

*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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*150th Gala*



# AMERICAN SOKOL

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# TABLE OF CONTENTS

- Board Information..... 2
- The Presidential Address..... 3
- The Sokol Educator..... 4
- Sokol Detroit's 140th Anniversary ..... 5
- Sokol Town of Lake Camp Reunion ..... 6
- American Sokol Gymnast..... 7-10
- The Gala Review ..... 11
- ASO 150th Weekend Update ..... 12
- Sokol Libraries..... 13
- Rising Star ..... 14
- Calendar of Events ..... 15
- Advertise with Us ..... 16

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\*except in July and August

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## The Presidential Address

Dear Brothers, Sisters, Members and Friends of American Sokol,

Congratulations! We did it! You did it! The 150th anniversary year of Sokol in America was a complete success! From the first celebration in St. Louis through the finale Chicago weekend, every District and Unit brought this historic year to a new height. The Capital Campaign is off to an amazing start. In January we will have an updated financial report of all funds raised in 2015 including 150 Club, Sokol Seals and the 150th Weekend. The delegations from the Ministry of Foreign Affairs of the Czech Republic and the World Sokol Federation were wonderful additions to the Gala. Thank you to all who participated, worked on the events, and donated to the efforts of this historic year.

We received several wonderful letters of congratulations including those from Cook County, IL, the Judy Baar Topinka Family, Ms. Kateřina Valachová, Minister of Education Youth and Sport of the Czech Republic, and Andrew H. Schapiro the U.S. Ambassador to the Czech Republic. One of the most important documents received was a Statement of Congressional Record. On Tuesday, October 27th, 2015 in the House of Representatives, Hon. Janice D. Schakowsky presented a statement on "Celebrating the 150th Anniversary of the American Sokol Organization." This is a statement that will forever be imprinted in U.S. history—see page 10. We are grateful for the recognition and support American Sokol has received this year from the U.S and Czech governments, our brother and sister organizations of the World Sokol Federation, and the American Friends of the Czech Republic. You can see all of our Gala sponsors on the American Sokol website.

The World Sokol Federation held their annual meeting in Chicago during the 150th Anniversary events. I am proud to announce that I was elected to the WSF as the 1st Vice President for the next two years. We also voted to accept a new organization: Sokol uni Slovensko. We welcome them with open arms. The World Sokol Federation is strong and dedicated to working together on future projects including a Prague Instructor School in November 2016, and another School after the 2018 Slet. We continue to cooperate with WSF activities throughout the year. Many of our Sokols received awards from the WSF for the Special Number Composition this year. Our next meeting is to be held in Pittsburgh during the 2016 Sokol USA Slet.

This past month I was able to attend the dedication of the new Sokol West building along with Southern District Sokols, the Governor of Texas, Ambassador Gandalovic and American Friends of the Czech Republic. The Sokol West family created a memorable event and the children performed in their Sokol for the first time. We are thrilled for Sokol West and for the entire community that has endured such a tragedy. This is a great example of how Sokols persevere. We have survived many eras of war, challenges and tragedies and therefore we have hope that we will survive another 150 years.

As this amazing, historic Sokol year comes to a close it is important that we take the time to remember our forefathers that built our wonderful organization and to also honor those we have lost this year. They taught us to be strong and to keep moving forward. 2016 is a new year and a new opportunity to start fresh and pursue new goals and adventures. On behalf of the Executive Board and Board of Governors I wish you all a wonderful holiday season, safe and healthy travels and success in the coming year. From my family, including my daughters Jenna and Maria, we wish you all endless peace and joy.

Veselé Vánoce ~ Šťastný Nový Rok ~ Ať žije Sokol!  
 Merry Christmas - Happy New Year - Long Live Sokol!  
 Nazdar!



# The Sokol Educator

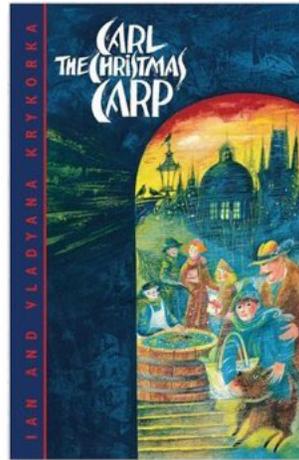
*from The National Education Committee*

While I realize you already know that carp is the traditional Czech/Slovak Christmas Eve meal, the tradition is worth mentioning each year in my opinion.

While today the carp is most probably bought ready to cook, the tradition is to catch it, have it swim in your bathtub for a few days and then kill it who had become attached to this new the arrival of the decorated Christmas bottom so that the slices are horseshoe the dinner plates for each person to keep year - also to bring good luck.

The table is set with one extra place or a departed family member. Many of hardly simply a Czech/Slovak “thing”.

