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VOL. CIV - NO. 6

JUNE 1983

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Educational and Physical Culture Organization



DEDICATION OF THE
KAREL-HAVLICEK STATUE
in Chicago, Illinois
MAY 15, 1983



EXECUTIVE BOARD MEMBERS
and Sokols who participated
in dedication.



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at ASO Office

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JERRY RABAS
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JOHN SATEK
By-Laws Chairman - JOSEPH KOVAR

Calendar of Events

- JUNE 11 - SOKOL SAN FRANCISCO
Last Dinner - dance
- JUNE 11 - CENTRAL DISTRICT
Junior and Senior Awards Night at Sokol Stickney
- JUNE 12 - CENTRAL DISTRICT SLET
Riverside-Brookfield High School
- JUNE 18 - NORTHEASTERN DISTRICT
Junior girls and boys competition
- JUNE 18 - SOKOL MILWAUKEE
115th Anniversary Celebration

- JUNE 18 - NORTHEASTERN DISTRICT SLET
Sokol Camp - Sandy Bottom Lake
- JUNE 19 - NORTHEASTERN DISTRICT EXHIBITION
Sandy Bottom Lake, Michigan
- JUNE 24-27 - SOKOL GREATER CLEVELAND
Dedication of Czech Chapel - Washington D.C.
- JUNE 26 - SOKOL LOS ANGELES
Czechoslovak Day - Alpine Village
- JUNE 26 - SOKOL LOS ANGELES
Czechoslovak Day in Alpine Village
- JUNE 29-JULY 2 - SOKOL U.S.A. SLET
Pittsburgh, PA
- JULY 9, 10, 11 - SOKOL DETROIT
Czechoslovak-American Festival
- JULY 10 - SOKOL DETROIT
Ethnic Heritage Run
- AUG. 14 - SOKOL SAN FRANCISCO
Picnic
- AUG. 14 - SOKOL MINNESOTA
Sokol Camp Booya Picnic, Pine City, MN
- SEPT. 25 - SOKOL SOUTH OMAHA
Czech Festival

CORRECTIONS:

NORTHEASTERN DISTRICT:
Sokol Cleveland - Director of Women
Mary Ann Imburgia
1791-C Rolling Hills Drive
Twinsburg, Ohio 44087



**HAVE YOU
SENT IN YOUR
NEW ADDRESS?**

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol.....

Name.....

Old address.....

..... Zip.....

New address.....

..... Zip.....

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIV

June - 1983 - Červen

Číslo - No. 6

District Presidents' Conference

Saturday, April 16, 1983

Oak Brook Marriott - Oak Brook, Illinois

Meeting was called to order at 9:10 a.m. by the President, Bro. Roy Zitny, with the following members present: AMERICAN SOKOL ORGANIZATION BOARD; Bro. Roy Zitny, President, Bro. George Basta, I. Vice-President, Sis. Betty Prener, II. Vice-President, Sis. Jackie Kourim, Secretary and American Sokol Editor, Sis. Mildred Pinc, Financial Secretary, Bro. Robert Barcal, Treasurer, Bro. Paul Lebloch, Director of Men, Bro. Stanley Barcal, Educational Director, Bro. Jerry Rabas, Public Relations (Czech), Sis. Vlasta Zitny, Public Relations (English) and Sis. Nancy Borvansky, Public Relations (English), Bro. Fred Kala, Membership Director, Bro. James Sprtel, Bro. Charles Borvansky, Bro. John Satek, Bro. Joseph Kovar, By-laws Chairman; excused Sis. Marie Ptacek, Director of Women.

District Presidents: Sis. Louise Nekuda, Pacific; Bro. Gary Masek, Western; Bro. Ben Maca, Southern; Bro. Robert Jirousek, Northeastern; Bro. Frank Capek, Eastern; Sis. Anna Basta, Central (Vice-President); guests, Sis. Agnes Sotka, Sis. Helen Prener, Sis. Maryann Satek, and Bro. Charles Kalat.

Bro. Zitny welcomed all the meeting and asked all to stand for the Pledge of Allegiance to the Flag of the United States of America. The members were then asked to remain standing for a silent tribute to our departed Sokol sisters and brothers; Bro. Ed Hlinka, Sis. Lorraine Zdenek, Sis. Mildred Prchal and Bro. Charles Prchal.

Voting on major issues was explained; The District Presidents each having one vote for a total of 6; President, I. Vice-President, II. Vice-President; Secretary, Treasurer and Financial Secretary, each having one for a total of 6 and a grand total of 12 votes.

I. District Presidents' reports, were presented. Instead of reading their reports Bro. Zitny asked each president to present the highlights of their district.

PACIFIC DISTRICT - Sis. Louise Nekuda: Four units in our District have increased their activities considerably in the last two years. Sokol Seattle our farthest unit is trying to find a suitable gymnasium. Also play volleyball with the Vancouver Sokols. Sokol San Francisco has regular gym classes and is planning

on sending representatives to the Slet in Pittsburgh this summer. After several years of no gym classes, Sokol Fresno now has regular classes. Los Angeles Sokol is the most active group with gymnasts, a dance group, renewed singing and Czech theater groups. Their district course was the highlight of the year. District was well represented at Slet in Fort Worth and Vienna. Plan on having a Slet in 1985 and send a number of representatives to the Slet in Chicago. The distances between the units are great but we do our best to keep in contact and alive!

SOUTHERN DISTRICT - Bro. Ben Maca: Seven units in the Southern District, Sokol Zizka, Dallas, Sokol Karel-Havlicek Borovsky, Ennis, Sokol Fort Worth, Sokol Houston, Sokol Gymnastic Association, West; Sokol Corpus Christi, Sokol Karel Havlicek, Yukon, Oklahoma. Financial prospects are good, new unit Sokol West. Membership has been increased. Projecting a new unit by convention, probably in Temple. Sokol West has lost their building from the school district, looking for a new place. Sokol Zizka hosted the Slet, is building an addition. Sokol Ennis, 75th anniversary, planning expansion of the district library located in their building. Sokol Houston, grown in membership, new building built. Sokol Corpus Christi, new improvements to their building, and grounds including a new barbecue pit. Bro. Jack McClure is very active in helping new units that are trying to get started. Have long distances to travel between units. Sokol Yukon in Oklahoma City not too successful in getting the new people around them interested in Sokol. Work hard toward getting their membership built up. Southern District has a post card which they are now selling. Cover the great distances very well between their units. Funds set aside from the district to promote new membership.

