

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

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Kristine Betik
Sokol KHB
Southern District



Amanda Crane
Sokol Cedar Rapids
Western District

2013-2014 MERIT AWARD WINNERS

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Guadalupe Soto
Sokol Houston
Southern District



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Western District

AMERICAN SOKOL

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From the Editor...

The 2013 Sports Festival was a success. More to come in the next issue. If you have a story to share about your trip, send it over! Also, don't forget to get your Sports Festival Souvenirs while they are still available. See the order form on the next page.

If you have a memory, article, newsletter or calendar of event, please send it to me via email at editor@american-sokol.org. This publication's content is driven by YOU and I need your submissions to make this a successful publication!

NAZDAR!



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The Sokol Educator

Sis. Ellen Jeanne Schnabl, Educational Director

JULY

CERVENEC

Full moon on July 22nd – called Buck, Thunder or Hay moon.

Celebrations: National Baked Bean; Blueberry; recreation & Parks month.

Week of 22nd: World Santa Claus Congress in Klampenborg, north of Copenhagen, Denmark.

July 4th — Celebrate Old Glory.

"America the Beautiful" and "The Star-Spangled Banner" with NO applause at the end!

The first paragraph of the Declaration of Independence ("We hold these truths to be self-evident....") Can you recite the rest?

Who actually signed the Declaration on July 4th? Only John Hancock, all the rest did so on Aug. 2, 1776

The only time to fly the Stars & Stripes upside down is in case of emergency.

July 21st — National Junk Food Day; it's OK to indulge only once in a while.

July 27th — Birthday of SPAM – the blend of spiced pork shoulder & ham. A part of American history; Spam fed the troops during WWII. Over 7 billion cans have been sold worldwide.

July 1, 1917: The Czechoslovak Legion won distinction for its bravery at the Battle of Zborov.

July 1, 1867: Canada became a self-governing dominion of Great Britain as the British North America Act took effect.

July 1, 1980: "O Canada" was officially proclaimed the Canadian National Anthem.

July 6, 1415: Jan Hus was burned at the stake in Constance for fighting for his ideals for church reform.

July 15, 1215: Proclamation of the "Magna Carta" – was the foundation of English law.

July 15, 1606: Painter Rembrandt van Rijn was born in Leiden in the Netherlands.

July 20, 1969: Astronauts Neil Armstrong and Edwin "Buzz" Aldrin, Jr. first stepped foot on the lunar surface at 02:56:15 UT – which is 10:56:15 PM Eastern Daylight time.

July 27, 1995: Korean War Veterans' Memorial dedicated in Washington, D.C. by Pres. Bill Clinton.

July 30, 1729: City of Baltimore, MD was founded.

July 30, 1965: Pres. Lyndon Johnson signed Medicare into law. The act took effect in 1966.

July 31, 1854: Birth of Renata Fuegner, daughter of Jindrich Fuegner and later wife of Dr. Miroslav Tyrs.

Texas, New York, Connecticut, Ohio, Oklahoma and Wisconsin ALL boast of being the birthplace of the American hamburger.

Pringles have seaweed and shellfish flavors in Asia.

For safe outdoor cooking: Do NOT leave food such as veggies, cut fruit or egg dishes out of the cooler more than a couple of hours!

Summer safety: Be kind to your feet: If flip-flops fold in half, they are NOT sturdy enough. Check the wood on your decks to make sure there are no splinters. Clean your grill thoroughly before and after cooking.

Think about the heat: NEVER leave children or your pets in a parked car == everyone should drink more water!

Be aware and give a care – use sunscreen, get anti-itch ointment and keep your head covered with a wide-brimmed hat.

AUGUST

SRPEN

August 20th — Full Moon also called Sturgeon; green corn.

August 5th — National Sisters Day – when is the last time you communicated with her?

Here we are: Halfway between June's longest day and September's autumn equinox come the "dog days" of August. This has to do also with Sirius, the dog star which you'll see around Aug. 15th.

August 5, 1841: Antonin Dvorak was born.

August 12, 1822: J. Fuegner, co-founder of Sokol was born.

August 12, 1851: Isaac Singer was granted a patent for his new sewing machine.

