

AMERICAN SOKOL

Publication of the American Sokol
Educational & Physical Culture Organization



The SPIRIT OF THE FALCON SOKOL

You will understand its symbolic name if you imagine this proud bird, hovering high above the earth, free and strong.

For more than a century, the *Sokol* movement has been an inspiration to all *freedom-loving peoples* and has been promoting physical fitness of the young and old in many countries.

It was founded in 1862 in Prague, Czechoslovakia, three years later in the USA, which means in 1865.

SOKOL is an organization which develops its members into men and women who are physically sound, morally strong, mentally alert, and who live according to the principles of real brotherhood. These are the words of the movement's founder, Dr. Miroslav Tyrš, a doctor of esthetics and history of fine arts, whose idea was based on the great olympic ideal of ancient Greece, to develop a harmoniously balanced personality.

For 120 years, the Sokols have used their scientifically designed system of calisthenics, apparatus exercises, athletics, games and sports in order to train individuals and groups from the age of six to sixty. The aim has always been the overall physical education for everyone, rather than concentration upon a few. This, however, did not mean satisfaction with small achievements. *The numerous successes of its members are evidenced by many gold medals won by individuals and teams at Olympic Games and World Championships.*

No one is excluded from within the Sokol ranks. Everybody is welcome irrespective of their religious or social affiliations, if only he or she are *willing to cooperate for the benefit of others*. The slogans are: "*Neither profit nor glory*" and "*A healthy mind in a healthy body*". In an age of increasing leisure and lack of physical exercise, it is more important than ever to assure the physical fitness of the younger generation in the spirit of competition and good sportsmanship.

Sokol in Czechoslovakia was disbanded by the Nazis during the World War II and its property confiscated. 20,000 members were jailed, 5,000 of the members died. The total membership of that time was over 1 million in the population of 14 millions. For the second time, Sokol was disbanded by the communists in the fifties and many of the members suffered from persecution. But the movement exists in 14 countries of the Free World — in Europe, in the USA, in Canada, South America, Australia and even in South Africa.

The late T. G. MASARYK, first president of the Czechoslovak republic (member of Sokol), often emphasized the importance of SOKOL in the national life and liberation of his people.

Submitted by Br. Joe Machek, Sokol L.A.

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 - LYNDA FILIPELLO
4401 Fender Rd., Lisle, IL 60532
312-355-2572

*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: 312-795-6671

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 - LYNDA FILIPELLO
Executive Board Member - ROY ZITNY, JOHN SATEK,
FRED STANKOVSKY
Alternates - VLASTA ZITNY, MARIE PTACEK,
ED JELINEK, EMILIE RUZICKA
By-Laws Chairman - JERRY MILAN
Library/Archives - ANNETTE SCHABOWSKI

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____

Name _____

Old address _____

_____ Zip _____

New address _____

_____ Zip _____

Calendar of Events

JUNE 27-29 — WEST. DISTRICT
Slet — Host — Sokol Omaha

JULY 4 — SOKOL DETROIT
Sokol Camp Picnic

JULY 11, 12, 13 — SOKOL DETROIT
Czechoslovak Festival
Yack Arena — Wyandotte, MI

JULY 25-AUGUST 3 — HOST SOKOL
South Omaha, A.S.O. Instructors Course

AUGUST 15, 1986 — SOKOL DETROIT
Veselka Orchestra — Czechoslovakia
Dearborn Civic Center

AUGUST 24 — CHICAGOLAND SOKOL
BUILDING ASSN. ANNUAL PICNIC
NATIONAL GROVE No. 2, 28th Desplaines
COORDINATOR - Robert Drake 312 749 3028

SEPT. 28, 1986 — SOKOL FUEGNER, L.I.
100th Anniversary Dinner Bohemian Hall.

NOTICE

The July/August publication
will be a

SPECIAL SLET ISSUE

with pictures of all
District Slet events.

*Please send Lynda a wide selection
of clear, light background pictures
of your Slet, Award events,
and trophy winners by July 6th.*

LIBRARY AND ARCHIVES FUND

APRIL 1986

In memory of Br. Joseph Ruzicka —
Josephine Ceithaml

\$10.00

— Donations are tax exempt —

There were no donations to the Future Sokol
Leaders Fund in April.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVII

June — 1986 — Červen

Číslo - No. 6

A.S.O. EXECUTIVE BOARD MEETING

Regular meeting called to order on Tuesday April 22, 1986 by V.P. Charles Borvansky.

Members present: Sis. Zitny, Pistorius, Kourim, Pinc, Ptacek, Filipello. Brs. Kala, Stankovsky, Masek, Zitny, Barcal, Lebloch, Rabas, Basta, Ptacek.

Members excused: Sis. Ruzicka, Brs. Milan, Satek, Jelinek.

Guest: Sis. Stankovsky.

Selden, Fox & Asso. LTD. — report given by Robert Selden and Andy Praxmarer.

Bro. George Basta, President, took over meeting after the completion of the CPA report.

District minutes received and reviewed, N.E. District March 9 and Central District, March 26th.

Correspondence: Houston case correspondence discussed and reviewed, letter sent to Sokol Houston giving them our support. Mr. Maca to keep us informed, also extended an invitation to Bro. and Sis. Basta to attend Southern District Slet June 13-15 in Fort Worth. Bro. and Sis. Basta to attend Sokol Fuegner, L.I.'s 100th anniversary year celebration, Sept. 27th, as A.S.O. dignitaries.

Letter from Western District withdrawing their bid for 1989 SLET.

WOMEN'S DIRECTOR — Sis. Sylvia Pistorius: Br. Benak to give report USGF Congress at our October Directors Conference. Sis. Ann Halik has agreed to take the Merit Award Chairmanship. Sis. Kubala of Sokol Corpus Christi gave us add'l info on "Hands Across America". It has been suggested that we have charts and illustrations made of our Skills Program to increase participation by all units. Recommended that the participants in the ASO Special No. in Zurich wear white T shirt with blue binding and Sokol men's pants/womens shorts. Shirts with logo will be ordered by ASO Director.

MEN'S DIRECTOR — Br. Richard Ptacek: Br. Michalek suggested that in the near future it might be in the best interest of the Sokol program to formulate a safety and spotting course with subsequent test and certification. This would make instructors better qualified and more aware of their responsibilities. This will be on agenda of October Director's Conference. Sis. Fiala was with Central District to clarify any changes and observed our interpretations. Zurich Slet committee sent letter saying they

are pleased and honored to have the ASO special No. included in the program. Br. Michalek requested permission to increase the Gymnast section of ASO Publication from 4 to 8 pages on occasion when specific articles are too lengthy to condense. (This has always been possible, and part of publication policy, but it has to be checked out with the editor before issue is printed.) Br. Ptacek suggested that we consider organizing a tour in conjunction with our participation in the SOKOL USA SLET to be held in Washington D.C. in 1987.