EASTERN DISTRICT - Bro. Frank Capek: Seven active and 4 inactive units, total membership 1,198. Sokol Curtis Bay, Newark, Philadelphia and Schenectady mostly members of senior citizen age. Sokol Baltimore very active gymnastically, socially and financially. Sokol Belcamp, no gymnastics but very active socially, have started a dance group. Sokol Fuegner, looking for instructors, works with D.A. Sokol who rents their hall. Sokol Little Ferry, strong gymnastically, good attendance at classes, building in good condition. Sokol Miami, large unit, active socially and very cooperative with district even though a distance away. Sokol New York, no longer has a Czech population, have gym classes and own building. Sokol Washington, D.C., starting up gym classes. Present

very good theater. In process of raising funds to build, have land. Held Slet in 1982, and instructors school in Barryville, planning to have a refresher course for older gymnasts and instructors this year.

WESTERN DISTRICT - Bro. Gary Masek: Had Slet in St. Paul in 1982, beginners school at Sokol South Omaha, a number of judges clinics. Wrote a set of guidelines to be followed at an instructors school. Started children's competitions, very well attended. 1984 Slet (district) in Crete to help celebrate their 100th anniversary. Sokol Caldwell, mostly social, Sokol South Omaha, Sokol Omaha, Sokol Cedar Rapids, all working hard, young people very active. Sokol's lifes blood. Sokol Wilber, working on problems, Sokol Minneapolis just lost their president of 43 years. District as a whole is active gymnastically.

NORTHEASTERN DISTRICT - Bro. Robert Jiroušek: Very active and viable district. Headquarters in Ohio, district Slets are well attended, also competitions for little boys and girls. Meetings held between Cleveland and Detroit. Many cultural activities, Czech language classes, choral group is excellent, dance group, many beautiful libraries established. Sokol Greater Cleveland has a very good theatrical group. District will be well represented at the Slet in Pittsburgh. Czech folk dancers (43) have accepted invitations on a national level. Their capable leader is Sis. Dolly Baca. Sokol Moravan, inactive, meet in members homes. Sokol Rip, only 15 members, attend functions, proud to be Sokols. Sokol Detroit, has beautiful cultural center and Sokol camp, at Sandy Bottom Lake, financially successful. Czech festival, large fund raiser, good library and excellent publication. Women's group very strong, cooperation between Sokol and Sokolice excellent. All units trying to get more of their youth interested in working for Sokol. Sokol Cleveland, is in changing neighborhood, have small gym classes. Starting monthly fund raisers. Sokol Greater Cleveland, Old Bohemian Hall being constantly renovated. Most of the work being done by volunteers. Donation of \$12,000 given by one of their members. Outstanding newsletters, have trouble getting editors, have computerized all the treasury's reports. Financial status excellent. Ceska Sin petitioning unit. (This subject to be taken up under Old Business.)

CENTRAL DISTRICT - Bro. George Vytlačil - Represented by Sis. Anna Basta, Vice-President: Gymnastically active units, Berwyn, Brookfield, Milwaukee, Slavsky, Stickney, St. Louis, Tabor and West Suburban. Also represented in the district are Sokols Cechie, Chicago, Fuegner, Havlicek-Tyrs, Racine and Town of Lake. Membership totals approximately 1,950. Active units all prepare annual exhibitions held in their own halls or local gymnasiums. Annual district Slet. Beside the regular calisthenics, volleyball clinics, judges clinics, beginning leader classes, basketball, volleyball tournaments, track and field meets, are held. Individual units have social activities which are also fund raisers. District also supports all local Czechoslovak activities. District BOI very active and strong. Gymnastic competitions are still the prime goal of the district. Must also find a way to generate more interest in the junior class participation. Most units

publish newsletters. Working on the dedication of the Karel-Havlicek statue to be held May 15th. Sokol will be represented. Chicagoland Sokol has their land but needs to raise funds for the building.

Additional comments, Bro. Masek, Western district instrumental in starting Czech classes in their college. Also stated that dues were doubled in order to help meet expenses.

Adjourned at 10:30 a.m. for a coffee break and some home-baked goodies, reconvened at 11:15 a.m.

II. BOARD OF INSTRUCTORS - Bro. Paul Lebloch: After our convention all efforts were directed to the 1981 Fort Worth Slet, the first held outside of the Chicago area. Close to 1,000 people competed in the Slet competitions and 1,520 participated in the Slet program. This was the first time competition results were computerized and it was the first Slet held at night. The Slet committee, the Southern District and our entire organization are deserving of congratulations on a memorable and beautiful Slet. Following in '81 two instructors' schools were held. Sokol USA and ASO formed a committee to help revise and up-date the present manual. The committee picked met several times and have completed the calisthenics and apparatus portion. Are in need of an illustrator. The work of the National School Board is being compiled into a standard handbook for use in our instructors' schools.

District Directors' Conferences have been held in Baltimore in 1981 and Cleveland in 1982.

FUTURE SOKOL LEADERS' FUND - Merit Awards: Report presented with the names of the recipients for 1980, 1981 and 1982. The amount of the Merit Award is \$200.00. Each renewal is also \$200.00. Only one renewal is allowed per student. Renewal forms are now automatically sent to the students the year following the original award. If the student is no longer interested or eligible, he/she will so notify office. Sis. Jo-Marie Mlsek has been chosen as the new Merit Award Chairperson.

SPECIAL ASSESSMENT FUND - Sis. Mildred Pinc: Presented the financial report for this fund. It shows the district, the monies in their fund, the A.S.O. allocation and the grand total of each district plus the entire fund. This way the units know what funds they have to work with in the future. General instructions for obtaining monies was also passed out. This fund and its regulations will be reviewed at each convention and director's conference.

III. XVI American Sokol Slet - June 26th-30th, 1985: Try and get everyone in the same hotel. It develops friendships, especially for the young people. District presidents to try and get this accomplished. Technical end of the Slet, have begun giving out assignments, people working on drills, for the senior drill, will probably use a combination of Sis. Prchal's drills and do it as a memorial for her. Wednesday, opening ceremonies; Thursday, gymnastic competitions all day long, nothing planned for the evening; Friday, volleyball tournaments, with the banquet in the evening; Saturday, championships and the Victory Dance in the evening; Sunday, will be the Slet. Administrative - Have secured the Marriott facilities

for both the convention and the Slet. Grand ballroom will be used for the banquet on Friday and on Saturday for the Victory Dance. Quite a bit of renovation done in this hotel. Rooms have also been redecorated. A lot of money has been put into this hotel. They will give us a rate when we come in to finalize the dates for the convention and Slet. They are willing to give us the "whole" hotel for that week. At least 300 rooms out of 350.

