

# AMERICAN SOKOL

VOL. CVI - NO. 11

NOVEMBER 1985

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## AMERICAN SOKOL ORGANIZATION — EDUCATIONAL COMMITTEE ESSAY CONTEST

All entries must be postmarked no later than January 15th, 1986. Prizes will be awarded in each division and mementos will be sent to each contestant. All entries are to be sent to the American Sokol Organization, 6424 W. Cermak Road, Berwyn, IL 60402. All entries will become the property of the American Sokol Organization and will not be returned.

DIVISIONS: Junior (13-18 years)  
Senior (18 years and over)

SUBJECT: My recollections of the XVI American Sokol Slet, as a participant or spectator.  
(500 words or less)

- RULES:
1. Entries may be written either in English or Czech.
  2. Entries will be judged on:
    - a. Neatness  
All entries must be typed or in legible handwriting, in ink. All typewritten entries must be double-spaced, on one side of the paper.
    - b. Originality, contents and clarity of thought.
    - c. Preciseness
      1. Dates, names and locations must be used correctly
      2. Spelling, punctuation and grammar must be correct
    - d. Originality
      1. All entries must be personally written and constructed
      2. Any essay will be eliminated if found to be copies of other works.
      3. Quotations or direct references that are used must be indexed as to source at the end of the essay.
      4. Integrity and honesty are to be emphasized in the entrance of the contest.

### REQUIREMENTS OF CONTESTANTS:

1. If under 18 years of age, should have participated in the XVI Slet and be a regular member of a class
2. If over 18 years of age, must be a member of a unit and participant or spectator of the XVI Slet
3. Members of the American Sokol Organization Educational Committee and judges are not eligible.

*(Continued next page)*



# AMERICAN SOKOL

ISSN: 0003-1259



Published Monthly  
(Except Bi-Monthly July and August)  
by the

**AMERICAN SOKOL ORGANIZATION**  
6424 West Cermak Road, Berwyn, Illinois 60402

Subscription \$4.00 per year

---

EDITOR - JACKIE KOURIM  
388 Shenstone Road, Riverside, IL 60546  
*Copy for publication must be received by the  
10th of the previous month*

---

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

---

President - GEORGE C. BASTA  
I. Vice-President - CHARLES BORVANSKY  
II. Vice-President - GARY MASEK  
Secretary - JACKIE KOURIM  
Treasurer - ROBERT BARCAL  
Financial Secretary - MILDRED C. PINC  
Director of Men - RICHARD PTACEK  
Director of Women - SYLVIA PISTORIUS  
Educational Director - PAUL LEBLOCH  
Public Relations - JERRY RABAS  
Membership - FRED KALA  
Editor - JACKIE KOURIM  
Executive Board Member - ROY ZITNY, JOHN SATEK,  
FRED STANKOVSKY  
Alternates - VLASTA ZITNY, MARIE PTACEK,  
ED JELINEK, EMILIE RUZICKA  
By-Laws Chairman - JERRY MILAN

## REQUIREMENTS OF ENTERING AND WRITING THE ESSAY:

1. On left hand side of paper, at the top.  
1st line — Last name first, followed by full first  
name (no initials)  
2nd line — Full street address  
3rd line — City, State, Zip code  
4th line — State if JUNIOR or SENIOR  
5th line — Name of Unit and District

## LETTER: TO ALL EDUCATIONAL DIRECTORS AND DIRECTORS OF MEN AND WOMEN

The American Sokol Organization Educational  
Committee is conducting an **ESSAY CONTEST**  
for juniors and seniors.

Enclosed are the rules and requirements. Please  
publicize this contest to all your members and class  
participants.

All Sokol members are eligible to enter providing  
that they attended and/or participated in the XVI  
Sokol Slet.

Entries must be postmarked no later than  
January 15, 1986. All entries will become the  
property of the American Sokol Organization  
Educational Committee and will not be returned.  
The decisions of the judges will be final.

Prizes will be awarded in each division and  
souvenir mementos will be sent to each contestant.

NAZDAR!  
Education Committee  
American Sokol Organization

## FUTURE SOKOL LEADERS' FUND

September 1985

In memory of Br. James C. Pilger:

Br. Charles and Sis. Jarca Richter	\$20.00
Sis. Elsie Horak Kaplan	5.00
Sis. Anna Hayek	5.00
Sis. Irma Stephens	5.00

\$35.00

In memory of Sis. Elsie Vesely —  
Sokol Cechie

10.00

In memory of Mrs. Harriet Waldock —  
Sis. Blanche and Br. Joseph Kos, Jr.

5.00

\$50.00

— Donations are tax exempt —



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

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
Berwyn, IL 60402

Sokol \_\_\_\_\_

Name \_\_\_\_\_

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

Zip \_\_\_\_\_

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

Zip \_\_\_\_\_

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVI

November — 1985 — Listopad

Číslo - No. 11

## ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board, Tuesday, September 24, 1985, was called to order by our President Bro. George Basta at 7:30 p.m. Pledge to the flag was given, Northeastern District, May 18th minutes received and reviewed. The following members were present, Sis. Vlasta Zitny, Marie Ptacek, Jackie Kourim, Sylvia Pistorius, Bro. Fred Kala, Roy Zitny, Paul Lebloch, Chuck Borvansky, Jerry Rabas, Bob Barcal, Ed Jelinek, Dick Ptacek and George Basta, John Satek.

Members excused: Sis. Emilie Ruzicka, Mildred Pinc, Bro. Gary Masek, Fred Stankovsky and Jerry Milan.

Corrections made on minutes, approved.

**CORRESPONDENCE:** Sokol Greater Cleveland, Sis. Betty Hosticka, President, notifying us that they are going ahead with their merger meeting on September 17th; answer will be sent. Selden, Fox and Associates, Inc., requesting employer's identification number from some of our units, or completing IRS forms and returning them as soon as possible, (letters sent to 9 units and 2 districts). Sokol Detroit Ladies Auxiliary, Sis. Anna Eisner, secretary, wants to know how the tax exempt determination is coming along, letter will be sent informing her as to what is happening. Berwyn Development Corporation, would like a form filled out by our office concerning Cermak Road parking, complete form and return. Request from Ethel Cermak, M.D., Albany, N.Y., for a film, slides, for their library program, Bro. Satek gave the secretary a VCR tape, which will be sent and a fee of \$10.00 will be charged. Sokol New York newsletter, two interesting items, judgement on their hall and epilogue, XVI Sokol Slet. Western Fraternal Life Assn., publication — 2 months publication with 2 very interesting items, letter was sent to the editor with correct information. Copy of letter to Professor Jiri Nehnevajsa, requesting his speech from the convention and from the Havlíček statue, no answer received as yet. World Book Encyclopedia, proof read the article on Sokol and returned it for publication. For computer committee, catalog with lots of information.