MEMBERSHIP CHAIRMAN — Br. Fred Kala: Each individual district to receive full 1985 report. Totals are - Central, 1,954; Eastern, 1,108; Northeastern, 985; Southern, 1,013; Pacific, 416; Western, 1,449. Associate members: Northeastern, 29; Southern, 127; Central, 12. Total membership, 6,925. Total asso. members, 168. Long discussion followed concerning building up our membership, etc.

PUBLICITY — CZECH: Br. Jerry Rabas: Ad for Zurich Slet submitted to Slet Committee.

EDUCATIONAL CHAIRMAN — Br. Paul Lebloch: Requested permission to provide information to the membership, through the publication, on worthy educational material available from other sources pertaining to our culture and language. Presently this is not our policy. The recommendations to print information would come from the Educational committee with final approval by the Executive Board. Br. V. Zenisek presented an article on radio followed by a Sokol march. The American Sokol will be given time each month for a short program. Approval given to purchase "Czech Immigration Passenger Lists", Volume 2, for \$16.95. Sis. Nancy Borvansky compiled an educational package which will be sent to all units. Central District donated hats, ties, uniforms, and prints to the library.

FINANCIAL SECRETARY — Sis. Mildred Pinc: March fin. report prepared, copies to board. 4th quarter audit completed, books in excellent order.

TREASURER — Br. Robert Barcal: No report as info being programmed into computer.

SECRETARY — Sis. Jackie Kourim: Mailing list in computer.

SECRETARY — Sis. Jackie Kourim: Mailing list in computer ready to go, all new by-laws sent out. Approval given to write final expulsion letter to Sokol Seattle. It they are interested in remaining members in American Sokol they may transfer to

the three remaining units in the Pacific District, Fresno, Los Angeles, or San Francisco. Request from Gary, In. to start a unit. They saw Sokol program on cable T.V. featuring Amway distributor's lifestyle combining business with using extra time to develop a Sokol program for the community. Information has been mailed to interested party.

EDITOR — Lynda Filipello: Need material of interest for publication. By-laws state that the purpose of our publication is to be "informative, technical, educational, and cultural." It is also the official organ of our organization.

II. VICE PRESIDENT — G. Masek: Asked if we would advertise the meaning of SLET so more people would be aware.

I. VICE PRESIDENT — Br. Charles Borvansky: No report at this time.

PRESIDENT — Br. George Basta: Toured with Central District to Greater Cleveland to see "Koline, Koline". Called attention to all to advertise proper dress uniform for all officers in all units and districts who participate in parades and Slets.

OLD BUSINESS: None.

NEW BUSINESS: Many suggestions on how to run conventions more smoothly. Maybe start opening ceremonies on Sunday evening, etc. All suggestions noted for future reference.

ASO FINANCIAL REPORT

APRIL, 1986

RECEIPTS:

Dues	\$ 9,796.00
T. J. Masaryk Dues	10.00
Advertising in "American Sokol"	150.00
Resale of Jewelry	973.75
U.P.S.	6.80
Postage	2.52
Donation	20.00
Skills Patches	22.50
Bars	1.50
"Highlights of Czech History"	2.25
Sokol Plate	20.00
Sokol Tie	8.00
Post Cards	2.50
Membership Kits	50.00
	<u>\$11,065.82</u>
A.S.O. Uniform Division - Rent, Salaries, etc.	911.24
Total Receipts	<u>\$11,977.06</u>

DISBURSEMENTS:

ADMINISTRATIVE:

Salaries - Office Employees	\$ 912.38
F.I.C.A. & F.W.T. for March, 1986	179.28
I.W.T. - 1st Qtr., 1986	57.60
Rent, Janitor Services, Phone, Electric	879.90

Postage	42.99
Office Supplies	349.16
Travel Expense	445.76
Advertising	150.00
C.P.A. Audit	750.00
Computer Expense	1,148.07
Imprinting Checks	49.05
Miscellaneous	83.18
	<u>\$ 5,047.37</u>

BOARD OF INSTRUCTORS

Salaries	\$ 370.75
F.I.C.A. - March, 1986	70.64
I.W.T. - 1st Qtr., 1986	32.25
Editor "Sokol Gymnast"	30.00
Add'l copies - March, 1986 issues	29.00
Postage	21.56
Phone	1.01
	<u>\$ 555.21</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 40.66
F.I.C.A. - March, 1986	30.04
I.W.T. - 1st Qtr., 1986	10.11
Library Books	37.45
Office Supplies	6.38
Essay Contest - Engraving	75.00
	<u>\$ 199.64</u>

SOKOL PUBLICATION

Printing "American Sokol" - March, 1986	\$1,287.80
Mailing List Changes - April, 1986	201.75
Editor "American Sokol" - April, 1986	125.00
Salaries	425.25
Binding - Copies of "American Sokol"	35.56
Prepaid Postage	200.00
	<u>\$ 2,275.36</u>

MISCELLANEOUS

A.S.O. Uniform Division - Salaries, F.I.C.A. & F.W.T., March, 1986, I.W.T. - 1st Qtr., 1986 & Phone	\$ 391.92
Library/Archives Fund - Postage	.88
Future Sokol Leaders Fund - Postage	3.52
	<u>\$ 396.32</u>
Total Disbursements	<u>\$ 8,473.90</u>
Balance brought forward: Western National Bank of Cicero - Checking Account	\$ 5,691.37
Receipts - April, 1986	11,977.06
	<u>\$12,668.43</u>
	17,668.43
Disbursements - April, 1986	8,473.90
	<u>\$ 9,194.53</u>

HISTORY

THEY STOOD ALONE

People of German extraction lived in the Sudeten Mountain region of northern Bohemia and also in the northeastern section of Bohemia. They had "joined" Czechoslovakia in 1918 and had been treated as full citizens in the Republic. By 1926 many of the problems of the German minority had been settled. Many people had not learned Czech and were unhappy that they had not applied for the government jobs instead of the industrial jobs they were in.

When Hitler came to power in Germany in 1933, he contrived to unite all Germans. The National-Socialist German Labor Party (Nazi) influenced the Sudeten Nazis. Wearing Nazi uniforms was outlawed by the Czechoslovak government when the purpose of the party was known. In October of 1933 the Czech National Socialist dissolved and relations were at a standstill.

Konrad Henlein became a leader of the Sudeten Germans and formed a new party, the S.D.P. (Sudeten Deutsche Partei). On the surface they were loyal to the government. Beneath the surface they were like the German Nazis. The S.D.P. blindly followed Henlein and seemed to have unlimited funds.

In 1936 Germany occupied Rhineland. France refused to take a stand against Hitler and Poland signed a 10-year pact with Germany. When, in 1935, Czechoslovakia signed a treaty with Russia, it was accused of Communist sympathy by Hungary, Poland, Germany and Italy, (all of whom were under German influence). To understand why the U.S.S.R. was chosen as an ally one would only have to look at a map. Czechoslovakia was surrounded by Poland on the north, Germany on the west and Austria on the south. East was the only direction they could look to for support.