Instead of going on with the agenda as planned, we switched to the **FINANCIAL and Bro. Bob Barcal** in order to expedite the financial problem of the District Directors' Conference. Bro. Barcal first of all wanted to thank everyone for their kindness in helping him get established in his job as Treasurer. He noted that the Slet held in Fort Worth was the best Slet ever financially. Our membership did not grow as we anticipated, it went down instead of up as we forecast. Our projected loss in monies by not growing in membership is \$20,000.00. Our deficit for the half-way mark in the financial budget is \$11,000.00. Inflation has eaten into our budget. This could not be foreseen at the time. Postage for our publication went completely out of control. We saved money by putting our mailing list on the computer but the post office took it away immediately. Lengthy discussion held on how we can hold the line on inflation and still do the things that are necessary but still expensive. Because no decision could be made and we were running late, meeting was adjourned at 12:30 p.m. and we were asked to think over the many ideas and motions that were presented on how to finance the next two district directors' conferences.

Conference reconvened at 1:45 p.m. and further discussion and motions were made concerning the funding of the District Directors' Conference. Due to the fact that the convention voted to rotate the conference we wish to comply with their intentions. The final amended motion reads as follows: The District Directors' Conference will be held in the Pacific District, Los Angeles to be exact, and the next conference to be held in Chicago, this to help save funds. From the ASO the expenses for five will be paid, the men's and women's directors, 1st assistants and the secretary only. Monies to be derived from the Future Sokol Leaders' Fund **only** for these two conferences. The convention in 1985 will have to prepare a budget to include more monies for these conferences. The vote was unanimous, 11 in favor. The date has tentatively been set for the week end of October 16th, 1983, to include a Friday night get together, all day Saturday session, Sunday, an informal exchange of ideas. Only people who travel to conference will receive per diem.

A review of the 1981 Slet figures was done. The Southern District is to be congratulated for the tremendous job. There were a good number of gymnasts on the field drilling and the monetary rewards were tremendous. One suggestion, a sample set of books should be set up to give to whomever will be running the Slet. Auditing committee had an impossible job going over the books.

IV. MEMBERSHIP - Bro. Fred Kala: The member-

ship of our organization is a topic that must be looked upon with the keen sight of a falcon. We must be constantly on the alert to gather into our nests new members, be it through additions to our existing units, or through the establishment of new units.

In the fall of 1980, a membership drive was announced to all districts and units. Each district and unit was asked to increase their membership; based on the first quarter of 1980, by 10 percent each year. The only unit to meet the goal was Sokol Seattle in the Pacific District. As can be seen in the attached membership report, the Pacific District is the only district to increase in membership throughout the reporting period. Certainly, congratulations are due.

While the figures shown are by districts, some of our units have had gains, but not achieving the 10 percent. Many units have experienced a decrease in membership. Our society is in a difficult era - recession, inflation, extreme mobility, competition from other organizations and activities are just a few of the obstacles we must confront. Yet Sokol, practicing and following the methods set forth by our founder, Dr. Miroslav Tyrš, has given each of us the opportunity to extend the growth of our organization. The new members are available, the organization of new units in each district is achievable. Each of us must ask our district and our units to make the extra effort to bring into our fold the growth that is necessary to remain a strong organization.

From a recent survey sent to each district and each unit, we find that only 3 of 6 districts have a membership chairman or committee. Less than 25 percent of our units have a membership chairman or committee. It is encouraging to see actions such as the Southern District starting up new units, and recently appropriating for the second time \$2,000 for the help in founding new units. In the Northeastern District, Sokol and Sokolice Detroit is mounting a progressive membership campaign. New activity is beginning to erupt in Sokol Seattle in the Pacific District.

With existing units, the key for all of us is activity. Many may say we are overtaxed with current activities, yet to exist and grow, there are times we must expand activities to attract a greater membership. Our Educational Directors must be called upon to assist in creating interesting cultural, educational and informative programs. Tour committees are an asset to any district or unit. Drama, senior citizen groups, bands, singing groups are something that can be implemented in all units. Even our socials and gatherings must be geared to attract new members. The greater the activity of any district or unit, the greater the possibility of gaining additional membership.

To each of you I challenge - make sure your district has a membership chairman, then that each and every unit within your district has a membership chairman. I challenge your district to achieve a 10 percent growth in 1983 and 1984. Let us go forth and ask each of our members to obtain one new member for our Sokol organization. Let each district attempt to organize at least one new unit. This is by no means an easy challenge - but certainly not impossible. An ap-

proximate total membership of 7,675 with a loss of 142 members during the reported period.

Associate membership came under discussion. Each district gave a report on how they handle this situation. The majority in the Southern District because of their incomes and their tax situations. The associate membership can be used as a probationary period for obtaining new members.

VII. PUBLICATION - Sis. Jackie Kourim, Editor: Report presented, figures speak for themselves. The subject of finding a cheaper printer, in the Chicago area this is impossible. If we were to send the paper out of town the time lost would make our news old news. Our printer is the last one who does Czech in the area. Czech articles of educational value are going to be translated into English. We are going to limit our Czech articles stressing English to try and reach the younger people. Also do not throw away your copy of the "American Sokol" publication, pass it on to someone else. Our postage for the publication has soared, but this is something that we have no control over. Our mailing list has been put on a computer system which is cheaper than our older method. The cost of a printed page of our publication has risen from \$42.00 in 1980 to \$61.00 in 1982. Hopefully we will be able to hold that line for a while.

VIII. EDUCATION - Bro. Stanley Barcal: 1980 Convention created a special fund called the American Sokol Library and Archives Memorial Fund, our present total receipts, \$5,035.00. The purpose of the fund is: a) Maintain and increase the contents of our reference library and archives. b) To preserve and perpetuate our proud Czechoslovak heritage and Sokol history. c) To provide for our present and future membership the documentation of our ethnic history through our museum and library. d) Basic rules for the use of the fund have been approved. We continue to have educational material appear in our American Sokol publication monthly. Cooperated with the Fort Worth Slet exhibit committee. Had a mold made and cast in bronze of the bust of Dr. Miroslav Tyrš for use by our units and districts. Conducted essay contest after the Fort Worth Slet, essays published, prizes and patches awarded. Had various items restored and patches and others framed. Operating well within our budget, and were very involved with the office move.

In Progress: Information is being gathered to print a booklet of the History of our American Sokol Organization in the United States. Districts are working on their own history to be made a part of the overall history. Four postal cards, Sokol type; art work now in progress. In 1982 we suffered a very great loss in the passing of our secretary and librarian, Sis. Lorraine Zdenek. Educational effort is gaining momentum in our units and districts. All districts have educational directors for 1983 except the Central District. 38 units of our 64 reporting have educational directors and all units with their own newsletters have good educational material. Many units have their own libraries.