**GUEST — Sis. Lynda Filipello, Sokol Naperville:** Gave a full report on the information available on the flags. Showed the material, a sample of stitching, costs, fringe, etc. All facts available were pres-

ented and thoroughly discussed. Lynda will try and bring a completed whole sample flag to our next meeting. Sis. Filipello will also check into the time element to produce the flag. Question was also brought up about the Statue of Liberty Flag, for a gift to present at the Slet in Switzerland next year, also price information if there is interest among our own units to purchase this flag. More information at our next meeting.

**1985 SLET —** Ad book still has three outstanding ads and there are still a couple of outstanding bills to be paid for apparatus repair. Tentative profit looks very good and the final figures should be complete by the end of October.

**WOMEN'S DIRECTOR — Sis. Sylvia Pistorius:** The following names were presented for approval for the board, all were accepted.

Sis. Pat Satek — 1st assistant and gymnastic skills chairman

Sis. Judy Harlan — 2nd assistant

Sis. Jan Kalat — statistician

Sis. Ann Halik

Sis. Marie Ptacek

Sis. JoMarie Mlsek — Merit award chairman

Sis. Norma Zabka — USGF representative

Sis. EllenJeanne Schnabl — Central District Director

Sis. Frances Malina — ASO BOI secretary

As of this date there has been no change in the womens' district directory for the remaining districts. In the beginning of July, Bro. Ptacek, Sis. Ptacek, Malina and I went thru all the gymnastic material in boxes downstairs and labeled all the material which we kept and discarded duplicate and outdated material. Sis. Mae Simonek was most helpful in helping the new board adjust. Letters were sent to all district directors and board members asking for their cooperation for the coming year. Correspondence, request from Bro. John Frana of Las Palmas, Canary Islands requesting names and addresses of the first 5 competitors in each division to whom he would like to send a congratulatory card expressing his pleasure at our Slet competitions. Sis. Sylvia Laznovsky with comments regarding the Northeastern special number entry at our Slet which was considered as a possible presentation by the ASO in Zurich. After much discussion, it was decided that the ASO will not have a special number entry. Sis. Drobny of Sokol Greater Cleveland requesting calisthenic material for the Zurich Slet. Bro. Jerry Hardy advising us that he would once again represent the ASO at the AAU convention on September 4th thru the 8th held here

at the Holiday Inn in Rosemont, Illinois. Sis. MaryAnn Satek submitting her resignation as BOI member. Sokol West Suburban requesting repair work to be done on their damaged balance beam which was used during the Slet competitions, repaired, bill submitted, approved. Sis. Pat Satek and Bro. Paul Gilea of Sokol Slavsky offering a junior girls/boys calisthenics number they have written, videoed and have taped music for, to be used for the 1989 Slet, unanimously approved by the BOI. Bro. Jiri Liska requesting progress of Sokol manual and instructors handbook and information on various class activities. The above items are top priority of new BOI for completion as soon as possible. Final report forms approved for payment; Western District, video tape of new 1985/86 girls compulsories, \$249.00; Western District, USGF Women's Compulsory symposium (3 people) \$827.03. Called and wrote to Bro. Jan Waldauf requesting all calisthenics material for Zurich Slet. Material has been received and distributed to all district directors. Unfortunately no music or video tape was sent. Contacted Sis. Dagmar Fiala who wrote all the cal and she will send the music and additional information on competition material to be used. Competitions and Slet were discussed at great length. Suggestions were noted and all agreed that this Slet was one of the best. We congratulate Bro. Paul Lebloch and Sis. Marie Ptacek for an outstanding job. Recommendations have been made for changes in the girls gymnastic skills program. Sis. Pat Satek will go over the material and present revisions. Bro. Jerry Milan, who attended our meeting suggested that the ASO be represented at the Gymnastrada in Denmark the week following the Zurich Slet. This matter will be discussed at a later date when more information regarding this event is available. Recommendations: That the BOI purchase a dual cassette recorder in order to facilitate copying of cassettes for the district, approximate cost: \$150.00, approved, Sis. Pistorius will handle. Purchase a word processor. It would be a tremendous asset to the BOI in revising various material which comes up annually, also for the Sokol manual and handbook. To purchase 2 video recorders and 1 TV monitor for making copies of gymnastic material, more information to be presented on this subject. Call from Sis. Zabka informing us of changes in the USGF insurance policy which several units hold for their gymnasts. A letter was sent to all district directors and presidents informing them to pay the premium by October 1st, to avoid these changes. Bro. Frank Michalek has agreed to accept the editorship of the "gymnast" portion of the publication. He will contact Bro. Ed Linhart for further information. As requested by the Executive Board, we are submitting a copy of the guidelines for the Future Sokol Leaders' Fund. Merit Award Committee met and presented the following names for approval to the Executive Board, all approved. Merit Award Winners:

Nannette Liska, Sokol Ennis, Southern District  
Georgia Walter, Sokol Wilber, Western District

Tracy Somolik, Sokol Berwyn, Central District  
David Jirousek, Sokol Greater Cleveland,  
Northeastern District.

#### Renewals:

Alexander Novacek, Sokol Detroit,  
Northeastern District  
Barbara Kozel, Sokol Fort Worth,  
Southern District  
Kristine Gregulich, Sokolice South Omaha,  
Western District.

**MEN'S DIRECTOR — Bro. Dick Ptacek:** Names submitted for approval, men's BCI, all approved.

Bro. Dave Harlan, 1st assistant and tournament rules

Bro. Frank Michalek, 2nd assistant and boys gymnastic skills

Bro. Chuck Kalat, Board Member

Bro. Paul Lebloch, Board Member

Bro. Jerry Milan, National School Board Chairman

Bro. John Satek, Board Member.

Bills submitted and approved for payment. Sokol Berwyn, balance beam repair from Slet, \$105.00. Annual dues for Sis. Norma Zabka, membership in USGF, \$200.00. Bro. Charles Klapp, Slet, wireless handheld microphones (2) \$90.00. Batteries used at Slet, Bro. Steve Ulrich, \$9.56. Tabulating expenses, Bro. Chuck Kalat, \$72.51 for Slet. Bro. Harlan, Slet, volleyball and scoresheets, \$38.00. Purchase of 1985-89 Women's Compulsory exercises, complete set of four programs, \$299.00.