August 14, 1935: Pres. Franklin D. Roosevelt signed the Social Security Act into law.

August 17, 1832: Dr. Miroslav Tyrš, co-founder of Sokol was born.

August 26, 1883: The island volcano Krakatoa began erupting with increasingly large explosions.

August 26, 1872: Wedding of Renata Fuegner and Dr. Miroslav Tyrš

Back to School Anxiety:

Recognize in children if they become clingy, impulsive or distracted with nervous movements or temporary twitches. They may have trouble getting to sleep or staying asleep & may have nausea, headaches or stomach aches. It is best to TALK to them but never belittle or tease them and don't reinforce the fear!

A pre-sports physical can prevent many symptoms including sudden death. The doctor should check for any pains or discomforts with exertion. The doctor will get the student's family history and should check for heart murmurs, blood pressure at the brachial artery in both arms

Did you know:

Too many absences can cause children to fall behind just as being late may lead to poor attendance. Set regular bed time and morning routines. Develop back-up plans for getting to school if something comes up – call a family member, trusted neighbor or another parent.

For more information on school readiness, visit: attendanceworks.org and reachoutandread.org.

Have you seen summer's insect beacon? Called a firefly or lightning bug – their adult life span varies from a few days to two months. If they are attacked, they shed drops of blood containing bitter chemicals which can be toxic to some animals. Their "light" is the chemical luciferin which has been used to study the effectiveness of certain cancer drugs in mice. Their "cold light" emits no heat.

Enjoy cricket talk:

On warm summer nights they are heard everywhere, actually they are males awaiting a female cricket, which has ears on her front legs. It is the wings which give them their "voices" by rubbing them together; also, they cannot fly. The chirps are more frequent when it is warmer. Eggs are deposited in the soil and overwinter there. When they hatch the following spring, the nymphs grow and molt 3 to 4 times, reaching adulthood in July.

NAZDAR! Sis. EllenJeanne Schnabl ©

Men's gymnastics even tougher than it looks on TV: Stretching Out

By Zachary Lewis, *The Plain Dealer*, Originally printed May 28, 2013

CLEVELAND, Ohio — Think gymnastics looks tough on TV? Try it in person.

After taking a stab at events in Men's Gymnastics, my esteem for those Olympians shot through the roof. Nothing informs better than trying something firsthand.

That's not all. In attempting the likes of the pommel horse, rings and parallel bars, I also found a means of exercise that, were I to adopt it, would be hugely beneficial. Shoulders, arms, flexibility, balance: all my weaknesses would be targeted.

Men, it turns out, don't have many options in Northeast Ohio when it comes to gymnastics. Not men like me, anyway, those new to the sport. Almost all gyms in Cleveland cater to women, girls and boys.

Hence my delight in discovering Sokol Greater Cleveland, the local branch of a fitness-minded national Czech cultural organization (sokolgreatercleveland.org). There, along with training for all the usual suspects, instructor Howie Wise leads a recreational class for men ages 17 and up.

Now, what that class is like, I can't say. Assuming correctly I'd need remedial help, Wise proposed a one-on-one session.

Turns out, I needed more than an introduction. I needed to go back and undo years of neglect by way of upper-body strength and range of motion.

Still, I ended up getting a good workout. A very good workout.

On the rings, adjustable to any height, Wise had me perform an array of exercises, all of them demanding more strength than I have in my meager upper-body.

Holding the rings in my hands with my arms straight in front of me and my feet planted on the floor, I proceeded to sweep them in a large circle, leaning back and all the while facing forward. It was that last bit that made the move tough, as it took core strength to hold myself steady.

Then, with my feet in the rings and my face looking down as I assumed a push-up position on the floor, I walked on my hands in a core-busting circle, keeping my feet in one place. That's on top of pull-ups, difficult on wobbly rings, and a pathetic attempt at one half of the spread-armed "iron cross" serious gymnasts execute. The full thing would have ripped my shoulders out of their sockets.

I fared no better on the waist-high parallel bars. Although I managed to maneuver down the length of the bars with my arms bearing my weight, curl up my legs in a few tucks, and do a

handful of dips, using my triceps, I got nowhere near the rest of the routine Wise had written down for me.

