

AMERICAN SOKOL

Publication of the American Sokol
Educational & Physical Culture Organization



YOU ARE CORDIALLY INVITED

to attend

**THE XX SOKOL USA SLET
and
NATIONAL GYMNASTIC CHAMPIONSHIP**

JUNE 27, 1987 — WASHINGTON, D.C.

D.C. Armory — 7:30 p.m.



COMMEMORATING 125 YEARS
OF THE
INTERNATIONAL SOKOL MOVEMENT

We proudly invite all readers of the AMERICAN SOKOL to plan to attend the XX Sokol USA Slet to celebrate the 125th anniversary of the founding of Sokol in Prague, Czechoslovakia by Dr. Miroslav Tyrš. Please write to Sis. Louise Botsko — 223 Omar Street, Struthers, OH 44471 for information on the "Sokol Holiday Special" package tour information.

AMERICAN SOKOL

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by the

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*Copy for publication must be received by the
10th of the previous month*

EXECUTIVE BOARD ASO
Jackie Kourim, Secretary

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

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FRED STANKOVSKY
Alternates - VLASTA ZITNY, MARIE PTACEK,
ED JELINEK, EMILIE RUZICKA
By-Laws Chairman - JERRY MILAN



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

APRIL 27-MAY 4 — SOUTH OMAHA
MINI-SLET

MAY 1, 5, 8 — Sokol Berwyn on Cablevision
8 p.m. Channel 21

MAY 23 — Central District 1st Class Girls
Competitions

MAY 30 — Central District 2nd Class Girls,
1st & 2nd class Boys Competitions

MAY 31 — Central District Childrens
Awards Picnic, Grove 4

JUNE 7 — Sokol Slavsky Family Picnic,
Grove 2, Riverside

JUNE 12 — Central District Jr./Sr. Competitions

JUNE 13 — Central District Awards presentations

JUNE 14 — Central District Slet

1988 — SOKOL SOUTH OMAHA
100th ANNIVERSARY

MAY 5, 1990 — SOKOL SLAVSKY
100th ANNIVERSARY CELEBRATION

FUTURE SOKOL LEADERS FUND FEBRUARY 1987

Svobodná Obec

\$50.00

— Donations are tax exempt —

COPY FOR PUBLICATION
MUST BE RECEIVED BY THE 10TH
OF THE PREVIOUS MONTH

NOTICE!

Beginning with the March issue of the "American Sokol" publication, we will be mailing all the copies from the American Sokol office, thereby utilizing our year old computer to its fullest capacity. We will no longer be using the private labeler at the print shop.

We ask that you please pay attention to the labeling and make sure that we have your proper address, etc. Any errors should be brought to our attention so that they can be corrected immediately.

Please be a little patient with us until we get all the "bugs" ironed out. We have worked very hard to complete this project.

This is a very big undertaking but it will be very cost efficient when accomplished. We hope to have everything running smoothly within the next few months.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVIII

April — 1987 — Duben

Číslo - No. 4

EXECUTIVE BOARD MEETING

TUESDAY, FEBRUARY 24, 1987

Members present: Sis. Mildred Pinc, Marie Ptacek, Sylvia Pistorius, Jackie Kourim, and Vlasta Zitny; Bro. Fred Stankovsky, Fred Kala, Bob Barcal Paul Lebloch, Ed Jelinek, Dick Ptacek, Chuck Borvansky, and Roy Zitny.

Members excused: Sis. Lynda Filipello, Emilie Ruzicka, Bros. George Basta, Gary Masek, Jerry Milan, Jerry Rabas, and John Satek.

District minutes received: Pacific, annual mtg. Nov. 22nd, 1986 and Central Dist. Jan. 24. ASO minutes approved.

Correspondence: Thank you letter from Czechoslovak National Council of America for supporting org. through ad in program book. Copy of the VI Slet report and picture book from Czechoslovak Sokols Abroad. Packet of info from Br. Banjak concerning Sokol USA Slet. Letter from Br. Gonzalez regarding dropping of suit in Cleveland and a statement of services rendered, approved for pmt. along with letter of thanks for his assistance. Letter of Sokol Women of Little Ferry regarding problem in sale of their building. Answer formulated along with letters to Eastern District President, Br. Frank Capek and Br. Walter Slavik of Sokol New York requesting some help from them to forward information to Little Ferry.