There is a children’s book, *Carl the* and Vladyana Krykorka that does a the tradition of the carp and the season multicultural differences and acceptances and it was one of my favorite books to read during a children’s Miklulas Party.



for the feast. Thankfully, the children family pet had their attention drawn to tree and gifts. The fish is sliced top to shaped, for luck. The scales placed under (usually in their wallets) until the next

setting for either an unexpected guest these traditions are still carried on and it’s

*Christmas Carp* by Ian Krykorka wonderful job recreating the not only but also serves a great ending of a and joy. The illustrations are very sweet

Whatever your family traditions are this holiday season, may you enjoy them in good health surrounded by love and happiness. My hope for each of you is that you take the moment to enjoy the wonders of the season.

The American Sokol Office is happy to announce, that we have exciting news about our Merchant Services! We are now able to process credit card payments over the phone and online. We will also be able to process your merchandise purchases on site of our National Sokol Events such as the upcoming 150th Anniversary weekend.

The online payment was available for 150th Gala tickets and Sponsorship opportunities. We are looking forward to expanding the online payment to other events or merchandise in near future.

If you choose to pay with your credit card, please be aware of the payment processing fee of \$2.50 which will take effect from November 1st 2015.

We accept: Discover, Visa and Master Card

Please note that the American Sokol has reserved the right to make changes to the processing fee accordingly, and if so, we will notify you in advance.

We are looking forward assisting you with your purchases!

Nazdar! American Sokol National Office

For more information please email [aso@american-sokol.org](mailto:aso@american-sokol.org) or call at 708-255-5397

# *SOKOL DETROIT CELEBRATES ITS 140<sup>th</sup> ANNIVERSARY*

by Renata Zboril Greene, President of Sokol Detroit

On November 6, 1875, ten years after the formation of the American Sokol in St. Louis, 12 men of Czech decent met and decided to join together to form Sokol Detroit. Ulysses A. Grant was the President and the country was still pushing west. At this time in Detroit there was also a Fraternal Organization called Budivoj and in 1881 Sokol Detroit and Budivoj merged and became Sokol Budivoj. They met in the first hall built on St. Antoine on the near east side of Detroit. Also in 1881 the second National Slet was held on Belle Isle, an island in the Detroit River. Horse-drawn street cars and a ferry were used as transportation to and from the Slet.

The population was slowly expanding west from the Sokol Budivoj location so in 1889 another unit, Sokol Podlipny was established. It was named after a prominent Czech Sokol Dr. Podlipny. In 1909 another unit was formed named Sokol Palacky and they began to meet in the Polish Sokol Hall. In 1910 the three Sokol units along with other Czech organizations began to meet and make plans to build the Bohemian National Hall on Tillman and Butternut. A parade was held at the opening in 1914 and the mayor of Detroit, Oscar Marx and the entire Czech community was present. In 1917 the three separate Sokol Units voted to strengthen by uniting to form Sokol Detroit and its home was the new Bohemian National Hall. Early on Sokol Palacky had formed a women's group within their own Unit and in 1920 a decision was made to form a new group called Sokolice Detroit later to be known as Sokol Detroit Ladies Auxiliary.

In 1925 Sokol Detroit celebrated their 50th Anniversary with a 3 day celebration. The Bohemian National Hall housed not only the physical fitness and gym classes but it had a Library, Club Room, and a school room which held Czech language classes. The building had an auditorium where members put on theatrical productions and held many dances, dinners and celebrations. My parents were married there in 1935 and much later following a Czech custom, I had my name day.

80 years ago in 1935, Sokol Detroit purchased 20 acres of land on Sandy Bottom Lake in South Lyon. Year after year many improvements were made. A clubroom and kitchen dining area were built as well as a snack bar and a dance hall. Of course an ice house was needed where members stored chunks of ice cut from the lake in the winter so that food and of course beer could be kept cold in the summer months. Plumbing consisted of out houses and pumps. Things have changed over the years but the fact remains that the Camp still provides members with a venue for socializing and holding Sokol Detroit events.

In 1938 two gymnasts from Sokol Detroit, Louis Teichman and my mother Jarmila Zboril, joined the representation of gymnasts from the American Sokol to the Slet in Prague. They won their spots by competing with other American Sokol members and joined the American Sokol Team.

As the membership began to move to the suburbs Sokol Detroit with the support of the Ladies Auxiliary began to look for land to build a new home for the Unit. Our current hall was dedicated in 1967 and with the hard work of membership the mortgage was paid off in 6 years, which is an accomplishment to be proud of.

In 1975 Sokol Detroit celebrated its 100 year anniversary. A special flag was made for that occasion and a formal banquet was held. We also hosted the American Sokol Convention that year.

In 1991, after much deliberation, the membership voted to merge Sokol Detroit and Sokol Detroit Ladies Auxiliary so that the men and women would have an equal responsibility for the continuation of Sokol Detroit as a Unit in the North Eastern District and a participating member of the American Sokol. It has always been an honor and a pleasure to participate with Sokols Abroad in Canada and with the COS in the Czech Republic as well as Sokol USA or the Slovak Sokols.

In 2001 we were very proud to host the National American Sokol Slet for the North Eastern District in the metropolitan Detroit area, a challenge that was both profitable to us, and to our parent organization. Again, it came about by members working together as a Unit and with the co operation of the District.