Were I stronger and more flexible, I'd have supported myself on my arms and held my legs in an L position, at a 90-degree angle, or swung my legs nimbly over the bars into a straddle. How I would have loved to do those things.

But my wrists, hips and shoulders just couldn't deliver. What looks, on TV, like nothing became in reality tasks demanding almost superhuman ability. Moreover, all those moves are meant to be repeated on the high bar, where gravity only works against you harder. Women, meanwhile, work out on balance beam and uneven bars as well.

And speak not of the pommel horse. On that fiendish device, I lasted all of 10 seconds. I held myself upright, yes, but anything involving my legs or swinging was out of the question.

How Olympians do it wasn't beyond me. I could imagine having powerful shoulders, rock-solid wrists and an expert sense of spatial awareness. I can conceive of limitless flexibility. I just couldn't begin to do it myself.

But everyone, has to start somewhere, and a recreational class at a cultural center is as good a place as any. In fact, for a weak, inflexible man in his mid-30s, and a whole host of other people as well, it's probably an excellent place.

Look for me on the mats, at least on occasion. 📷

*Zachary Lewis writes a health and fitness column in the weekly paper, *The Plain Dealer*, where he tries out all sorts of fitness styles.*

He is a marathon runner, and has competed in the various Tough Mudder and Warrior Dash events that have been popping up all over. He has also competed in triathlons.

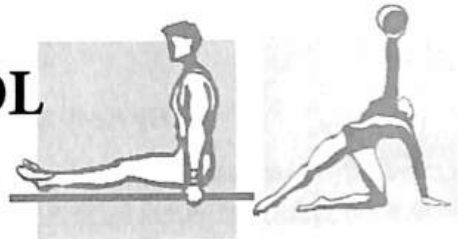
He does try everything he writes about, including Silks, Yoga, Zumba, Bowflex, P-90X, and many, many, more.

I thought he did a great job on the article, and was extremely happy that he thought the workout I ran him truly tested his strength limits. He admitted that he did not think the exercises were very easy either. He did a lot of individual gymnastic skills, as well as different types of exercises on the apparatus, many of which I consider, warm ups, cool downs, and strength builders.

Submitted by Howie Wise



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

USAG Routines for 2013

Many of you know that the women's artistic gymnastic routines are changing this year. In order to ensure you are up to date, go to: <http://usagym.org/pages/women/events/jocompulsories/>

Any information you want is available on this site. You can sign up for workshops, you can get a sneak peek at the requirements and links to find drills for your athletes. I don't know about you, but I am nervous about the changes and am not sure if it will be a good or bad change. Please-e-mail me with your thoughts on the changes! I would LOVE to bounce ideas around with you and possibly give some helpful hints in this magazine!

Rhythmic Gymnastics

From: <http://centralcoastgymnasticsacademy.com.au/gymnastic-styles-classes/rhythmic>

Rhythmic Gymnastics is a beautiful creative strain of gymnastics which uses a variety of apparatus such as the ribbon, clubs, ball, rope and hoop. Each piece of apparatus needs different levels of skill and co-ordination abilities.

Rhythmic Gymnastics is not only fun it has heaps of benefits. It's great for growing kids and is very popular with the girls. Rhythmic Gymnastics has many great benefits both mental and physical and can help to develop ones personal growth in these areas;

body posture	body strength
body movements	flexibility
self co-ordination skills	balance
self awareness	agility
self confidence	creativity



Personal growth in all of these areas can assist ones future abilities in other sporting activities and life in general. What more could you ask from a sport that one loves and enjoys. It's the perfect sport for developing healthy mind and body skills and is popular for children helping them develop invaluable life long skills while growing in confidence.

GOAL AND GET IT!

By Kelly Mickle From *fitnessmagazine.com* – June 2013 issue

Your mind can make the difference between fitness success and staying stuck in your fat pants. Steal these tried-and-true mental tricks to reboot your routine and achieve the body you want.

TAKE A PLEDGE -



First to-do: Sign a contract with yourself outlining your goal. This simple commitment moves you from the contemplation stage to an action phase, making you ten times more likely to achieve your objective, research from the University of Scranton in Pennsylvania found.