IX. UNIFORMS - Sis. Betty Prener: The Uniform division was organized in 1970 with funds advanced by the Executive Board ASO, with the understanding the

monies advanced would be repaid. To date the equity of the ASO Executive Board is \$2,500.00. Sources of supply were established. Inventory is taken yearly at the end of the year. Price list is issued yearly and sent to unit directors. We also service other Sokols in purchasing their uniforms. Report given on gross sales, inventory, merchandise purchased, monthly rental, salaries, etc. Due to the economic situation, prices are still increasing. Suppliers experiencing difficulty in getting materials from the mills, deliver in 2 to 6 weeks. Regardless of our good credit standing, terms have been tightened. New parade dress uniform for women was approved by the Board of Instructors at their conference in 1981, and pictures appeared in the May 1982 issue of the American Sokol. The hat (same as worn by the men) and crest can be purchased from our office. The rest can be purchased in most stores, which makes it easily available and more uniform with the men's. Sokol ties are being investigated, hope to have them again in time for the convention and Slet in 1985.

X. SECRETARY - Sis. Jackie Kourim: Gave no formal report, if anyone had any questions they were free to ask. In order to expedite matters to help conserve time for more important issues this was acceptable to all the members.

CHRISTMAS SEAL REPORT - Sis. Jackie Kourim: Sent out 6,000 letters and received 1,052 returns. The income from the seals enabled us to purchase a new Cannon copier and an adding machine for the financial department without going into regular Sokol funds. A small dedicated office force of six accomplished this task.

Had our coffee break at 3:00 p.m. sharp. Were able to pick up some time, so we will have it to cover important issues.

OLD BUSINESS: What is being done about the Ceska Sin situation? A very long and detailed discussion ensued. At the conclusion, a motion was made by Bro. Gary Masek and seconded by Sis. Betty Prener that we accept Ceska Sin as a Sokol unit. The Executive Board will assign to a district at a later date, to be a unit-at-large for the present time. Nine voted for, 1 opposed and 1 absent.

TAX EXEMPTION: We had applied for a national tax exemption through the national government in Washington, D.C. The lawyer from there wrote and said we would be better off filing from the home office in Chicago. Our tax consultants tell us we can get a blanket exemption but our individual units will all have to file their own 990 tax forms. What we really want is approval of the 501-3C status. We are awaiting a letter from Seldon, Fox, Ltd. on how to accomplish this.

A few questions were answered concerning the proper way to handle annual and semi-annual minutes.

A concensus was taken of how many people will be attending the Sokol USA Slet in 1983. The picture is very encouraging. All districts will have representation at the Slet.

CONVENTION - 1985: Initial plans are being made right now. The convention will be held in the Oak Brook Marriott. Right now we cannot give out rates,

SOKOL GYMNAST

JUNE 1983

 Editor - Edward Linhart - 1820 Ridgeland Ave., Berwyn, Ill. 60402

HAND CARE FOR THE GYMNAST

by MR. SCROBE

This article of hand care for the gymnast is divided into three parts of which 1 is the condition of the hands BEFORE workout, 2 the abuse they undergo DURING the workout, and 3 the care and conditioning of the hands AFTER the workout.

Before the Workout

The hands should be clean before the training session begins. Magnesium carbonate (chalk or maggy, at it's known in some areas) will be more effective and be retained longer if excess oils and dirt are removed from the hands. A more secure grip will be the end result.

Removal of dirt particles will prevent them from being ground into the palms or into any open breaks in the skin which could later cause infection. The chalk, or magnetism, should be applied thoroughly to the gripping areas of the hands. Hand guards should be properly fitted so that they're taut when the hands are in the gripping position.

They should be inspected frequently for irregularities; for example, drying out of the leather (causing it to become brittle and thus tear readily), thinning of the palm portion due to excessive use, stretching of the entire guard so that it no longer fits snugly, and, lastly, buckle and clasp condition. Any overlap or roll of the guard in the palm indicates that it's too large.

Gymnasts utilizing hand guards constantly must be certain to maintain a minimum of two pairs in working condition, in the event one pair breaks down. Alternating the use of both pairs will insure longer life and, most important, comfort. Both will be broken in and ready for use when needed.

During the Workout

In the free exercise and long horse events, the athlete doesn't have to worry about the problem of friction, since the grip are very fleeting and don't subject the hands to discomfort.

The side horse, parallel bars, horizontal bar and rings, on the other hand, offer varying degrees of friction during training. Many gymnasts wear hand guards on all these events to retard as much as possible the friction on the hands.

As stated previously, blistering, tearing, and ripping of the hands occur most frequently when the danger signal is ignored - when the hands become "hot" or feel a "burning" sensation. The gymnast in his zeal, may damage his hands. He'll then have to postpone one or two training sessions until the hands heal.

With experience, the gymnast will learn when to divert his energies to another event that won't adversely affect the already sore condition of his "tools." The more experienced gymnast has an advantage in that he doesn't have to grasp the bar as tightly as the novice or less experienced gymnast. This, unfortunately, comes only with time, practice, and experience.

The relaxed but secure grasp indisputably extends the work capacity of the hands. The tight grasp increases frictional tension and thereby decreases the capacity of the hands.

The specialist on the horizontal bar, for instance a has a peculiar problem. His workouts must be continuous and progressive, despite the fact that the horizontal bar exacts more attrition than any other event in the form of rips and tears. This gymnast, and the rings specialist as well, must certainly utilize the greatest of care in the conditioning and care of the hands, for the toll of specialization is exacting.

After the Workout

The popular misconception that building callous quickly through brine baths, medications, and the like, will prevent blisters, has caused severe hand troubles for many gymnasts. Callouses serve a two-fold purpose: (1) the protection of the layer of skin beneath from damage in the form of rips and blisters, and (2) insulation against the ever-present force of friction.

The soreness which follows a strenuous training session can be treated effectively with a light coat of vaseline, which will soften the skin and allow it to recover its elastic quality. The flexibility of the skin is conducive to optimum efficiency of the hands for workouts.