**National Instructors Course:** Bro. Bud Benak wrote advising that the Western District has the dates of July 25th thru August 3, 1986 and site set aside for a beginners and intermediate instructors course. Western District invites the ASO to join them and if we were to accept, the course would be enlarged to accommodate an advanced section and would be referred to as the ASO National Instructors' School. Approved, providing they add the advanced level of instruction. Will write for particulars, pre-requisites and cost.

**American Sokol National Team:** Bro. Milan presented to the board a plan by which Sokol Fort Worth would hold a National Sokol gymnastic clinic in June, 1986. The clinic duration would be approximately 10 days in which time an American Sokol National Team of 6 men and 6 women would be formed. The clinic would comprise top gymnasts from Slet competition; Southern District, 3; Western District, 6; Central District, 2; and Northeastern District, 1; in addition each district could send two of their top gymnasts, which would bring the total clinic to 24 participants. The clinic staff would consist of approximately 10 of the most qualified Sokol instructors, two guest instructors, a medical trainer and director. The approximate cost of this entire program would be in the area of \$12,000.00, which Sokol Fort Worth, with the help of donations and grants, would undertake. Additional revenue would be obtained from the sale of tickets from competition and performances of the National Team.

Inasmuch as Bro. Milan's proposal coincides with some of the recommendations made by Bro. Benak, it was suggested by the board that they get together and discuss these recommendations and present same for approval of the BOI and Executive Board.

Bro. Michalek compiled a list of suggestions and recommendations for the ASO. Attended Merit Award Committee and Tour Committee meetings.

**MEMBERSHIP CHAIRMAN — Bro. Fred Kala:** Third quarter reports are very slow coming in. Deadlines will have to be adhered to more carefully, we are falling behind with these delays. Sokol Moravan, still not paid up; Sokol Seattle, no word received even after sending registered letters.

**EDUCATIONAL CHAIRMAN — Bro. Paul Lebloch:** Our first meeting will be held next Friday. Top priority will be the essay contest. Members presented last month for committee were approved. They are: Bro. Stanley Barcal, Vaclav Zenisek, Jerry Rabas, Sis. Annette Schabowski, Blanche Kos, Nancy Borvansky, Joan Curran and Bro. Fred Kala.

**PUBLICITY — CZECH — Bro. Jerry Rabas:** Articles written on the starting of classes. Many items published before and after the Slet. Coverage was excellent. We do not have anyone for English publicity. Bro. Jelinek was asked but declined. How do we fill this position?

**FINANCIAL SECRETARY — Sis. Mildred C. Pine:** Absent, but report was presented by Sis. Jackie Kourim. The financial report for August, 1985, was prepared and copies were distributed to executive members. Four invested certificates were re-invested at the highest possible rate. New ten and fifty year membership pins were ordered, should take three to four weeks. The resolution cards for all savings accounts and for our checking account were all changed to the new officers' names. New quarterly membership forms were sent to the financial secretaries of all units. April, May and June receipts and disbursements have not as yet been audited. It was decided that the new auditing committee will go over the books. It was reported that Sokol Seattle would be reorganizing. Donations to the Future Sokol Leaders' fund were read.

**TREASURER — Bro. Bob Barcal:** Reconciled bank statements and all were found to be in order. Berwyn Window Cleaning check is lost. They will wait six months before we make a new payment. Comparison reports for July and August for the uniform department were presented. The department is operating at a loss because operating costs go on during the summer months but sales are very low.

**II. Vice-President — Bro. Gary Masek:** Not present.

**I. Vice-President — Bro. Chuck Borvansky:** Quotes on the by-laws books were given. At the rate people are writing back for them many copies will not be needed, the response has not been good. A letter will be sent to all the units and districts asking the number of copies requested. The size of

the book will be changed to 5½x8½ inches. It will be easier to handle and read. Cost of the printing will come from the general fund. The consensus was that our members do not read the constitution and by-laws and are not educated in this field. Prepared copy of the by-laws was given to Bro. Borvansky to start the lay-out work; we will have to proof read the by-laws twice. Once proof is ready, a two week running time will be needed.

**EDITOR — SECRETARY — Sis. Jackie M. Kourim:** In the absence of a new editor, the "old" one put out the September issue. October issue is going in on Monday. Does anyone have prospects for a new editor? The whole board was asked to become involved in finding a new editor. A sample of the new Christmas seals was shown, all is in readiness, now all we need are the finished printed stamps. Want to have all the seals out in the mail by the first of November. The drum on the Canon machine needs replacing, approval was given for the expense, \$160.00. Pictures from the Slet in the Sokol gymnast came out very dark, if good reproductions are wanted, black and white pictures have to be used. Will write to Sis. Rose Steinman for some pictures from the convention, she was a very avid photographer.

**UNIFORM DIVISION REPORT: Sis. Betty Prener:** Referring to discussion had with Bro. George Basta and Sis. Jackie Kourim, regarding the new management of the uniform division, we (Helen and myself) met with Sis. June Pros and Nancy Borvansky to inform them of the various phases of the uniform division (operation), i.e., purchases, sales, invoicing procedure, shipments, accounts receivable, accounts payable, who our present suppliers are, our product code and the suppliers code. We spent Saturday morning and early afternoon going through the above. Both June and Nancy have grasped the procedure and will soon be fully conversant with management procedure. Authorized signatures on our account have been changed with the First National Bank of Cicero. Inventory of our stock was taken as of August 31, 1985. As of October 1, 1985, the uniform division will have hours on Thursday evening and Saturday morning, in addition to the regular weekday hours. Sis. Prener thanked everyone for all their cooperation over the years and success in the further development of the American Sokol Organization.

**TOUR COMMITTEE: Bro. Roy Zitny:** We held our first meeting on September 12th. Because of the shortness of time letters were sent to four agencies (travel). Bro. Zitny read the letter and itineraries that we require to the board. Our next meeting will be held on October 17th, two days after bids are supposed to be received.

**COMPUTER COMMITTEE — Bro. Roy Zitny:** Did not have time to set up a meeting, but are collecting materials on computer information. Talked with a Bonnie Layland from Meta-File, will send information. Bro. Basta brought to the committee's

attention that facts should be reviewed very carefully. This will be a very big investment.

**PRESIDENT — Bro. George Basta:** Still interviewing candidates for the job of editor. Picked up an extra bookkeeping machine for a backup to the one we now have. Working with the new bookkeeper and with Bro. Vytlačil about updating our mailing list with CSA.

