

AMERICAN SOKOL

VOL. CVI - NO. 9

SEPTEMBER 1985

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization



With the adjournment of a successful XIV Convention and climaxed by a spectacular XVI Slet which received many praises, another chapter was written into the archives of the American Sokol Organization. Thus commemorating this year 120 years of our proud Sokol tradition in the United States, the first being founded in St. Louis, Missouri, and the newest unit chartered in Naperville, Illinois, in April, 1985, at their first unit exhibition.

The XIV Convention placed the destiny of the American Sokol Organization for the next five year term into the hands of the newly elected officers, Executive Board, physical directors and board of instructors. They have all accepted the challenge and responsibilities that will confront them confident that all matters will be resolved in the best interest of our organization. However, this cannot be done without the cooperation of the unit officers and the members of all units.

Cooperation, love and understanding among all brothers and sisters will go a long way in achieving our future goals.

The Slet motto "Toward New Horizons" should be an inspiration to us all. To build a better and stronger Sokol organization we must reach out to our youth and instill in them our Sokol ideals of "a sound mind, in a sound body", in order to assure us of our future Sokol leaders.

NAZDAR!

Bro. George C. Basta,
President

AMERICAN SOKOL

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OFFICE OF THE EXECUTIVE BOARD ASO
Jackie Kourim, Secretary
6424 W. Cermak Road, Berwyn, IL 60402
Telephone: 795-6671

Meetings: 4th Tuesday - except July and August,
at ASO Office

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FRED STANKOVSKY
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ED JELINEK, EMILIE RUZICKA
By-Laws Chairman - JERRY MILAN

Calendar of Events

MARK YOUR CALENDARS FOR 1985!

- OCT. 12 — SOKOL MINNESOTA
Friendly Meeting
- OCT. 18 — SOKOL GREATER CLEVELAND
Fish Fry
- OCT. 26 — SOKOL SAN FRANCISCO
Czechoslovak Republic Dance
- NOV. 15 — SOKOL GREATER CLEVELAND
Fish Fry
- NOV. 16 — SOKOL MINNESOTA
Friendly Meeting

DEC. 7 — SOKOL SAN FRANCISCO
St. Nicholas Dance

DEC. 31 — SOKOL SAN FRANCISCO
New Year's Eve Dance



**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 _____

FUTURE SOKOL LEADERS FUND

June 1985

Framer, Inc.	\$ 2.00
Mike Davids	6.00
In Honor of Sokol Slavsky's 55 year members — Ella Bastl, Blanche Dvorak, Tillie Kacena, Frank Drnec, Dr. Frank L. Simpach, Sokol Slavsky	25.00
In memory of Sis. Frances Sauer — Sokol Town of Lake	15.00
Vlasta Chloupek — From XVI A.S.O. Slet ticket Sales	103.00
In memory of Br. Louis Vagner — Sokol Philadelphia	100.00
	<u>\$251.00</u>

July 1985

Roy Pechous and Associates — Donation	\$ 10.00
Clyde Federal Savings & Loan — Donation	24.00
In memory of Br. Milo Kocourek — Joe and Blanche Masek	25.00
	<u>\$ 59.00</u>

LIBRARY AND ARCHIVES FUND

July 1985

Helen Prener — On behalf of Sokol Chicago	\$150.00
Vlasta Zitny — Donation	150.00
	<u>\$300.00</u>

— Donations are tax exempt —

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVI

September — 1985 — Září

Číslo - No. 9

ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board, Tuesday, June 17, 1985, was called to order by President Roy Zitny, at 7:50 p.m. Pledge to the flag was given, district minutes received from Central District, May 22nd.

The following members were present: Sis. Mildred Pinc, Betty Prener, Nancy Borvansky, Vlasta Zitny, Jackie Kourim, Bro. John Satek, Chuck Borvansky, Roy Zitny, Fred Kala, Bob Barcal, George Basta, Paul Lebloch, Stanley Barcal, Jim Sprtel.

Members excused: Sis. Marie Ptacek.

CORRESPONDENCE: Bill for membership dues in the Cermak Road Business Assn., \$35.00 approved for payment. Bro. Frank Capek, President, Eastern District, will attend the Presidents' luncheon during the convention. Barina & Schmitt, attorneys, asking if our organization would be interested in managing a scholarship fund for one of their clients but the students would have to study in Czechoslovakia. A letter will be sent, telling them that we are not able to do this. Copy of letter to Bro. V. Zenisek from Bro. R. Jirousek, will be passed around for all to read. Bro. Zenisek's answer to this letter is also attached. Letter to editor from George Tingwald, M.D.; Bro. Zenisek's answer to this letter, he felt he created a problem for the editor, not so. These letters will also be passed around for anyone to read them if they so chose. An additional letter from Bro. R. Jirousek, with additional suggestions for delegates to serve on committees for the convention. Letter from Sokol Detroit, re: Bro. Joseph Kovar's replacement and how it came about. Bro. Nelson J. Gedeon, President, Sokol Cleveland, wishes a proxy member to represent Sokol Cleveland. Bro. R. Jirousek, a letter designating Sis. Betty Hosticka as proxy member to represent Sokol Cleveland. Sen. Alan Dixon message for our souvenir book (too late). These messages will be read sometime during the Slet festivities. Sokol Australia, wishing us well with the Slet, are sorry they can't be there. Holiday Inn, they have saved 25 rooms, only one reservation made to date. They are releasing the rest of the rooms to the public. Central District, requesting permission to tape the Slet, June 30th, permission granted and Bro. J. Satek will deliver the answer to them. Application for liquor license for Country-side, has to be filled in and signed for tomorrow.

Governor, Illinois State Fair, a meeting to be held on Thursday concerning the state and world's fairs. Emil Kuropata, requesting to come to the convention and present his case! He will be allowed to present his case to the Board of Appeals but will not be allowed to attend the convention itself. The invitations to the Executive Board for the President's lunch during the convention. Miscellaneous articles and letters.