Approved \$100 ad in for Sokol USA's XX Washington D.C. Slet. Other correspondence referred to various depts.

COMBINED WOMEN & MEN'S DIRECTORS REPORT: Sis. Sylvia Pistorius and Br. Dick Ptacek: Report given by Sis. Pistorius. Applications for USGF membership including rhythmic gymnastics processed. Letter from Br. E. Halik regarding "cartoon" which appeared in gymnastic progressions booklet discussed. Recommended by BOI to delete. All units will be advised. Article on Bro. Emil and Jerry Milan of the Southern District gymnastics achievements to appear in future *Gymnast*. Proposed dates for ASO Self Improvement Clinic to be conducted at Sokol South Omaha July 15-19, approx. cost per person \$100.00. Rhythmic gymnastic rules have been added to tournament rules. All material for 1989 national slet to be ready by Conference, Oct. 1987. Br. Jan Waldauf request date for Canadian Sokol Slet, suggest June 24-26, 1988. Br. Benak and Sis. Pistorius conferred on qualifications of National team member, BOI recommends that candidate need not attend self

improvement clinic, but selection could be made from ASO competitors at ASO Slet and USA Slet. ASO received request from Chicago Sting Soccer Club to perform at half time. Tabled because of exhibitions season.

MEMBERSHIP CHAIRMAN — Br. Fred Kala: report on units still in arrears. Letter to one unit who is behind.

EDUCATIONAL CHAIRMAN — Br. Pul Lebloch: Br. Benak sent pictures from course for trifold. Br. Rabas submitted picture of Br. Hartung also for trifold. Received Br. S. Barcal's history of the American Sokol and offered suggested changes and corrections.

PUBLICITY — CZECH — Br. Jerry Rabas: not present, no report.

PUBLICITY — ENGLISH — Sis. Filipello: not present, no report.

FINANCIAL SECRETARY — Sis. Mildred Pinc: January report prepared and distributed to members. Rosters are still being returned and corrections made.

TREASURER — Br. R. Barcal: Bank statements in order.

EDITOR — Sis. Lynda Filipello: not present, no report. Ex. Board will send letter to editor with suggestions for future publications.

SECRETARY — Sis. Jackie Kourim: Closed account for Christmas Seals, sent letters on unit flag, compiled list of items in office to be insured and their worth.

II. VICE PRESIDENT — Br. Gary Masek: phoned in report. 1989 Slet theme selected, Br. Benak worked on finale for theme music, working on logo. Will be brought in April for Board approval. Request for advance \$2,500.00 for Slet treasury approved. Item of interest, Bro. Phil Cahoy, Sr. is working with Phil, Jr. to qualify for next Olympics. Br. Jim Hartung has retired from gymnastics and is working for a university, raising funds. April 12 meeting to be attended by Bros R. Zitny, Dick Ptacek and/or Robert Barcal, and George Basta.

I. Vice President — Br. Charles Borvansky: Chaired this meeting for Br. Basta who had knee surgery.

PRESIDENT — Br. George Basta: not present, no report.

Old Business: Read letters on unit flag situation, pro & con.

No new business.

Respectfully submitted, *Sis. Jackie Kourim, Sec.*

ASO FINANCIAL REPORT

FEBRUARY 1987

RECEIPTS:

Dues	\$ 4,059.30
Convention Fund	3,286.00
Special Assessment	1,635.00
Subscriptions in "American Sokol"	17.00
Resale of Jewelry	189.50
Christmas Seals	130.00
Sokol Song Book	2.50
Sokol Buttons	2.00
Miscellaneous	5.00
	9,326.30
A.S.O. Uniform Division — Rent, Salaries, etc.	604.87
Total Receipts	\$ 9,931.17

DISBURSEMENTS:

ADMINISTRATIVE

Salaries — Office Employees	\$ 783.26
F.I.C.A. & F.W.T. for Jan., 1987	225.36
Rent, Janitor Services	841.75
Postage	48.33
Office Supplies	28.20
Travel Expense	97.80
Service on Copier	28.78
Computer Expense	347.76
Attorney's Fees	334.00
Miscellaneous	16.00
Addtl. Petty Cash — Secretary	100.00
	\$ 2,851.24