When Beneš became president, Hitler worked to discredit him, even though Beneš had strongly supported Germany's entry into the League of Nations. Henlein went to England and the U.S. to gain sympathy and spread the Nazi propaganda. He wanted a division of Czechoslovakia into national groups. Hitler did not represent all the German people and Henlein did not speak for all in Czechoslovakia, but they spoke with the loudest voices. March 13, 1938 — Hitler annexed Austria.

Henlein's voice became louder and those who opposed his ideas were terrorized. England and France wanted the government to give in to all the S.D.P. demands, while Hitler continued the propaganda against the Czechoslovaks.

In August of 1938, Great Britain sent Lord Runciman to Prague as a mediator between the government and the Sudeten Germans. He advocated giving the Sudetenland to Germany to quiet Hitler. In September Hitler demanded self-determination for the Sudeten.

An integral part of European history and economy since the beginning of time, Czechoslovakia had strong ties with France and England. Treaties had been signed with France and the U.S.S.R.

The treaties with France and the U.S.S.R. meant nothing when Czechoslovakia appealed to them for aid. Many British people opposed giving aid to Czechoslovakia.

On September 21, 1938, England and France sent an ultimatum to Czechoslovakia that they would hold Czechoslovakia responsible if the government did not give in to Hitler's demands. Czechoslovakia stood alone against Hitler. When Hitler saw his way open, he threatened to invade Czechoslovakia.

Finally, England and France saw that they were responsible for the dividing of a nation and released the government from the ultimatum. Almost two million Czechs lived in the disputed area and the government refused Hitler's demands. On September 29 and 30, British Prime Minister Neville Chamberlain, Benito Mussolini, Eduard Daladier and Adolph Hitler met in Munich to decide the fate of Czechoslovakia. *Neither* Czechoslovakia nor the U.S.S.R. was at this meeting.

The Sudeten lands became part of Germany along with other border areas. Poland and Hungary also took territory. Czechoslovakia lost 30% of her land area and 1/3 of the population, many of whom were Czechs and Slovaks. The natural fortification of mountains were gone. 40% of the timber and 70% of the coal deposits plus 70-90% of the important industries were lost.

Eduard Berneš resigned as President on October 5 and left for England. The new "President", Dr. Emil Hadha took his orders from Berlin.

Prague was filled with strangers on March 14, 1939. People had come to the city from the newly formed border areas and on March 15, Nazi soldiers flooded the city.

The Golden Days of the First Republic were over.

From: The Land and People of Czechoslovakia

By: Elvajejan Hall

Submitted by: JOAN SEDLACEK for Slovo, Sokol Minnesota

Sokol Educator

The Czechoslovak Declaration of Independence

A HISTORY OF THE DOCUMENT

The Library of Congress, European Division, has published this documentary prepared by George J. Kovtun. In the preface written in 1984, George J. Kovtun introduces the purpose and meaning of the publication. The Declaration of Independence was published in Washington on October 18, 1918 and is one of the most important documents of modern Czechoslovak history. It is an interesting, even fascinating story.

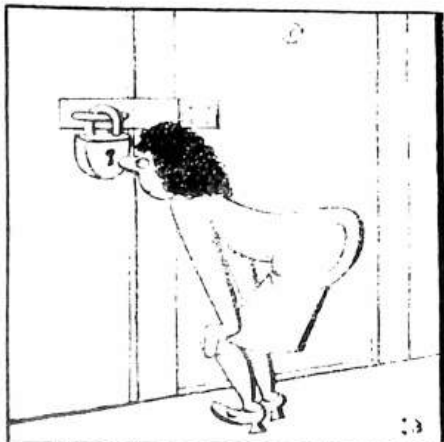
"A reading of the Declaration pleases both an American and a Czech or Slovak reader, because the document finds a common denominator for Czechoslovak ambitions and American ideals. This may be due to the work of American editors, but the basic idea originated with Masaryk. He felt strong sympathy for American democratic tradition and wished to express this sympathy in a significant act.

"Czech-American cooperation is also apparent in the language of the Declaration. The first draft was written by Masaryk in Czech. The American editors used an English translation of the Czech draft. The final version, worked out by the editors and approved by Masaryk, is in English. It is, indeed, a remarkable fact that the authentic text of the Czechoslovak Declaration of Independence is English, not Czech or Slovak, and that the first Czech and Slovak versions are translations of the English original.

"The Library of Congress is the repository for several unique documents that testify to the history of the Declaration. The official copy of the Declaration delivered to the American president, is preserved in the Woodrow Wilson Papers, together with Masaryk's letter accompanying it..." It is sometimes called by historians "The Declaration of Washington" (Washingtonská deklarace).

Mr. Kovtun has assembled fascinating material for the document preceding the Washington signing, including events in Europe, developments within Austria Hungary during the war, the accelerating crisis toward the end of the war which finally culminated in the creation of the Czechoslovak Republic.

We are grateful to the Library of Congress and to Mr. Kovtun's diligence and enthusiasm for presenting us with this documentary. It contains 59 pages, several photographs, historical documentary drafts and news clippings of the American press announcing to the American public the end of Austria and Czechoslovakia's Declaration of Independence. Copies were sent courtesy of the European Division: they were available at the Library of Congress, Washington, D.C. 20540.



Czechoslovak Sokol Abroad

The Sixth Festival of the Czechoslovak Sokol Abroad will be held in Zurich, Switzerland, from July 3 to 7, 1986.

Founded in 1862 in Prague, the Sokol (Falcon) movement, traditionally emphasizing physical fitness and national spirit, was a strong rallying force for Czechoslovak freedom and independence during the Austrian-Hungarian monarchy and again under the Nazi occupation. After the communist takeover in 1948, the Sokol organization was liquidated in Czechoslovakia as an alien force opposing the Marxist totalitarian state. As during World War II when thousands of Sokol members were sent to Nazi concentration camps where many perished, many more thousands (some of them survivors of the Nazi repression were imprisoned by the communist regime. The July 1948 Sokol Festival in Prague, the last held in Czechoslovakia, was the organization's final mass demonstration against the Soviet-imposed regime.

The Czechoslovak Sokol Abroad issued a proclamation calling on Sokols in the free world to meet in Zurich, Switzerland, in July. Below is an abridged version of the document.

The Czechoslovak Sokol festivals abroad are a continuation of a proud legacy. They always represented a powerful stimulus for hope and faith in a better, freer future — during our Austrian past, under the Nazi oppression, and now under the communist regime in our occupied country. Recent events suggests that things are moving again. We cannot guess their direction and speed, but it is our duty to help freedom and democracy. Our goal is to increase our vigilance and resistance against the injustice and criminality of international communism which has thrown Czechoslovakia into a modern form of slavery and cultural and moral misery. The government in Prague is trying to annihilate the humanistic traditions of our nation, to maintain itself in power through the use of brute force supported by the Soviet occupation forces. For this reason, it is despised by the overwhelming majority of the population. No compromise is possible in the struggle against violence and untruths and against attempts to disrupt the unity of our political exiles. Our Zurich festival will be attended by brothers and sisters from all over the world, including American and even Yugoslavia. It will be held under foreign skies, but under the banner of a free Czechoslovakia and under the flags of countries where our movement is alive. The Sixth Sokol Festival Abroad will be a manifestation for the liberation of our country.