1985 SLET: Still missing the signed contracts for Morton West. They must be signed tonight and delivered tomorrow. Most of the plans are all made, now all we have to do is execute them. Current bills paid. Financial report looks very good. The BOI has all plans cemented. Management committee will have its work cut out for them. Plans are all set in motion. Banquet has a count of 300 plus as of today. Seating will be done shortly. Latecomers will be seated as they come in, no changes will be made on completed tables. Publicity rolling along, all media contacted with information. Tickets are being sold, quite brisk in the sales department. Program book 80% printed. An advance will have to be sent to Hurt Brothers. Czech publicity bill approved for payment. Flags being arranged for. Souvenir report given by Sis. B. Prener, very glowing. Lots of work involved. Sis. Schabowski gave a comprehensive report on the exhibit room. Housing, all rooms have been released. Tour to the Havlíček statue on Chicago's lakefront has been planned for Saturday afternoon. Bro. J. Sprtel arranged for falcons to be present at various activities. Bro. Zitny, turned the meeting over to Bro. G. Basta while he took a telephone call. Bro. Basta continued on with the 1985 Convention report.

1985 Convention: Bro. John Satek, we are rushing to complete all the duties that we made plans for. Secretarial room and equipment is all planned and will shortly be put into place. The secretarial help for the committee meeting before the convention has been arranged for. Packets are almost complete, just a few last minute details to finish up. Badges are all complete. Luncheon reservations at 125, I'm sure more will be coming in late. Would like to put up a large "Welcome, Sokols" sign in the lobby. Tickets to be printed up at the office for the two days' luncheons. Executive Board in full uniform at the opening ceremonies at the Slet and on Sunday afternoon for the parade, also the first day of the convention to be in uniform. Committees to meet on Sunday, Rules and Orders, and the Credentials committee, early afternoon. Letters read

from District Presidents' with suggestions for the various committees. Only one Executive Board report received to date, will need them to put into the packets. The Orders of the Day to be approved. Financial report of the treasurer is ready to go, can be typed now. Orders of the Day revised on the first page, the other two pages o.k. Bro. Stanley Barcal, read his presentation to all the members of the Executive Board that will be given at the convention concerning the problem in Cleveland. A very lengthy discussion followed. Bro. Roy Zitny then presented his welcoming speech. The discussion became very lengthy. It was decided that we would go on with all the reports of officers and then come back to this subject.

WOMEN'S DIRECTOR — Sis. Marie Ptacek: Absent.

MEN'S DIRECTOR — Bro. Paul Lebloch: Gave the report for both directors. Last minute details regarding the Slet were discussed and debated. One women's volleyball team has dropped out. The volleyball chairman reviewed the schedule and felt we can hold both the men's and women's division tournament at DGNHS. We will not use Morton Junior College. Sokol Ennis will bring their floor ex mat to be used for the special number competition. They were not happy using a wrestling mat. They suggest we offer some type of compensation to the truck driver bringing the mat. We will review the sound system at Morton West stadium on Tuesday, June 18th at 1 p.m. We will meet with Downers Grove North on Wednesday, June 19th at 3:30 p.m. The advanced instructors course was cancelled because of lack of enough students. Judging assignments and convention report prepared from the BOI. Installed officers of Sokol Berwyn. Reminders will be sent to the districts about the early morning breakfasts to be served at the hotel.

MEMBERSHIP DIRECTOR — Bro. Fred Kala: Gave a rundown of the report that will be presented at the convention. Also mentioned the five units that will be getting certificates for increase in membership. Their checks will also be prepared in time for the convention.

EDUCATIONAL DIRECTOR — Bro. Stanley Barcal: The five year report has been made up for the convention and has been typed and run off by Sis. June Pros. Sis. Schabowski was questioning the insurance coverage that we have to cover these items that will be taken out of the office for the exhibit room. Sis. Pinc will check into it.

PUBLICITY — CZECH — Bro. Jerry Rabas: Presented all the material that has been published in the papers (Czech) concerning the Slet and the convention. A folder with publicity was passed around to the members.

PUBLICITY — ENGLISH — Sis. Nancy Borvansky: Many people helping to spread the word about our upcoming events. Sis. Borvansky thanked all those who helped. Bro. Zitny had publicity pictures taken today in Downers Grove with the mayor presenting us with a resolution. Additional paid ads will be taken out in the suburban papers.

FINANCIAL SECRETARY — Sis. Mildred C. Pinc: The financial report for May, 1985 was prepared and copies were distributed to the Executive Board members. No savings certificates to be handled this month. Final notice was sent to Sokol Seattle requesting payment of their dues. Refunds were sent to three units, for overpayment on their quarterly reports. Window washing charges have increased. Internal audit of the ASO administration books for the 1st quarter of 1985 has been completed. Mailing list has to be re-programmed to make it more efficient. Donations to the Future Sokol Leaders' Fund and Library/Archives Fund were read. Letter received from Sokol Greater Cleveland listing the members that were expelled. Will be checked against the list of members who joined Ceska Sin.

TREASURER — Bro. Bob Barcal: Made arrangements to pick up keys and money bags from the Berwyn bank for our Slet deposits. Made arrangements to also pick up change for the weekend. Prepared the 5 year report with Bro. G. Basta. Reconciled bank statements and found them to be in order. There is an outstanding check from Western District. A new tax form to be filed.

UNIFORM — OFFICE — II. VICE-PRESIDENT — Sis. Betty Prener: Setting up sellers for the souvenirs. I.D. ribbons done for the Executive Board and the BOI. Volunteers in the office named. Visited Lidice and brought a wreath for presentation. Gave a report on the program. Gave history on the ground and monument in Lidice.

EDITOR — SECRETARY — Sis. Jackie M. Kourim: Final issue has been "put to bed". June has been mailed out already. Just keeping ahead of all the last minute arrangements for the Slet and convention. Berwyn police called today, wanted to know where our "run" was being held. All services will be available to us, ambulance, first aid, etc. Flags are all ready. Convention vouchers will be worded explaining payment, also refer to by-laws. All convention delegates must stay at the hotel. What happened to the finance meeting scheduled for the 3rd of June? Not all people were notified that it was cancelled.

I. VICE-PRESIDENT — Bro. George Basta: Sis. Basta and I flew to Corpus Christi for the Southern District Slet. Had a nice stay on the coast. Attended the competitions and awards night. Delivered a package for the uniform division. Slet was held indoors, very comfortable. Very well planned weekend.