BOARD OF INSTRUCTORS

Salaries	\$ 484.98
F.I.C.A. — Jan., 1987	70.64
Editor "Sokol Gymnast" — Feb., 1987	30.00
Addtl. copies "Sokol Gymnast" Jan., 1987	58.00
	\$ 643.62

EDUCATIONAL DEPARTMENT

Salaries	\$ 31.63
F.I.C.A. — Jan., 1987	10.16
	\$ 41.79

SOKOL PUBLICATION

Printing "American Sokol" — Jan., 1987	\$1,052.64
Mailing list changes — Jan., 1987	395.93
Editor "American Sokol" — Feb., 1987	125.00
Salaries — Computer	303.75
	\$ 1,877.32

MISCELLANEOUS

A.S.O. Uniform Division — Salaries, F.I.C.A., Jan., 1987, F.W.T., Jan., 1987	\$ 338.92
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Special Appropriation — Western District	132.80
Advance to Western District for ASO Slet in 1989	\$2,500.00
	\$ 2,971.72
Total Disbursements	\$8,385.69
Balance brought forward: Western National Bank of Cicero — Checking Account	\$ 6,959.10
Receipts — February, 1987	9,931.17
	16,890.27
Disbursements — February, 1987	8,385.69
	\$ 8,504.58
NSF Check	—5.00
Discount on Canadian Check	—2.82
	\$ 8,496.76

Correction to January Issue

FUTURE LEADERS FUND OF NOV. should read in Memory of Brs. Irwin Hajek and James Sweet.

Minutes of the Pacific District

(EXCERPTS)

Representatives from Sokols Los Angeles, Fresno, and San Francisco were present.

Reports: Sokol Fresno — Sis. Helen Maslowski: Participated in Los Angeles' Verejne. Cheri Riddle reported on good gym classes, new skills, parents help with tots, Richard Miller submitted report on ASO Instructors course.

San Francisco — Sis. Blanche Duffey and Mary Frances Meier: 9 children drilling, craft classes, 4 dances during year, folk dancing taught by Suzanne Burshik and Sylvia Prosr.

Los Angeles — Sis. Iva Prochazka: 20 children, 8 Jr. Girls and 5 adults. Adult attendance very poor. Children did dance number at Moravské Hody. Verejne was a success.

District Directors Reports: Sis. Cheri Riddle: learned much about Sokol and its rules of operation at District Directors Mtg. In keeping with modern trends, the subject of business techniques was discussed. Business seminars are being held in all areas and it would behoove Sokol units to participate in the search for excellence and self-improvement. The ASO belongs to the USGF and encourages units to also join. Br. Liska suggested certification courses for technical advancement. ASO has video tapes on various subjects.

CAMP REPORT: Camp Mgr. Frank Maslowski, asst. Otto Holecek, and Sis. Helen Maslowski: Family camp was big success. Sunday Aug. 24 through following Sunday. Dormitory style, campfire singing of Czech songs, hiking, exercises, fishing, more exercises, bar-b-queing, entertainment, and all the good times of old days. Will have another next year. Nazdar, Florence Palas, Sec.

Letters to the Editor

I'm finding the Věstník publication interesting and enjoyable reading. Introducing new ideas like the "Notebook" is great. Perhaps it could grow to two pages, front and back.

Sis. Mary Frances Meier

* * *

Dear Sis. Pat Satek,

Thank you! Thank you!

Finally something we can use for the young people in the teaching of the Sokol Ideals.

For the past few years I have tried to introduce something about Sokol while we worked on arts and crafts after our regular gym classes. The children really look forward to "after class" activities, but most Sokol education material is too technical and dry for little people to comprehend and to be interested in.

Looks to me like your "My Sokol Notebook" could be the answer to our needs. Please keep it coming! I have duplicated the pages, and next week's assignment is to color the map, and to do their best to learn the first sentence. Extra copies are distributed to our regular members who might want refresher courses!

Thanks again! Na Zdar!

Mary Frances Meier, Sokol San Francisco

* * *

Dear Editor,

I recently subscribed to your publication, and I enjoy it very much. Enclosed is a poem I have written. If you think it has merit I would be pleased if you published it in your paper.

S Bohem, Gladys B (Prochazka) Vessa
Moodus, Ct.

MY HOMELAND

When I was a little girl,
I sat on my grandma's knee.
And she used to sing
Bohemian songs to me.

Her favorite was "Kde Domov Můj",
She sang it sweet and low,
It means "My Homeland".
It's where she longed to go.

