

# AMERICAN SOKOL

VOL. CV - NO. 12

DECEMBER 1984

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## *Christmas*



As long as there are pine trees growing on a hill,  
As long as there are firesides with candles on a sill,  
As long as there are reindeer, snowflakes glistening white,  
As long as there is a Santa Claus, there will be a Christmas night.  
As long as happy children sing with pure delight  
the age-old song of goodwill to men, there  
will be a Christmas night.

As long as there are wise men who choose to be star-led,  
and loving hearts made ready to crown the Christmas head,  
As long as there is tinsel and wrappings gay and bright,  
and church bells chime throughout the land,  
there will be a Christmas night.

*Author Unknown*



# AMERICAN SOKOL

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OCTOBER 1984

IN MEMORY OF BR. JOSEPH BELOHLAVEK -  
Sokol Milwaukee \$ 25.00  
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OF THE PREVIOUS MONTH

Sokol Minnesota Cookbook  
"Favorite Recipes of Sokol Minnesota"  
Over 600 recipes and tips. Both  
Czech and American Recipes plus  
special chapters on Kolachy and  
Dumplings. There are special  
instructions on making the  
famous "Stelicka" or feather  
brushes and a beautiful  
section on "Folklore and Foodlore",  
by Zora Kurka Chislocky.  
Beautifully illustrated with  
peasant designs and a water-  
resistant red cover and an  
easy to open wire-spiral bind-  
ing. \$7.50 plus \$1.00 for postage &  
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Sokol Minnesota Cookbook  
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St. Paul, MN 55102.



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Berwyn, IL 60402

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Old address \_\_\_\_\_

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New address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CV

December - 1984 - Prosinec

Číslo - No. 12

## *Sokol Educator*

### CHRISTMAS AROUND THE WORLD

Christians in all parts of the world celebrate Christmas, the happiest and busiest time of the year. Some observe the holiday solemnly with religious ceremonies and prayer. Others look forward to holiday parties and exchanging gifts. All are united in their feelings of joy on the birthday of Jesus Christ.

**IN ENGLAND** — Children hang their stockings by the fireplace in Great Britain, in hope the Father Christmas will fill them with holiday treats.

And, even though the Christmas tree can be found in most homes, it has not replaced the "Kissing Bough," a combination of holiday greenery and mistletoe.

The popular wassail bowl was introduced into England in the late 1400's, by King Henry VII. This heady mixture of hot ale, spices and roasted apples is a tradition observed since that time. The word wassail comes from the old English words that mean be thou well.

**IN GERMANY** — Christmas is a tremendously important time to each person and family in Germany. On Christmas Eve everyone gathers for the ceremony of lighting the tree.

A favorite decoration for the tree is marzipan candy, made from almond paste, elaborately colored and shaped to look like toys and fruits.

Family members often make the gifts they give. The women and girls do fancy embroidery on pillows and handkerchiefs... the men and boys carve tiny figures from wood and paint them.

**IN ITALY** — On the day before Christmas, many Italians fast or take very little food. At the day's end, the family holds a ceremony around the Prespio, a miniature scene of Bethlehem with the figures of the Holy Family, the Wise Men and the shepherds.

The family prays as the mother places the figure of the Infant Jesus in the manger. Gifts are saved for Epiphany, January 6th.

**IN NORWAY** — Work comes to a halt at 4 p.m. on Christmas Eve, in Norway. Everyone bathes and puts on new clothes to greet the new and festive season.

It is an ancient belief that "evil spirits" appear on Christmas night, so it is a custom to "shoot in Christmas". As young men go from farm to farm, they fill the air with gunshot blasts to frighten the spirits away.

**IN MEXICO** — The Christmas holiday is observed from December 16th to January 6th in Mexico.

On each of nine nights, just before Christmas Day, the family looks forward to the Posada, an acting out of the story of the Nativity.

A procession of pilgrims comes to the place where the celebration will take place, carrying clay figures of Mary and Joseph. They seek "shelter" from the "innkeepers" and, at first, are refused. Finally they are welcomed and all feast and rejoice!

The figures are placed in a replica of the manger, and on Christmas Eve, the figure of the Infant Jesus is added.

Christmas is celebrated in countless colorful ways. Many customs and traditional observances reach from one country to another, bringing people closer together.

This glorious season serves to unite mankind with its beautiful and profound message.

*Timberline, December, 1984*

## *Christmas Memories*

The Christmas season in Czechoslovakia begins on December 6th every year. That is the feast day of Saint Nicholas. On that day the children put their shoes in the window and wait for three special visitors to come. Saint Nicholas, an angel, and a devil visit the children.

The angel brings sweets to the children who have been good. Can you guess what the devil brings to the children who have been bad?

Children all over the world love Saint Nicholas. There really was a Saint Nicholas, who lived a long time ago, about 500 years after Christ. He performed many miracles. He is also called Father Christmas and Father January. And in America we know him as Santa Claus!

Although Christmas Day is not celebrated until December 25, there is much work to be done before then. The Czech men select a goose to fatten up for Christmas dinner. They tie him down and feed him all he will eat. What a fat goose he will make for the dinner table!

While the men are fattening up the goose, the women are baking cookies and fancy rolls. Choco-

late candies are fashioned in many shapes and wrapped to hang on the tree. The boys and girls weave chains of green and red paper to hang on the tree.

On the night before Christmas Eve, after all the children are asleep, mothers and fathers decorated the tree. Some of the trees were fresh, and some were handmade and used year after year. All of the trees were decorated with candies and cookies and other sweets. Walnuts were gilded and hung from gold cord. Green and red paper chains were scalloped around the branches, and the tree was lit up with real candles. It is said that Martin Luther was the first person to decorate a Christmas tree, over 400 years ago. Luther was so entranced with the beauty of a tree one starry night, that he cut down a small one, took it inside, and decorated it with candles, to symbolize the star-filled sky.