PRESIDENT — Bro. Roy Zitny: Attended the Northeastern District Slet with Sis. Vlasta. Everyone was very hospitable. Went on a tour of the Sokol Greater Cleveland building. Many hours of work put into it. Sis. Hosticka had a reception at her home later in the evening. Slet was very well planned. Presented us with a book of folk dances, words and music to be put into our library. A thank you letter will be sent. Also talked with people from Sokol Cleveland about their problems. They will probably have to close their Sokol hall.

Came back to our discussion about our convention presentation. Another hour's discussion held as all points were gone over.

Certificate for the new unit Ceska Sin to be made up for the convention. Plaques for the two 100-year old units are being made up. Bro. Lebloch asked permission to take the Czech flag that we received from Europe for the Slet parade, approved.

Bro. Zitny stated that his suite will be used as a hospitality room during the convention and Slet.

Honorary membership — do we wish to present a name to the convention for this honor? Bro. Stanley Barcal presented the name of Sis. Betty Prener, seconded by Bro. Bob Barcal. The vote was unanimous, Sis. Prener's name will be presented to the convention for honorary membership.

Bro. Zitny then thanked everyone for all the work (both bad and good) that everyone did. He said he met a lot of nice people in the last ten years. We have not always agreed but we all came together at the end. Let's go up-beat to the convention!

Meeting was adjourned at 11:50 p.m. Refreshments were served afterwards.

Respectfully submitted,

Jackie M. Kourim, Secretary

Editor "Sokol Gymnast", June, 1985	30.00	
Add'l copies "Sokol Gymnast" June, 1985	29.00	
Postage	6.60	
		\$ 775.89

EDUCATIONAL DEPARTMENT

Salaries	\$ 97.42	
FICA, May, 1985	17.14	
Art Supplies	11.70	
		\$ 126.26

SOKOL PUBLICATION

Printing "American Sokol", June issue	\$ 1,280.80	
Mailing list changes - June, 1985	173.77	
Postage "American Sokol" - June, 1985	383.76	
Editor "American Sokol" - June, 1985	100.00	
		\$ 1,938.33

MISCELLANEOUS

ASO Uniform Division - Salaries, FICA, FWT, May, 1985 & phone	\$ 730.60	
XIV ASO Convention	36,844.51	
XVI ASO Slet - Postage - Adm. & BOI	19.33	
Phone - Adm. & BOI	37.55	
		\$37,631.99

TOTAL DISBURSEMENTS \$42,168.54

Balance brought forward:		
Western National Bank of Cicero - Checking Account	\$ 1,252.96	
Receipts - June, 1985	35,177.77	
Deposit in transit	8,000.00	
		\$44,430.73
Disbursements - June, 1985		42,168.54
		\$ 2,262.19

ASO FINANCIAL REPORT

JUNE, 1985

RECEIPTS:

Dues	\$ 3,112.94
Resale of Jewelry	163.25
"Highlights of Czech History"	2.25
Education Booklets	1.00
Skills Patches	35.00
Convention Lunches	1,192.50
	4,506.94
A.S.O. Uniform Division - Salaries, etc.	670.83
	5,177.77
Transfer of funds from Savings to Checking Account	30,000.00
TOTAL RECEIPTS	\$35,177.77

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	\$ 921.69
FICA & FWT for May, 1985	243.72
Rent, Janitor Services, Phone, Electric	114.47
Postage	22.91
Travel Expense	193.00
Membership Fee	35.00
Membership Awards	131.00
Refreshments (Exec. Board)	34.28
	\$ 1,696.07

BOARD OF INSTRUCTORS

Salaries	\$ 612.93
FICA & FWT for May, 1985	97.36

ASO FINANCIAL REPORT

JULY 1985

RECEIPTS:

Dues	\$ 3,366.60
T. G. Masaryk Dues	10.00
Advance to Slet Refunded	6,000.00
Petty Cash Refund	5.39
	\$ 9,381.99
ASO Uniform Division — Rent, Salaries, etc.	1,100.60
	\$10,482.59
Transfer of funds from Savings to Checking Account	8,000.00
TOTAL RECEIPTS	\$18,482.59

DISBURSEMENTS:
ADMINISTRATIVE

Salaries — Office Employees	\$	748.03	
FICA & FWT for June 1985		211.56	
IWT — 2nd Qtr., 1985		75.09	
Rent, Janitor Services, Phone, Electric		1,627.75	
Postage & UPS Charges		52.65	
Office Supplies		231.03	
			\$ 2,946.11

BOARD OF INSTRUCTORS

Salaries	\$	308.66	
FICA & FWT for June, 1985		112.58	
IWT — 2nd Qtr., 1985		36.59	
Editor "Sokol Gymnast" — July, 1985		30.00	
UPS Charges		2.33	
			\$ 490.16

EDUCATIONAL DEPARTMENT

Salaries	\$	77.58	
FICA for June 1985		15.18	
IWT — 2nd Qtr., 1985		8.86	
Postage		2.20	
			\$ 103.82

SOKOL PUBLICATION

Editor — June, 1985	\$	100.00	
Postage		9.56	
			\$ 109.56

MISCELLANEOUS

ASO Uniform Division — Salaries, FICA & FWT, June, 1985, IWT 2nd Qtr. '85 & phone	\$	446.02	
Future Sokol Leaders Fund — Postage		.66	
XIV ASO Convention — Travel, Expense & Per Diem	2,111.90		
Secretarial Expense	495.50		
Misc. Hotel Expenses	4,286.93		
Printing	33.43		
Postage	26.34		
Convention Badges	28.88		
Office Supplies	23.04		
Membership Plaques	203.50		
			\$ 7,656.20
XVI ASO Slet — Postage, UPS Charge, Phone	\$	99.17	
			\$ 99.17
TOTAL DISBURSEMENTS			\$11,405.02

Balance brought forward:

Western National Bank of Cicero — Checking Account	—	(\$ 5,737.81)	
Receipts — July, 1985		18,482.59	
		\$12,744.78	
Disbursements — July, 1985		\$11,405.02	
		\$ 1,339.76	

Czechoslovak Sokol
Abroad

American Sokol Organization
6424 West Cermak Road
Berwyn, Illinois 60402 U.S.A.