**OLD BUSINESS:** It was reported that the Southern District won the Houston case all but the repayment of the money from Bro. Kurokata. He now has 45 days to appeal to the state supreme court. Another lengthy discussion ensued. Question was also brought up as to the status of the Cleveland suit, as of now it is still pending.

Plans for the annual Christmas party were tentatively made. It will be held at the Klas' Restaurant on December 11th. The BOI will not be holding their regular monthly meeting that night, so we should not conflict with anyone.

Meeting was adjourned at 10:00 p.m. refreshments were served afterwards.

Respectfully submitted,

*Jackie M. Kourim, Secretary*

## ASO FINANCIAL REPORT

SEPTEMBER 1985

### RECEIPTS:

Dues	\$ 2,579.20
Advertising in "American Sokol"	150.00
Resale of Jewelry	991.75
Donation	2.00
"Highlights of Czech History"	2.25
Educational Booklets	7.00
Song Books	2.50
U.P.S. Charges	6.94
Ties	8.00
	<u>\$ 3,749.64</u>

A.S.O. Uniform Division - Rent,  
Salaries, etc.

761.44

Total Receipts

\$ 4,511.08

### DISBURSEMENTS:

#### ADMINISTRATIVE

Salaries - Office Employees	\$ 907.22
FICA & FWT for August, 1985	291.68
Rent, Janitor Services,	
Phone, Electric	876.78
Postage	68.33
Office Supplies	60.42
Travel Expense	421.17
UPS Charges	17.50
Miscellaneous - Refreshments	
Executive Board	18.54
	<u>\$ 2,661.44</u>

### BOARD OF INSTRUCTORS

Salaries	\$ 434.51
FICA - August, 1985	5.46
Editor "Sokol Gymnast"	30.00

Postage	24.94
UPS Charges	2.33
USGF Annual Fee	200.00
	<u>\$ 697.24</u>

### EDUCATIONAL DEPARTMENT

Salaries	\$ 72.24
FICA - August, 1985	16.58
UPS Charges	2.33
	<u>\$ 91.15</u>

### SOKOL PUBLICATION

Mailing List Changes -	
September 1985	\$ 135.64
Editor "American Sokol"	125.00
	<u>\$ 260.64</u>

### MISCELLANEOUS

ASO Uniform Division - Salaries	
FICA, FWT, Aug.	
1985 and phone	\$ 472.42
Special Appropriations -	
Western District	1,076.03
Postage - Future Sokol	
Leaders' Fund	2.42
	<u>\$ 1,550.87</u>
Total Disbursements	\$ 5,261.34

Balance brought forward:

Western National Bank of Cicero -	
Checking Account	\$13,576.99
Receipts - September, 1985	4,511.08
	<u>\$18,088.07</u>
Disbursements - September, 1985	5,261.34
	<u>\$12,826.73</u>

## CENTRAL DISTRICT EXECUTIVE BOARD MEETING

WEDNESDAY, SEPTEMBER 25, 1985

Meeting called to order at 7:40 p.m. by Bro. Vytlačil. Pledge to the flag given.

New delegates to the Central District: Sis. Linda Modes, Sokol Slavsky, Bro. Dick Vrba, Sokol Stickney.

Bro. Vytlačil entertained a motion on the reading of the minutes from the May 22nd meeting. Bro. Glasser made a motion that the reading of minutes be dispensed with and approved as recorded. Motion, seconded, carried.

**CORRESPONDENCE AND BILLS:** Assessments received were read.

From State of Illinois requesting updated information of assets. ASO Tour Committee on tentative dates and tours scheduled to Zurich, Switzerland in 1986 for Slet of Czechoslovak Sokols Abroad.

From ASO requesting number of By-Law books for the District Office. Thank you letter from XIV National Convention Resolutions Committee and Southern District.

AMERICAN SOKOL ORGANIZATION

# GYMNAST

NOVEMBER 1985

Editor: Frank H. Michalek — 10 S. 020 Lorraine Dr., Hinsdale, Illinois 60521

## A SALUTE TO BROTHER EDWARD LINHART

One of the most important contributions a person can make to an organization is the acceptance of a responsibility that is time consuming, arduous, and scrutinized by everyone. Jobs and positions of this nature are plentiful, and do not have droves of people knocking down doors to get to them. On the contrary in most instances the only time one will receive attention shall be when someone is not pleased or satisfied, and wishes to express their criticism or discontent. It is for this reason that I wish to express on behalf of all the many thousands of American Sokol Organization members throughout the United States a sincere heartfelt thanks to brother Edward Linhart, our past editor of the "Sokol Gymnast", honorary National Physical Director, and mentor of many Sokol members now serving in the ranks. Brother Linhart has held this position for the past twenty years. All of us have had the privilege of being exposed to the many years of his laborious preparations in order to make our national magazine a little more interesting, enjoyable and informative. It is through these efforts that many of us have been able to use this information to do a much better job in teaching our classes and perpetuating the philosophy of a healthy fit wholesome life. We salute you brother Linhart for an outstanding job well done. May you have continued success in your future endeavors. Nazdar.

*Gymnastically yours,  
Frank "Doc" Michalek*



## DOC'S CORNER

bro. Frank H. Michalek

### QUOTE OF THE MONTH

He that will make good use of any part of his life must allow a large part of it to recreation.

John Locke

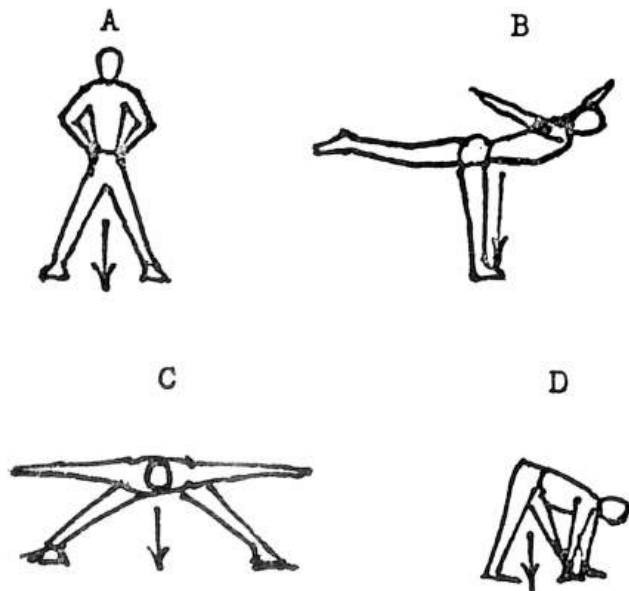
### STUNT OF THE MONTH

**KNEE JUMP UP:** Starting from a position of kneeling on the floor with the toes extended rearward, swing arms rearward and then swing them frontward forcefully while simultaneously pushing lower leg against floor thrusting body up into the air and straightening legs enough to land standing on feet.