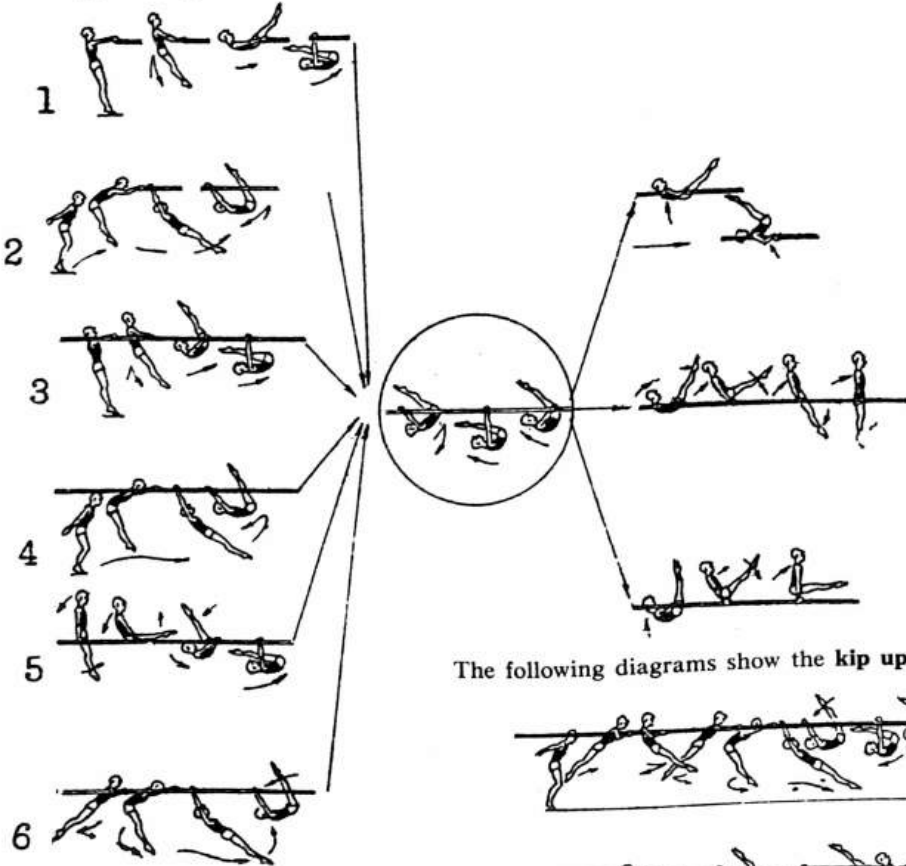
Since magnesium or chalk robs the skin of its natural and necessary lubricants, it becomes hard and brittle after a long workout. Vaseline, or any substance with these lubricating qualities, is a good remedy but not a panacea for the subsequent blisters and or tears which follows a poorly planned training session.

The presence of bunched-up callous, or callous that exhibit a definite "ridge" or protrusion from the palm or fingers, calls for a treatment not uncommon among gymnasts - "shaving." While this is a good technique, the right amount of pressure must be applied with the razor blade. Only enough callous should be removed so as not to expose the next layer of new skin too much.

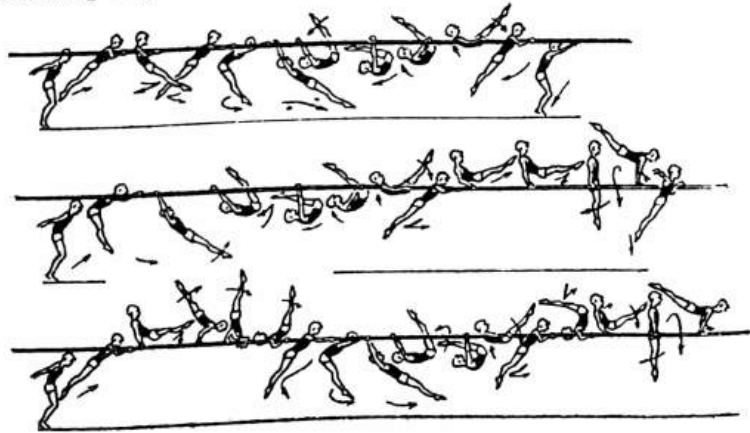
(To be concluded in next issue)

MEN - Kip Uprise - Parallel Bars

Illustrated on this page are the various methods in utilizing the KIP UPRISE on the parallel bars. The upper diagram demonstrates the **Kip Uprise** from (1) Standing at the end of the bars (2) Glide from end of bars (3) from hang standing in middle of bars (4) Glide from middle of bars, (5) from support drop rearward to kip position (6) from underarm support drop to hang and glide to support.



The following diagrams show the **kip uprise** in segments of an exercise:



ATTEND
XIX SOKOL U.S.A. SLET

AND NATIONAL GYMNASTIC COMPETITIONS

PITTSBURGH, PENN.

JUNE 29-JULY 2, 1983

American Sokol

Central District Children's Competition

MAY 14, 1983 - SOKOL WEST SUBURBAN

I CLASS GIRLS LOW DIVISION

Team Competition Results

1.	428.10	Tabor I	18.8
2.	416.00	Brookfield I	18.6
3.	410.10	Brookfield II	16.6
4.	408.40	Berwyn I	17.6
5.	402.80	Tabor II	15.7
6.	396.50	Stickney III	17.4
7.	385.00	Slavsky I	17.3
8.	384.20	Tabor III	18.5
9.	381.30	Brookfield III	19.1
10.	381.20	Stickney V	13.5
11.	372.50	Stickney II	14.3
12.	372.30	Berwyn II	18.3
13.	370.80	W. Suburban I	13.0
14.	361.70	W. Suburban II	17.2
15.	342.00	Berwyn IV	14.7
16.	341.20	Slavsky II	14.2
17.	327.40	Tabor IV	11.1
18.	320.80	Stickney I	12.4

Individual Competition Results

Plc	Total	Competitor	Team
1.	86.6	Helen Polashek	Tabor I
2.	83.0	Shannon Umlauf	Brookfield I
3.	82.7	Erica Sundstrom	Brookfield II
4.	82.6	Chris Kozelka	Brookfield II
5.	82.0	Dena Infelise	Tabor I
5.	82.0	Tysen Naughton	Tabor II
7.	81.5	Ellen Gallagher	Brookfield I
8.	81.1	Sheila Roz	Tabor I
9.	81.0	Shawn Niedorf	Stickney
10.	80.9	Cindy Hlach	Berwyn I

115 Individuals - 18 Teams

I CLASS GIRLS HIGH DIVISION

Team Competition Results

1.	245.50	Berwyn	20.0
----	--------	--------	------

Individual Competition Results

1.	84.4	Lisa Lavery	Berwyn
2.	75.9	Charyn Deck	Slavsky
3.	74.8	Mary Volenec	Berwyn
4.	66.3	Jennifer Bujak	Berwyn
5.	64.8	Amy Sojka	Slavsky
6.	62.7	Shannon Kubat	Berwyn

6 Individuals - 1 Team

MAY 21, 1983 - SOKOL BROOKFIELD

II CLASS GIRLS LOW DIVISION

Team Competition Results

1.	400.30	Tabor I	15.8
2.	399.20	Slavsky I	17.7
3.	361.60	Brookfield I	15.1
4.	360.30	Berwyn I	16.0
5.	355.50	W. Suburban I	16.6
6.	351.50	St. Louis I	12.5
7.	335.80	Stickney I	15.0
8.	330.90	Tabor II	14.5
9.	299.10	Berwyn II	15.3