Dear Brothers and Sisters — sestry a bratři:

Koncem května 1915, při oslavách 50. výročí sokolské činnosti v Americe, tehdejší Tělocvičná jednota Sokol "Praha" v Chicagu zaslala Sokolu v St. Louis zdrcivý v níž uvedla:

"Padesát dlouhých let již tomu, co na březích veletoku Mississippi byla vámi zasazena první sokolská ratolest v Americe. Majíce na paměti zářné vzory dvou prvních vůdců Sokola, Tyrše a Fügnera, zasadili jste ji na ryzích a poctivých základech, a proto rostla a mohutněla. Idea sokolstva tak hluboce zakořenila se v celý život náš, že i zde za mořem nyní po 50 letech radostně slavíme s vámi skvělé výsledky práce konané v duchu našich zakladatelů."

Trvalá platnost těchto slov napsaných před 70. lety, byla opětovně prokázána vašim úspěšným XVI. sletem, kterým bylo oslaveno již 120 let sokolské činnosti ve Spojených státech. Pevně proto věříme, že v duchu této hrdé tradice bude Sokol v Americe ve své činnosti pokračovat až do doby, kdy s veškerým sokolstvem nastoupí na novém mohutném všesokolském sletu svobodného československého sokolstva — ve znovu svobodném demokratickém Československu.

The above-quoted excerpt from a message sent 70 years ago to the 50th Anniversary celebration of Sokol in the United States applies indiminished to this day and is thus convincing testimony to the enduring appeal, strength and vitality of the Sokol idea. This was demonstrated very impressively at your most successful XVI. Slet concluded last week at Chicagoland.

On behalf of Czechoslovak Sokol Abroad we wish to congratulate you on your successful Slet and the many significant contributions you have made to our common Sokol heritage. We also wish to thank your outgoing officers for the good co-operation they have at all times given to us; we are convinced that their successors will be as successful in meeting the many challenges of our times and in the discharge of their responsible, time-demanding duties.

We take this opportunity to extend to your entire membership a most cordial invitation to our VI. Slet to be held from July 4.-7. 1986 at Zurich, Switzerland.

Kindly accept our very best wishes for continuous success in all your future activities carried out in the spirit of the noble ideals of our founders Tyrš and Fügner.

Jan Waldauf, President
Zdeněk M. Dobrovolný, Secretary

AMERICAN SOKOL

SOKOL GYMNAST

SEPTEMBER 1985

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

1865



1985

EARLY TEACHINGS

The Parent-Tot training program is not a new idea. It was suggested and promoted by early educational leaders many, many years ago.

"Čím více dítě běhá, tím lépe roste, tím více jadrnosti, čerstvosti těla i ducha nabývá." Jan Ámos Komenský, 1592-1670.

Roughly translated this means:

"The more active and busy the child, the greater its' growth and development, the more robust, agile and alert is the body and the mind."

So now we go back more than 300 years to find the origin of the theory that the general development of a child physically, mentally, culturally and morally is best served through the collaboration of mother and child.

Jan Ámos Komenský (Comenius) wrote in his "Informatorium Školy Mateřské" a handbook for the Mother-School which deals with the early instruction and training a child receives from its' mother. He laid great stress upon responsibilities of the mother in nurturing and encouraging in their children the good habits and practices of the world about them.

Some of the regulations he laid out have been adapted for modern kindergarten programs. In one of his greatest works "Didactica Magna" (The Great Didactica), an educational treatise on the art or science of teaching and instruction, published in Holland, he re-organized the program for Infant or Mother-Schools (Pre-School), Primary, Intermediate Grades, Secondary (Latin) Schools and for University and Adult Training. His code of classroom teaching and instructional methods were "All things must be taught in due succession and not more than one thing should be taught at one time and should be repeated until the material is understood." Other instructions had to do with simplicity, directness, practicality and totality in presentation. He prepared the plans, the programs and the text needed. His works were published in many languages. He has been acknowledged as the father of modern educational process.

He was invited to go to America and become Rector at Harvard but declined because he was already committed to go to Sweden and re-organize their schools according to his new educational theories. He was a Protestant Clergyman, a leader, an educator, a man of the Cloth, a man of the World, always on the move, many times just a step ahead of adverse forces. He had been exiled from his homeland because of his religious posture, the Austrian Government had ordered that anyone not professing the Creed of Rome would be allowed to reside in Bohemia and Moravia. He died in 1670 and was buried in Holland.

Many of the early settlers in the Colonies were these same exiles or their descendants, as were the founders of the Moravian Church or the United Brethren, which traced their origin to Jan Hus. How's that for a bit of Czechoslovak History and its contribution to our American Culture?

Na Zdar! — Edwin J. Halik

Use, care, and maintenance of gymnastic apparatus

Any activity involving motion or height creates the possibility of serious injury, including permanent paralysis and even death from landing or falling on the head or neck.

You assume a risk of serious injury in the use of equipment, but this risk can be significantly reduced by always following these simple rules.

- 1) Use **ONLY** under the supervision of a trained and qualified instructor.
- 2) **KNOW YOUR OWN LIMITATIONS.** Always consult instructor.
- 3) The equipment **MUST** be used with proper mats, spotting equipment, and qualified spotters **SUITABLE** to the activity or skill. Always consult instructor.
- 4) Always **INSPECT** for loose fitting, damage, and proper positioning before each use.
- 5) **TEST STABILITY** before each use.

Gymnastic routines and elements. It is the user's responsibility to be familiar with the various gymnastic skills, elements, and routines that can be performed on this apparatus, to be aware of the difficulty and risk each presents, and attempt only those which he or she can perform safely. Be aware of recommended progressions and follow them. Wall chart and other instructional materials are available from several sources.

Supervision. It is recommended that a qualified instructor or coach (and spotters) be present when this equipment is in use. Such person(s) should be familiar with the particular apparatus, with the gymnastic skills required for its safe use, and with the skills of the individual gymnast using the equipment. Sound judgement must be exercised to prevent performers from attempting tricks beyond his or her capabilities and to prevent unsafe practices by young and/or inexperienced users.