She lived a long full life,
But it seems sad to me,
That she never did return
to her home across the sea.

She gave me a songbook,
a long time ago,
Now I play Czech music
on my piano.

When I play her favorite tune,
With it's haunting melody,
I know she's up in heaven
Smiling down on me.

Northeastern District Annual Meeting

JANUARY 18, 1987 (EXCERPTS)

42 delegates assembled Sunday January 18 at the Sokol Cultural Center in Detroit, Mich. Plaque presented to be given to Br. Edwin Jirousek, SGC, for all his years of devotion to Sokol and sharing his life with many based on the ideals set many years ago by Tyrš and Fuegner. Congratulations on initiation into Cleveland Sports Hall of Fame.

President Robert Jirousek presented review of past year's District achievements and stressed the need for active promotion to increase membership; to involve youth; to support gymnastic, cultural, and social efforts of the Units. Br. R. Jirousek represented the District at 26 events this past year.

Treasurer Br. Wutsch reported third quarter membership total 1,085 members.

Sokol Detroit and Sokol Detroit Ladies Auxiliary combined reported a very active year's agenda, including 56 committee meetings, eight major activities that the sisters prepared all the food. The Teen-Club continues to sponsor money-making events, testimony to paying their own way to out of town Slets for 21 years! Next year's combined Units events are very ambitious.

Sokol Greater Cleveland reported no less than 15 group activities which was compared to an analysis of an efficiently operated corporation. Each group works independently within the Unit: Ways and Means, the strongest; BOI, the heart of the operation; Membership and Finance administratively sound; Educational Director dignifies Newsletter, Concert Band, Dance Group, Včelky Theatre and Library; Junior Club, not only social, making inroads into "taking charge" at special events; workparty continues to be mainstay of the Hall's physical appearance; Sewing Club meets weekly and sells its various wares (aged 60-85 years this small group has a large capacity for Sokol work); Clubroom manager is an industrious man; Rummage Sales support the library and dance group.

Sokol Moravan — Meetings held once per month at various members homes. Pres. Bartos represents Unit at events. 5 members honored this past year for 50 years and more membership. 51-72 years!

BOI — Seventeen women drilled in Zurich Slet. One senior man and 1 junior boy attended Zurich Slet and 9 junior boys participated in ASO Instructors course. 1987 and 1988 District Slets will be held in Cleveland, and 1989 and 1990 in Detroit.

Educational Dir. — An impressive list of projects and events advancing Czech heritage totalled 43 cultural activities in Cleveland and Detroit.

Respectfully submitted,

Sis. Rose Psenicka, Secretary

Help Our Sokol Grow

Education

BAUBLES AND BEADS

One February, many years ago, when Dr. Jerome Krivanek was teaching at Tulane University, we took our children down to New Orleans to visit him and his young family, and at the same time to experience the festive Mardi Gras season.

To the predominantly French-Catholic Louisiana City, Mardi Gras (Fat Tuesday) is a time of partying and celebration which immediately precedes the fasting and religious observance of Lent.

Mardi Gras day arrived, and very early we stationed ourselves somewhere along the route of the fabulous parade to come. The point of telling this, is not to extol the grandeur of this yearly extravaganza, but to tell of the heartwarming surprise it brought. As the floats passed by kiddies all along the route called, "Hey, mister throw me somethin'," and costumed gentlemen on the floats tossed thousands of colorful glass bead necklaces into the audience. When we thought we had caught enough bead necklaces to please the kids, we examined them more carefully and discovered to our delight that each one was tagged, "MADE IN CZECHOSLOVAKIA."

The extraordinary talent of the Czech to produce beautiful cut glass, garnet jewelry (from garnets mined in the Turnov area of Bohemia) and beautiful costume jewelry is world known. But, that the Czechs were renowned for making fine, colorful and highly lustrous glass beads as early as the 14th century, and that European traders actually traded these colorful beads with the North American Indians for furs, horses and hides, is not generally known.

In the early 1700's the Bohemians came into their own in the bead industry. Although they had been making glass since the 12th century, most of their items were in the form of glassware. Bohemia sent men to the Island of Murano, Italy to learn the craft of making glass beads. And, due to the knowledge and the Venetian workers these men brought back with them, Bohemia soon became a major producer of the much coveted glass bead.