*continued on page 6*

# Sokol Town of Lake Camp Reunion 2015

by Sis. Henrietta Milan

It was a beautiful sunny day for the Sokol Town of Lake Camp Reunion on October 11, 2015 in Willow Springs. Our group photo had several campers and guests missing as they were out walking the trails and enjoying nature. Julie Barcal, Bob Husa, and Madge and Ron Diedrich hiked out to Joe's Pond and recalled sneaking



out of camp at night to Joe's Pond and knocking on the car windows of older campers parked there. They also hiked a trail at the Little Red School House and saw where the original school had been located, singing old camp songs on the way.

New faces were Nancy Zak and Shirley Hubbard. Ray Hemzacek passed a card around to sign for Len and Viv Navratil. He left early to spend time with Len. We missed Len and Viv. The family of Vyskosils attended with their young granddaughter. She was our "top man" to get on her father's shoulders to hang the Sokol Camp signs. Our logo sign was made by Franklin Havlicek in 2000. Lots of pastries and snacks were available along with sandwiches for lunch.

Last year, 2014, the annual camp picnic was cancelled due to construction on the grounds. They contacted Vlasta Stribrny for the October 11th date this year. Also Annette Schabowski announced that our longtime Sokol friend Marilyn Vacha Deal passed away on January 7th this year. Marilyn introduced the Banfi girls to Sokol in 1949. All of them attended Sokol classes, drilled in Pilsen Park and are members of Sokol Fort Worth, Texas, and Sokol Tabor in Berwyn, Il. A tribute was made in her honor. We all shared many wonderful memories and experiences in our Sokol travels. A lot of good bye hugs took place. See you next October–Nazdar!



## Have a Safe & Happy Holiday Season!

*continued from page 5*

Alice Khol, the North Eastern District President stated so nicely at our celebratory dinner, “ the most beautiful things in the world cannot be seen or touched, they must be felt; the importance of family, pride, co-operation, honor and discipline. These will remain the standard bearers to succeed in our great society and they are the qualities at the very essence of Sokol Detroit.”

I would like to take a moment to remember all of the members who came before us and made this celebration possible. 140 years of dedication by members who asked for neither fame nor glory, as Trys so aptly stated, that have held this Unit and the organization together. Every generation has contributed to our longevity. We thank those brothers and sisters for the rich heritage they left for us to build on. With the continued dedication of our membership, Sokol Detroit will survive and flourish as a thriving member of the American Sokol providing a nurturing community for families and individuals.

Nazdar!



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

Throughout this publication of the GYMNAST, I have quotes that will hopefully motivate you not only in your health and fitness goals, but in your everyday life as well! I do not take credit for ANY of the quotes, but are quotes that I have seen throughout the years that have been on posters, on gym walls, in magazines, etc. I am sure they all have authors, but where I have compiled them from-have not seen credit given to anyone! These are just for you to enjoy and hopefully encourage you! KP ;) “Strive for progress NOT perfection!”

## Maximize Every Workout

*These simple recovery strategies will transform your energy-and your body!*

By: Janet Lee From: Shape.com

What’s the big deal if you take your sore legs out for a run? It could mean you waste your breath rather than net results. To help you get the most out of every workout, we’ve recruited top experts to explain the best post-exercise dos and don’ts. “Being smarter about recovery can help you become faster, leaner, stronger, and fitter,” says physical therapist Robert Forster, the owner of Phase IV Scientific Health and Performance Center in Santa Monica, California.

For the most part, fit people can bounce back from a moderate workout within 24 hours, Forster says. During that time, your body resets itself: Hormone levels rebalance, inflammation goes down, liver and muscles stock up on fuel, cells rid themselves of lactic acid and other waste products, and muscles and connective tissues lay down collagen and patch up tears. But a killer boot camp session might require 48 hours or more to recoup from fully. “And it could be 72 hours before you regain your entire range of motion,” Forster says.

That’s why it’s important that you limit intense workouts to three days a week, and if you’re doing daily resistance training or CrossFit, plan your routine carefully so you’re not challenging the same muscles in the same way each time. (That holds true for any exercise you’re doing several days a week. Give your body a break by changing up your pace, intensity, and distance and by adding cross-training.) “Overdoing it creates hormonal havoc, endocrine burnout [when chronic stress, in the form of too much exercise, overtaxes the system, making it less responsive], and injury,” Forster explains.

How you structure your routine is just part of the equation. What you do after can maximize the body-shaping effect of those sessions. Try these top techniques for recovering faster and stronger, and you’ll see the results not only in the renowned power of your reps but also in the sculpted body they carve.

Ice right away; heat the next day - Ice for 10 minutes after a tough workout (so, ice your shoulders after a workout loaded with clean and jerks). This slows blood flow to the area, which thwarts inflammation and swelling, says Alyssa Alpert, the head athletic trainer for the New York Cosmos men’s professional soccer team. Keep



icing throughout the day if you're really sore. With stiffness or spasms, which might kick in the next day, use heat, suggests Nadya Swedan, M.D., a physiatrist in New York City. "The warmth speeds blood flow to the area, relaxing muscles." Take a hot shower, use a heating pad, or apply a ThermaCareHeatWrap, which is sized to fit specific muscles and stays warm for up to eight hours.

