
Sokol Spirit, Brookfield, IL**



If you are a district officer, unit officer, or serve in any administrative capacity in Sokol, this conference is for you. If you are a long-time officer, the conference will offer an array of topics to help you build on the valuable knowledge you already possess. If you are new to your role, the conference will offer assistance & training to help begin in your new role.

TENTATIVE CONFERENCE TOPICS

Leadership Development	Grants & Grant Writing	Strategic Plan Update
General Manager Position	Fund Raising	Building Maintenance
Community Involvement	Legal Liability	Financial Responsibility
Membership – Dues/Reporting	Volunteerism	PR/Marketing/Advertising
IT/Websites/Social Networking	Insurance – Building/Gymnastics/D&O	

All conference sessions will be held at Sokol Spirit, 3900 Prairie, Brookfield, IL 60513. The schedule for the conference is as follows: Saturday (8:00 a.m. to 9:00 p.m.); Sunday (8:00 a.m. to 12:00 noon). **Fees: \$50 individual or \$200 for up to 10 attendees from a single unit. The registration fee for the conference, includes three meals (Saturday Lunch & Dinner and Sunday Lunch)**

HOTEL INFORMATION

ClubHouse Inn & Suites, 630 Pasquinelli Drive, Westmont, IL 60559
Phone: 630-920-2200 - (www.clubhouseinn.com)

Room information (hot breakfast buffet included):

King or two Queen Beds	\$69.00 + 11% tax
Business Room (Incl. microwave, fridge & couch)	\$77.00 + 11% tax
Suite	\$99.00 + 11% tax

Call the ClubHouse Inn directly at 630-920-2200 for reservations. Let them know you are with American Sokol to receive the discounted rate. Please make your reservations by December 15, 2011. There will be shuttle service to and from Sokol Spirit and the ClubHouse on Saturday and Sunday. Please make air reservations for after 3:00 p.m. on Sunday.

If you have any questions, please call Sis. Candy Short at 708-567-1585 or e-mail at cshort@ameritech.net.

2012 AMERICAN SOKOL ADMINISTRATIVE CONFERENCE
JANUARY 14-15, 2012 @ SOKOL SPIRIT
INDIVIDUAL REGISTRATION FORM

Each individual attending must complete this form. Please return to American Sokol, Administrative Conference at 9126 W. Ogden Ave., Brookfield IL 60513, e-mail aso@american-sokol.org or by fax at 708-255-5398 by December 31, 2011

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP CODE: _____

PHONE: _____ E-MAIL: _____

DATE: _____ UNIT: _____

WHAT IS YOUR POSITION IN YOUR UNIT/DISTRICT/NATIONAL?:

TRAVELING AS A: GROUP / INDIVIDUAL (CIRCLE ONE)

IF TRAVELING IN A GROUP, HOW MANY?: _____

FLIGHT INFORMATION:

CHICAGO MIDWAY / CHICAGO O'HARE (CIRCLE ONE)

ARRIVAL DATE: _____ TIME: _____

AIRLINE: _____ FLIGHT # _____

HOME/CITY AIRPORT: _____

DEPART DATE: _____ TIME: _____

AIRLINE: _____ FLIGHT # _____

AIRPORT TRANSPORTATION NEEDED?: YES / NO (CIRCLE ONE)

CELL PHONE NUMBER ON ARRIVAL DAY: _____

ARRIVING BY: CAR / BUS / TRAIN: (CIRCLE ONE) DATE ARRIVING _____

PLEASE NOTE:

Please refrain from making your return flight before 3:00 p.m. CST on Sunday. Airport & flight information necessary before December 31, 2011 so drivers can be arranged for pick up.

Sokol Gymnasts Help Set World Record!

Submitted by Maryann Fiordelis, National Physical Director

Sokol gymnasts and friends across the nation helped set a new Guinness World Record on Saturday September 17, 2011 in conjunction with the USAG National Gymnastics Day. At exactly 1:00 p.m. eastern, officially 20,478 gymnasts around the United States kicked up to a handstand to break the previous world record of 2,402 set in 2005 in Australia. Each gym that participated had to snap a digital photo with a time stamp on it and immediately email it in to USA Gymnastics in Indianapolis. As National Physical Director I issued a mandate to our District Directors that they were to contact all their Unit Directors to make sure they were making plans to join in this fun event. Any Unit that participated whether in their gym, local park, school or someone's front yard who sent in a brief write up and picture would be eligible for a drawing to win a \$100 gift card for their Unit.

It was great that we could help break this record; it wasn't broken it was smashed. This just goes to show what can be accomplished with a little planning and cooperation. Wonder what kind of record we can set at the 2013 Slet!