### GYMNASTIC CONCEPT

**CENTER OF GRAVITY:** Webster states; "the law of gravity as the natural tendency of bodies to attract, and be attracted to each other". Because of the nature of this phenomena, all bodies both animate and inanimate have a natural attraction to the earth. All human beings with this gravitational force being exerted upon them have a theoretical point called the center of gravity, therefore when we coach, perform, or teach gymnastics we must be aware of this biomechanical principle. The more we understand about it, the better we visualize its relationship to the performance of gymnastic stunts and skills. The more one studies the center of gravity and its affects upon the performance of various gymnastic stunts the quicker students will learn movements such as the back handspring, the straight arm — straight leg press (Stiff-stiff press), various scales and levers, and a multitude of other gymnastic skills.

Diagrammed below are some examples of the location of the CENTER OF GRAVITY. The arrow signifies the approximate location of this point.



### JUDGING RULE

When bringing a team of gymnasts to their next apparatus event during competition, make sure you find out who the head judge is. Let all the gymnasts know also who that person is so that they wait for his or her signal to commence their routine when it is their opportunity to perform.

### HEALTH TIP

**Vitamin C:** and the common cold. There is no conclusive scientific evidence to support the notion that vitamin C prevents the common cold. More than two dozen studies have failed to verify this popular belief originated by Nobel prize winner Linus Pauling. Over twenty million people take vitamin C on a regular basis. Many claim it works for them but skeptical researchers attribute this to the placebo effect: that if you believe something will help it probably will.

## LETTER FROM THE EDITOR

As this first issue goes to print, I would like to take this opportunity to express the fact that the American Sokol Organization is here to serve its members. The "Gymnast" is one way in which the National Board of Instructors can carry out this function and communicate to everyone at the grass roots level.

Since the activities in the Sokol organization are many and varied, including dance, drama, team sports; such as basketball, volleyball, and track and field, modern rhythmic gymnastic, it is desired to impress upon the readers that all of these physical activities can be included in the gymnast. Although our main thrust in Sokol is gymnastics, all the activities listed above do play an important part in developing well rounded wholesome healthy individuals.

I am calling upon all of you to join in by contributing articles, anecdotes, experiences, instructional materials, etc., for publication. Anything worthwhile should be shared so all can benefit. All can help to make the "Gymnast" a valuable teaching tool. Many instructors around the country have devised original and innovative methods of teaching that are highly successful and aid in making the teaching of gymnastics joyful motivating and pleasant. Results of district competitions, and other events can be published, with photos highlighting exhibitions, while other Sokol functions can be given publicity. If there are questions, problems, or situations needing solution, feel free to write and perhaps someone can help who has also had the very same problem. If we can't answer your question I'm sure there is someone we can consult to answer your question or help solve your problem. If any of you have some sure fire methods of fund raising please share them with us. Looking forward to hear from you very soon. Nazdar.

## SOMETHING FOR INSTRUCTORS

One of the difficult introductory tasks confronting the instructor of a Sokol class is the classification of individuals into ability groups, and the administration of self evaluation tests to let class members know where they stand physically. Probably one of the best elementary tests of minimum muscular fitness is the "KRAUS-WEBER MUSCULAR TESTS". It consists of six items. They are proposed as tests which indicate the level of strength and flexibility for certain key muscle groups below which the functioning of the whole body as a healthy organism seems to be endangered. As described below the tests are graded on a pass or fail basis. They are acceptable for all age groups, and especially suited for newly recruited adult members who are returning to an exercise program after a long duration of absence from any kind of physical activity.

### CAN YOU PASS SIX SIMPLE TESTS OF FITNESS?

Here are the Kraus-Weber tests of minimum fitness of trunk muscles. If you can pass them you are less likely to have low back trouble. You will need someone to help hold down the body as illustrated.

Test I. With your hands behind your neck roll up into the sitting position.



MUSCLE GROUPS

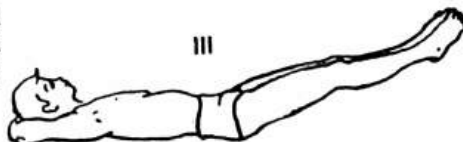
ABDOMINAL & PSOAS

Test II. With knees bent and hands behind neck roll up into sitting position.



ABDOMINAL —  
PSOAS

Test III. With hands behind neck and knees straight, raise your heels 10 inches from the floor. Hold this 10 seconds.



PSOAS & LOWER  
ABDOMINALS

Test IV. Lie face down with a pillow under your abdomen. With hands behind neck, raise head, chest, and shoulders off floor. Hold this 10 seconds.



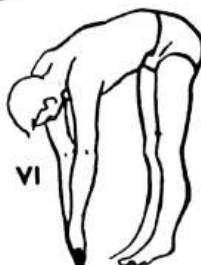
UPPER BACK

Test V. Place your hands under your head and with pillow still under your abdomen, raise your legs off the floor. Keep the knees straight. Hold this 10 seconds.



LOWER BACK

Test VI. With feet together slowly bend forward and see how nearly you can come to touching the floor with your finger tips. Do not bend your knees and do not "bounce" down. If you can touch the floor for three seconds you pass this test. Note: If you fail this one don't feel badly; most Americans do.



WHOLE BACK &  
HAMSTRINGS



## CENTRAL DISTRICT BEGINNERS' INSTRUCTORS' COURSE August 23, 24, 25, 1985

Back row Left to Right: John Satek, Men's District Director and Instructor; Frank Michalek, Instructor; Greg Ticzkus, Susan Aquaviva, EllenJeanne Schnabl, Women's District Director and Instructor, Suzy Ticzkus, Bruce Kolozy, George Vytlacil, District President.

Front row Left to Right: Brian Hathcoat, Missy Jones, Gabriella Coronado, Jenny Smoger, Paul Moravec.

# Bring a friend along to Sokol

## ATTENTION

American Sokol Organization is sponsoring  
a beginners — intermediate — advanced

## INSTRUCTORS COURSE

at Sokol South Omaha, July 25 to August 3, 1986

***Make Your Plans Now***

Newsletters from Sokol South Omaha and Sokol Tabor.

**B.O.I. REPORTS** — Women's Div. Report presented by Sis. Schnabl. Brief discussion regarding benefit of attending U.S.A.I.G.C. workshops. Bro. Borvansky made a motion that the District contribute 1/2 of the fee for each person attending the workshop. Maximum amount of people (8). Motion, 2nd, carried.