**Foam-roll, then stretch** - "Rollers help increase circulation and relax knotted tissues; stretching returns muscles



to their normal resting length and helps line up new collagen fibers that your body creates during recovery," Forster says. The National Academy of Sports Medicine says to roll before getting bendy, because the pressure helps turn off overactive muscles so you can stretch them more easily. During your cool down, target the major muscles that you used and especially those in the lower body and back for five minutes, rolling slowly back and forth along the length of the muscles. Next, stretch the same areas, Alpert says. Later, go back and hit your entire body or zero in on still-tight areas with the roller. When you find a tender spot, don't roll; stay stationary and breathe deeply for 30 to 60 seconds.

**Eat protein and carbs shortly after your workout** - Thirty to 60 minutes post workout is the window when your muscles are primed to take in protein to start the repair process and carbs to refuel. "Make sure that within 30 minutes you have a snack containing 10 to 20 grams of protein and a one or two or a one to three ratio of protein to carbs," says Andrea Vintro, R.D.N., a dietitian specializing in sports nutrition in Portland, Oregon. (She suggests a cup of low-fat yogurt and a small banana for a total of 14 grams of protein and 40 grams of carbs.) Eat the same ratio again within about two hours, unless you're having a meal. To rehydrate, down at least two to four cups of water during this time as well. "Studies show that with rest and a balanced diet, your muscles' glycogen stores can be replenished in about 24 hours," Vintro says.

**Sleep well; keep moving** - Lack of sleep leads to fatigue, depressed immunity, and higher stress hormone levels, which all make for a crappy workout, Dr. Swedan says. Aim for seven to nine hours of quality shut-eye a night. If you've scheduled a workout but are feeling fatigued or achy or your muscles have that heavy sensation, that's your body telling you it hasn't recovered. Take a rest day, but don't just sit around. "A little activity will help flush out any remaining lactic acid and keep your muscles loose, particularly if you're working out hard every other day," Alpert says. That means stretch, hop on a bike for 15 minutes, or do yoga.

*With the holidays coming up, I thought it would be good to show how not only our food choices, but also our "drink" choices may alter our fitness goals! Please read below, but remember it is all about moderation!! KP ;)*

***"The stronger you are the better you feel!"***

***"The greatest wealth is HEALTH!"***



## How Does Alcohol Negatively Affect Your Fitness?

By: Ashley Laurretta From: Active.com

When assessing your overall health, your exercise tendencies are not all you should consider. Your diet—both food and drinks—should be analyzed as well. Not only does this include a cheeseburger, a soda or some sweets after dinner. It also includes that glass (or two) of wine, beer or any other alcoholic drink.

Alcohol does affect your fitness, and it's important to know what it does to your body. If you still choose to have a few drinks, you should understand the potential effects. "The most outstanding thing to know, if you're in fact working out to lose weight, is that drinking alcohol is counterproductive to that," says Dr. Nick Campos, a chiropractic sports physician. "If you want to lose weight, one of the best things you can do is to stop drinking. Alcohol is an extra calorie; we can't process it or utilize it for energy, so it just packs on as weight." Alcohol can affect you pre- and post-workout in different ways. This includes more than just potentially causing you to skip a workout, should you have those symptoms that come with an even slight-hangover.



**Effects on Future Workouts** - The biggest effect drinking has on future workouts involves hydration. "Alcohol is a diuretic, meaning it will cause you to lose excess water," says Amanda Turner, MS, RD, a registered dietitian and researcher at the University of Colorado Anschutz Health and Wellness Center on the Anschutz Medical Campus in Aurora, Colorado. "Because of this, you don't absorb alcohol as well as a fluid. If you're more than 2 percent dehydrated when you start a workout, your performance isn't going to be as good as if you were fully hydrated."

Alcohol isn't the only thing that causes water loss, so this is even more important to remember during certain times of the year. The Institute of Medicine states: "Prolonged physical activity and heat exposure will increase water losses and therefore may raise daily fluid needs."

In the summer months especially, alcohol before a workout can contribute to additional water losses that are often unavoidable due to high temperatures.

**Metabolism** - Alcohol is a toxin, and once consumed, your body works to metabolize it so it can remove it from your system. "Anytime we are ingesting a toxin, the liver has to neutralize it," Campos says. "It makes the liver work hard during the metabolizing process, your liver is depleted of glycogen, meaning your body has less glycogen stores."

"The next morning after you have had a few drinks, you have less carbohydrate stores, so endurance tends to be lower," says Georgie Fear, RD, author of *Lean Habits For Lifelong Weight Loss: Mastering 4 Core Eating Behaviors to Stay Slim Forever* (April 2015). "In addition to a lower amount of endurance, you're more susceptible to getting low blood sugar during athletic performance."

Because of this, Fear tells her athletes if they're going to have a couple of glasses of wine, don't do it the night before a long run or 5-hour bike ride. You want your body to be storing up as much glycogen as it can.