At the foot of every tree, Czech families placed a manger scene with the Christ child in his tiny bed of hay. All of the decorations and celebrations were carried out so that the Christ child could have a happy birthday.

*Sokol Zizka, Christmas, 1967*  
*Sis. Louis Toberny and*  
*Bro. and Sis. George Skotak*

## POET WINS NOBEL PRIZE



Jaroslav Seifert, a Czechoslovakian poet and longtime opponent of censorship in his Communist homeland, became, at age 83, his country's first winner of the Nobel Prize in literature today.

The 18-member Swedish Academy of Letters cited Seifert, who is not widely known outside his country and Central Europe, "for his poetry which, endowed with freshness, sensuality and rich inventiveness, provides a liberating image of the indomitable spirit and versatility of man."

Academy Secretary Dr. Lars Gyllensten said Seifert was honored for the poetry he wrote over the past six decades rather than for any single work.

"He can look back upon a career of more than 60 years which shows many signs of being likely to continue," an academy statement said of Seifert.

"With almost 30 volumes of collected poems behind him and a few excursions into the realm of prose — above all, his recently published memoirs — he stands out today as the leading poet of his country," the statement said. "He is read and loved by his countrymen, a national poet."

Jana Seifertová, Seifert's daughter, told Associated Press that her father was hospitalized with a "heart ailment," and that the Swedish ambassador in Prague informed him of the award at his bedside.

She said she had not yet spoken to Seifert and could not say how he reacted.

Gyllensten, who chaired the five-member selection committee that considered what he called a "short-list" of half-dozen candidates since late summer, disclaimed any political significance in the choice.

"Of course, there might be a political aspect found whoever got the prize. We cannot avoid that," he said. "Every human activity may be regarded from a political point of view, but our chief concern is literary."

Born in a workers' district in Prague in 1901, Seifert published his first collection of poems, "City in Tears," in 1920. In the following decade, he helped found a literary avant garde group called Devetsil.

He worked as a journalist for various Prague publications until 1950, and later did free-lance writing and translated books. He was known for his interest in botany and support for the preservation of the ecology.

Most of his works were written in his native language, but his collections of poems have been published in German, French and English.

Seifert joined the Communist Party in Czechoslovakia in 1921, but became critical of the movement in the years that followed. A trip to the Soviet Union in 1925 solidified his views, and he broke with the party in 1929.

During the Nazi occupation of his homeland in World War II, Seifert emerged as a spokesman for the oppressed Czechoslovak nation.

As the last elected chairman of the Czechoslovak Writers Union in 1968, he sharply criticized the Soviet-led invasion that year that crushed the "Prague Spring" movement of political and economic liberalization in the country. The writers union later was disbanded and reformed.

In the 1970's Seifert was among the first signatories of the intellectual dissident manifesto, Charter 77. However, some Czechoslovak dissidents do not consider Seifert a political person.

"He always supports those in the right," "This is great," said Czechoslovak poet Věra Provazníková. "I love the Czech language and I am glad it is being given such appreciation. He is a great poet because his poetry is not loaded with philosophy. It sings."

*With open eyes  
I wandered through this land.  
It's beautiful, you know it is.  
Perhaps this land has meant more to me than  
all my loves put together  
and her grip on me has lasted my whole life.  
And when I was hungry,  
the words of her songs  
were my daily bread.*

This unknown man to the Western world, this sick man, this aged man, has attracted the attention of the whole world. His hold on life is frail, as the following explains:

*Death will soon open up the door and enter  
With startled terror at that minute  
I'll catch my breath  
And forget to breathe again.*

Morový Sloup — The Prague Monument — A little book of Seifert's verses consisting of 57 pages, translated by Lyn Coffin. The book is illustrated by Jiri Kolar, who used the form of art called collages, a departure from realism, as Seifert's style of creating poetry that does not rhyme is replaced by prose.

Seifert's first collection of poems, "The City of Tears," 1920, called attention to the hardness of living in poverty, but he also fantasized about good things in life. His second collection in 1923, sings of love, of a young man's desire for feminine attention. A visit to France influenced him to accept the changes made by techniques, inventions, and French dadaism. More collections followed, also children's verses.

*Note: Sources of information — Denni Hlasatel, Time magazine, American Bulletin, press release Stockholm, Sweden and Sis. Stella Tichy, Sokol Cechie.*

## ASO FINANCIAL REPORT

OCTOBER 1984

### RECEIPTS:

Dues	\$ 7,427.00
Sokol T. G. Masaryk Dues	10.00
Convention Fund	272.00
Special Assessment	136.00
Dividends and Interest	423.47
Advertising in "American Sokol"	150.00
Resale of Jewelry	653.50
"Highlights of Czech History"	11.25
Educational Booklets	5.00
Songbooks	50.00
UPS Charges	8.12
Postage	.37
Merit Awards	1,800.00
Copies	5.10
	<hr/>
	\$10,951.81
ASO Uniform Division - Rent, salaries, etc.	546.96
<b>TOTAL RECEIPTS</b>	<hr/> <b>\$11,498.77</b>

### DISBURSEMENTS

#### ADMINISTRATIVE

Salaries - Office employees	\$ 1,094.71
FICA & FWT - September 1984	154.60
IWT - 3rd Qtr., 1984	56.84
Rent, janitor services, phone, electric	821.83
Office supplies	95.00
UPS charges	8.78
Advertising	42.50
Service contract on copier	400.00
Travel Expense	893.68
CPA Services	1,597.75
	<hr/>

\$ 5,165.69

#### BOARD OF INSTRUCTORS

Salaries	\$ 507.16
FICA & FWT - September 1984	79.67
IWT - 3rd Qtr., 1984	27.59
Editor "Sokol Gymnast"	30.00
Repairs to typewriter	39.00
Postage	22.77
USGF Membership fee	200.00
Subscription to "USA Gymnastics"	12.00
District Directors Conference	2,722.00
	<hr/>