Bohemia had an abundance of the three main items needed to be successful in the bead industry: Quartz, which is used as the silicon base of glass, labor willing to work the hot furnaces, and Potash, an ingredient needed in glass making which does not need to be mined when it is available as a by-product of wood burned in these furnaces. By 1866, Bohemia was the largest producer of glass beads in the world.

In 1492 glass beads were introduced to America by Columbus when he presented a necklace of red beads to the natives of San Salvador. 1541 brought the Spanish explorer Francisco Vasques de Coronado to the plains of Kansas where he introduced glass beads to the Indians in exchange for food and

lodging. At this same time in history other explorers were taking identical beads to Asia and Africa. The inhabitants of these countries received the beads with the same pleasing approval as the Indians of the Americas had expressed.

Different bead styles and colors became popular with various Indian tribes the early explorers encountered. Vitus Bering, the Russian explorer introduced a cobalt-blue bead to the natives of Alaska. This bead known as the "Russian Blue," became the most desired bead of Indians in the Northwest; the Indians named it the "Chief" bead. This many faceted bead was made in Bohemia expressly for the use of the Russian explorations of 1741. This same blue bead was also very popular in Africa where it was known as the "Ambassador" bead.

The last known bead to be made specifically for trade with the Indians of North America was the "Hubbell" bead. This Czech bead, made between 1915 and 1920, was manufactured in a variety of sizes, shapes and shades of the same color. The production of this bead was requested by Lorenzo Hubbell, who owned and operated the Hubbell Trading Post in Gavado, Arizona. The "Hubbell" bead was designed to imitate Turquoise, a semi-precious stone found in the southwest region of our country.

Articles of the first Shoshoni and Arapaho (Wyoming) Indian bead work have been preserved in museums in the United States as well as in Europe. These tribes are still living on the Wind River Reservation in St. Stephens, Wyoming. Those who are still involved in beadwork, state that the "Czech" are still the most desirable glass used today.

Libbie Krivanek

Sokol Slavsky Educational Director

Sokol Educator

Holding a Sokol Office, a leadership role of any sort — whether it be at the National level, District level or Unit level, places upon one the responsibility of representing the Sokol Organization so one lives with it and sleeps with it, bearing that responsibility day and night, twenty four hours a day.

One must always remember that when speaking, one speaks for the office and not for self, that ones speech, actions and conduct shall reflect upon the Sokol Organization. We must avoid using offensive language, making insulting or improper remarks or personal attacks.

We have pledged ourselves to guard the honor and interest of Sokol and to uphold Sokol Discipline so all our actions and proceedings should be proper and worthy of the enlightened mission of Sokol.

Br. Edwin J. Halik

Hon. District Men's Director

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



AMERICAN SOKOL ORGANIZATION
GYMNAST

MARCH 1987



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

ACROSPORT DIAGRAMS



HOOK UP WITH A SHOULDERSTAND



DOUBLE HOOK UP WITH SHOULDERSTAND



HEADSTAND ON AN H

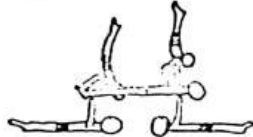


DOUBLE H WITH A HEADSTAND

Here we have just a portion of the over 150 drawings of double, Trio, Quartet and Group Adagio, Handbalancing and Pyramids from a mimeographed Handbalancing Booklet published by Gary Hutchinson, Director of the "Columbus Gymnastic Club" in Columbus, Ohio.