BE DETAIL-ORIENTED -



Instead of abstract promises, such as “I will exercise more,” draw up a game plan; you could, for instance, arrange workouts with a pal every Monday, Wednesday and Friday. “Vague goals seem overwhelming, so the more specific you are, the easier it is to concentrate on what you need to do to succeed,” says Steven Bray, Ph.D., an associate Professor of kinesiology at McMaster University in Canada.

LOG AND LOSE-

people who keep a daily record of their meals and exercise can lose twice as much weight as those who don't take notes. Get a leg up on your slim-down at fitnessmagazine.com/fitness-tracker.

POST IT ON FACEBOOK-

It's tempting to keep healthy aims under wraps in case you screw up, but making them public, and yourself responsible, increases your odds of success, according to research from the University of Hertfordshire in the United Kingdom. “Knowing that other people are watching helps hold you accountable and give you an audience to share your successes with,” says Vonda Wright, M.D., a FITNESS advisory board member and the author of *Guide to Thrive: Four Steps to Body, Brains and Bliss*.

REBOUND BETTER -

Don't let a single setback erase all your hard work. "Rather than dwelling on your mistake, identify what caused the lapse and use that to learn what you can do to prevent it from happening in the future," Bray says. For example, if happy hour is your weak spot, invite friends to a Yoga class instead.

RESIST SLIPUPS-

a side effect of skimping on your ZZZ's: A sleep-deprived brain swings from one mood extreme to the other, which could make you more likely to engage in unhealthy reward-seeking behavior like bingeing on chips. To keep from going overboard, aim for at least seven and a half hours of shut-eye nightly.

HAVE A BACKUP PLAN-

Exercise motivation dramatically fluctuates on a weekly basis, and even small disruptions can cause you to bail, the Journal of Sport and Exercise Psychology reported. "Having a Plan B will keep you from veering off course," study author David Conroy, Ph.D., says. If you miss You're AM class, pack sneakers so you can power walk at lunch.

WANT IT-

Simply desiring a healthy lifestyle can encourage good-for-you behavior. People who have an intrinsically positive attitude about physical activity are more likely to engage in what experts call unintentional exercise, such as walking a little farther instead of parking in the closest spot, which helps them burn more calories and stay Healthy, a study in the Annals of Behavioral Medicine revealed.

TAKE TIME OUTSIDE-

Being physically active in a green space outdoors improves mood and strengthens self-esteem, both of which are major motivators, according to research from the University of Essex in the United Kingdom. Even better: it takes only five minutes to reap the feel-good benefits, so do a lap around the park.

REJUICE YOUR PLAYLIST-

Turns out, we slow down or speed up with the tempo of our tunes, according to findings from Liverpool John Moores University in Britan. To light a fire under your feet, check out songza.com for preset channels of fast-paced hits.

HIGH-FIVE YOURSELF-

Visualizing your victory through the eyes of others (say, imaging cheering Tour de France crowds as you tackle those climbs in Spinning class) results in greater motivation to succeed, a study from York University in Canada found. The third-person perspective makes striving for our goals more meaningful.

PLAY THE FIELD-

Starting to dread the treadmill? That brain drain could be shortening your sweat sessions. exercisers who were pumped about a new routine spent 63% more time being active than those who were hesitant, A study in the Journal of Sport and Exercise Psychology revealed. Sample other cardio machines, classes or outdoor activities to find what truly moves you.

DOUBLE UP-

Couples who started a new workout routine together clocked more exercise hours than people who enrolled solo, according to the Journal of Sports Medicine and Physical Fitness. It's easier to adhere to good habits when your partner is on the same regimen.

RAISE THE STAKES-

People who had a financial incentive to lose weight were almost five times more likely to reach their target than dieters who had no money on the line, according to research in the Journal of the American Medical Association. Ante up for a challenge at dietbet.com; After four weeks participants who have lost at least 4% of their bodyweight get to spilt the pot!

MIND YOUR MANTRA-

Phrases intended to boost confidence, like "You've got this Baby!" can improve your performance during workouts, a study in Perspective Psychological Science found. But orders to compete, for instance, "Win!" may cause energy-sapping self-doubt. (S)

NICKY'S FAMILY

Submitted by Maryann Fiordelis



I received an email blast talking about a Czech-based movie playing at the Detroit Institute of Arts called "Nicky's Family" with a very limited engagement.