\$ 3,640.19

#### EDUCATIONAL DEPARTMENT

Salaries	\$ 49.30
FICA - September 1984	11.51
IWT - 3rd Qtr., 1984	5.61
UPS Charges	13.35
Books	17.50
	<hr/>

\$ 97.27

#### SOKOL PUBLICATION

Editor "American Sokol" - October, 1984	\$ 100.00
Mailing list changes - October, 1984	206.47
	<hr/>

\$ 306.47

#### MISCELLANEOUS

ASO Uniform Division - Salaries, FICA, FWT, September, 1984, IWT, 3 qtr., 1984 and phone	\$ 551.24
Merit Awards	1,800.00
Future Sokol Leaders' Fund Postage	.40
ASO XVI Slet - Advances	994.56
	<hr/>

\$ 3,346.20

**TOTAL DISBURSEMENTS** **\$12,555.82**

#### Balance brought forward:

Western National Bank of Cicero - banking account	\$ 1,393.76
Receipts - October 1984	11,498.77
	<hr/>
	\$12,892.53
Disbursements - October 1984	12,555.82
	<hr/>
	\$ 336.71

## IN MEMORIAM

### Bro. Ferruccio DeConti



This eulogy and tribute to deceased Br. Ferruccio DeConti began in the northern part of Moravia, Czechoslovakia. Born on July 22, 1927 to Michael and Vlasta DeConti, it reflects a time when Br. DeConti studied hard and learned many languages such as Czech, Italian, German, Russian and "English somewhat". For 23 years he was guided and encouraged by his architect father and his mother, to learn as much as possible, and to have a love of labor and a love of freedom. These serve us an inspiration as we trace his journey from Fulnek, Czechoslovakia to the United States at the age of 23, 1950.

Instilled with Sokol ideals from Czechoslovakia, Br. DeConti arrived in Detroit seeking a new life, to continue his education and make his contribution to help form a better world in which to live for everyone. Adopted as a foster son by Josef and Anna Husak, he became involved in the Czech community and joined Sokol Detroit in 1951. Because of his knowledge of languages, he served in the U.S. Army Intelligence Division in Germany as a linguist and interpreter from 1952-54, and became a United States citizen upon completing his tour of duty. With his savings he attended the University of Michigan School of Architecture and graduated in 1957 with his proud foster parents at the graduation ceremonies. He always proudly referred himself to others as their foster son. That same year he also married.

As his married life began, so did his contribution to Sokol as he became involved in the many Czech plays. Br. DeConti attended our gym classes, enjoyed volleyball, taught the Beseda, and fully supported the Board of Instructors in any way possible. These were happy times sharing the responsibilities of Sokol with his wife. His activities in Sokol continued as his family and business life were blessed with the arrival of a son. Br. DeConti served as recording secretary of the unit, and had the honor and distinction of serving the longest term of President of Sokol Detroit as well as the youngest in Sokol Detroit history.

Two years later, two more important events took place. A daughter was born and he started his own architectural business that same year. Six years later after serving on the Sokol Detroit News, the planning committee, choral group, building fund committee, owner representative committee, etc., we are all aware of the 1967 dedication of our present Sokol Cultural Center in Dearborn Heights, and it's architect. What a blessing and fitting contribution to Sokol that an architect from Czechoslovakia gave us, a talented person to ensure that Sokol will continue on.

Life continued with his business and family and still he remained instrumental in supporting the ethnic committee, doing research and transposing text on Czech castles, souvenir booklets, designing artistic hand paintings on spoons, dishes, etc., and helping in any way possible. We will never know precisely all the hours of dedication supplied, but we can be assured that a typical 5 meetings a week pace was not unusual. A favorite committee he served on was the scholarship committee, because based on his own experience he knew it could provide unlimited opportunities with the right guidance, knowledge and help.

In his profession he belonged to the American Registered Architects, Construction Specification Institute, American Arbitration Committee, American Institute of Architects and backed up his commitment to this profession by designing over 500 projects with a versatility involving municipal buildings, theaters, office buildings, hotels, Kentucky Fried Chicken building, auto dealership and many more. He was proud of his work as a registered architect in Illinois when he won the first place National Award for the best designed Holiday Inn erected in Rolling Meadows, Illinois, called the Holidome. Another honor bestowed upon him was when the Farmington Hills Country Club selected his design for a new facility expansion. Br. DeConti gave from his heart and yearned to design a church and I believe did accomplish this goal when he began working with Father Quinn from Sacred Heart to design a Rehabilitation Center for alcoholics, regardless of race, creed or color. He was the architect for this project and the ground breaking ceremonies took place October 2nd at the new Strohs waterfront location.

We all know Br. DeConti served Sokol above and beyond any task he was assigned and that in his life kept Sokol at his side constantly. The legacy he leaves behind will remain with us all and we will miss our dear departed brother.

*Excerpts from eulogy by Bro. Henry Siedlik,  
Sokol Detroit, President*



**JUNE 26th-30th 1985**

AMERICAN SOKOL

# SOKOL GYMNAST

DECEMBER 1984

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Editor: Edward Linhart — 1820 Ridgeland Avenue, Berwyn, Illinois 60402

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VESELÉ VÁNOCE!

*Merry Christmas  
and  
a Happy,  
Healthy,  
Successfull  
Plet Year  
1985*

SLETU ZDAR!

SUCCESS TO THE  
SLET!