Location. Locate apparatus where there is sufficient clearance distance from surrounding and overhead obstructions, including other apparatus, to use the equipment safely. Consideration should be given both to normal motion associated with the apparatus and to possible off-balance landings, dismounts, etc.

Padding. Because all gymnastic activities involve or combine height and motion, mats and pads are essential to safe use of the apparatus. Wherever there are nearby corners, vertical surfaces, or other obstructions they should be removed if at all possible; if not, they must be thoroughly padded. If in doubt, play safe and add pads.

Routine inspection. At the beginning of each day or before each use, always inspect the apparatus to make sure it is in proper condition and safe for use.

Although not every piece of apparatus will have all the features that follow, here are specific items to check:

1. Eliminate sharp edges and splinters. Nick and scratches in the metal frame, or splinters in wood, can occur with use, and can cause cuts and puncture wounds. Even new apparatus should be checked.
2. Tighten loose fittings and clamps. A joint or fitting that loosens repeatedly needs factory attention and should not be used until repaired.
3. Check for stability. Most apparatus have leveling pads to permit firm contact with the floor, even for slightly uneven surfaces. While some equipment is designed for springiness or movement in action, unstable rocking or insufficient side support can be detected and corrected.
4. Do not use apparatus if any part of it is broken, or if a structural or body contact portion is bent, crimped, frayed, or otherwise weakened, damaged, or inoperative. Repair or replacement will be necessary before further use.
5. Check support cables, ropes, and braces for strength and general condition. Bent or broken brace rods must be replaced. Likewise, cable or rope must be replaced if it is frayed, has broken strands or wires, or if the cover (if any) has split or cracked through (which will occur in time with age and use); check carefully around pulley wheels where damage could be hidden.
6. Inspect moving parts and height/width adjustment mechanism for proper lubrication and to detect any worn or frayed parts.
7. Test working surfaces for proper "tack" or frictional characteristics. Too smooth a surface where not wanted can be dangerous and requires replacement or renovation. A cover that is loose must be tightly fastened.
8. Observe floor plates to make sure they are secure in the floor. Check floor pads to make sure they are gripping well and have not become worn smooth.
9. Inspect mats and pads for worn, frayed, or loose covers or stitching, and for loss in thickness or resilience.

Periodic inspection and maintenance. In addition to routine inspection, all gymnastic apparatus should receive a thorough periodic inspection at least once each year from a person familiar with the construction of the apparatus.

Don't use the apparatus if a problem with it is detected or suspected. Always make sure the apparatus is in good condition again before it is returned to use.

Final adjustment. On some apparatus, adjustments in setting or spacing may occur during normal use. Always make sure that safety locks as well as all T-handles, snap connectors, buckles or other fastening devices are securely in place before the apparatus is next used.

Contributed by *Nissen Corp.*

Liberty at the Slet

XVI AMERICAN SOKOL SLET RESULTS

June 26-30, 1985 — Chicago, Illinois

JUNIOR GIRLS BEGINNER RHYTHMICS DIVISION

Individual Competition Results

- 33.0 Amy Shephard, St. Louis
 - 29.8 Beth Sklodowski, Gr. Cleveland
 - 29.7 Jenni Hrnecir, Gr. Cleveland
 - 29.5 Julie Drobny, Gr. Cleveland
 - 29.5 Becky Wilk, Gr. Cleveland
 - 29.4 Heather Flatau, St. Louis
 - 28.4 Cathy McAuley, Gr. Cleveland
 - 28.2 Dana Vannucci, USA Monessen
 - 27.1 Christine Norum, Ennis
 - 27.0 Shannon Schumacher, Ennis
- 22 Individuals — 0 Teams

JUNIOR GIRLS ADVANCED RHYTHMIC DIVISION

Individual Competition Results

- 28.2 Lori Weight, USA Monessen
 - 25.4 Patti Kalat, Ennis
- 2 Individuals

WOMENS BEGINNER RHYTHMIC DIVISION

Individual Competition Results

- 29.8 Carol Lat, St. Louis
- 27.5 Laurie Southwell, Ennis

- Maryann LaVere, Detroit Lad Aux
 - 26.3 Melanie Mily, Detroit Lad Aux
 - 25.6 Carol Eisenstein, Detroit Lad Aux
 - 23.7 Marjorie Juba, Gr. Cleveland
- 6 Individuals — 0 Teams

WOMENS ADVANCED RHYTHMICS DIVISION

Individual Competition Results

- 28.2 Mary Panackia, Detroit Lad Aux
 - 24.6 Jean Dusek, Gr. Cleveland
- 2 Individuals

JUNIOR GIRLS VOLLEYBALL — 5 TEAMS

- Ennis
- Slavsky
- Stickney I

JUNIOR BOYS VOLLEYBALL — 3 TEAMS

- Slavsky
- Ennis

WOMENS VOLLEYBALL — 6 TEAMS

- Detroit

- Fort Worth
- Ennis

MENS VOLLEYBALL — 10 TEAMS

- Stickney
- Greater Cleveland I
- Berwyn II

SPECIAL NUMBER — A DIVISION

- 27.4 Star Wars, Fort Worth
- 24.9 Dreams You Dare To Dream, Slavsky
- 23.3 Tequilla Sunrise, Ennis

SPECIAL NUMBER — B DIVISION

- 28.1 To a Place Far Away, Slavsky
- 26.6 African Echos, Fort Worth

SPECIAL NUMBER — C DIVISION

- 30.0 By the Sea, Fort Worth
- 28.5 Fugner Flyers, South Omaha
- 27.3 Try And Beat It, Stickney
- 25.2 Speakeasy, Ennis
- 24.7 Underwater Fantasy, Gr. Cleveland
- 23.1 Grace Under Pressure, Detroit
- 18.9 Symphony of a Storm, Baltimore



TINA CAHALANE
1st place winner Jr. Girls Championship Division
Sokol South Omaha

Should a perfect ten be attainable?

When Nadia Comaneci scored her "10" the discussion began, and since the LA Games, the debate has been renewed. Should the "10" be as attainable? GymShorts asked club owners around the country about this, and found few who thought our current scoring system is adequate.