This certainly was a heartwarming,

tear-jerker film. This documentary tells the story of how Sir Nicholas Winton, a British businessman who in 1938 went to Prague to help a special group of adults flee the country; the group included artists and political leaders. While there he was approached about helping children get out safely by using illegal passports and medical certificates. Through his hard, life threatening work Sir Winton and his friend Martin Blake was able to rescue 669 children out of Prague and placed with families in Britain and several other countries (United States wasn't one of them). Unfortunately the last train with 200+ children did not make it. It was gut wrenching watching mothers who decided to give up their children saving their lives – yet some couldn't do it.

This story might never had been told except for a scrapbook found in his attic many years later. Sir Winton had painstakingly kept meticulous records of all the children who made it out and where they were placed. The movie shows some of the survivors today, how some were reunited with siblings and other family members.

If you ever get a chance to see this film it is definitely worth it. I'm glad I decided to go and to see it at the historical DIA which is a beautiful place that has a great theater. 📍

Learn more at: www.nickysfamily.com



RISING STAR ANNA DULOCK



Submitted by Chuck Kalat

Anna Dulock is a young adult member of Sokol West in the city of West, Texas. Sokol has been a significant part of Anna's family heritage. She is a third generation Sokol and has been attending since she was six years old. It is because of her grandmother's dedication that Anna is so involved in Sokol.

Sokol has helped Anna to set and attain goals in her young life. It has helped her to develop leadership, unity, and friendships. Sokol has given her the confidence and strength to take risks and to be successful at whatever endeavor she chooses. Through her Sokol involvement, Anna has had the opportunity to make friends with both the young kids and the senior members.

In return, Anna has given back to Sokol. She has competed in Sokol and outside gymnastic meets at different levels. She has served as a junior instructor for different girl's levels. At the age of 16, she became the Tot's instructor and assisted with other age group gymnastic and tumbling classes. She was the Co-Women's Director of Sokol West in 2011-2012. This past year, having earned the respect of its members, Anna became the Second Vice President of Sokol West.

Anna is currently enrolled in the Licensed Vocational Nursing program at McLennan Community College in Waco, Texas. She plans on continuing her career to become a Registered Nurse and then going on to complete her Bachelors of Science degree in Nursing.

Sokol has helped Anna to grow in many ways. It has and continues to be a big part of her life and family. Sokol West is counting on Anna to be a major contributor to its future as it faces the challenge to rebuild. She surely will respond.

Thank you Anna for continuing the Sokol tradition in your family. We look forward to seeing great things from you as you climb the ranks and give back to the Sokol that you have been involved in since you were a little girl.

Do you know of a young senior or junior member that exemplifies the Sokol spirit? Every month we highlight a young adult member in the Sokol organization that is an aspiring leader in your Sokol, Unit or District. To make this column a success we need your help! Send the name of a Rising Star, a photo and the reason you are nominating them to editor@american-sokol.org. 📍

2013-2014 Merit Award Winners

How I made an impact on the future of Sokol

The American Sokol Merit Award is handled by the National Educational Committee. Eligible students are those who are planning a full time (at least 12 hours per semester or equivalent) course program in an accredited two-year or four-year college or who are already participating in such a course of study. The amount awarded is \$500.00. There are no merit award renewals. The selections are made by the Merit Award Committee and approved by the American Sokol District Educational Directors and the American Sokol Executive Board.



Kristine Betik

Sokol KHB, Southern District

The Sokol organization is always very welcoming to new members. New membership is the way the Sokol organization continues to stay alive. All ages are welcome into this family of falcons. A major impact I have made on the future of Sokol is bringing in other members of society to participate in various Sokol events and activities. I invite my friends, relatives, and classmates to all the dance events. Teaching them how to polka, waltz, the Czech songs, and introducing them to various members of Sokol. I have received positive feedback from all my friends about the wonderful experience they have had at Sokol. Now, when there are dance events, they are the ones who are inviting other people to the events and teaching them about our Czech heritage and traditions.