**American Sokol -  
Board of Instructors**

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MARIE PTACEK, Dir. of Women  
PAUL LEBLOCH, Dir. of Men  
EDWARD LINHART, Editor

# XIV SOKOL SLET

## Special Number Competitions

### RULES & REGULATIONS

1. Categories will be:
  - a) No Apparatus  
Basic light tumbling and acrobatics allowed. Two simple lifts and/or pyramids allowed, including the final pose, if used.
  - b) With Hand Apparatus  
Either regulation Rhythmic Apparatus or any form of calisthenics or dance using a hand implement. Two simple lifts and/or pyramids allowed, including the final pose, if used.
  - c) Apparatus & Acrobatics  
Vaulting, heavy tumbling, trampoline, hand balancing, adagio, etc.
2. Not less than 10 people may be used in the number — any combination of Juniors, Seniors, males and females may be used in any category. There will not be a separate division for Juniors and/or Seniors.  
There will be no children's divisions. Second class children may be used only to fill out a number and they will be allowed to drill their own set of calisthenics on the Slet Field.  
All participants of the Special Number Competitions must participate in the Slet Calisthenics on Slet Day.
3. Length of the special number shall be a minimum of 4 minutes and a maximum of 10 minutes, including entry and exit.
4. Minimum of six formation changes are required.
5. The number must be composed to instrumental music only.
6. The special number should be one that is an original.
7. Numbers will be judged on composition and execution as explained in the new Rules For Judging Special Number Competitions, attached.
8. A minimum of two entries per category must be entered for the competition to be held. If there is only one number entered, author will be notified so that he/she may present the number for demonstration purposes only, if desired. Entry fee would then be refunded.
9. Numbers will be judged by qualified judges as approved by the National Board of Instructors.
10. Each Unit will be responsible for furnishing its own music, which, as stated before, must be on a good quality cassette tape.
11. Deadline for all entries is May 15th, 1984. There will be a double entry fee for any late entries.
12. A number previously used in a Special Number Competition in the American Sokol Organization Slet cannot be repeated. Calisthenics

- numbers from any previous American Sokol Organization Slet cannot be used.
13. The site for the competition will be at the Morton West High School Gymnasium. Floor map is attached.
  14. Entry fee for each number will be \$20.00, check payable to the XVI American Sokol Slet. Entries should be sent to the American Sokol Organization, c/o Board of Instructors, 6424 W. Cermak Rd., Berwyn, IL 60402.
  15. The Special Number Competition is separate from the regular gymnastic competitions. Failure to adhere to the above rules will automatically disqualify the number from receiving an award.
  16. Any complaints must be received in writing from the Author or Director before the end of the competition and presented to the Meet Director.
  17. Units may enter as many numbers as they wish. Individuals may be in more than one number.

### JUDGES' CODE OF POINTS

#### GENERAL COMMENTS AND OBSERVATIONS

— to be considered when Judging:

1. There is no such thing as a 10.0 point exercise. The best choreographer using the best dance group in the country would not get 100% perfection from 100% of the group 100% of the time.
2. Remember your role as a Judge: You are judging **one** phase only, so **use Tunnel Vision!** Judge **only** your assignment. If you are a Group I Judge, your assignment is **WHAT** is being done — you **do not** deduct for faults of execution (bent arms, out of step, etc.).
3. Keep in mind it is easier for a group of 10 to be together, than it is for 24 to be together. This is particularly true if the group is split into 2 or 3 or 4 parts. The fewer the number of people, the easier it is for them to stay together.
4. Always keep the group size in mind — 3 people who err in a group of 10 is a larger deduction than 3 who err out of 24.
5. Watch out for musical interpretation. The music is a large part of the exercise, but music can and often is interpreted differently by different people — and none could be wrong!
6. A typical score for an average group of 10 to 15, for a number done fairly well, pleasant to watch, fitted fairly well to the music and meeting all other criteria would be in the range of 6.5 points to 8.5 points. Higher than 8.5 points would mean that you either missed some things, or you have just witnessed a **super** number and performance.

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*Have you brought a friend to Sokol with you yet?*

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## SLET CONTRIBUTION

### Southern District Presents

Following are excerpts taken from presentation made by Bro. Brad Durham, Sokol Fort Worth, at an Instructor Clinic presented at Sokol Karel Havlíček Borovský, Ennis, Texas, November 11, 1984.

What are the ingredients of a good team?

1. Communication
2. Trust
3. Support
4. Conflict
5. Contribution
6. Leadership

We are all often part of several teams. Within our SOKOL Unit, we may be a part of general membership, we may be a member of the Board of Instructors, we may be a member of an instructor group or team for an individual class or group of students.

Many times, a breakdown in any one the six areas listed above can cause an instructor group to function as individuals, rather than as a team working together to accomplish the same goals.

85% of the reasons we get ahead is good attitude; 15% of the reasons we get ahead is technical proficiency.

**"UPPERS"** — These people are positive thinkers. They believe in themselves, and because they do, they tend to believe in others. While they sometimes get down they always bounce back quickly. They accept responsibilities for mistakes and weaknesses, and try to find answers and solutions to remedy those weaknesses.

**"DOWNERS"** — These people are negative thinkers. They tend to doubt and dislike themselves, and because they do, they tend to try to bring others down with them. They tend to gossip, and they try to avoid responsibility for mistakes and errors.

#### STEPS TO BECOME MORE OF AN "UPPER":

1. Join the smile and compliment club
2. Strengthen self image
3. Build bridges
4. Fill your mind with positive material
5. Show interest in people—"CARE"
6. Do something physical to show your appreciation
7. Set goals
8. Learn by successful failures
9. Maintain physical well being
10. Apply "I Win — You Win" philosophy

Goal setting is a very important part of progressing your gym program, and in assessing that progress. Communication of those goals with your peer instructors, and with the gymnasts is very important, so that all persons are working toward the same result.

Goal setting ties in very closely with planning. As you make timely plans to achieve those goals, so must you plan every workout to remain on schedule

of those plans. Planning before workout also includes setting up your equipment to facilitate the maximum usage of both time and equipment space. **Try to put two hours of workout into every one hour workout!** This planning will also help to avoid any "dead time" within your class period.