**Effects on Muscle Recovery** - When it comes to recovery, experts often reference dehydration once again. Turner says alcohol extends recovery time, because you actually are going to be promoting more dehydration when drinking it. Campos agrees, and adds that you should postpone your celebratory alcohol after a race or long workout until after you have gotten yourself adequate food and water, post-event.

"You need to go through the recovery and hydration process, first," Campos says.

Alcohol will slow recovery because your body operates as a unit, not a single system. According to Campos, when your liver is engaged and metabolizing the alcohol in your system, it can also engage your digestive system





and kidneys—as they all work together—and affect recovery.

**Overall Health** - In addition to hindering muscle recovery and future workouts, alcohol also affects your overall health.

"If you're drinking in the evening and are having multiple drinks, it can affect sleep," Turner says. "It affects your rapid eye movement sleep, which is where a lot of recovery happens. REM is where the immune system gets rejuvenated, so that could affect muscle synthesis."

Turner also notes other health risks, such as an increase in heart disease and diabetes risk factors for those who drink too much (more than one drink per day for women and more than two drinks per day for men).

You don't need to completely abstain from alcohol to lead a healthy lifestyle, but it's important to remember the potential downfalls the next time you reach for a drink."

"Your life does not get better by chance, it gets better by CHANGE!"

"Small daily improvements are the key to staggering long-term results!"

"People with goals succeed because they know where they are going!"

"When you feel like quitting: Think about why you started!"

*Congratulations  
Sokol!*

CELEBRATING THE 150TH ANNIVERSARY OF THE AMERICAN SOKOL ORGANIZATION

**HON. JANICE D. SCHAKOWSKY**

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, October 27, 2015*

Ms. SCHAKOWSKY. Mr. Speaker, I rise today to recognize the 150th Anniversary of the American Sokol Organization. As one of the first organized gymnastics and fitness organizations in the United States, I would like to congratulate the American Sokol Organization on this important milestone and applaud them for its continued efforts to provide fitness, educational, and cultural programs to their communities. The American Sokol Organization will celebrate this anniversary on November 14, 2015 at the Women's Athletic Club of Chicago, and as a Co-Chair of the Czech Caucus, I am pleased to see them mark such an important date.

The anniversary celebration taking place in Chicago will feature two important guests. I want to take this opportunity to congratulate Petr Gandalovic, Ambassador of the Czech Republic to the United States, and Kristyna Pellouchoud Driehaus, KMD Foundation, American Friends of the Czech Republic and Chicago Czech Center for taking part in this magnificent celebration as Honorary Co-Chairs.

On March 19, 2015, I attended a wreath laying ceremony marking the 25th Anniversary of Vaclav Havel's speech to a joint session of Congress and dedicating his bust's new and permanent location in Freedom Foyer. This event was attended by leaders of Congress, and Czech Ambassador to the United States, Petr Gandalovic.

The first American Sokol unit was founded by Czech and Slovak immigrants, Karel Prochazka, Jaroslav Vostrovsky, and E.B. Erben, in Saint Louis, Missouri in 1865. At that time, large numbers of immigrants were flocking to the United States and these founders created community centers for their children to learn and engage in fitness activities—these centers were the first American Sokols.

During the first 50 years of the organization, many American Sokols were formed throughout the United States, and all of these units were incorporated into the American Sokol Organization on January 1, 1917. Today, well into its second century in service, American Sokol remains an organization dedicated to the physical, mental, and cultural enrichment of its members. American Sokol has been shaping the lives of Olympians, diplomats, artists, athletes, and most importantly, the families in the communities in which we serve.

*"Strength doesn't  
come from what you  
can do. It comes from  
overcoming the things  
you once thought you  
couldn't!"*

Sokol is the Czechoslovak word for falcon, and it is an appropriate symbol since the falcon is a bird that has great love for freedom, as well as strength, courage and agility. The Sokol philosophy strives for physical fitness for their members, believing that to maintain a free nation, its people must be physically and morally strong.

American Sokol members represent a wide age range. Members range from preschool children to retired adults. This diversity allows older members to pass on the benefit of their wisdom and experience to the young people in a personal way. In combining Czechoslovak culture, the American heritage, and American Sokol ideals, this organization has contributed greatly to the welfare of the United States. Many American Sokol members have served their country with distinction, in World War I, World War II, the Korean War, and the Vietnam conflict, and beyond.

I am proud to join with American Sokol members in the 9th Congressional District of Illinois, which I am honored to represent, and members of American Sokol Organization in the City of Chicago and all over the United States, as they celebrate their 150 years of excellence, achievement, and contributions to the greatness of the United States.

# The Gala Review

by Sis. Lynda Filipello, PR Director

One hundred and fifty years of history coupled with 18 months of intense planning culminated on November 13 and 14, 2015 with simultaneous celebrations in three different locations for American Sokol members and supporters.

On November 13, 10 units and lodges with deep Sokol history performed special musical numbers for over 250 spectators. This followed with refreshments and camaraderie for hours into the night. The next day, many members enjoyed volleyball and bowling, but the grand finales were yet to take place.