Bills presented for payment: Postage & phone calls, \$13.98, (6) books "Mastering Women's Gymnastics", \$32.80, Reimbursement to Sis. Fiala for reproduction of calisthenic exercises; all classes, \$48.16. Purchase of video tapes, \$60.00, Purchase of audio tapes, \$20.00.

Motion that all bills submitted be approved for payment. 2nd, carried.

Men's Div. Reports presented by Bro. Satek. Bro. Satek submitted postage bill for \$21.52. Motion to pay bill and approve reports. 2nd, carried.

**PROPERTIES COMMITTEE** — Sis. Helen Prener reported that charters have been framed and will be mounted in the District Office.

Sis. Prener also reported that the property of Sokol Racine is currently stored in the home of Bro. Flossman. Too much to bring to the District Office. Bro. Vytlačil asked that the properties committee take inventory of the items at Bro. Flossman's home and decide what should be kept by the District and what might be given to the ASO National Office.

**PUBLICITY REPORTS** — Czech — Bro. Rabas reported that article was submitted about our Sokol year starting in September.

English — No report.

Bro. Halik reported that the Life Newspapers ran classes for publicity instruction. Several Sokol units were represented. Bro. Zenisek suggested that a letter be sent to the Life thanking them for all the publicity during the Slet. Discussion followed on this subject.

Bro. Borvansky suggested that we send a group letter from all units that will be attending the annual meeting. All agreed.

**AUDITING COMMITTEE** — Bro. Glasser reported that the books were audited and found in good order. Bro. Zenisek was called upon to give report on District activities. Educational Directors Report presented by Bro. Zenisek.

#### **UNIT REPORTS** —

Sokol Berwyn — Christmas Bazaar — Nov. 24; Las Vegas Night.

75th Anniversary Celebration — April 12th, 1986.

After Slet barbecue a hugh success!

Sokol Havlíček — Annual Dinner-Dance — Nov. 9th.

**NEW BUSINESS** — Nominating Committee — ALL UNIT PRESIDENTS TO MEET OCT. 16th, AT THE DISTRICT OFFICE, 7:30 p.m.

Annual District Meeting — November 10th at Sokol Tabor Hall. Sokol Chicago hosting unit.

Sis. Schnabl questioned Sis. Helen Prener on use of AB Dick machine. Sis. Prener suggested that it be serviced. Sis. Schnabl asked the board's approval in relocating machine to her home for service and use. No objections voiced.

Bro. Borvansky made a motion to approve the relocation of the AB Dick machine to the home of Sis. Schnabl, 2nd, carried.

**RECEIPTS AND DISBURSEMENTS** — Report presented by Sis. Pros. Report accepted by all present.

No further business, Bro. Vytlačil adjourned the meeting at 9:45 p.m.

Report submitted by:

*Sis. Nancy Borvansky, Secretary*

## **EASTERN DISTRICT**

The Annual Meeting of the Eastern District held on September 29, 1985 at the Budget Motor Lodge, Exit 4 of the N.J. Turnpike, was called to order at 1:45 by President Capek.

**UNIT REPORTS** — Pres. Capek read reports from Sokol Fuegner and Sokol Newark.

**Sokol Little Ferry Men's Division — Bro. R. Novotny** — Unit participated in Memorial Day parade, held Pork Dinner with women's division, and conducted gymnastic competitions. Boys classes are strong but men's division is in need of members.

**Sokol Women of Little Ferry — Sis. B. Bidnik** — Some unit activities included instructor refresher course, speaker from local police department about child abuse, pork dinner, speaker from N.J. Bar Association on consumer rights, Christmas Party, Cart-wheel-Athon, Annual Exhibition, Memorial Day Parade, Competitions and Awards Night.

**Sokol New York — Bro. Hanus and Bro. Slavik** — Unit activities included volleyball and basketball sessions, as well as gymnastic classes, production of play in their Black Theatre, Šibrinky, Halloween, Beach and Christmas Parties, gymnastic exhibition and Slet. Unit is awaiting renovation of their hall.

**Sokol Philadelphia — Bro. G. Novak** — Although unit is not gymnastically active, they attended the Rededication of Sokol Baltimore's Hall and sent delegate to Convention. Unit held Annual Splash Party. Sokol Philadelphia and Slovak Sokol combine their social activities.

**Sokol Belcamp — Bro. F. Novak** — Unit is concentrating on supporting and promoting Czechoslovak culture. Some unit activities included program on experience and observation of communist Czech., Short sketch on the Independence of Czech., attended Heritage Festival at Essex Community College, Christmas Party, Rededication of Sokol Baltimore's Hall, and participation in the Festival of Nations. These are just some of the unit's activities. As you can see, they are quite busy!

**Sokol Schenectady** — Unit activities included Christmas Luncheon, Baltimore Rededication and

summer picnic. Monthly meetings are held at a local restaurant.

**Sokol Washington, D.C. — Bro. Kaspar-Paty** — In addition to gymnastic classes, unit activities included tribute to Dr. Tyrš, commemoration of the 66th Anniversary of Czech Independence and 40th Anniversary of the Slovak National Uprising 1944, St. Nicholas Party, Annual Sibirinky, presentation of Sokol Opera Group, Annual Tennis Tournament, Wreathlaying at the Tomb of the Unknown Soldier.

**Sokol Baltimore** — In addition to gymnastic classes, unit activities included Washington Cultural Festival, Ethnic Festival at Essex Community College, Sibirinky, Christmas Party, summer picnic, Rededication of the new extension of their hall. Gymnastic activities included Halloween Party, Slet and demonstration during Balt. Blast Soccer game, Clinic, spaghetti dinner and exhibition.

President's Report was read by Pres. Capek, accepted as read. Treasurer's Report was read by Bro. Donovan, accepted as read.

After reviewing the bylaws set at the convention, units should send any corrections to American Sokol by August 15th.

Education Committee Report was given by Sis. Mergl. A copy of report was received by each delegate.

Just a reminder that dues were raised per member for each quarter. This was decided at the convention.

Junior boys and girls can become senior members at 17 years of age.

A motion was made by Bro. G. Novak to renew the District's donation to the Czech. Radio Hour. Bro. Manning seconded the motion.

Due to his dedication to Sokol for many years, a motion was made to make Bro. Zraly an honorary member of the district. A letter of recognition will be sent to Sis. Zraly from the district. Bro. Pokorny seconded the motion.