"A perfect 10 should NOT be attainable. There's no such thing as perfection. There are always little things that can be done to make the routine better and improve." *American Eagles Gymnastics, Cincinnati, OH*

"The perfect 10 should not be AS attainable unless we redefine what perfect is. For artistic gymnastics, we have to decide whether perfection is the realm of one or two, or if anyone who masters remarkable skills can be said to attain perfection." *TSM Gymnastics, Yankton, SD*

"The rating system needs to be improved. Maybe we should utilize a back-up system like a computer

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OUR SOKOL
GROW**

or videotape, because the human eye can miss errors. Only when no error can be shown against a computer or video judging system should a 10 be awarded." *New Horizons, Albany, OR*

"I don't think a 10 should be attainable. It was especially apparent watching the Olympics on television, where the slow motion cameras made it possible to see the flaws in routines. Nobody is perfect." *Brummel's Gymnastics, Fremont, MI*

"Scoring just has to be revamped, and it's very likely scores should range to higher than the 10. But, whatever the top score is, it has to be attainable. That's necessary as a goal." *Medalist Gymnastic Center, St. Petersburg, FL*

Exercise fitness reminder

AFTER YOU'VE FAMILIARIZED yourself with the various stages of exercises, you should be able to follow the warm-up and conditioning exercises by just looking at the list below.

Warm-up exercises:

- Standing reach and bend for 15 to 30 counts.
- Flexed-leg back stretch for 15 to 30 counts; repeat 2 or 3 times.
- Alternate knee-pull, 7-10 times with each leg.
- Double knee-pull for 20 to 40 counts; repeat 7-10 times.
- Torso twist; repeat series 5 to 15 times.

Conditioning exercises:

- Head and shoulder curl for 5 counts; repeat 10-15 times.
- Situp, arms crossed; repeat 10-15 times.
- Situp, fingers laced; repeat 15-20 times.
- Horizontal arm circles; repeat 15-20 times.
- Giant arm circles; repeat 10 times.
- Knee pushup; repeat 5-10 times.
- Pushup; repeat 10-20 times.
- Pushup between chairs; repeat 5-10 times.
- Quarter knee bends; repeat 15-20 times.
- Sitting single leg raise; repeat 10-15 times.
- Pushup between chairs; repeat 5-10 times.
- Quarter knee bends; repeat 15-20 times.
- Sitting single leg raises; repeat 10-15 times.
- Side lying leg lift; repeat 10-15 times.
- Back leg swing; repeat 20 times.
- Heel raises; repeat 20 times.

Take the chair test:

- 1st week pulse rate _____
- 3rd week pulse rate _____
- 5th week pulse rate _____
- 7th week pulse rate _____
- 9th week pulse rate _____

Participate in a circulatory activity that will benefit heart and lungs.

Have you brought a friend to Sokol with you yet?

RESOLUTIONS: 1985 CONVENTION

WHEREAS, the Executive Board of the American Sokol Organization has provided necessary guidance and outstanding leadership during their term of office, and,

WHEREAS, the Executive Board of the American Sokol Organization has properly fulfilled their untiring work for which they were elected for, and,

WHEREAS, these elected officials of the American Sokol Organization have devoted many hours to the Sokol program with a determination and never-faltering will to succeed, always working steadfastly true to the principles of Fuegner and Tyrns, and,

WHEREAS, their continued interest, support and leadership during visits to the many units, have enriched and reinforced our desire to go on forward to strengthen our future Sokol movement.

Therefore, be it resolved by the officers and delegates of the XIV American Sokol Organization Convention convened in Oak Brook, Illinois, June 24-26, 1985, that their efforts be recognized by a standing ovation and be it further resolved that a copy of this resolution be transmitted to each member of the Executive Board.

President	Roy S. Zitny
I. Vice-President	George C. Basta
II. Vice-President	Betty M. Prener
Secretary	Jackie M. Kourim
Financial Secretary	Mildred C. Pinc
Treasurer	Robert J. Barcal
Director of Men	Paul Lebloch
Director of Women	Marie Ptacek
Editor	Jackie M. Kourim
Educational Director	Stanley Barcal
Membership Chairman	Fred C. Kala
By-Laws Chairman	Joseph Kovar
English Publicity	Nancy Borvansky
English Publicity	Vlasta Zitny
Czech Publicity	Jerry Rabas
Member	Jim Sprtel
Alternate	Charles Borvansky
Alternate	John Satek

NAZDAR! Resolutions Committee
XIV National Convention
American Sokol Organization

Resolved, that the delegates assembled at this XIV American Sokol Organization National Convention, by a rising vote of thanks, extend their appreciation of the work performed by the following Convention officers:

Brother Robert Vanyo, Vice-Chairman
Brother John Satek, Sergeant-at-arms
Brother Ed Linhart, Sergeant-at-arms
Brother George Prevratil, Parliamentarian
Brother John Hyvnar, Parliamentarian

NAZDAR! Resolutions Committee
XIV National Convention
American Sokol Organization

Honorable Ronald Reagan
President of the United States
White House
Washington, D.C. 20050

Dear Mr. President;

The officers and delegates of the XIV American Sokol Organization Convention assembled in Oak Brook, Illinois, from June 24-26, 1985, extend thanks to you for your interest and congratulatory message.

This our 120th year of Sokol activity in the United States was further highlighted by James Hartung, Olympian, attending our XVI Slet held immediately following our convention, who is one of our members from Omaha, Nebraska.

We will continue to support the movement of free expression and determination of human rights by all countries of the world. We also support your future actions and efforts in returning the American hostages presently being held by force, so that they may again become active members of our democratic society and be reunited with their families.

We hope your present status of health will continue to improve and that soon you will be able to return to the White House.

NAZDAR! Resolutions Committee
XIV National Convention
American Sokol Organization

Honorable James R. Thompson
Governor, State of Illinois
Springfield, Illinois 62706

Dear Governor Thompson;

The officers and delegates of the XIV American Sokol Organization Convention assembled in Oak Brook, Illinois, from June 24-26, 1985, extend hearty thanks to the State of Illinois for all the kindness and courtesy provided during our stay in the Land of Lincoln.