A second way I've made an impact on Sokol is through the gymnastics program at Sokol Ennis KHB. My love of gymnastics and my Sokol family is evident in my enthusiasm at each and every gym class. I enjoy coaching and encouraging the gymnasts no matter their level. I know I am a positive influence on several girls' lives simply by their response to my instructions. They try so hard to please me no matter how many times I ask them to repeat a skill. Our gymnastics program has grown considerably in the last couple of years and I like to think that I was a small reason for that growth.

I am also a big supporter of the newer programs that have begun at Sokol the last couple of years. I take every opportunity to promote these new programs which are bringing in people that would ordinarily not come to Sokol. I have helped an instructor begin a cheer clinic and supported a Zumba class. Sharing excitement of the many activities that Sokol has to offer is the future of a strong Sokol. 🇸🇰



Guadalupe Soto

Sokol Houston, Southern District

There are several ways I have made an impact of the future of Sokol, from saving the gymnastics program at TJ Sokol Houston to promoting the Sokol organization and setting a foundation for young children. Our gymnastics program was on the verge of being shut down because our director at the time was leaving for grad school and there was nobody else to take over. I didn't know anything about being director, but I offered to fulfill the position because of such a great impact that Sokol made on my life. Sokol offered me a place where I could be myself, make new friends, and do something I loved to do. At the time when our director left we had only 5 gymnasts, with persistency I built the gymnastics program from the bottom. I made a website, flyers, Facebook page, and went to all the local schools in the area. I now have 20 gymnasts enrolling in classes, coaching all on my own. A lot of the children came from another local gymnastics program. The children are always telling me how much more fun it is at Sokol and how they never want to go home. I encourage an environment that promotes learning, growing, and fun while teaching gymnastics skills, Sokol history, and community involvement.

The impact that I have made on Sokol Houston has encouraged more children to enroll in gymnastics, want to stay at Sokol "forever" in the words of the children, and share everything they know to others. I am most positive that now more people are learning and knowing about Sokol Houston and the Sokol organization. 🇸🇰



Amanda Crane
 Sokol Cedar Rapids,
 Western District

When I started attending Sokol in 2005, I had no idea where it was going to lead. But I ended up loving the sport, coaches and teammates and continued on with it for eight years. In between going to the gym for my practices, I became an

assistant coach for the younger girls which impacted them because I became a role model to them.

Throughout my years here at Sokol I have become an active member. From just simple tasks needing to be done, to moving to our new building after the flood, I did my best to help out.

From when I started to go to Sokol until now, I believe I have made an impact on everyone from the coaches, to the younger students I've coached, to their parents and even the older members of Sokol who have experienced watching me during practice. ©



Ellen Sutton
 Sokol Minnesota,
 Western District

I have made an impact on the future of Sokol by being a part of Sokol. I started at Sokol Minnesota when I was five, soon after I started getting my friends involved. I grew up in Sokol. Now I coach with a friend that I

brought into Sokol. I have taught dozens of kids throughout my years as a coach. I think that I have had an impact on a lot of kid's lives teaching them. I try to make sure every kid has confidence and is happy while they're doing gymnastics. I have helped train younger girls to eventually become coaches. So when I graduate and move away there will be good, capable coaches still there for the girls and boys at Sokol Minnesota. That way the tradition of Sokol will be carried on. ©

**Sokol Los Angeles Member
 Helen Vrana Turns 100**

Submitted by Lillian Roter



At our May 2013 meeting, Sokol Los Angeles celebrated Sis. Helen Vrana's 100th birthday. Her daughter and son-in-law, Linda and Larry Phillips, brought the cake. She was presented with a certificate of congratulations from our Unit. To top off the celebration, Helen's son Frank Vrana became a Sokol member in honor of his mother. ©

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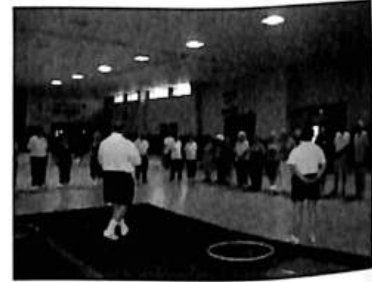
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2013 National Senior Health and Fitness Day Sokol Karel Havlicek Borovsky – Ennis, Texas