A letter will be sent from the District to Chicago congratulating the district for an outstanding job they did on presenting the Convention and the Slet. They are a strong and highly motivated district. A suggestion was made that all future slets be held there.

Sokol Baltimore anniversary celebration and rededication of their hall was highly successful. Many members from other units shared in their celebrations.

A motion was made by Bro. H. Vrzalik stating the district should retroactively reimburse convention delegates for travel to and from airport and added expenses at hotel (not including meals) per diem. Seconded by Bro. Pokorny. All in favor.

Nomination of officers was held. The following were elected to office and were sworn in by Bro. Manning:

President — Bro. Frank Capek  
Vice Pres — Bro. D. Otenasek and Bro. W. Slavik  
Secretary — Sis. L. Gadaleta

Fin. Sec/Treas — Bro. F. Donovan  
Educator — Bro. F. Novak  
Dir. of Men — Bro. S. Mergl  
Dir. of Women — Sis. I. Mergl  
Membership — left open at this time

Based on the recommendations of the B.O.I. a motion was made to give \$250 per unit from District Assessment Fund towards purchase of VCR. Motion was seconded and passed.

Amount of time it took to establish bylaws and printing costs of bylaws books was discussed.

Anyone interested in attending the bazaar held in Cleveland on Nov. 2-3, should contact Sokol Women of Little Ferry. Several of their members are interested in attending and extend the invitation to other units.

Sis. Provaznik will be celebrating her 95th birthday on October 24th. The district extends their congratulations.

Motion was made to adjourn meeting at 3:30 p.m.  
Nazdar! Sis. L. Gadaleta, Secy.

## SOKOL MIAMI

Due to an error made in the printing of the Slet ad book the following names were omitted from the well-wishers list. We apologize for any inconvenience this may have caused, and thank you for all your support during the Convention and Slet this past summer.

Bednar, Frank and Agnes  
Bodlak, Emily  
Chobot, Andrew and Ann  
Chochola, Agnes  
Danes, Joseph and Bessie  
Docekal, Fred  
Fedor, Anna  
Fencl, Richard and Beatrice  
Freeman, Helen Kriz  
Gyorik, John and Mary  
Hertl, John and Anna  
Hron, Vlasta  
Hruska, Freda  
Hruza, Albie  
Janous, Betty  
Juda, Cestmir

## NEW BOOK RELEASE

### Folk Dances of Czechoslovakia

3 Czechoslovak Besedy —  
MORAVIAN—CZECH—HANACKA—SLOVAK—  
CZECHOSLOVAK

With sheet music, directions, diagrams,  
background information.

Cost of book and postage \$13.85.

Send to: **Sokol Greater Cleveland**  
**Czech Folk Dancers,**  
**3487 Dorset Dr., Brooklyn Hts., Ohio 44131**



it was to lead men and women toward higher goals, to their country's independence. The nation was to be strong both physically and morally. There was discipline, but it was voluntary. Membership, participation, everything was open to everybody. Thus Sokol became an important force in character building and eventually a mainstay of the new Republic. During the peace years between the two world wars, Sokol acquired property through voluntary contributions and its own efforts; it built national halls and gymnasiums in many towns and a vast stadium in Prague for its gymnastic performances, the "slets," given on a gigantic scale.

During the war, the Nazis persecuted the Sokols and many died in concentration camps, practically most of its leaders. The Communists hated the Sokol no less and when they came to power, they took over all Sokol property and imprisoned many Sokols.

Appropriating everything of Sokol — except the Sokol democratic spirit and ideals — the Communists replaced the slets with the Spartakiad. From then on, gymnastic performances were done in "Communist style" and on command. Much of Soviet pomposity and Red Square theatrics corrupted the original Sokol purity of the gymnastic performance. Soviet and Communist flags waved in the streets of Prague and banners proclaimed Czechoslovakia's servility to Moscow: "With the Soviet Union Forever" (*Se Sověty na věčné časy*).

Things do change, somewhat, sometime. This year's Spartakiad began to resemble the slet. There were no Communist or Soviet flags to be seen anywhere, no Communist slogans. Suk's thrilling march, composed especially for Sokol slets, was heard again. The audience was proud to see the young generation performing splendidly to well-known Czech music.

Perhaps the Communists got smart and permitted the pupils of former Sokol trainers to bring back some of the Sokol tradition. At least outwardly, Soviet influence was subdued.

But the population was elated. For the first time since the Spring of 1968, they felt a "togetherness," of belonging to a nation with traditions of its own. Remembering old days, they felt pride which outshone for a few hours the grayness of their present existence. *American Bulletin—August, 1985*

## 40th Anniversary of the End of WW II ON THE MARGINS OF TIME

Jiri Nehnevajsa

And then on that lovely day of early May, the angry guns fell silent. The gentle breezes across the face of tortured Europe seemed filled with the sweet fragrance of freedom. There, in the dawn's moments of yet another springtime, a season was ushered in which all dreams seemed attainable, in which hope could be transformed into reality, in which the caresses of humaneness could once and for all exor-

cise the barbarism and needlessness of suffering which some men inflict upon their fellow men.

It was a season to sing and dance, to plant and to build. It was a season of deliverance. It was a good time to be alive even though this blossoming of life had been dearly paid for by the tens of millions who perished in the battle, in concentration camps, in bombing raids, in death marches, in massacres. It was a season to prove that all this immensurable sacrifice was not in vain.

True, out in the Far East — halfway across the planet — the killing and dying would continue for some time yet until the light of the blazing sun of early August was to be matched, if but for a fraction of a second, by weapons that engulfed Hiroshima and Nagasaki.

And then, too, the guns were silenced there and all good things seemed possible.

Even through the mist of so many years gone by, through the soft haze that veils the clarity of recollection and blurs the sharpness of memory, it is impossible to forget the sense of elation, the overwhelming feeling of joy, the laughter and tears of happiness at the cradle of the season of peace and freedom.

Alas, for many lands and many people the promises of the season turned out to be but few and shortlived. For those of us whose roots lie in the soil of Czechoslovakia, the passing of the years has not diminished the anguish, the sadness and, yes, the anger we felt in those days of a dying February only less than three short years after the exhilaration of freedom's rebirth.

It seems easy, if painful to remember.

And we were young then.

Many of us succeeded in finding a free haven and a new home far away from the land of our origins. We have been able to seek our fulfillment among, and with, other free women and men.

We know only too well that millions and millions of people across the world cannot share the blessings of freedom with us. Thus, perhaps, out of the womb of our collective and individual experiences, we have an obligation to help maintain, nourish, advance and expand the very best there is in the endangered moral and cultural traditions of our Slovak and Czech peoples and in the heritage of free men everywhere.