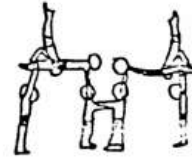
THE A WITH A HEADSTAND



FLOATING MIDDLE MAN WITH SHOULDERSTANDS



DOUBLE BOTTOM HOOK UP WITH SHOULDERSTANDS



THE MASS PRODUCTION WITH SHOULDERSTANDS



PIKE OFF THIGHS WITH HANDSTAND



MONSTER MAN OFF THIGHS



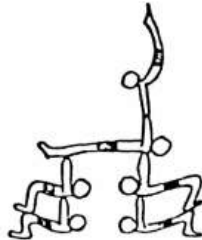
THE KNOX



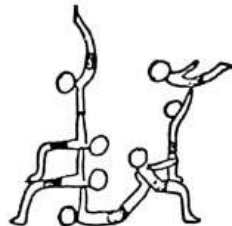
THE WAYNE-MARLIN



LEG LEVER PLANCH



DOUBLE STACK FLOATER



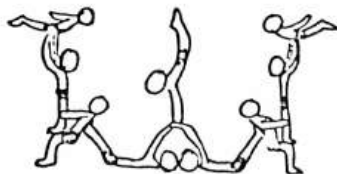
LADDER WITH HIGH BIRD OFF THIGH



FOOT-NECK



THE STAIRSTEP



TWO THIGH BIRDS WITH H.S. IN THE MIDDLE



THE 'OL' TIMER



THE STANDING 3 ARM HIGH

GYM GNATS

Milan brothers enjoying a lifetime of gymnastics

By RICHIE WHITT
Star-Telegram Correspondent

Brothers Emil and Jerry Milan were running, jumping and tumbling before cushioned landing mats and spring floors were invented.

They still like to do things their old-fashioned way — without being stubborn to change.

Emil, the gymnastics coach at Bell, and Trinity coach Jerry have found a way to put aside the school's rivalry long enough to cheer for and compete against each other.

Emil, 57, has been involved in gymnastics since he was 6. That's when his Czech mother and Yugoslavian father introduced him to the local SOKOL, European version of the American health club with an emphasis on gymnastics and weight-lifting.

Four years later, Jerry, the youngest of eight gymnastically-inclined brothers and sisters, followed his big brother's footsteps through the SOKOL.

Fifty years later, Emil and Jerry enjoy relating their experiences to gymnastics teams at rival high schools. Both have traveled a long and interesting road.

Emil, born in Fort Worth, got his first job as a gymnastics instructor when he was 15. After graduating from North Side High school in 1948, he went on to a successful career at the University of Texas.

The Southwest Region Amateur Athletic Union all-around champion from 1947-49, Emil then coached at Saginaw High School before going to Bell when it opened in 1965. His Bell teams have won 12 state titles in 20 years, never finishing lower than third. His 1980 team was the national high school champion and Bell's 1982 team finished second.

Despite his personal and coaching achievements, the one thing Emil remains proudest of is the fact that more than 100 of his athletes have received college scholarships.

"Sure it's fun and helpful to be involved in gymnastics, but it won't mean anything when you get older unless you've got an education," said Emil, whose dreams of making the U.S. Olympic team slipped away along with a disc in his back. "I want my kids to have something to fall back on when they finally get too tired or too old to fall any more."

Emil, who was on the U.S. Olympic Committee in 1964 and 1972, entered his last meet when he was 35. Now his students and two children, who graduated from Bell, carry his experience competitively. Daughter Debbie and son David, who played on Texas's 1969 national championship football team, are planning coaching careers.

Jerry's son, Rome, coached Weatherford to the Division II state championship last season.

"I think gymnastics is just something that runs in my family's blood," Emil said. "It's great team and individual sport and I'm glad I've spent most of my life involved with participating and coaching it."

Brother Jerry also has a pretty good stance in gymnastics, including 29 years of coaching.

Jerry followed Emil to Texas, where he was the 1956 Southwest Conference all-around champion. He was a staging manager for the gymnastics event at the 1984 Olympics in Los Angeles.

"Gymnastics is great because it is an individual sport where an athlete has to depend on his teammates," Jerry said. "The gymnastics community has always produced good, clean kids who love competition. That is one of my biggest thrills, coaching kids like that."

Both Milans agree the sport has come a long way, and still has a lot farther to go.

"We started out when there weren't any scholarships or anything like that," Jerry said. "It is a lot safer sport now and the gymnasts are much better athletes. They are doing things with ease now that we thought were impossible 30 years ago."

Emil's first gymnastics meet included a rope climb, 100-yard dash, and high jump in the required curriculum.

"We used to run and tumble on tile floors as hard as cement," said Emil, whose school is constructing an athletic stadium that includes a gymnastics facility under the football field. "The techniques nowadays are so innovative and creative. Back in my day you didn't try anything that wasn't extremely safe because there wasn't much trial and error."

Gymnastics still has to make great leaps to be considered a major sport in Texas. One of those steps would be getting sanctioned by the University Interscholastic League, a cause Emil has fought unsuccessfully for 18 years. Emil has headed a group presentation before the UIL Council nine times. "We got within 16 votes a couple of years ago," he said.