So how good of a job did the Directors do to encourage their unit's participation? You be the judge. From the pictures on the USAG website and responses I received from various units, we had six units (Cedar Rapids, Chicagoland, Detroit, KHB, Spirit and Tabor) as well as Lodge 306 participate. What about the others??? Judging from the pictures and what I witnessed, this was a fun and easy event.

SOKOL CHICAGOLAND was the winner of the \$100 gift card.

I just finished reading the article in the October publication written by Bro. Edwin Halik from a 1961 Sokol Havlicek Tyrs 50th Anniversary Program Book on "Team Work" and cooperation. You can see what we can accomplish with just a few units taking the initiative to help break the handstand record. Can you imagine what American Sokol could accomplish if we would all work together to accomplish just one thing? Nazdar. 🇸



7 participants from Sokol Spirit



8 Participants from Sokol Chicagoland (some not pictured)



22 participants from Sokol KHB



12 participants from Sokol Detroit



26 participants from Sokol USA Lodge 306



Mark your Calendar

Events around the American Sokol

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

December

- Dec 2** Sokol Minnesota Children's Christmas Party – 7 p.m. Dancers and gymnasts perform; visit by Svatý Mikuláš
- Dec 3** Sokol Spirit Holiday Dinner Dance
- Dec 3** Sokol San Francisco Mikulas Party for children – Afternoon
- Dec 3** Sokol Baltimore/Washington Mikulasska Party – for children and adults allowing you to enjoy great food, meet St. Nick, the angel, the devil. To volunteer email sokol@sokolwashington.org or call 703-759-1500
- Dec 4** The St. Nick Pancake Breakfast - Sokol St. Louis; For more info visit sokolstl.org/stnick2011.html
- Dec 4** Central District Rhythmic Competition – Elite Sports Complex, Home of Sokol Chicagoland, Downers Grove, IL
- Dec 4** Sokol LA Holiday Social – 11:30am Alpine Village joint meeting with CSA & WFLA
- Dec 10** Sokol/Sokolice Milwaukee Holiday Luncheon – Venice Club, 1905 N, Calhoun Rd., Brookfield, Wisconsin, noon
- Dec 16-17** Cirque du Sokol Exhibition Event at Sokol Spirit
- Dec 30** Sokol San Francisco Dinner and Dance – Taragon, Sunnyvale
- Dec 31** Yukon Czech Hall New Year's Eve Dance with the Bohemian Knights – Lodge Sokol Karel Havlicek, 8 p.m. to 12:30 a.m. - \$8 admission. For more info visit czechhall.com

January

- Jan 6-8** Central District Skills Clinic – Sokol Tabor; For more info contact Christina Curran-Wurst & Bryan Pracko
- Jan 14-15** American Sokol Administrative Conference – Sokol Spirit - Brookfield, IL; See page 11-13 for details.
- Jan 21** Sokol Ceska Sin Exhibition – Cleveland, OH
- Jan 28** Sokol Tabor Pig Roast – Berwyn, IL
- Jan 29** Sokol/Sokolice Milwaukee Free Czech & Slovak Film Series CZECH DREAM – Norway House, 7507 W. Oklahoma Ave., Milwaukee, 1:30p.m.

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!

Email: editor@american-sokol.org

Mail: American Sokol Editor, Angela Hartford, 1652 West Grace #3, Chicago, IL 60613



9126 Ogden Avenue
Brookfield, IL 60513
www.american-sokol.org

PERIODICAL



Is it time to review your insurance program?

CSA Fraternal Life offers an excellent portfolio of affordable life insurance and retirement annuity plans.

As a fraternal Society, our members are also eligible for Special Benefits that give added protection.

CSA also offers Final Expense plans. Final Expense is affordable, permanent whole life insurance designed to meet unexpected financial demands due to death and can help to preserve the estate you intend to pass on to family members.

Our dedicated sales professionals are available to assist you. Please contact Roberta at 800-543-3272 or visit us at www.CSAFraternalLife.org to learn more about our Partners in Planning — Partners in Life commitment.

Advertise with American Sokol

Reach over 4,000 people of Czech and Slovak descent.

1/4 page \$200
1/2 page \$300
Full Page \$500

To place your ad, contact Jean Hruby at the National Office, 708-255-5397 or email jeanhruby@american-sokol.org

Weber Travel Agency
Worldwide Travel

(800) 886-7012 ♦ jrabas@webertravel.com

Consider a Sales Career with **wfla**

Health Insurance Pension Up To 120% on Whole Life

Call or Email us today! Rudy A. Pino info@wflains.org

Licensed in: CA, CO, IL, IA, KS, LA, MI, MN, NE, ND, OH, OK, OR, SD, TX, WA, WI

western fraternal life association 1900 First Ave. NE, Cedar Rapids, IA 52402 1-877-WFLAINS