## Technical Knowledge:

**Floor exercise** — Evaluate strength and weaknesses, and design your program and daily workouts to correct those weaknesses, and to accentuate those strengths.

**Flexibility** — hyper-stretch, backbend drills, contests, shoulder drills, etc...

**Strength** — sit ups, v ups, push ups, power push ups, elevated push ups, backbend drills, elevated backbend drills, leg lifts, etc...

**Backward tumbling** — handstand snap downs, handstand hops, kneel tumbling, half dozen drills, dozen drills

**Front tumbling** — handstand hops, front hand-springs, power-jump tumbling, successive hand-springs, Russian lifts, Russian lift dive rolls, aerials, elevated aerials, fronts off a mat, fronts, fronts up to a mat, etc...

**Dance** — dance mini-clinics, leaps, combinations of compulsory passes, jumps, etc...

It is very difficult to make a good tumbler out of a gymnast who is lacking in upper body strength. Trying to do so too quickly often times creates negative attitudes by the gymnast and instructor, **injures to the gymnast**, poor tumbling habits, and a host of other problems. Therefore, I believe that conditioning must be an active part of your program. The challenge is to make it a regular part of your workout, without creating a negative environment out of a necessary activity. This can be done in a number of different ways. Some coaches do this with variety, and others do it with a regular program, expressing the need to the gymnasts for the activities. You may have to try several methods to find out what works best for you.

**Balance Beam** — One of the major factors in teaching balance beam is recognizing the fear factor within each gymnast, and its' degree. Also, it is important that we realize that this fear factor is very real to each gymnast, and is very difficult and frustrating for many gymnasts. Often times, we get frustrated as we try to teach these gymnasts, and that makes our patience draw short.

One of the best activities used to reduce fear factor is time on the apparatus. If your gym is lacking in equipment, this could be a problem. Simply time spent on the balance beam, and not skills attempted is important to first eliminating or lessening the fear factor problem. This is also a very good time to begin work on leaps and turns, as failing to do so can create problems in learning those skills in the future.

Another important part of balance is the concept of working "square" with the beam on most skills.

This takes teaching on the floor, and then taking to the beam. Also important to the balance beam, is teaching the gymnasts to stretch, rather than to squat when they are in trouble on a skill. This is contradictory to what feels normal, so it does take some time. But, it can be learned by the gymnasts. **"Long term goals are more important than staying on today!"**

Contests between gymnasts within a class can work well to motivate learning.

As fear factor is such an influence on balance beam learning, confidence in the spotter or coach is imperative on this event. That confidence takes time to build, but it only takes one drop to eliminate. Therefore, careful attention to **spotting** is very important while teaching balance beam. Spotting should be avoided unless necessary, but should never be taken lightly when used.

**"SUCCESS BREEDS CONFIDENCE, AND CONFIDENCE BREEDS SUCCESS."**

On the other side of the coin:

**"FAILURE BREEDS FEAR, AND FEAR BREEDS FAILURE."**

Self confidence is imperative on this event, and coaches should insure that they compliment achievement on this event, and minimize critique with beginners.

**Uneven Bars** — Upper body strength is probably the biggest problem for gymnasts as they begin to learn to work bars. This problem many times creates a situation in which beginning gymnasts tend to avoid the bars. The problem should be recognized, and addressed within your training program. These are several skills which the gymnasts may work on, with minimum risk to injury, and in which they can experience some degree of success, without a great amount of upper body strength. Some to those skills are:

1. Step to pullover
2. Back hip circle (should work to be a free hip circle)
3. Straddle sole circle dismount from a stand on the low bar
4. Jump to straddle sole circle dismount off high bar
5. Stoop sole circle dismount off of low bar from stand
6. Cast to straddle and stoop sole circle dismount
6. Back hip circle on high bar
8. Straddle sole circle dismount with 1/2 turn
9. High cast on low bar
10. Hanging beat swing on low bar

These are just a few of these type skills, and there are many more. With these type skills, the beginning gymnasts may work the apparatus with minimal spotting, or no spotting at all. Working these skills builds a strong foundation for future learning, and also, and perhaps most important, works toward building upper body strength with the beginning uneven bar gymnast.

It is also very important that we begin working with the gymnasts at a very early stage on the correct technique of a glide and a glide kip. This skill takes a long period of time to master because of the complexity of the skill, and is very necessary for proper learning of future bar skills. The glide should begin even within the tots program.

Another important area which should be addressed is the wrap swing. Most gymnasts will experience some fear on the initial attempts at a wrap swing, and there are some steps to begin working on the skill, which should help to reduce those fears. Swinging wraps should be worked at a relatively early age with the gymnasts, as upper body strength is not much of a factor with the skill.

**Most important within each of your programs is a positive attitude, and a cooperative attitude and environment within each of your gyms. The gymnasts realize if there is a problem, and it can only hurt your combined efforts. If you care about your gymnasts, and they realize that you really do care about them, then good things will happen. They will give 100%, and when they do, you cannot help but be happy and positive, and only learning can occur.**

Finally, I do believe that competition is an important part of each program, and is necessary to make the kids feel like they have achieved something. Sometimes we have to try to thing like a child to realize how they view their time at the Sokol. We must recognize their inability to perceive the long term importance of participation within the Sokol, and work to satisfy their needs today.

Nazdar, Brad Durham

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## XVI AMERICAN SOKOL

# SLET

**JUNE 26th - 30th, 1985**

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### ATTENTION ALL UNITS!

You will need Identification Ribbons (I.D. Ribbons) for all Juniors and Seniors in our XVI. American Sokol Slet. The ribbon should include the name of your Unit and the City and State.

Sokol Tabor  
Berwyn, Illinois

Cost per ribbon 75¢ imprinted — minimum order quantity 25 ribbons. Place orders with Uniform Division.