The Women's Athletic Club on Michigan Avenue in Chicago, IL was the fitting location for the 150th GALA that included many American Sokol members and distinguished supporters from as far away as the Czech Republic.

American Sokol President Jean Hruby welcomed all serving as mistress of ceremonies. Many accolades were expressed to many organizations that have supported the American Sokol throughout their 150 years. The American Sokol Executive Board and Honorary Co-Chairs H.E. Ambassador Petr Gandalovic and Kristyna Pellouchould Driehaus were very proud to serve as hosts to all.

The entertainment featured the History of Sokol with music representing the music of each momentous segment of our history that accompanied the nine minutes of verbal history. Performers included the Wheels and six female gymnasts representing Sokols Naperville Tyrs and Stickney demonstrating poses and movements appropriate to the music and the time period. The choreography was written and performers lead by Mary Bajek of Sokol Naperville Tyrs. The audience broke out in applause many times during the performance for the music and the performers.

President Jean Hruby welcomed Ms. Katerina Valachova, Minister of Education of Youth and Sport of the Czech Republic to the podium as one of three speakers to the more than 225 guests. H.E. Petr Gandalovic, Ambassador of the Czech Republic to the U.S.A. and Borek Lizec Consul General of the Czech Republic in Chicago, also spoke that evening.

Hana Mouckova, president of the World Sokol Federation, Robert Tmej, Sokol Canada, John Mooney, D.A. Sokol president, Joseph Bielecki, Sokol USA president, and Joseph Topinka added to the evenings speakers congratulating and extolling the virtues of Sokol in America.

Major contributors offered their support for our Capital Campaign Gateway to the Future is dedicated to developing future Sokol leaders in the field of sports and administration and upgrading of American Sokol facilities.

Eighteen months of planning included many members. Rome Milan of Sokol Fort Worth set up his impressive American Sokol Historical Display in two locations, the Lisle Hilton and the WAC. Andrea Vachata of Sokol Stickney hand-painted hundreds of wine glasses that each guest was presented along with a swag bag featuring our Gateway to the Future Logo. Each bag also contained a medallion and a 14x17 poster of four images of Dr. Tyrs by Rome Milan along with The Commemorative Book designed by Patricia Satek and her committee. Meribeth and John Tooke took charge of the Silent Auction, which was a great success with many artifacts celebrating Sokol and football.



# 150th Weekend Update

by Sis. Maryann Fiordelis, National Physical Director

It's hard to believe that our 150th weekend celebration has already passed. If you were there you were sure to enjoy yourself. We have received many complimentary comments. Here are some highlights of the events mentioned above.

We started off with packet pick-up at our main hotel, Hilton Naperville-Lisle. Rome Milan and group busily put together one of the historical displays which was located at the hotel. Then it was off to the Max Sports Center in preparation for the Special Number Events; packet pickup was moved to the Max. Special Number walk on rehearsal were kept on time by Co-Coordinator, Kathy Barcal and Bob Kucera, Central District Physical Directors and Assistants on the National Board of Instructors. What a great variety of numbers were viewed that evening with numbers from American Sokol Units Chicagoland & Naperville-Tyrs, Cedar Rapids, Detroit, New York, Spirit, Stickney, and Tabor as well as Sokol USA Farrell and DA Sokol with themes including through the ages, Super Heroes, Birthday Wishes, Marionettes and Wheels. It was nice to see so many people in the audience including representative from World Sokol Federation. We had a very successful 50/50 raffle.

After the program we went upstairs for our social which was held in the Pub at the Max and chaired by Howie Maskill. We had face painting and bouncy house for the kids, a variety of appetizers, a very busy bar and lots of socializing. It was great to see so many of our Sokol friends and catch up on their lives.

Saturday morning was off to an early start back at the Max for male and female volleyball tournaments. Many thanks to Dick Vrba for handling these tournaments. Another fine job! We fielded six male's and eight female's teams. Our male teams were from Detroit, Greater Cleveland, Spirit (2), Stickney and Tabor, Our female teams consisted of teams from Detroit, Greater Cleveland, Spirit (3), Stickney (2) and Tabor. The competition was fierce but I don't know of any team that had more fun playing (and watching) than Sokol Stickney's SicKnees. First Place Male Team went to Sokol Greater Cleveland and Second Place was Sokol Tabor. First Place Female Team went to Sokol Greater Cleveland (Cleveland Rocks) and Second Place was Sokol Stickney. The Creativity Award for Names definitely goes to the Females with such names as SoKool Around, Cleveland Rocks, Czech Mates, All About that Ace, Don't Bump with Strangers, Set for Life and SicKnees. We also had a successful 50/50 raffle.

While the volleyball tournament was in the throes of competition we had another group at Rolling Lanes participating in Bowling for Fun with 49 bowlers. This event was co-chaired by Linda Baran and Juanita LoGiudice. Gag prizes were awarded to 1st and 2nd place in our Bowling/Sokol Trivia contest. Prizes were also awarded for "Most Sokol Spirit", Highest score for first 2 games and "Best Golf Score for first 2 games" (aka lowest score bowled. Prizes included 'Dancing Solar Turkeys' (appropriate for the season) and Red, White and Blue glow sticks and wands (appropriate for our theme). Game 3 was a wacky bowl game where every two frames how they had to bowl was changed up. The ways were not always easy and one participant had his 7 month old help him bowl. Among the bowlers were two that were sight impaired with kudos to them as they bowled better than most.