Individual Competition Results

1.	84.6	Kendra Wright	Tabor I
2.	80.3	Denise Szawajnos	Slavsky I
3.	79.5	Charise Petrelli	Slavsky I
4.	78.9	Zabrina Fonseth	Tabor I
5.	78.0	Colleen Rocush	Slavsky I
6.	76.1	Sue Kelliher	Berwyn I
7.	75.1	Teryn Naughton	Tabor I
8.	73.8	Jill Jacobson	Slavsky I
9.	73.3	Christina Curran	Tabor I
10.	73.1	Wendy Komar	Brookfield I

71 Individuals - 9 Teams

I CLASS GIRLS INTERMEDIATE DIVISION

Team Competition Results

1.	338.90	Berwyn I	19.6
2.	317.60	Slavsky I	17.4
3.	293.00	Stickney I	19.0
4.	288.60	W. Suburban I	15.4

Individual Competition Results

1.	88.0	Sarah Todd	Berwyn I
2.	82.4	Debra Sevcik	Slavsky I
3.	81.9	Michelle Durham	Berwyn I
3.	81.9	Milisa Rozsypal	Tabor
5.	81.7	Tracy Nylan	Slavsky I
6.	77.6	Laurie Grant	Berwyn I
7.	74.9	Marge Pietrusiewicz	Stickney I
8.	73.5	Rene Husak	Berwyn
9.	73.4	Natasha Desai	Berwyn
10.	71.8	Missy Hennings	Berwyn I

27 Individuals - 4 Teams

II CLASS GIRLS INTERMEDIATE DIVISION

Team Competition Results

1.	342.50	Tabor I	15.9
2.	314.40	Berwyn I	16.3
3.	308.40	St. Louis I	14.7
4.	305.50	W. Suburban I	14.7
5.	296.10	Berwyn II	14.2

Individual Competition Results

1.	88.4	Jill Rodriguez	Tabor I
2.	82.4	Melissa Baez	Tabor I
3.	79.4	Amy Shephard	St. Louis I
4.	78.3	Janet Javurek	Tabor I
5.	78.3	Erica Kubowicz	Berwyn I
6.	77.5	Patti Kalat	Tabor I
7.	76.1	Sharon Grant	Berwyn I
8.	75.2	Michaela Durica	Brookfield
8.	75.2	Sharon Spano	Tabor I
10.	74.9	Lisa Konenes	W. Suburban I

31 Individuals - 5 Teams

MAY 21, 1983 - SOKOL TABOR**II CLASS GIRLS HIGH DIVISION****Individual Competition Results**

- | | | | |
|----|------|----------------|--------|
| 1. | 80.6 | Karen Klindera | Berwyn |
| 2. | 74.9 | Tami Volenec | Berwyn |

2 Individuals - 0 Teams

MAY 21, 1983 - SOKOL SLAVSKY**I CLASS BOYS DIVISION****Team Competition Results**

- | | | | |
|-----|--------|----------------|-----|
| 1. | 711.80 | Slavsky I | 0.0 |
| 2. | 693.10 | W. Suburban I | 0.0 |
| 3. | 660.10 | St. Louis I | 0.0 |
| 4. | 644.00 | Slavsky II | 0.0 |
| 5. | 583.50 | Slavsky III | 0.0 |
| 6. | 579.60 | Berwyn I | 0.0 |
| 7. | 566.80 | Tabor I | 0.0 |
| 8. | 560.90 | W. Suburban II | 0.0 |
| 9. | 521.00 | Stickney I | 0.0 |
| 10. | 492.60 | Brookfield I | 0.0 |
| 11. | 457.50 | Berwyn II | 0.0 |

Individual Competition Results

- | | | | |
|-----|-------|-------------------|---------------|
| 1. | 146.8 | Mario Mongello | Slavsky I |
| 2. | 145.1 | Domenico Mongello | Slavsky I |
| 3. | 143.6 | Benjamin Ehst | W. Suburban I |
| 4. | 141.9 | John Becker | Slavsky I |
| 5. | 140.8 | Allen Gutierrez | Slavsky I |
| 6. | 138.8 | John Nania | W. Suburban I |
| 7. | 138.4 | Kevin Ulrich | St. Louis I |
| 7. | 138.4 | Chad Pechman | W. Suburban I |
| 9. | 137.2 | Robert Becker | Slavsky I |
| 10. | 137.1 | Eddie Kolozy | Slavsky II |

71 Individuals - 11 Teams

II CLASS BOYS LOW DIVISION**Team Competition Results**

- | | | | |
|----|--------|------------|------|
| 1. | 669.50 | Slavsky I | 17.6 |
| 2. | 641.90 | Berwyn I | 12.8 |
| 3. | 589.90 | Stickney I | 14.8 |

Individual Competition Results

- | | | | |
|-----|-------|------------------|------------|
| 1. | 140.9 | Daniel Rodriguez | Slavsky I |
| 2. | 140.8 | Jay Vondra | Stickney I |
| 3. | 135.0 | Scott Holub | Berwyn I |
| 4. | 131.8 | Garrick Stroud | Slavsky |
| 5. | 130.9 | Brian Vitale | Slavsky I |
| 6. | 130.3 | Charles Kalat | Slavsky I |
| 7. | 129.1 | Dan Daily | Berwyn I |
| 8. | 128.3 | Danny Klindera | Berwyn I |
| 9. | 126.2 | Tim Zavdil | St. Louis |
| 10. | 125.5 | Harry Thompson | Slavsky I |

29 Individuals - 3 Teams

II CLASS BOYS DIVISION**Team Competition Results**

- | | | | |
|----|--------|-----------|------|
| 1. | 302.40 | Slavsky | 17.9 |
| 2. | 287.40 | St. Louis | 16.4 |
| 3. | 279.00 | Tabor | 17.7 |

Individual Competition Results

- | | | | |
|----|-------|-------------------|------------|
| 1. | 143.9 | Thomas Pajer | Slavsky |
| 2. | 140.6 | Anthony Gutierrez | Slavsky |
| 3. | 139.0 | Neal Levang | Brookfield |
| 4. | 136.4 | Jeremy Berts | St. Louis |
| 5. | 134.6 | Mike Zarrilli | St. Louis |
| 6. | 133.5 | George Linhart | Tabor |
| 7. | 130.6 | Matt Macek | St. Louis |
| 8. | 127.8 | Joseph Jakubicek | Tabor |

8 Individuals - 3 Teams

Aerobic Exercise - Do's and Dont's

Aerobic exercise is any form of activity that increases the oxygen-carrying capabilities of the heart and circulatory system. For the workout to achieve its desired effect, it should be repeated for 20 minutes three or four times a week. While you are exercising, your heart should reach a rate of 70 to 85 percent of its capability. (If you have heart disease, this translates to 70 to 85 percent of the rate at which you would experience problems.)