Jan Waldauf, President

Zdeněk M. Dobrovolný, Secretary

The Czechoslovak Sokol Abroad

(Sokol organizations now exist in Argentina, Australia, Austria, Canada, France the German Federal Republic, the Netherlands, South Africa, Sweden, Switzerland, the United Kingdom, and the United States of America.)

AMERICAN SOKOL ORGANIZATION

GYMNAST

JUNE 1986

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

Since many of our Sokol Directors and Instructors cannot afford the time to attend our National Instructor School to be held in Omaha this summer, an excellent alternative to update on methods and techniques currently used, is the U.S.A.I.G.C.'s Clinic to be held in August in three different locations.



USAIGC

GYMNASTICS CLINIC AND SEMINARS

'86



AUGUST 8, 9, 10, 1986 —
HYATT REGENCY, CHERRY HILL, NJ

AUGUST 15, 16, 17, 1986 —
HOLIDAY INN CENTER STRIP, LAS VEGAS, NV

AUGUST 22, 23, 24, 1986 —
WOODFIELD HYATT REGENCY, CHICAGO, IL



USAIGC Star Series



The 1986 USAIGC Star Series Gymnastics Clinics and Business Seminars will once again be among the most exciting ever presented. They will bring together the most talented and diverse group of clinicians we've ever assembled...experts in business management, pre-school programs, gymnastics technique and related subjects. We invite you to join us in these specially-programmed seminars that will have great meaning to you, your business and your athletes.

AGENDA ITEMS

Gymnastics Technique and Related Subjects:

- **Intermediate Through Advanced Tumbling Skills**—This lecture demonstration will begin with demonstrations of tumbling technique and progressions and then resorting to a question and answer format from the audience by Bart Connor and Paul Ziert.
- **Uneven Parallel Bar Lecture/Demonstration**—Bart and Paul will cover the proper technique for developing swinging and circling moves such as the stalder, giants and the free hip.
- **The Coach and the Athlete as Working Partners**—This lecture will broach the relationship that must exist between the coach and the athlete if the athlete is to be successful. It will include such topics as peer pressure and coaching strategies. By Bart Connor and Paul Ziert
- Simple to Complex Progressions on the **Uneven Parallel Bars** by Dick Mulvihill
- Simple to Complex Progressions on the **Balance Beam** by Dick Mulvihill
- Simple to Complex Progressions in **Vaulting** by Dick Mulvihill
- Simple to Complex Progressions on **Floor Exercise and Tumbling** by Dick Mulvihill
- **Screening of Athletes to Determine Weaknesses and Strengths** for Gymnastics by Dick Mulvihill
- **Tumbling**—Back and Front Somis, etc.—Beginner Through Advanced by Jack Pancott
- **Balance Beam** Basic Compositional Requirements—Easy as As, Bs and Cs; Making Routines More Interesting, Beam Basics to Include Rhythm, Body Line and Landings, Etc., by Bunny Cook
- **Floor Exercise** Basic Compositional Requirements—Lecture will include choice of music, easy As, Bs, and Cs, Floor Exercise Workout Routine, and Composing Routines That Are More Interesting. By Bunny Cook
- **Basic Recreational Class Organization and Administration** (To include two 1½-hour sessions)—This lecture will cover Pre-School through Advanced Classes, Cheerleading Classes, Methods for Communicating to Class Students, The Use of Rewards, How to Organize a Class, Adver-

tising, Handling Registration and Withdrawals plus other administrative issues in the front office and Handling Staff. By Bunny Cook

- **Tumbling Skill Progressions** for Class Instruction Program by Steve Whitlock
- **Horseless Vaulting** for Class Level Gymnasts by Steve Whitlock
- **Conducting Warm-up and Warm-Down**—A Critical Part of Your Class and Team Lesson Plans by Steve Whitlock
- **Uneven Parallel Bar Routine Composition**—Putting the Pieces Together for the Beginner and Intermediate by Steve Whitlock
- **A Recipe for Successful Uneven Parallel Bar Routines**; Beginner Through Advanced by Dr. David Feigley
- **Basic Spotting and Tumbling Combinations** for Recreational Gymnasts by Dr. David Feigley
- **Round Off Entry Vaults**—Round Off, Back Handspring Off; Round Off, ½ Twist Off; Round Off, Full Twist Off by Gary Goodson
- **Tumbling**; Newest Research in Power Tumbling (Run, Round Off, Back Handspring and Vertical Take-Off) by Gary Goodson
- **Uneven Parallel Bar Releases**; Reverse Hecht, Telchev, Yeager, Including Twisting 1½ and Full Twisting Catch by Gary Goodson
- **Newest Soviet Technique on Balance Beam Systems** by Gary Goodson
- **Conditioning for Gymnasts**—The components of a proper conditioning program entail many concepts within gymnastics. An optimal program should supply proper cardiovascular capacity, develop specific energy delivery systems, and enhance injury prevention. Concepts, techniques, concerns and recommendations will be discussed. By John Frappier
- **Body Composition in Gymnastics**—Body composition analysis for gymnasts provides essential information about percent body fat, lean body mass, and optimal levels of each. As the demands of gymnastics relate to athlete size and weight, concerns about ideal body weight and body fat need to be addressed. By John Frappier
- **Strength and Flexibility Development**—Strength and flexibility development is

essential in gymnastics. These two muscular abilities need to be developed together, such that one isn't enhanced at the expense of the other. Specific types of muscular strength, endurance and flexibility development will enhance gymnasts' ability. These concepts will be discussed by John Frappier.

- **Review of the 1985 Junior Elite Development Program National Training Camp Testing**—The JEDP added additional physical testing in 1985 at the March and August training camps. This data was collected to help establish pertinent information about the physical performance characteristics of this level of gymnast. The result of this research will be reviewed and discussed by John Frappier.

ORGANIZATION AND ADMINISTRATION OF CLUB PROGRAMS

- **101 Ways to Eliminate Stress in the Gymnastics Business**. By Judy Shaw
- **Effectively Managing a Coaching Staff to a Common Goal** by Judy Shaw
- **Hiring and Developing a Quality Pre-School and Day Care Staff** by Judy Shaw
- **Turning Gymnastic Equipment into Creative Equipment** for Children. By Judy Shaw
- **Methods of Promotion to Create Community Recognition** and Support of the Competitive Program by Judy Shaw
- **Take Your Team to Europe** by Jack Pancott
- **Ideas for Promoting Your Gymnastics Business**—Paul Ziert will provide his audience with some of the methods that he uses to publicize his gymnastics club and gain recognition.
- **The Importance and Scope of Marketing as Applied to Gymnastics** by Greg Weiss
- **Consumer Buying Behavior in Gymnastic Services** by Greg Weiss
- **Marketing Communication: Promotional Mix** by Greg Weiss
- **Advertising Sales Promotion and Publicity as it Relates to Gymnastics** by Greg Weiss