Our 120 years of providing healthy and morally sound youth, men and women to better serve Illinois and the United States has been our major commitment.

Your cooperation will help us to continue to achieve these goals.

NAZDAR! Resolutions Committee
XIV National Convention
American Sokol Organization

Mr. Joseph J. Lanzillotti
Mayor of the City of Berwyn
6700 West 26th Street
Berwyn, Illinois 60402

Dear Mayor Lanzillotti;

The officers and delegates of the XIV American Sokol Organization National Convention assembled in the Berwyn area from June 24-26, 1985, extend their thanks to you and the city of Berwyn for all the help and enthusiasm given to us during "Physical Fitness Week" June 23-30, 1985.

We thank you and the people of Berwyn for the many courtesies extended to us, especially on Slet day, June 30, 1985.

Your recognition of the principles upon which the Sokol movement was created will be ever in our thoughts, and it is our hope that such cooperation will continue for years to come.

We extend to you our hearty Sokol

NAZDAR! Resolutions Committee
XIV National Convention
American Sokol Organization

Betty Cheever, Mayor
of Downers Grove
801 Burlington Avenue
Downers Grove, Illinois 60515

Dear Mayor Cheever;

The officers and delegates of the XIV American Sokol Organization National Convention assembled in the Oak Brook area from June 24-26, 1985, extend their thanks to you and the city of Downers Grove for all the help and enthusiasm given to us during "Sokol Days" June 27, 28 and 29th.

We thank you and the people of Downers Grove for the many courtesies extended to us.

Your recognition of the principles upon which the Sokol movement was created will be ever in our thoughts, and it is our hope that such cooperation will continue for years to come.

We extend to you our hearty Sokol

NAZDAR! Resolutions Committee
XIV National Convention
American Sokol Organization

Brother Roy S. Zitny, President
American Sokol Organization
574 Revere Avenue
Westmont, Illinois 60559

Dear Brother Zitny;

We, the delegates of this the XIV National Convention of the American Sokol Organization, take this opportunity to send our sincere greetings.

The delegates meeting held in Oak Brook, Illinois, at the Oak Brook Marriott from June 24-26, express our thanks and appreciation for the many years you have given to Sokol life in the United States.

You have served in many capacities and through your contributions and efforts, most recently as president of the American Sokol Organization for ten years, our organization has emerged as a symbol of integrity and democracy.

Your leadership has always been and will continue to be an inspiration.

NAZDAR! Resolutions Committee
XIV National Convention
American Sokol Organization

Bro. James N. Hartung
2735 South 46th Avenue
Omaha, Nebraska 68106

Dear Brother Hartung;

We, the delegates of this the XIV National Convention of the American Sokol Organization, take this opportunity to send our sincere greetings.

The delegates meeting held in Oak Brook, Illinois, at the Oak Brook Marriott from June 24-26, 1985, express our thanks and appreciation for the pride and joy you have brought to the Sokol organization through your accomplishments at the 1984 Olympics!

You have served our organization just a short time, but through your contributions and efforts, our organization has emerged as a symbol of integrity and democracy.

Your leadership has been and will continue to be an inspiration, especially to our young Sokols, who are our future!

NAZDAR! Resolutions Committee
XIV National Convention
American Sokol Organization

SOKOLS Organization & History

by Jerry Milan, Sokol Ft. Worth

The Sokol Organization celebrated 120 years in America with the National Slet and Gymnastic competitions June 26-30, 1985, in Chicago, Illinois. More than 1,000 gymnasts, coaches and judges from its 60 units in the United States, and gymnasts from the other guest Sokol organizations from around the world did converge on Chicago to compete for honors in gymnastics, rhythmic and special gymnastic group numbers.

One hundred-twenty years? Sokol organization? Slet? Yes, it all started in 1862 in Prague, Czechoslovakia. Dr. Miroslav Tyrš, a young professor of philosophy at Charles University, tired of seeing his country oppressed by the Hapsburg dynasty of the Austro-Hungarian empire, realized that in order to gain and retain freedom, a nation must be healthy and strong, physically, mentally and morally. To this end Tyrš sought to educate his nation through physical education and founded Sokol.

His physical education system and method aims toward an educational goal. He endeavored to enroll into Sokol the greatest number of citizens and to maintain their interest past maturity into their later years.

His idea and system caught fire immediately and spread to almost all Slavic nations. Only three years later, 1865, the first Sokol unit in America started in St. Louis, Missouri.

Sokol was an early motivating force in the development of gymnastics in the U.S. Within a few years, Sokol units were established all over the country.

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Sokols train their own instructors and workers in all departments. Hundreds of outstanding coaches and competitors in our American elementary and high schools, playgrounds and colleges received their early training in the Sokol gymnasiums.

Sokols have been prominent in Olympic Games for many years. Champions and top finishers such as Hudec, Vacha, Loffler, Gajdos, Ruzicka and the Czech team from 1920 to 1948 were Sokols. Five of the top six All-Arounders at the 1924 Paris Olympics were Sokols. It was also at these 1924 Games that the first Olympic gymnastics medal was won by an American, Frank Kriz. Kriz was a product of the Bohemian gymnastic association, Sokol of New York City. Kriz was on three Olympic teams (1920, 24, 28), a remarkable record.

Sokol Omaha contributed Phil Cahoy and James Hartung to the 1980 US team and Hartung made it again in 1984.

The word "sokol" means falcon in English. This high-flying bird, famous in song and story, was chosen by Tyrš because it symbolizes a free spirit, strong, alert, courageous, daring and fearless.

"Slet" is a Czech word meaning the "flocking together" or gathering. This is a bringing together of Sokols from all over for a festival of events, athletic, educational and social.

The Guinness Book of World Records lists the Sokols' Strahov Stadium in Prague as the world's largest stadium. Completed in 1934, it accommodates 240,000 spectators for mass displays of up to 40,000 Sokol gymnasts for its international Slets.

Soldier's Field in Chicago was the site for most of the Slets in the U.S. until 1981 when it was held in Ft. Worth, Texas.