The best way to determine your maximum heart rate is to see your physician for a stress test. People over 35 who have a sedentary lifestyle and those who have chronic medical problems should take this step as a

matter of course. There is also, however, a simple formula for figuring your maximum heart rate: subtract your age from 220. For the number of heartbeats per minute that you should achieve during aerobic activity, multiply that figure by 0.70 and 0.85. For example, a twenty-year-old person would have a maximum heart rate of 200, with 140-170 as the target range for exercise.

Any exercise program should be approached gradually. Follow each session with warm-up and cool-down exercises. As a rule of thumb, never strain yourself to the point where you can't speak normally.

The American Sokol Board of InstructorsEXPRESSES ITS DEEPEST SYMPATHY IN THE PASSING
OF**BR. ADOLPH CIERNY, JR.**

ON MAY 28th, 1983

President of Lodge 39, Berwyn, Ill.

Vice President of Sokol U.S.A.

etc. As the time approaches more stable information will be sent to the units. The Oak Brook Marriott will be the headquarters hotel. This reported by Bro. John Satek.

The Slet will follow immediately. More definite plans will be sent in 1984 as we approach the date.

Plans were made for the transportation for our guests to the airport. We then went on a tour of the hotel to give us an idea of the facilities. We had dinner at the Lilac Lodge where a true Sokol atmosphere prevailed.

Pictures were taken for the publication before leaving the hotel.

Bro. Zitny thanked all present for the in depth reports and commentaries on all subjects, also for the social at the office on Friday night and for everyone's cooperation in expediting all matters pertaining to this conference.

Respectfully submitted,
Jackie M. Kourim, Secretary

ASO Financial Report

APRIL 1983

RECEIPTS:

Dues	\$ 4,367.30
Convention Fund	36.00
Special Assessment	15.00
Subscription to "American Sokol"	8.00
Resale of Jewelry	169.25
Dividends and Interest	92.26
Educational Booklets	2.00
"Highlights of Czech History"	2.25
UPS Charges	2.90
Postage	1.70
Membership Kits	125.00
Rebate (Educational Dept.)	10.20
Skills Patches	24.00
Miscellaneous	9.50
	\$ 4,865.36
ASO Uniform Division - Rent, salaries, etc.	596.66
TOTAL RECEIPTS	\$ 5,462.02

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	\$ 827.12
FICA & FWT for March 1983	160.40
IWT - 1st Qtr. 1983	60.83
Rent, janitor services, phone, electric	731.90
Office supplies	14.78
Postage	29.38
Jewelry	1,827.04
District Presidents' Conference	1,568.00
Miscellaneous	6.28
	\$ 5,225.73

BOARD OF INSTRUCTORS

Salaries	\$ 325.84
FICA & FWT for March 1983	59.26
IWT - 1st Qtr. 1983	21.84
Additional copies "Sokol Gymnast"	29.00

Editor "Sokol Gymnast"	30.00	
		\$ 465.94

EDUCATIONAL DEPARTMENT

Salaries	\$ 104.89	
		\$ 104.89

SOKOL PUBLICATION

Printing "American Sokol"	\$1,286.80	
Postage "American Sokol"	336.91	
Mailing list changes	178.30	
Editor "American Sokol"	100.00	
		\$ 1,902.01

MISCELLANEOUS

ASO Uniform Division - Salaries, FICA, March 1983		
IWT - 1st Qtr. 1983 and phone	\$ 473.91	
Future Sokol Leaders' Fund - Postage	8.40	
Library and Archives Fund - Postage	3.88	
		\$ 486.19
TOTAL DISBURSEMENTS		\$ 8,184.76

Balance brought forward:		
Western National Bank of Cicero - Checking Account		\$13,285.82
Receipts - April 1983		5,462.02
		\$18,747.84
Disbursements - April 1983		8,184.76
		\$10,563.08
Canadian Check Charge		8.00
Miscellaneous Expense		.50
		\$10,554.58

FUTURE SOKOL LEADERS FUND

April 1983

In memory of Emil C. Wolf - Mrs. Mayme Johnson	\$ 15.00
Mr. Bill Cervenka	10.00
Al and Ann Barzyk	20.00
Steve and Lillian Zapolski	25.00
Dr. E. Krieger and Therese Krieger	20.00
Mrs. Emma Duwell	20.00
Mr. and Mrs. James Dudlicek	20.00
Kathryn Kral	10.00
Frances K. Wolf and Family	50.00
In memory of Sis. Mildred Prchal - Anna and Frank Pliska	10.00
Joseph and Agnes Sotka	10.00
Mildred Barcal	15.00
In memory of Br. George R. Soltis - Mr. and Mrs. Dale L. Rothrock	15.00
Mildred Barcal	15.00
In memory of Br. Edward Stetka - Mildred Barcal	15.00
Mary I. Soltis	15.00
In honor, memory and admiration of Sis Mildred and Br. Karel Prchal - Eric Lenhart	100.00
	\$ 385.00



KAREL-HAVLICEK
STATUE DEDICATION
MAY 15, 1983

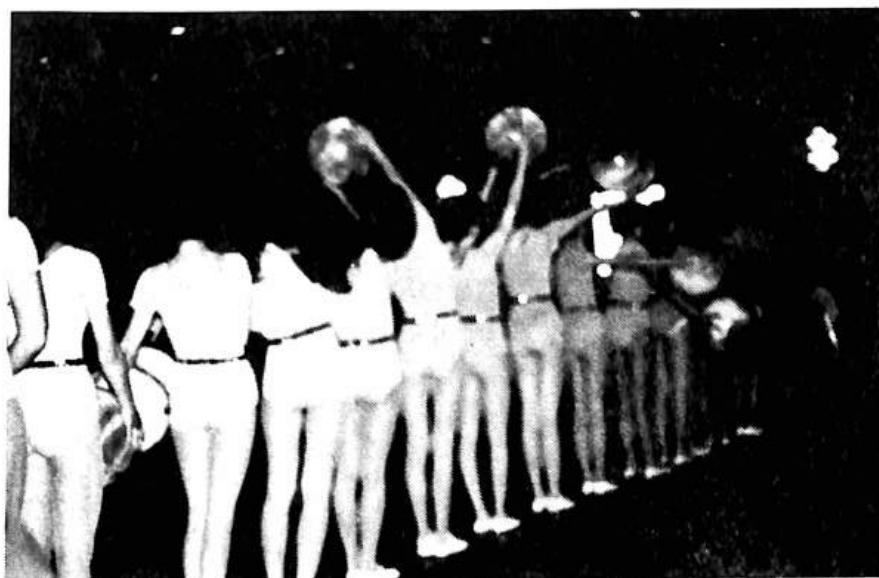


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LIBRARY AND ARCHIVES FUND**April 1983**