On Wednesday, May 29th, the Senior class at Sokol Karel Havlicek Borovsky (KHB) – Ennis, Texas, welcomed friends, members of the Ennis Sewing circle, and Brothers and Sisters from Sokol Fort Worth to share its celebration of National Senior Health and Fitness Day. This was just one of 1100+ such celebrations nationwide. Before it was time to get started, participants had the opportunity to meet with a hearing aid representative and get information and a goodie bag. Coaches Jan and Chuck Kalat assembled the group of 37, ranging in age from 60's to 90's, in a long line to receive a "welcome" and instructions for the activities planned. We were excited to welcome some men this year.



Using color coded name tags, the group then quickly split into 3 squads. Three activities were conducted simultaneously. One squad assembled for some beam activities, under the direction of Coach Jan using various heights of beams ranging from 0 (a line) to about 12 inches high (spot required). Activities included various "walks" across the "beam" of the participant's choice, as well as some balances and turns. Hoops added yet more variety. Another squad was ushered into the clubroom where they enjoyed a session of challenging Armchair Fitness exercises with/without short



ropes targeting strength improvement following a DVD presentation on our new 60" flat screen TV. By placing this group in the clubroom, the creaking of joints and heavy breathing did not permeate to the other groups in the gym. The third squad was first led through some simple exercises with therabands led by Coach Chuck and then was seated on chairs in a circle for passing, tossing, and kicking around one or more playground balls simultaneously. Coach Chuck and photographer Joe were kept busy tracking down balls that somehow got out of the circle. The ball activity ended with trying to keep a beach ball in the air as long as possible – attempts ranged from 1 to almost 30 hits (the KHB Senor Class record is over 50). After about 30 minutes, the 3 squads rotated to their next activity.



A large group picture was taken and everyone enjoyed a luncheon of roast pork sandwiches, fruit, veggies, and other homemade fare including desserts of course. Near the end of the lunch, KHB member Chad Wester, a Ennis City Firefighter, gave a short presentation on fire extinguisher use and other important safety concerns/tips for seniors. Each participant received a safety handout and a collection of exercise and good eating tip sheets. Everyone really seemed to have a good time! All were invited to come join our Senior Class.



Mark your Calendar

Events around the American Sokol

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

July

- July 19** **Sokol KHB Ennis Friday Night Movie Watch Party**— Clubroom; 7pm–11pm
- July 20** **Ennis PD BBQ Cook-Off** — Sokol KHB Ennis
- July 21** **Czech & Slovak Festival** — Dearborn Heights, MI. One of the largest Czech & Slovak festival in Michigan! Our ethnic dancers & strolling musicians will make you feel as though you were in a cozy Czech or Slovakian village. This year's event theme "Kolache Festival," will make it hard to resist our delectable pastry booth. For more information visit www.sokoldetroit.com
- July 26** **Sokol Greater Cleveland Golf Outing** — Valleaire Golf Course
- July 27-Aug 3** **National Sokol Camp** — Detroit Michigan; Space is limited. Learn more on the "National Sokol Camp 2013" Facebook page.

August

- August 11** **83rd Annual Sokol Camp Booya & Picnic**— Noon to 5pm at the Sokol Camp on the northeast corner of Cross Lake in Pine City, MN. This event is open to the public and has food, music, beverages, kids games, bingo, and a country store. All this set into a beautiful lakeside location. Come join us for a beautiful sunny Sunday afternoon.
- August 16** **Sokol KHB Ennis Midsummer Party** — Clubroom 7:00 - 11:00pm
- August 18-25** **Sokol Washington Children Summer Camp** — Monongahela National Forest, WV; Contact sokol@sokolwashington.org
- August 24** **Sokol KHB Ennis Chamber of Commerce Auction** — Hall
- August 25** **Sokol/Sokolice Milwaukee Summer Picnic** — 11:00am - 5:00pm at Whitnal Park

American Sokol Deadline - Please note date!

Send your submissions, articles, events and photos to editor@american-sokol.org for the American Sokol by the 1st of the month prior to the publication issue! For example, send items you want included in the October issue no later than September 1st





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