\*\*\*\*\*

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	Price
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Designer Scarf .....	7.50
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Sizes: Adult — S, M, L, XL, XXL	
"T" Shirt White w/Falcon - Blue trim ....	7.50
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## MEMBERSHIP PINS



Dear Brother and Sister Sokols;

Above are photos of the membership pins available from the American Sokol Organization. As can be seen, the pins are available starting with the Sokol membership pin, and then at 5 year increments up to 50 years.

Our membership in units, districts and the national level is one of our greatest assets. By honoring the longevity of our members, we not only encourage their continued activity and support but show an example for our younger members to follow.

If your unit has not participated in this program, perhaps now is the time to establish a format for the presentation of these membership pins. A special evening for the entire membership - maybe with dinner and/or refreshments - could be planned. Other ways to honor the members is at the annual meeting, in May (mother's day) for our sisters, in June (father's day) for our brothers, or have a combined evening for both. Perhaps your unit is having a special celebration - anniversary, program, etc. -at which time a presentation could be made.

We encourage all units to participate in this program. Whichever way you choose to carry out this program, we hope that your unit will make this an annual event. By doing so, we are sure that your unit will not only maintain its current members, but continue to grow.

*Nazdar and Sletu Zdar!*

AMERICAN SOKOL ORGANIZATION  
Bro. Fred G. Kala (signed)  
Membership Chairman

### MEMBERSHIP PIN PRICE LIST(\*)

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Berwyn, Illinois 60402

(\*) Shipping charges additional.

## ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board, was called to order by II. Vice-President Sis. Betty Prener, on Tuesday, October 30, 1984, at 7:35 p.m. Pledge to the flag was given and "God Bless America" was sung. District minutes received and reviewed at meeting; Central, September 26th, Western, September 30th and Central, October 24th.

**CORRESPONDENCE:** Thank you note from Bro. Fred Stankovsky for recognition day held in Sokol Milwaukee. Thank you letter from Sokol Omaha, re: Jim Hartung Day. Invitation from Sokol Baltimore for Bro. Zitny to attend their rededication of their newly renovated Sokol center, December 2nd, approved. From Bro. Vincent Gonzalez, notifying us of the pre-trial hearing on November 2nd, concerning Srsen vs. Ceska Sin. Bro. Robert E. Jirousek, an answer to Br. Zitny's letter of October 3rd, asking if the Northeastern District wishes to come down to the ASO office for a meeting. As soon as their plans are cemented as to time of arrival, etc. he would notify me. So far four representatives will be coming from the district. Eastern District president, Bro. Frank Capek, urging us to meet with Northeastern District, also greeting from all the delegates of the Eastern District's annual meeting. Bro. John Dusek, President, Sokol Great Cleveland, requesting answers to some questions their unit has about the up-coming convention. Letter from Czech Freethinking Schools, asking for our help and support. Motion passed to take their publication for \$3.00 per year. Additional discussion, Bro. Stanley Barcal and Fred Kala will pick up our brothers and sisters at the airport from Northeastern district on November 10th and we will try to start the meeting at 9:00 a.m. The secretary will make some plans for lunch and coffee and, she will also answer the letter to Bro. John Dusek answering his questions for his unit. Czechoslovak American Congress, inviting us to join their organization. Bro. Stanley Barcal will check at the meeting Thursday, we thought we (the Central District) were already members. Also a letter from CAC about a meeting on December 6th about the Statue of Liberty and Ellis Island Restoration Project. Most of our units and districts are handling this project individually. Czechoslovak National Council of America, with "Czechoslovakia Still Enslaved" seals. A \$10.00 donation was approved. J. Sterling Morton High Schools, an invitation to use their facilities for one of our "luncheon" meetings. We will pass this information on to the Slet committee. Denní Hlasatel, solicitation for an ad for the 28th of October. Need approval for the ad that was purchased. Because of the delay of our meeting there was no time for getting an approval. \$42.50 approved for payment. SPJST, copy of an article that was reprinted from our American Sokol, it's nice to know that someone is reading and paying

attention to our educational articles. Two additional letters, a thank you letter from Bro. Charles Richter, Sokol Milwaukee, for his recognition certificate. He was ill and could not attend the celebration, but his certificate was delivered the day before his 87th birthday, needless to say, it made him very happy. On Sunday, November 25th, Joe Lacina is sponsoring a Czechoslovak Day celebration and they would like to know if they could have our mailing list to send out advertising. We cannot give out our list because it so stipulates in our by-laws.

**1985 SLET:** Still waiting to hear from Morton High School. A phone call was received giving the rate per day, plus insurance and janitor services, but we have received nothing in writing; would it be possible to have our Wednesday hours begin earlier, like say 2:00 p.m.? A few minutes were taken for everyone to read the Slet minutes, they were accepted as written.

**WOMEN'S DIRECTOR - Sis. Marie Ptacek and MEN'S DIRECTOR - Bro. Paul Lebloch:** (Combined) Paul gave the report. The ASO-BOI and the Central District Board of Instructors held a combined meeting October 10th. Our main reason for meeting together is to have open lines of communication and involve the Central District in slet preparations. All details of Slet preparations, work already accomplished and work to be completed were discussed. I am confident we will receive full co-operation from the Central District Board of Instructors. **SLET PROGRAM:** Discussed the need to have a sufficient number of reliable leaders, both from Central District and the outside districts. Suggested people for leadership positions should be submitted to Paul and myself. Bro. George Pistorius has made master tapes for the districts, these were given to the Directors at the conference. Tots calisthenics was composed by Br. and Sis. Halik; 1st and 2nd class girls by Sis. Audrey Benda, Sokol Little Ferry. 1st and 2nd class boys by Br. Walter Slavik, Sokol New York. Jr. girls and boys written by Sis. MaryJean Stoeppelman, Sokol Fort Worth; Sr. women's cal composed by Sis. Jacki Ptacek and Sr. Men's by Br. Dick Ptacek. Texts, music tapes and videos have all been distributed to the District Directors. Exception: 1st and 2nd class calisthenics have not been video taped. The folk dance has been taught to a group by Sis. Jelinek. A video tape has been made. There are not written instructions as yet for the dance. Championship competitors and winners from other divisions will perform on apparatus during the Slet program on Sunday. We will have a 440 relay race. Will be district teams, made up of one jr. girl, 1 jr. boy, 1 woman and 1 man. Br. Dave Harlan has volunteered to take charge of the race. **SLET TOURNAMENTS:** Sis. and Br. Harlan are in charge of the volleyball tournament, which will be held on Friday, at Downers Grove North. Volleyball championships will be held on Saturday morning. Sis. Harlan gave us all the Sokol rules, as well as the USVBA rules. Judy also reported that she is investigating use of coaches, instructors, etc. for the games. She has contacted