In memory of Br. Karl Joseph Palas - Stanislav and Jarmila Segert	\$ 10.00
In memory of Sis. Mildred Prchal - Emilie Ruzicka	50.00
Jerry and Henrietta Milan	20.00
<i>Donations are tax exempt</i>	\$ 80.00

In Memoriam of Bro. George Soltis

It was with the feeling of profound grief when Brothers and Sisters of Sokol Washington, bade farewell to a dear friend and outstanding member of their unit, Bro. George Soltis, on April 8, 1983. He passed away on April 4th, after a prolonged illness, at the age of 70.

His departure is a great loss for all members of Sokol Washington but also for the entire Sokol organization in America. During his lifelong, dedicated work for Sokol George won for himself respect and friendship of many Sokols in the U.S.A., for his gymnastic abilities and skills, and also for the integrity of his character and his kind heart.

Bro. Soltis was born on February 9, 1913, in Campbell, Ohio. Only two years later his parents, who were of Slovak ancestry, moved to McKeesport, a suburb of the city of Pittsburgh in Pennsylvania, a state in which a considerable portion of the population are people of Slovak and Czech descent. Thus it happened rather naturally that George, at the age of five, enrolled in the Slovak Sokol Lodge 46 in McKeesport and soon developed a keen interest in gymnastics and, great foundness for his Slovak heritage. This was to remain with him his entire life. Because of his skills leading to excellence, he was chosen to represent his Sokol unit in many gymnastic meets throughout the Eastern half of the United States. He also devoted many hours as an instructor to train other young people, in whom he instilled enthusiasm for the Sokol idea. In 1938, he was a member of the Sokol U.S.A. championship team participating in the All-Sokol Slet (Festival) in Prague, Czechoslovakia.

In 1940, he married his childhood sweetheart, Maria Tomko, also a dedicated Sokolice. They moved to the Washington, D.C. area in 1942, where their son, Ronald, was born in March, 1947. In the same year the Washington unit of American Sokol was established and George and Mary were one of the first to join. Even though George's work schedule was extremely demanding he assumed the duties of Director of Men, a post he held for several years. He composed special calisthenic numbers, in addition to teaching the mass calisthenics which the Washington Sokol group performed in a number of Sokol Slet held in New York City, in New Jersey, Chicago, Cleveland and St. Louis, to name a few. He also held the position of Vice-President of this unit. In addition to Sokol, he was a long standing member of the American

Czechoslovak Center and the Czechoslovak National Council of America.

We shall forever honor the memory of Bro. Soltis, a loyal American, good husband, good Christian, and dedicated Sokol who, by his conviction and deeds personified and symbolized a true, selfless Czechoslovak brotherhood.

May you rest in peace, George! Nazdar!

Bro. Jaroslav Kaspar-Paty
President, Sokol Washington, D.C.

MEMORIAL DAY 1983

Br. President, officers and delegates of the Bohemian National Cemetery, honored guests, brothers, sisters and friends:

It is an honor to be participating with you in the Memorial Day ceremonies at the Bohemian National Cemetery. There is some dispute as to who originated the idea of decorating the graves. Some historians give credit to three Civil War Veterans who met at Crab Orchard Christian Church near Carbondale, Illinois in April, 1866. Others credit the idea to Captain Asgill Connor of Carbondale the same year. Another version credits the idea to the wife of General John Logan, Commander in Chief of the Grand Army of the Republic. However, General Logan made it official when he issued his order No. 11 on May 30th, 1868, setting May 30th aside "for the purpose of strewing with flowers the graves of comrades who died in defense of their country". The general's orders suggested that the occasion be marked annually. It was originally known as Decoration Day, but as a child, making my annual visit to the Bohemian Cemetery on the Crawford streetcar, I only knew it as "Zdobeni Hrobů".

And so we are here today, well over a hundred years after General Logan's order, to remember and honor our servicemen and women, as well as our many past leaders. Memorial Day is a good time to remember our wonderful heritage and some of the blessings we take for granted. We often treat with indifference the sound foundations of our Nation's life that were laid by consecrated and industrious hands. We should be grateful for our Constitution, which has safeguarded our liberty and protected its destruction by malicious minds or by blinded political prejudice. Every day is not too often to remember those men and women of vision and valor who bought our liberty.

Memorial Day is also a good time to remember the wonderful heritage our parents and grandparents brought from Europe. Their sacrifices, hard work, and dedication have made our lives better and richer - and we must not forget. On this day when we pay tribute to our servicemen and women, let us also give thanks to our many past leaders, our families and our friends.

The Bohemian National Cemetery is one of the oldest and most beautiful in the city. It was organized in 1877, and since 1889 has conducted Memorial Day services. It is a monument to the Czechoslovak people, and we are fortunate to have dedicated officers and delegates who continue to make this cemetery a beautiful final resting place. Thank you and Nazdar!

Sis. Mae Linhart, Sokolice Tabor

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Misplaced

Although pianist Joseph Hofmann could memorize an entire concert without difficulty, he could not remember from one moment to the next what he had done with his umbrella.

If he left his house with his umbrella on his arm, he invariably returned without it. Always, when he needed it the most, it was not available.

He decided at one time to conquer forgetfulness with wile. He went to a store and bought three umbrellas; one to keep at home, one to leave at the concert hall and one to carry with him. This done, he was ready for any eventuality.

A few hours later, he returned to the store to ask the clerk, somewhat sheepishly: "Did you wait on me this morning?"

"Yes, Mr. Hofmann."

"Tell me," the pianist inquired, "Did I leave my umbrella here?"

"Yes, maestro," said the clerk, "all three."

from: Successful Meetings
May, 1983

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47-year Retiree

Bro. George Basta (second from the left), senior vice president of the Olympic Federal Savings and Loan Association, is retiring after 47 years with the financial institution. Adjusting his tie is Rosemary Pesek, assistant secretary. Others are Wesley Sedlacek (left), executive vice president, and John Lanigan, chairman of the board. A past president of the Czechoslovak Savings and Loan League, Basta served 10 years as treasurer of the American Sokol Organization and is presently I. Vice-President. He will continue to serve as a member of Olympic's board of directors.

Spolehlivá cestovní služba do všech částí světa

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