PRE-SCHOOL

- **Teaching Tumbling and Gymnastic Skills to Tots**—Incorporating special pieces of apparatus such as carpet squares, vinyl shapes, hoops, jump ropes, cones and bowling pins to teach such skills as cartwheels and all rolls by Patti Komara
- **Lesson Plans for Early Pre-School Classes, Ages 6 Months to 2 Years**—Actual lesson plans as well as many ideas for stations enabling the formulation of many lesson plans. By Patti Komara
- **Special Lesson Plan Themes for Pre-**

Gymnastic Clinic & Seminar

School Classes—Unique and special days to make the children look forward to the next class week after week. By Patti Komara

• **Pre-School Lesson Plans for Ages 3 Years to 6 Years**—Ideas for stations for many months of lesson plans. By Patti Komara

• **Dynamic Gymnastic Birthday Parties**—Everything you need to know to host your community with birthday parties for pre-school and school age children. By Jack Pancott and Patti Komara

• **Gymnastics Equipment and Hand Apparatus Skills for the Pre-Schooler** by Jack Pancott

• **Musical Pre-School**—This lecture will contain demonstration and participation. It will explore methods of using recorded music and adding songs and singing into the pre-school program. By Bev Ferris

• **Developing Motor Patterns and Synapse Connections in the Pre-School Child**—Establishing motor patterns within the pre-school child is an important function of the pre-school instructor. This lecture establishes developmental skills and presents the audience with methods of identifying important motor skills and how to break them into parts for pre-school usage. By Bev Ferris

• **The Theory of Perpetual Motion** (How to Keep Kids Continually in Motion)—This lecture will present learning stations that may be used while students may have to traditionally sit to wait for turns. Keeping children busy in constructive learning stations will enhance learning through repetition. By Bev Ferris

• **Reading Readiness and Pre-School Gymnastics**—This presentation will lecture with minimum demonstration. It will present methods of incorporating Reading Readiness into the regular pre-school gymnastics program. By Bev Ferris

SPORTS PSYCHOLOGY AND SPORTS MEDICINE

• **The Ingredients of Positive Discipline;** Positiveness plus demandingness by Dr. David Feigley

• **Solutions for Burnout for Staff and Gymnasts;** Focus on the coaching/teaching staff and gymnasts by Dr. David Feigley

• **Children's Developmental Stages;** Implications for program design—designing healthy gymnastics programs based on cognitive emotional and physical changes in children by Dr. David Feigley

• **Facts and Falacies Related to Nutrition and Physical Fitness**—This lecture will introduce certain critical issues related to nutrition and athletic performance. Participants will not only learn about common myths related to the role of nutrition in gymnastic performance, but will also come away with rational and believable arguments

which can be used with students to explain why a myth is a myth. By Dr. Dan Benardot

• **The Role of Nutrients in the Performance of Physical Activity**—Recent research on athletes has found that the depletion of certain nutrients may have a negative impact on performance. This discussion will focus on what these critical nutrients do, and what foods contain them. By Dr. Dan Benardot

• **Nutritional Aids Designed and Marketed for the Improvement of Athletic Performance**—Do they work?—Many products are sold with the claim that they improve athletic performance and/or endurance. This lecture will discuss what to look for in a product, and how some of these products might best be used. By Dr. Dan Benardot

• **Nutritional Assessment Techniques**—How can you tell if your gymnasts are well nourished?—Many techniques are available to do either surface or in-depth evaluation of the adequacy of nutrient intake. This lecture will give you some practical techniques you can apply to see if the nutrient intake of your gymnasts is what it should be. By Dr. Dan Benardot

COMPUTER SESSIONS—These sessions are scheduled for only the Chicago Seminar

• **Setting Up and Interpreting Your Computerized Balance Sheet and General Ledger**—Accountants do not usually spend time to set up a usable financial general ledger for gym owners. Session will concen-

trate on this vital tool from gym owners' point of view.

• **Using Your Computer for Financial Information Report Processing and Interpretation**—How to separate and evaluate your gymnastics business by unit management and analysis.

• **Setting Up An Accounts Receivable and Accounts Payable System on Your Personal Computer**—Account computer packages and spread sheet set-ups that will save money

• **Lotus 1 2 3**—A helping hand for your gym

*All paid pre-registrants will receive a booklet of all handouts at the convention. **All those who register at the door will be able to purchase the handouts for an additional \$10.00.**

Hall of Fame Awards Banquet (Fee—\$35.00)
The highlight of the Chicago Seminar will be the induction of Mr. Bart Connor, 1984 Gold Medalist, into the Athletes Hall of Fame. At the Banquet, Bart will receive the coveted Golden Athletes Award. Help us pay tribute to this American Hero!

President's Award Banquet (Fee—\$35.00)
This annual affair will be conducted at our Cherry Hill Seminar and will be hosted by our president, Mr. Gordon Shaw. Mr. Shaw will bestow the President's Award on some to-be-announced USAIGC contributing member.

AGENDA ITEMS

THURSDAY

7:00 p.m.- 9:00 p.m. Registration

FRIDAY

8:00 a.m.- 9:30 a.m. Registration
9:30 a.m.-10:30 a.m. Opening Session
10:30 a.m.-12:00 Noon 1st Sessions
12:00 p.m.- 1:30 p.m. Lunch at Leisure
1:30 p.m.- 3:00 p.m. 2nd Sessions
3:00 p.m.- 3:30 p.m. Break
3:30 p.m.- 5:00 p.m. 3rd Sessions
5:00 p.m.- 7:00 p.m. TGIF Party,
Dinner at Leisure
7:00 p.m.- 8:30 p.m. 4th Sessions

SATURDAY

8:30 a.m.-10:00 a.m. 1st Sessions
10:00 a.m.-10:30 a.m. Break
10:30 a.m.-12:00 Noon 2nd Sessions
12:00 p.m.- 1:30 p.m. Lunch at Leisure
1:30 p.m.- 3:00 p.m. 3rd Sessions
3:00 p.m.- 3:30 p.m. Break
3:30 p.m.- 5:00 p.m. 4th Sessions

SUNDAY

8:30 a.m.-10:00 a.m. 1st Sessions
10:00 a.m.-10:15 a.m. Break
10:15 a.m.-11:45 a.m. 2nd Sessions
11:45 a.m.- 1:00 p.m. Lunch at Leisure
1:00 p.m.- 2:30 p.m. 3rd Sessions
2:30 p.m.- 2:45 p.m. Break
2:45 p.m.- 4:15 p.m. 4th Sessions

EXHIBITORS BREAKDOWN AT 5:00 P.M.

USAIGC NATIONAL GYMNASTICS CLINIC & BUSINESS SEMINAR REGISTRATION

1986 REGISTRATION FORM

(Feel free to duplicate this form for multiple registrations)

Name _____
 Coach _____ Gymnast _____ USGF# _____
 Address _____ Phone _____
 City _____ State _____ Zip _____
 Affiliated USAIGC Club _____

SEMINAR FEES:

USAIGC Full Club and Individual/Professional Member	Coach	Gymnast (Female)
Non-member, Coach or Judge ...	\$100.00*	\$60.00
	\$150.00	N/A

*Your club will receive a \$20.00 rebate toward your following year's USAIGC Club membership fee, for each additional coach registering from your club.