several places seeking donations for the volleyball tournaments. We did not decide on the entry fee. Paid refs were decided on, this will have to be added to the fee. Apparatus competitions will be held at Downers Grove North. We will have cafeteria facilities there. **SPECIAL NUMBER COMPETITION:** This will be the opening ceremony and will be held on Wednesday evening, June 26th at Morton West High School. Slet will also be at Morton West; on Sunday afternoon. Br. Chuck Kalat, trophy chairman, reported that everything is going well with making the trophies. Certificates of participation will be presented. Badges will also be presented to all participants, including drillers. We will need people to help make these. (Sokol Detroit and Sokol South Omaha will loan us machines). We have asked all our members to think about a design for the flag streamers. Gymnasts will carry cards with the competitor's number. Sis. Laznovsky brought a big-number stamp set to the conference for our use. Br. Kalat will computerize the competitions. The BOI decided not to offer any package deals. Tickets will be available for each event. BOI recommends to the Slet committee that the competitor's entry fee include in it a ticket for the awards night and a program book, and also, that each judge, tabulator, and meet director be given a ticket to the awards night and a program book.... volleyball players and rhythmic gymnastics competitors to be included in this. Br. Borvansky said the Slet committee was talking about \$3.00 for the dance admission. Entry fees for apparatus competition was set at \$10.00 per person, with no team entry charge. Rhythmic gymnastics competitors will also have a \$10.00 entry fee. RG will be required to do all-around (both rope and ribbon exercises). Br. Satek made a motion that we recommend that the Slet Committee provide constant shuttle bus service to all Slet events, seconded and passed. DuPage school buses were mentioned as one possibility. **ADVANCED COURSE:** will be held for 2 weeks immediately following the Slet. Br. Michalek checked with the George Williams College in Lake Geneva, not available. Other sources will be checked. **1984 DIRECTORS CONFERENCE:** was held October 26, 27, and 28th, at William Tell Inn, Countryside, Illinois. Many ideas were discussed and many decisions were made for our XVI Slet next year. There is much enthusiasm for the Slet throughout the United States. Thank you to Bro. Zitny and members of the Executive Board who took time out of their busy schedule to attend some of the sessions. Also to the Central District and its units for being wonderful hosts. Minutes will be available at our November meeting. Received a condensed list of key people from Sokol USA to whom all Slet material will be sent. Sis. Zabka will attend a USGF board meeting on November 10 and 11th in San Antonio, Texas. Received a bill for \$200.00, annual dues to the USGF. Bill turned over to Sis. Sotka. Br. Kalat wrote regarding the numbering system for competitors. He sent copies of the judging slips used in Fort Worth. Also notified us

that he has written to the Radio Shack Computer Center in Lombard. Mentioned that Sis. Somolik has volunteered to get and organize the runners for the competitions. **FINAL REPORT FORM:** Southern District for USGF Congress of Coaches held in Indianapolis, Indiana on September 21 and 22nd, 1984. Sis. Sylvia Laznovsky attended. Air fare, \$369.00; motel, \$46.20; airport parking, \$6.75, taxi, \$16.00 and mileage, \$24.00. Registration fee, \$50.00, totals, \$511.95, approved for payment. While Sis. Laznovsky was at the USGF Congress of Coaches, she purchased for us a booklet of the Class III Rhythmic Gymnastic exercises, a video and music tape, at a cost of \$95.00. She has been reimbursed for this. 2,000 revised Sokol manuals have been ordered, they will be hard bound books that will sell for approximately \$10.00. Pictures were taken at the conference of the District Directors' and the Board of Instructors for the 1985 XVI Slet program book. Bill for two rolls of black and white film approved for payment, \$4.71 to Sis. Pat Satek. the ASO-BOI along with the BOI of the Central District and all of our District Directors strongly request that the Slet Committee or the Executive Board obtain live music for the Slet. They all feel that live music will enhance the Slet program and elevate the spirit of all participants. Parking and mileage was not paid on one of the bills from the District Director's conference, per diem is for this purpose. Br. Kalat would like to have a representative at our Slet meetings to take his place. After thorough discussion it was felt that this was not necessary, the lines of communication are good. A letter will be sent by the secretary.

**MEMBERSHIP CHAIRMAN - Bro. Fred Kala:** Presented the list of those units still missing quarterly report forms. Units are cleaning up records now that the price of dues has gone up in the third and fourth quarter. Several discrepancies were discussed and the possible reasons for their happening.

**PUBLICITY - CZECH - Bro. Jerry Rabas:** Continues to present articles to the Denní Hlasatel and other Czech newspapers. Composed the ad for the 28th of October for us.