I big thank you to Barb Kucera for getting our volunteer workers for these events and for helping put the packets together. Thank you to all who volunteered at any of the events. You sure made our lives easier and we couldn't have done it without your assistance. And a special thank you to those who chaired events or assisted on our committees.

Although we feel this weekend was highly successful we did have a couple of bumps along the way. All committees for this weekend will be putting final reports together including financials and lessons learned. If you have comments (good or bad) about your experiences, please send them to me [mfiordelis@yahoo.com](mailto:mfiordelis@yahoo.com) or to Jean Hruby, [jean.hruby@gmail.com](mailto:jean.hruby@gmail.com). They might be helpful as we plan for our 2017 Slet.

NazDar!

# The Mission of a Small Sokol Library—Archives, Artifacts and Books

by Br. Ed Chlanda, Sokol NY

Historically, Sokol units had as part of their mission, the creation of a library. Our 150th is a good time to remind ourselves of this. Tyrs and Fuegner wanted to develop the whole person, so a sound mind suggested to them that all units have a library. Of course they did not know that Google and Wikipedia would force the redefinition of libraries. For Tyrs and Fuegner's world, the printed word was the internet of the time. No printed words, no books, would be like no internet access today. Then and now, it is all about sharing knowledge to that sound mind in a sound body.

Today, with instant internet information at hand, the libraries of Sokol units no longer have the role of a classic library for immigrants. Tyrs would expect us to evolve. When I was elected chair of the Sokol New York Library (2001 to 2011), it had the stories of Monte Cristo and Zane Grey Westerns in Czech, and countless fine books. I was, am, a layperson, like many of the chairs of Sokol libraries, not any sort of expert. Still, I would like to share some practical "library" thoughts with units. To paraphrase an old book in our library, *What is the Mission of a Small Nation*, what is the mission of a small library?

I benefitted from a symposium on North American collections sponsored by the Czech and Slovak embassies in Washington, D.C. over a decade ago. Another one is overdue. Hint to them. Our Sokol history was fast disappearing as the pamatniks, and rare books were trashed after people passed on. Who could still read Czech? Who cared about this journal from decades ago? So here are some practical suggestions for Sokol libraries that may be helpful.

**Archives are more important than books.** Every book is probably in some other library somewhere. So fine leather bound books, are duplicates of books in other libraries. However, archives are unique to your unit's library. That history exists nowhere else. History that is of value. History that deserves preservation. Pamatniks are the best books. Those journals of the local unit or nearby churches are the unique records of our heritage, sprinkled with ads from the local butcher shop and restaurant, they convey the then to now.

**What is your narrow focus for books?** Sokol NY had a lending library a century ago. No staff of volunteers for that now. So keeping books that may be elsewhere, is a problem. Some books are special. Perhaps the special publishers of Czech and Slovak books, or the exiles. What to do with the communist era bible? Well that can be argued, but it is part of our mixed bag of heritage, and I am wary of discarding it in today's disgust with that era.

**Adding to the collection.** We kept reminding our members that we wanted that old "stuff" that their children would not know what to do with. A dear member would donate things at times, and add that some things she could not part with for now. When she passed, her daughter promptly trashed it. Truly a loss of our collective heritage. So keep posting those reminders in your newsletters. Sometimes you will find a crate of stuff dumped on your door step. We ask donors to provide a list so we can screen them ahead of shipping. That assumes you have a computer catalog and some volunteers to work it. Ask to copy the practical donation form used by NCSML.

**Catalogs of Books and Artifacts.** Personally, I am happy with "Past Perfect" software, recommended by my favorite librarian in 2001. But you could use others. "Past Perfect" can be exported to Excel and posted on your website if you can. Sometime scholars find our library by accident, but if you post your books and a pdf of your archives, Google will let the world know the gems that you have.

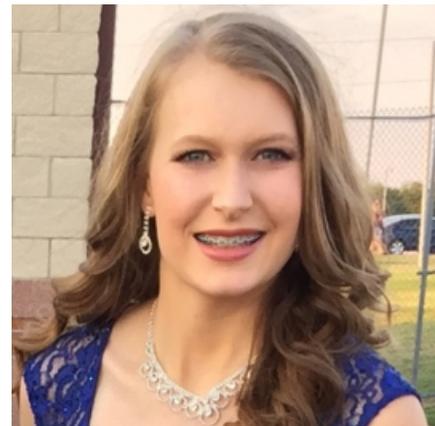
And no mention of artifacts, temperature and humidity, acid free paper, professional assistance, display of artifacts, sharing on the internet, etc. For now, let's think of our "mission of a small library." Save that heritage. Ask your board to fund your library as needed. Ask for volunteers. There is a great trove of artifacts in your unit's attic and basement. Dust it off and display it! Your biggest artifact is your building. I was happy to be Building Chair for 4 years (2011 to 2015) as an extension of my library tour of 10 years. It was gratifying to restore as much as I could arrange with the great volunteers we had.