The balance beam and uneven bars were introduced in 1934 by the Czech Sokol team. Though these contributions were extremely valuable, they were overshadowed by the fact that the Sokol women opened for all women of the world the gates for the highest international competitions, world championships and Olympic games. The idea to request membership for women into the previously male international federation of gymnastics (FIG) was born at the meetings and competitions of the union of Slavic Sokols (SSS). The first president of the women's technical committee was Ludwiga Zamoyska, then national director of the Polish Sokol women, and the first vice president and secretary was Marie Provazníková, then director of the Czech Sokol women. In the first women's championships in Budapest in 1934, out of five competing teams, the first three places were Sokols from Czechoslovakia, Poland and Bulgaria.

Altogether, the contributions by Sokols to the gymnastic community have been most noteworthy. The U.S. postal department issued a commemorative stamp in 1965 to celebrate 100 years of Sokol in America. So you see, 20 years later, the Sokols are still very much alive. Our Slet slogan, "Toward New Horizons," hopes to help guide Sokols to 100 more.

Sister Beatrice Novotny Sokol Women of Little Ferry

Our final recipient of this year's presentation of pins needs no introduction. She is one of our most important members — important because of the significant contributions she has made to the Sokol organization. Her contributions have been consistent and span a lifetime, and that is why we are extremely proud to honor SISTER BEATRICE NOVOTNY at this time.

Sister Bea Novotny, please come forward!

As most of you know, Sister Novotny started gymming at a very early age. In her teens she became an instructor and was a náčelnice (director of women) from 1926 to 1940, a fourteen-year term! She entered competitions and was the winner of several medals and other awards. She participated in gymnastic exhibitions and slets and even traveled to Czechoslovakia to a slet held at Masaryk Stadium.

With her husband, Brother Jerry (another Sokol "workaholic"), she attended most of the gymnastic exhibitions and social functions held at Sokol Little Ferry, events sponsored by both the men's and women's divisions. For many years she was a member of the Board of Directors, a combined men's and women's group who met at monthly Monday night meetings. At various times, Sister Novotny represented the Ladies' Division (as it was formerly known) at Eastern District meetings and at its miscellaneous functions, such as testimonial dinners, anniversary celebrations, dances, etc.

In the past when volunteers were needed for our fund-raising events, it was Sister Novotny who agreed to be a part of the group — as a waitress or cook at the pork and/or spaghetti dinners or as a worker and former co-chairwoman of the Chinese Auctions, to name a few. She was a member of miscellaneous committees, such as the Executive Board and the Bylaws Committee, and so on. In addition, she even provided many treats for our cake sales and aftermeeting refreshments — and shared her recipes with members! For our fund-raising events, you can count on Sister Novotny donating a prize, often a useful hand-made article, and purchasing several tickets.

Sister Novotny was also an officer of the Ladies' Division: Financial Secretary in 1938 to 1940; Secretary in 1951 to 1955 and again in 1957 to 1959; and President in 1970 to 1971.

More recently, Sister Novotny, a bilingual, has become Sokol Women's historian. By perusing Minutes of the Ladies' Division Meetings that were written in the Czech language at the club's inception, she translated pertinent information for our archives. For this chore, we are extremely grateful.

Sister Novotny is a well-liked person, friendly, highly respected, and very knowledgeable. She is one of our outspoken members, making subtle points by her constant questioning! She raises issues



that are thought-provoking and concerns herself with Sokol's future — all because she really cares.

And WE CARE ABOUT HER! The fact that she doesn't always attend our meetings because of poor health concerns us, and we want her to know she is sorely missed.

SISTER NOVOTNY: Because of your loyalty, dedication, and the significant contribution you have made as a Sokol member during the past 60 years, I, on behalf of all the girls, present you with this gift as a token of our appreciation. You have made many sacrifices to serve us so well throughout the years, and you have taught us by example the Sokol traditions. We thank you for all you have done. AND, let me add that *we need your advice* and we hope you will remain an active member for many years to come.

Congratulations, and NAZDAR!

Sis. Blanche Bidnik

SOKOL HOUSTON



At our monthly meeting, March 14, 1985, we awarded membership pins to members who had 15 years of continuous service. There were 16 members that received pins. We are sending a group picture and negative of same to be printed in the American Sokol magazine.

Members on group picture from left to right are as follows: Sis. Doris Svec (32), Bro. Bill Svec (44), Sis. Eva Doubrava (41), Sis. Rose Mikeska (21), Bro. A. V. (Rosie) Roznovsky (20), Bro. Victor Mikeska (22), Bro. Leonard Kasowski (15), Bro. Hank Hallio (15), Sis. Lorine Hallio (15), Bro. Gary Vodehnal (32), Sis. Elsie Lang (46), Bro. William Petrzelka (39), Bro. Jack Lang (17), Bro. Charlie Petrzelka (39).

Members not in picture that also got pins are: Sis. Norma Petrzelka (31), Sis. Nellie Vodehnal (21).

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FUNDS OF THE UNIT

The Financial Secretary and Treasurer of a Sokol Unit are solely responsible for safeguarding the funds of the unit. Through their hands pass all of the unit's finances. They are the only persons authorized to receive, handle, disburse and account for the funds of the unit. There is no exception to this rule. No committee, group or individual in the unit can take this responsibility from these two officers. In all cases, funds or monies accumulated by the unit, regardless of the nature of the activity, are the property of the unit and are subject to disposition only by unit action.

In the Sokol units disbursements of funds must be passed by a two-thirds majority vote. No individuals, committee or group can circumvent this rule. The Treasurer shall not disburse any funds of the unit unless approved by a two-thirds vote at a membership meeting.

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Membership Corner

As we approach the time of year that most of our Districts and Units are forming nominating committees, let us not forget to include an outgoing nominee for the District and Unit Membership Director. It is important to note that the Membership Director is a member of the Executive Board.

By having an individual who will enact an aggressive membership campaign at the District and/or Unit level, we will gain substantial membership in our organization. Remember, as we plan our yearly calendar, to include various activities that will be attractive to membership growth. Let's not watch our unit grow, LET'S HELP OUR UNIT GROW. Recruit a new member today.

Bro. Fred Kala, Membership Chairman

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