**PUBLICITY - ENGLISH - Sis. Vlasta Zitny:** No report. Picture of Jim Hartung given to us.

**EDUCATIONAL CHAIRMAN - Bro. Stanley Barcal:** Because educational meeting had to be cancelled there is no report.

**FINANCIAL SECRETARY - Sis. Mildred Pinc:** The financial report for September, 1984 was prepared and copies were distributed to Executive Board members. The four certificates that were coming due in October have all been reinvested in 6 month certificates so that monies will be available for the upcoming Slet and convention. The third quarterly payroll reports have been filed. Vacation checks were made out to employees. Two delinquent Sokol units have paid their dues. Expense figures for the last District Educational Directors' Conference were given to Bro. S. Barcal, to be incorporated in his report. The posting machine

broke. We are, therefore, unable to update our accounting records. The donations to the Future Sokol Leaders' Fund were read. Transfer of funds from savings to checking was done for the 9 merit awards, \$1,800.00. There were no donations to Library/Archives fund.

**TREASURER - Bro. Bob Barcal:** No report due to the breakdown of the machine. Checks for all divisions were reconciled and found to be in order. Also gave a run down on the Slet account.

**UNIFORM - OFFICE - II. VICE-PRESIDENT: Sis. Betty Prener:** Orders coming in nicely and are being filled as quickly as possible. Re-ordering materials all the time. Prepared a report for the District Directors' Conference. Ordered the plastic mug and the Sokol scarf has arrived and we want approval so that they can go on with reproducing them. Art work for the mug was done by Bro. C. Borvansky and G. Blum will order the mugs for us. Scarf may be made part of the women's uniform.

**EDITORIAL - SECRETARY - Sis. Jackie M. Kourim:** I hope the October issue is at the post office already, the November issue is being worked on. Because of the large amount of material received concerning the Olympics and Bro. Jim Hartung we decided to carry some of the information over into the November issue. The Slet logo did not appear on the September issue because it goes to press in August and we made this decision at the September Slet meeting. It will appear on the October issue. Just trying to keep up with all the necessary work that has to be done for the convention and Slet. A proof of the note paper that Bro. Borvansky was working on with a design furnished by Sis. Zitny, was approved for printing. Slet committee has already given approval. Bro. Charles Borvansky will carry on.

Bro. Paul Lebloch brought to our attention that Bro. DeConti passed away. He was the designer of Sokol Detroit.

**I. VICE-PRESIDENT - Bro. George Basta -** Absent because of illness.

**PRESIDENT - Bro. Roy Zitny:** Out of town on business. Sis. Zitny gave his report.

*(To be continued next month)*



## Calendar of Events

- DEC. 31 - SOKOL BROOKFIELD  
New Year's Eve Party
- DEC. 31 - SOKOL BERWYN  
New Year's Eve Celebration
- DEC. 31 - SOKOL SAN FRANCISCO  
New Year's Eve Dance
- DEC. 31 - SOKOL MILWAUKEE  
New Year's Eve Dance
- DEC. 31 - SOKOL ST. LOUIS  
New Year's Eve Dance
- DEC. 31 - SOKOL DETROIT  
New Year's Eve Dance
- DEC. 31 - SOKOL STICKNEY  
New Year's Eve Party
- DEC. 31 - SOKOL SOUTH OMAHA  
New Year's Eve Dance
- DEC. 31 - SOKOL MINNESOTA  
New Year's Eve Party

### MARK YOUR CALENDARS FOR 1985!

- JAN. 13 - NORTHEASTERN DISTRICT  
ANNUAL MEETING - Sokol Detroit
- JAN. 18 - SOKOL GREATER CLEVELAND  
Fish Fry
- FEB. 2 - SOKOL MINNESOTA  
Annual World Bohemian Euchre Tournament
- FEB. 2 - SOKOL BROOKFIELD  
Spaghetti Dinner
- FEB. 15 - SOKOL GREATER CLEVELAND  
Fish Fry
- FEB. 17 - SOKOL STICKNEY  
Pancake Breakfast
- FEB. 17 - SOKOL DETROIT  
Winter Gymnasticale
- FEB. 17 - SOKOL GREATER CLEVELAND  
Winter Gymnastic Exhibition
- MAR. 15 - SOKOL GREATER CLEVELAND  
Fish Fry
- APR. 19 - SOKOL GREATER CLEVELAND  
Fish Fry
- MAY 18 and 19 - SOKOL ST. LOUIS  
Weekend celebration - 120th Anniversary

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*Add 5 rows of lettuce:*

Let us be faithful,  
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Let us be loyal,  
Let us love one another  
And let us be truthful.

*But no garden is really complete  
without four rows of turnips:*

Turn up for work,  
Turn up with smile,  
Turn up with a new idea, and  
Turn up at your Sokol meeting.

*From "Tabor Talk"*

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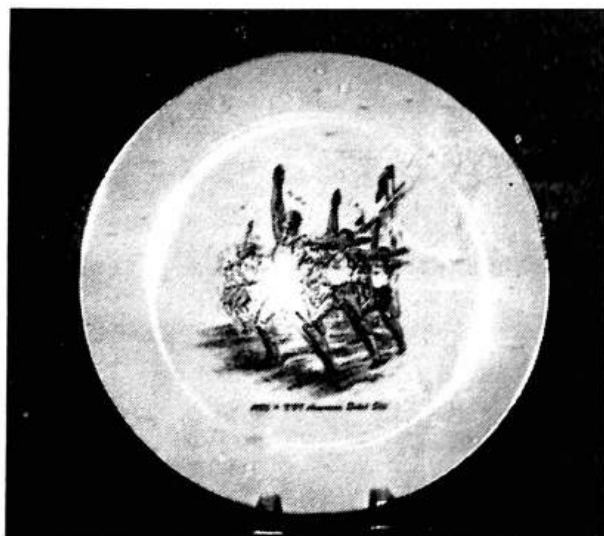
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## NEW PLATES HAVE ARRIVED!

The shipment of XVI American Sokol plates for the 1985 Slet have just been delivered to our office. Now is the time to reserve yours. If you are collecting the series of plates send us your number and we will put it aside for you, to be picked up at the Slet or you can have it sent to you.

Price: \$20.00 plus shipping and handling.

The plate features a group of Sokol men drilling. Very different, but beautiful. Send for yours today!

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