Check Choice:

- Cherry Hill Seminar-August 8, 9, 10, 1986
 Las Vegas Seminar-August 15, 16, 17, 1986
 Chicago Seminar -August 22, 23, 24, 1986
 Cherry Hill President's Award Banquet—\$35.00 (Enclosed)
 Chicago Hall of Fame Tribute Banquet—\$35.00 (Enclosed)

** (Banquets include cocktail party, dinner, dancing and prizes.)

I am enclosing _____ check(s) and/or money order(s) in the amount of _____ for _____ participants. (Please list all participants' names)

I am enclosing _____ check(s) or money order(s) for \$100.00 for a full club membership in the USAIGC. (Complete form below)

Club Name _____
 Owner/Manager _____
 Address _____
 City _____ State _____ Zip _____
 Phone # _____ Date _____

**Note: Both seminar and membership fees may be paid with your Visa and Mastercard.

Card # _____ Exp. Date _____
 Name on Card _____

Complete Registration Form and Return With Check To:

USAIGC National Headquarters
 235 Pinehurst Road
 Wilmington, DE 19803

For More Information
 Call the USAIGC at
 (302) 656-3706

Cut Your Drop-Out Rate...Use This FREE USAIGC/ALPHA FACTOR PROGRAM!!!

Let the USAIGC and Alpha Factor provide you with a free service that can cut your drop-out rate. The Alpha Factor Gymnastrada Skill Test Program will help member clubs retain their students at no additional cost.

Enroll all of your students (tots thru adults) in this simple, easy to administer national tumbling evaluation program.

Member clubs can receive skill test manuals, skill test charts, and class progress charts. Additionally, the clubs will receive a patch, merit stars, personal progress chart, identification card, and a citation of achievement for each enrolled student. All materials are absolutely free whether you enroll 100 or 1,000 students.

Enroll in this fabulous program and help foster national pride within your youngsters. Your students and their parents will recognize and share in your club's commitment to a quality skill test program. Just forward the names and addresses of all your gymnastics class children to our office and all testing and awards materials will be shipped to you immediately.

Please complete and forward to:
 USAIGC National Headquarters
 Gymnastrada Skill Test Program
 235 Pinehurst Rd.
 Wilmington, DE 19803

(302) 656-3706

Order Form:

Gymnastrada packets for gymnasts (includes patch, stars, ID card, personal progress chart, and a certificate of participation—enclose names and addresses)

Skill test manuals (coaches instruction packet)

Skill test posters (full color display of all ten skills)

Class progress charts (space for 55 names per chart)

Ship To:

Club Name: _____ Attn: _____

Address _____

City _____ State _____ Zip _____

April 1986 — A Month to Remember

The month of April, for Sokol Greater Cleveland, was filled with music, song, and dance. Our building was filled with out-of-town guests — some all the way from Europe.

On April 5 and 6 Včely presented the play Včelky "Koline, Koline". We had the pleasure, at the Saturday performance, of the company of 45 sisters and brothers from Chicago, led by A.S.O. President George Basta and Sister Ann Basta. They came back to the hall on Sunday morning for a tour of the building. Also driving in from New York was the President of Sokol New York, Walter Slavik and his wife Ann, and Brother Stanley and Sister Irene Mergl. It was a pleasure seeing them all and we were flattered by their visit; our only regret was that we couldn't spend more time with them. Next time!

On Sunday, a bus of 38 Sokols from Sokol Detroit came for the performance, this time led by Sister Jarmila Kalivoda, President of Sokolice Detroit. It's always good to see them, and they make the trip to Cleveland often.

On April 19, we had the opportunity to sponsor the 25-member brass band, "Mistřiňanka" from Brno, Czechoslovakia. This memorable evening was shared by friends from all over. Once again Sokol Detroit came, as did a bus from Chatham, Ontario. The Czechoslovak Moravian Club came in two buses from Endicott, New York. Another bus arrived from Metamora, Ohio with the Czechoslovak Folk Dancers Club of Metamora. Many other people drove from New Jersey; Toronto, Ontario; Owosso, Michigan; Wheeling, West Virginia; and parts unknown. Altogether the number of out-of-town guests reached over 400.

This old hall was filled with singing and dancing and happy people. Besides the music, they enjoyed the delicious meal prepared by the Sewing Club ladies, under the direction of Millie Skalnik. In addition to the usual refreshments available, there were beautiful-to-look-at and delicious-to-eat "obložené chlebíčky" prepared by a crew directed by Zdenka Necasek.

To top off the month of music, our Sokol Concert Band played their annual Spring concert on April 27 to a very appreciative audience.

Needless to say it all meant a lot of work by a lot of people, and although many of us were relieved when it was all over, we also were sorry to see it end.

We completed some big projects with our usual enthusiasm, hard work, and expertise.

We showed our unit and our building off to a lot of strangers and we did it well and made a lot of friends doing it — and we proved again, mostly to ourselves, that we can do anything we set our minds and hearts to.

Thank you, everyone! *Nazdar, Betty Hosticka*

SPECIAL ANNOUNCEMENTS

Land Fund Drive

Sokol Los Angeles is starting a fund drive to buy land for a New Recreation Center in the countryside where Sokols could enjoy a sports field, picnics, and maybe even cottages! Since they are non-profit, your donations are also tax deductible. Donations can be forwarded in Sokol Los Angeles name to: Sis. Louise Nekuda 2653 Hartland Cr., Westlake Vlg., CA 91361; or: Joe Zelenka, 10350 Montgomery Ave., San Fernando, CA 91344.

Public Relations

AMWAY CORPORATION'S distributor magazine, the AMAGRAM, has a three page full color featured article in the Lifestyle section on Sister Lynda Filipello and her family's efforts in starting Central District's newest unit, Sokol Naperville. The monthly magazine is distributed to over one half million distributors in the United States and Canada. A brief history of Sokol in Czechoslovakia and the U.S. is included in the article. If you are an Amway distributor or know of one, you may find it useful in advertising the Sokol philosophy. You may also contact Sister Filipello for a copy of the May issue. The feature story is also part of Amway's Lifestyle program on cable television *Lifetime* series *Family Guide* on Saturday evenings.

Communicating with Youth

Judy Blume's latest book "Letters to Judy" offers astonishing eye openers to parents and teachers lack of real communication with children's fears, concerns, misconceptions, and mostly — peer harassment. *Listening* and *acknowledging* that we care, really care, will do more to keep the lines of communications open between youth and adults than any other method. As youth instructors, we can learn from Ms. Blume's comments "if your kids come home from school with stories about their classmates and how they are treating each other, *talk* with them about it. Encourage them to get their fears and feelings out in the open. It's important for kids to sense their parents' real commitment to the idea that they become compassionate people."