## ***RISING STAR:***

# PAIGE TIGNOR

submitted by Jan & Chuck Kalat



Paige first became involved with Sokol in the Fall of 2007 at the age of 9 -- attending the young girls class at Sokol Karel Havlicek Borovsky (KHB) in Ennis, Texas. Over the years, she proved herself an involved Sokol member by progressing from Level 1 to Level 4 as a gymnast; participating in annual exhibitions, State Fair showcases, unit competitions, Southern District and National Slets. By age 14, with the 2012 "beginner" level American Sokol National Instructor School under her belt, she became an assistant instructor for the tots and beginner girls classes. Today, she has progressed to the lead instructor position for the girls' level 2 class and assists with the other level classes as well. At the same time, she also pursued her own competitive interests -- competing in the National Slets in Ft. Worth and Milwaukee, annual Southern District Slets in West, Ennis, Corpus Christi, and local Texas Amateur Athletic Federation meets. Not only a "gym girl", Paige helps with our Kolache bake fundraisers (300 dozen in a single day), parents night out fundraisers, and works the annual Polka Festival water and souvenir booths.

In 2015, Paige attended the American Sokol National School in Brookfield, IL, where she distinguished herself as one of the top intermediate level students finishing 4th in a group of 19. The school staff presented her with the Intermediate School Leadership Award. Paige is ever the energetic, positive, young woman role model we want for our young gymnasts.

Paige's Sokol work and accomplishments have been squeezed into a busy high school student's life. She is an accomplished student taking advanced placement and dual credit classes at a local college where she received its "Brilliance" scholarship. Paige is a member of the National Honor Society and a winner of a VFW District Audio Essay Scholarship. As a member of the award winning Ennis High School Band, she plays the flute, marches as a member of the flag line, and serves as a Squad Leader. Her Sokol training helped her as a cheerleader throughout high school and to attain her current role as Varsity Cheer Captain. She has an outgoing, positive personality. As an 11th grader, she was a Homecoming Princess and was also voted "Junior Class Favorite". She is the 12th grade Class Secretary and the 2015 Ennis High School Homecoming Queen.

Outside of school and the gym, she is an 11 year active member of the SPJST youth club, has served in all its youth leadership roles, and participated in its "Leaders in Training" program for 4 years.

In the fall of 2016, Paige is off to a university as a political science or pre-med student. There is no doubt she is sure to succeed in whatever endeavor she undertakes. We would be proud if she keeps Sokol in her future as well.

Check out the [www.american-sokol.org](http://www.american-sokol.org) website.

150th merchandise order information is at News tab on the website.



## Mark your Calendar

### Events around the American Sokol

Get your event featured! Email [editor@american-sokol.org](mailto:editor@american-sokol.org)

## November

- November 1**     **Annual Czech Dinner Party** — Sokol Cultural Center, Dearborn Heights, MI
- November 7**     **Central District Annual BOI Meeting** — Central District Office, Brookfield, IL
- November 8**     **Central District Annual Meeting** — Chicagoland, IL
- November 13-15** **150th Anniversary Weekend** — Chicagoland, IL
- Friday, November 13, 2015**
- Special Number Performances Event – Max Sports Complex, McCook, IL
  - Social – Max Sports Complex, McCook, IL
- Saturday, November 14, 2015**
- Volleyball – Max Sports Complex, McCook, IL
  - Bowling for Fun (TBD)
  - Sokol Anniversary Party (in evening with dinner & dancing), Hilton, Lisle, IL
  - 150th Anniversary Gala – 5pm (dinner & presentation), Women's Athletic Club Chicago, Chicago, IL. Includes Silent Auction & A Tribute to Sokol History
- Sunday, November 15th, 2015**
- World Sokol Federation Meeting – Hilton, Lisle, IL
- November 21**     **Walk for Health at San Francisco Presidio** — Sokol Los Angeles, Los Angeles, CA
- November 21**     **Czech Fall Festival** — Sokol Cultural Center, D
- November 22**     **Central District Junior Girls Volleyball Tournament** — Sokol Tabor, Berwyn, IL
- November 22**     **Family Sunday Funday** — Sokol Spirit, Brookfield, IL

## December

- December 5**     **Sokol Los Angeles Annual Meeting** — Crown Plaza Hotel, Foster City, CA
- December 5**     **Central District Male Competition & Skills Day** — Sokol Tabor, Berwyn, IL
- December 5**     **St. Nicholas Feast** — Sokol Washington, D.C.
- December 12**     **Czech Beer Festival** — Sokol St. Louis, American Czech Educational Center, St. Louis, MO
- December 13**     **Central District Rhythmic Competition & Skills** — Elite Sports Complex, Downers Grove, IL
- December 26**     **Sokol Los Angeles Dinner-Dance** — Crown Plaza Hotel, Foster City, CA



### American Sokol Deadline

Send your submissions, articles, events and photos to [editor@american-sokol.org](mailto:editor@american-sokol.org) 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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