Our strength does not lie in guns, nor should it ever have to lie there. It is the strength of our ideas, of our knowledge and its wise uses, it is our integrity and commitment that bear the invincible seeds of better tomorrows.

Pittsburgh, March 17, 1985

---

### MARK YOUR CALENDARS FOR 1986!

APR. 12, 1986 — SOKOL BERWYN

75th Anniversary Dinner-Dance Celebration

---

# America's Oldest Fraternal Benefit Society:

Providing quality life and health insurance protection and fraternal benefits to our members for over 125 years!

Visit the CSA Heritage Museum, Library, and Archives Monday through Friday 10:00 a.m. to 4:00 p.m.

Public Invited, Group Tours Available (312) 795-5800



P.O. Box 249 • 2701 S. Harlem • Berwyn, IL 60402

## *At jedete kamkoliv*

- VLAKEM,
- LODÍ,
- NEBO LETADLEM,

po celém světě  
nebo  
jen po Americe,  
vždy pojedete  
nejlépe od

**HEGER  
TRAVEL  
BUREAU**

\*

6118 W. CERMAK ROAD  
CICERO, ILLINOIS 60650

863-3681

## WHAT IS A "CONVENTION" ANYWAY?

Convention: A body of delegates, representatives, members of the like, periodically convened for a common purpose.

People have been trying to define the term for hundreds of years. Some have been trying to change the definition. To us it connotes a gathering of people for a common educational, business, and social purpose. The size of the event doesn't matter. You can nit-pick about whether it's a meeting or a conclave or a conference. The term convention covers all of these.

Camaraderie, fellowship. If you don't get that feeling of community, the convention will not be a successful one, regardless of how great the educational sessions are or the speakers.

*Successful Meetings  
September 1985*

## The BOHEMIAN NATIONAL CEMETERY of Chicago

*features the beautiful*

- **MASARYK MEMORIAL MAUSOLEUM**  
with newly added wings

*It offers a complete cemetery service consisting of*

- **Cremation**
- **Columbarium**
- **Ground Interments**

Bronze Grave Markers and Granite Memorials are on display at the Cemetery Office

**5255 NORTH PULASKI ROAD  
CHICAGO, ILLINOIS 60630**

Telephones: 539-8442 - 3  
Suburban: 788-8442

**LISTEN TO OUR RADIO HOUR EVERY  
SUNDAY AT 9:00 A.M. ON WTAQ**



## IN MEMORIAM

### Bro. CHARLES J. KULISEK,

born July 24, 1891 in Austria-Hungary — now Czechoslovakia —  
passed away Thursday, September 26, 1985 at the venerable age of 94.

He came to this country at a young age, and grew up in the Pilsen area of Chicago. It was on West 19th Street in Pilsen that he established a grocery store which he operated successfully for 40 years before retiring.

As a young man of 27 years he served in the Armed Forces of the United States and saw action in World War I. For many years he was active member of the gymnastic organization of Sokol Slavsky (Berwyn, Ill.), where he was an Honorary Member. He leaves behind two sons — Leonard, and Charles (Wilma) Kulicek, and a sister Leopoldine Kurz and their families. His beloved wife Mae preceded him in death by six months.

Funeral services were held at the Adolf-Berwyn Funeral Home — September 28, with the Rev. Eugene Parnisari of the Catholic Charities of Naperville officiating. Interment at the Bohemian National Cemetery.

*Our deepest sympathy to his family.*

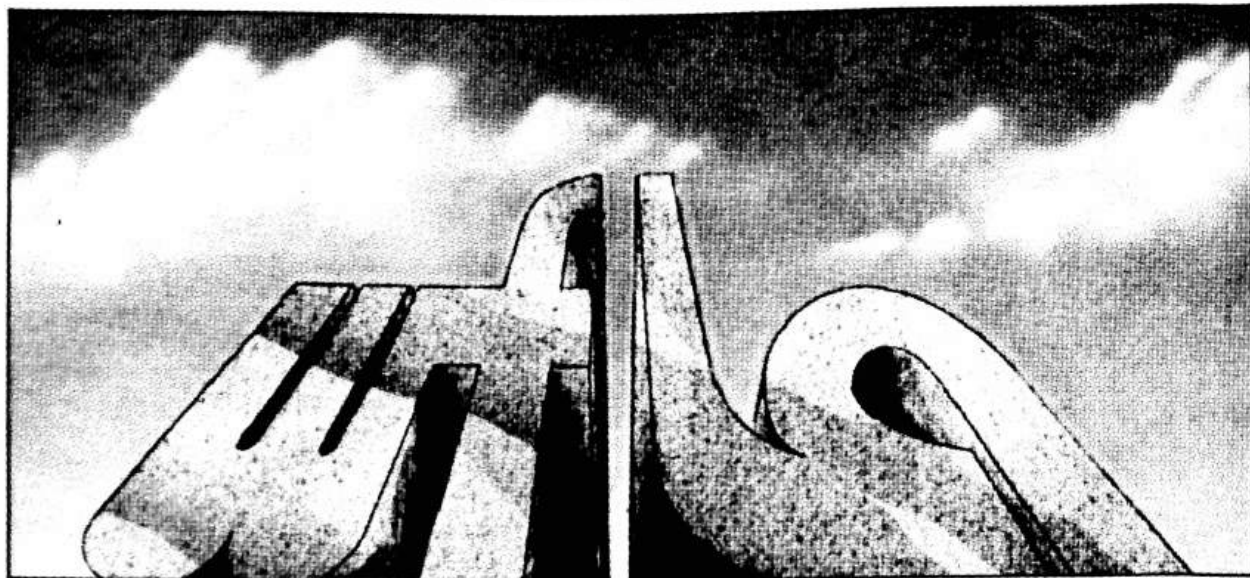
Sis. BETTY PRENER, Sokol Slavsky

## WEBER TRAVEL AGENCY

\* *Spolehlivá cestovní služba do všech částí světa*

- Vyřídíme rychle a přesně návštěvu vašich příbuzných z ČSR
- Dárková služba TUZEX vašim drahým

6805 WEST CERMAK ROAD, BERWYN, IL 60402  
312-242-1512 • 312-749-1333



We're the largest Czech-American Organization in the U.S.A.

Assets

\$55,463,927.00

AND WE KEEP GETTING BIGGER.

HOME OFFICE

**wfla**

western fraternal life association  
1900 First Avenue N.E., Cedar Rapids, Ia. 52402

Insurance In Force

\$230,320,364