Sources for Publication

Next month we will add a column to our regular format, Sokols in the News. Please forward immediately any news items from your local newspapers that are 1. informing your community about your activities, 2. interviews by local news reporting agencies of any of your staff.

HAVE YOU BROUGHT A FRIEND TO
SOKOL WITH YOU YET?

"75 Years Young"

This year, Sokol Berwyn is 75 years old.

We take this moment to wish ourselves "Happy Birthday", and to reflect on how & why we got to this milestone.

We got here because of the hard work, dedication & perspiration of thousands of members & youngsters who came before us, worked for our Unit's betterment, attended our classes & raised the monies necessary for us to exist.

Most of this kind of work & Sokol devotion is done at the personal sacrifice of those involved. Very often, Sokol comes before other things that we hold dear.

We are not unique in this respect. It happens when people care & believe in what they do & who they do it for.

Our classes this year are small — our resolve is large & unflinching, for we are true Sokols. We are 75 years old & looking forward to our next 75 with firm conviction in what we are & what we must do. With a little luck & lot of hard work, we will pass on to our younger people what was passed on to us: a legacy of Sokol — a heritage of Czech culture steeped in tradition — strong, vital & full of life.

Happy Birthday, Sokol Berwyn! Nazdar!

Pres. Sis. Sharon Somolik

CZECH FESTIVAL

SOKOL SOUTH OMAHA

SUNDAY JULY 13, 1986

**ROAST PORK
DUMPLINGS
& KRAUT
DINNERS**
NOON to 5 PM
\$4.00

21ST
AND
U
STR.

**GAMES
CZECH
PASTRY**
Entertainment
FOR ALL
**FREE
ADMISSION**

CHARLES SVAGERA ORCH.

FREE POLKA DANCE 6:30-9:30 PM

Beautiful GARNET JEWELRY

fine CRYSTAL from Czechoslovakia

\$1,000 DRAWING AT 9:30 P.M.

CZECHOSLOVAK AMERICAN FESTIVAL

"Our 9th Big Year"

JULY 11, 12, & 13, 1986
YACK ARENA
3131 THIRD ST. at EUREKA, WYANDOTTE, MICHIGAN

AIR
CONDITIONED

HARDWOOD
DANCE FLOOR

FRIDAY & SATURDAY
•CZECHOSLOVAK FESTIVAL BRASS from Troy, MI
Also **SATURDAY**
•JOE HEZOUCKY ORCHESTRA from Cleveland, OH
SUNDAY
•JOE BENO ORCHESTRA from Cleveland, OH
•HANK HALLER ORCHESTRA from Cleveland, OH



* **PLUS** *

* **COSTUMED DANCE GROUPS, GYMNASTICS, AND MORE!** *

* **FOOD AND REFRESHMENTS AVAILABLE** *

* **ETHNIC BOOTHS FEATURING** *

Authentic Bohemian Crystal, Garnet Jewelry, Pastries,
Books in both Czechoslovak & English languages.
Our unique "Roots Map", Artifacts, Displays,
AND MORE!



***** **ADMISSION** *****

ADULTS \$3.50
SENIOR CITIZENS (65 and older) \$3.00
CHILDREN (14 and under, accompanied by adult) FREE

***** **DOORS OPEN** *****

FRI 6 p.m.-midnight, SAT. 4 p.m.-12:30 a.m. SUN. 1 p.m.-9:30 p.m.

SPONSORED BY: SOKOL DETROIT & SOKOL DETROIT LADIES AUXILIARY
23600 WEST WARREN, DEARBORN HEIGHTS, MI 48127

Vitámě Vás

(WE WELCOME YOU)

VESELKA

16 Piece BRASS BAND

from

Prague, Czechoslovakia

Sponsored by:

AMERICAN CZECH POLKA
CLUB

FROM NEW PRAGUE, MN

Date: August 5, 1986 - 7:30-11:30

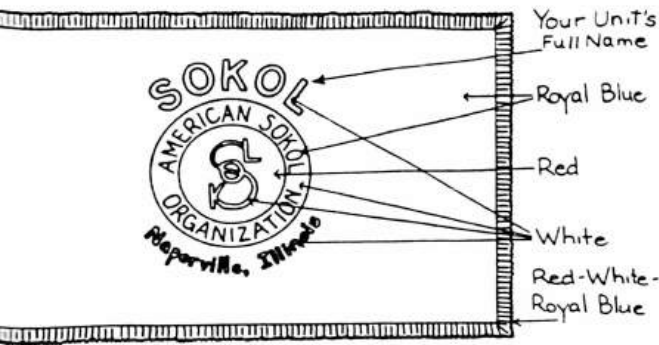
Sokol, South Omaha (21+U)
Omaha, NE.

1 hr. CONCERT / 3 hrs. for DANCING

PRICE: \$10.00 / PERSON

COPY FOR PUBLICATION

MUST BE RECEIVED BY THE 10th
OF THE PREVIOUS MONTH



New Unit Flag Design

The Executive Board approved a new design for the unit. This design can be ordered through the ASO c/o Sis. Lynda Filipello, 4401 Fender Rd., Lisle, IL 60532. The new design *does not* cancel any existing flags. Only new units and/or units needing to *replace* old flags need respond to this special ordering.

SPECIAL BULK ORDER PRICES:

1 to 2 flags	\$300.00 each
3 to 5	285.00 each
6 to 8	270.00 each
12 to 17	255.00 each
18 and up	240.00 each

To qualify for special prices, ALL ORDERS MUST BE RECEIVED BY JUNE 30, 1986. Please send your check for \$300.00, a refund will be mailed to you after all orders have been received.

“Sokolice So. Omaha Honorary Members”

INDUCTED MAY 6, 1986



Ethel Korisko, Louise Tonar, Jennie Rejda, Bea Pavoucek. Not shown: Emma Benak.

1. SIS. EMMA BENAK — is a 63 yr. member of Sokolice So. Omaha, having joined in October of 1923. She has held many offices in our Unit, most notable of which were: President 1973-1977 (5 yrs), Secretary 1948-71 (24 yrs — one of the longest terms in our Unit!), and Náčelnice (or director of Women) 1934-36, 1949-50 (6 yrs). She was married to the late Bro. Vojmír (Bud) Benak, and has a son, Bro. Voj-

mir (Bud) Benak, and a grandson, Bro. Vojmír (Buddy) Benak.

2. SIS. ETHEL KORISKO — Joined our unit in November of 1912 at the tender age of 15. This is her 74th year as a member. Her father was one of the original members who organized Sokol So. Omaha, and he helped in the construction of our first hall. Sis. Ethel served as President of Sokolice So. Omaha from 1933-35. Secretary in 1938, chairman of the 1st two Sokol coronation Balls in 1931 & 32 (which were tremendous financial successes for our struggling Sokol Unit), and chairman of numerous social & fund-raising activities for our Unit. She was instrumental in having Sokol So. Omaha send a representative to the 1938 Slet in Czechoslovakia. She was Vice President of the Western District and taught Adult Education and Citizenship to immigrants and refugees during World War II. Her husband was our first Sokol Park Manager and she helped him and many other Park Board Members develop a pleasant recreation area for camping, picnics, and dancing. Sis. Ethel was married to the late Bro. Lewis Korisko and has 2 children, Sis. Doris Melichar and Donald Korisko.

3. SIS. BEA PAVOUCEK — is the “youngster” of our honorees. She is just a 24 yr. member, having joined our unit in August of 1962, but has more than fulfilled the qualifications for this title. She is one of those sisters who does all kinds of jobs but rarely will take a title. Sis. Bea has served on the BOI of our gym, helping the gymnasts raise money and making travel arrangements for their Slet trips. She was co-chairman of our now-famous Cookbook, chairman of our very successful Sokolice Label & Refund Project, chairman of the Fund Raising Committee for construction of our new hall, and co-chairman of 3 Sokol So. Omaha Festivals. She was co-instrumental in starting our Sokol So. Omaha newsletter, and helped with the circulation of it for many years. She has served on various Western District committees and served as our Sokolice delegate to ASO conventions. Sis. Bea presently is serving as chairman of our By-Laws and Honor Guard Committees and co-chairman of our newly established Sokol So. Omaha Museum. Sis. Bea is married to Bro. Ed Pavoucek.

4. SIS. JENNIE REJDA — is a 50 yr. member of Sokolice So. Omaha, having joined in April of 1936. Sis. Jennie started in Sokol in Czechoslovakia when she was 6 yrs. old. She came to America in 1920 and joined ZCBJ, where she became one of their Beseda dancers. She also belonged to a group of Czech singers, was active in Czech plays and was very active in helping to develop and maintain Sokol Park in its early years. Sis. Jennie is most famous for her baking and for her dressing of Czech dolls. Many, many delicious kolaches and strudels have been made by her and her wonderful helpers over the years. They used to do all the baking at her home, but since the new hall has been built, they have been able to do a lot of the baking here. Sis. Jennie learned to dress dolls back at home in Czechoslovakia and has been doing it ever since. She has donated Czech dolls for every occasion imaginable at our hall, and chances

on the dolls have generated much revenue for our Sokol. Sis. Jennie is married to Bro. Rudy Rejda.

5. SIS. LOUISE TONAR — is a 40 yr. member of our Unit, having joined in August of 1946. Sis. Louise was President of Sokolice So. Omaha from 1958-60 and 1964-69 (9 yrs), and our representative to the Serpan Library for many years. She is a master at making goose feather brushes and is one of our most faithful donators. Sis. Louise was married to the late James Tonar. She has 2 children from her first husband, Charles Tesnohldek: Bess Smith and Bro. Jerry Tesnohldek.

The English language, our common bond of unity as Americans is under attack!

The proposed amendment of the constitution, now in Congress (Senate Joint Resolution 167 and House Joint Resolution 169) seeks to have English legally recognized as the one and only official language of the United States.

The amendment will not constrict or limit ethnic minorities, its purpose is to keep the United States united by a common language. Among supporters of the amendment are ethnic Americans: former Senator S. I. Hayakawa and Senator Edward Zorinsky of Nebraska who comes from a state of Czech pioneers and many other distinguished Americans.

Record immigration, concentrated in fewer language groups is reinforcing "language segregation" and retarding language assimilation. The United States has been spared the bitter conflict that plague so many countries those citizens do not share a common tongue. However, the recent spread of "language segregation" is something we, as Americans speaking a common tongue — ENGLISH, should not ignore to do so will be at our own peril of UNITY!

Mayor Maurice Ferre of Miami in Esquire Magazine — May, 1983 stated: "Language is not necessary to the system." (He meant the English language.) "Nowhere does the Constitution say English is our language!" That was his closing comment in the article that went into great details of how Cubans can go from the cradle to the grave without any knowledge of English in the U.S.A. not in Cuba!

From a statement made by Quentin Burdick, N.D. "For too long we have allowed ourselves to be pressured into giving up on time-tested ways of acculturating new immigrants. In 30 States — an applicant for a driver's license need not know English to get an operator's license — the test is given in the applicant's preferred language!

Some States have given civil service examinations in a foreign language, as well as professional licensure examinations in such fields as medicine, engineering, and nursing. What started out nearly two decades ago as a gesture of good will and courtesy toward those newly joining our society has been reinterpreted as a matter of "language rights" and

all too often, this has been accompanied by a resistance to the learning of our common language." (*From the Congressional Record — The 98th Congress.*)

Our differences, now a source of national strength and personal pride, would become unmanageable and irreconcilable.

Rep. Norman D. Shumway, Calif., in his article "E pluribus unum — and English" in the *Christian Science Monitor — August-1984* — stated: "Government-funded programs, multilingual ballots and bilingual education foster continued dependence on native languages, thus serving as linguistic barriers which also impede the process of language assimilation. Our nation's naturalizations laws, for example required competency in English, as a condition of US citizenship. However, federal law since 1975 has required that limited English-proficient (LEP*) individuals who VOTE, and thus who exercise the highest privilege of US citizenship, be provided with ballots in their native language."

Well-intended law makers have created a monster of disunity with the Federal Act of 1975. To make matters somewhat worse new civil rights assertions have yielded bilingual and multilingual ballots, voting instructions, election site counselors and government-funded voter registration campaigns aimed solely at speakers of foreign languages. I for one — say enough is enough! The English language that we have taken for granted needs the protection within the proposed amendment of the Constitution.

Senator S. I. Hayakawa said it best when he noted: The language we share is at the core of the identity as citizens and our ticket to full participation in the American political life. We can speak any language we want at the dinner table, but English is the language of public discourse, of the marketplace, and of the voting booth." (*From the Congressional Record — The 98th Congress.*)

His closing statement from *US-ENGLISH brochure*: "Can we not unite on English as our national language by law as well as by custom so that our nation shall not be torn asunder in the decades and centuries to come?"

If you agree with Senator S. I. Hayakawa, as I do, per se, it would be most adviseable and prudent to write to your congressmen and representatives in Washington, D.C. as well as your state legislators.

Dear Brothers and Sisters of the American Sokol Organization, the proposed amendment of the Constitution, now in Congress (*Senate Joint Resolution 167 and House Joint Resolution 169*) is very worthy of your individual attention!

Thereby, I strongly urge all members to write individual letters or in joint with your respective units. For some strange reason congressmen and representatives only pay attention to their constituents when they are inundated with letters, therefore, Sokols please write!

Lillian F. Prihoda, Sokolice Tabor,
Berwyn, Illinois

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 Americ,
vždy pojedete
nejlépe od

HEGER TRAVEL BUREAU

*

6118 W. CERMAK ROAD
CICERO, ILLINOIS 60650

863-3681



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 10:00 A.M. ON WKDC**

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

Bring a friend along to Sokol

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
 \$59,878,041

AND WE KEEP GETTING BIGGER.

Insurance In Force
 \$263,284,830

wfla

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

HOME OFFICE