The Milans will keep fighting for their sport's respect, and fighting each other in District 7-5A competition.

"We have a friendly rivalry going," Jerry said. "I'd say the kids get up more for Bell and I think that's a positive thing. I love to watch them competing so hard. Myself and Emil just sit and root for all of them and have the time of our lives."

The World's Fittest Man

- 1,000 SIT-UPS IN 16 MINS.
- 30,000 JUMPING JACKS IN 7 HRS.
- 13,000 LEG LIFTS IN 5 HRS.

STEVE SOKOL bills himself as The World's Fittest Man — and he isn't going to let a little thing like arthritis slow him down.

The 30-year-old triathlon athlete and exercise consultant trains six hours a day to make sure no

one robs him of the 16 world physical endurance records he holds, including 52,003 sit-ups in 32 hours and 17 minutes, which eclipsed the previous mark by 1,000 sit-ups and 44 hours.

Occasional bouts of arthritis have stopped the New Yorker from jogging, but he refuses to let up on the rest of his grueling routine.

"In contests, I'm usually the last to drop"

"Lots of folks would like to dethrone me"

"My stomach, arm and leg muscles are like steel," he says. "I spend at least six hours every day keeping in shape. I also watch my weight and eat properly.

"My strong point is endurance rather than speed. In contests where the last one to drop wins, I'm usually the last to drop.

"The training I do is designed to increase my endurance," adds Sokol, who weighs 157 lbs. at 5 ft. 7 in. "I don't go very hard when I train, but I go for long periods of time. I do lots of swimming, cycling, calisthenics, weight training and time on the cross-country ski machine." He eats lots of fruit, vegetables and complex carbohydrates like potatoes, pasta and bread. He steers clear of high-fat foods such as egg yolks, hard cheese, dairy products and red meat.

"For protein, I lean toward fish and poultry," says Sokol. Also, because he pushes himself to exorbitant lengths, he takes vitamin and mineral supplements.

His other records include: 13,013 leg lifts in 5½ hours, 30,000 jumping jacks in 7½ hours, 3,333 squats in less than four hours and 1,000 sit-ups with a 42lb. weight on his chest.

He has also ridden a bicycle from San Francisco to Los Angeles — 500 miles in 43 hours — without ever sitting on the seat. It took him less than nine hours to win the world's first electronic triathlon, which includes running a 26.2 mile marathon on a treadmill, cycling 112 miles on a stationary bike, and rowing four miles on a machine.

He also holds the world's speed sit-up record — 1,000 in 16 minutes and one second — and has "skiiied" continuously for five-hours on a cross-country ski machine.

"I have a high treshold for pain, which enables me to endure incredible amounts of muscle fatigue," Sokols says.

He adds: "It takes a lot to hurt me, but I do very little running these days, because I suffer occasional bouts of tendonitis and bursitis which are mild forms of arthritis.

"Running tends to make it flare up."

Because of that problem, he serves as a national spokesman for the Arthritis Foundation.

"My advice to arthritics is to not let it get you down," he says. "Make the best of it. Even if you're in pain, try to stay limber and exercise. The best things you can do are swim, walk and perform light stretching exercises. This keeps the joints from stiffening up.

"Being the world's fittest man is a real challenge. I've got to where I am because of hard work. I keep track of my records constantly, because there are lots of people who would like to dethrone me.

"I don't urge others to break world records. I would, however, like people to say: 'If he can do 50,000 sit-ups, I can do 50 every morning.' Then I would feel I had accomplished something."

— John Jones

DISTRICT DIRECTORS CONFERENCE MINUTES (Cont.)

NATIONAL SCHOOL BOARD

Br. Jerry Milan distributed to the District Directors material starting with basics progressing with combinations and variations, exercises, apparatus, vaulting, lists of activities for Tot's classes and up, a Quiz, word games, History, Philosophy of the Sokol movement. It is hoped this material will find its way to the Units and be utilized, as it encompasses all the basic tools needed by instructors.

USGF CONGRESS

Report presented by Br. Benak. USGF Congress was held in St. Louis, Mo. Sept. 24-29, 1985. It consisted of exhibits by apparatus mfgs., lectures by nationally known coaches, Doctors, judging coaches, etc. Motivational talks were given discussions on legal aspects of gymnastic programs. There was also a Certification Clinic. Br. Benak then gave a slide presentation covering various aspects of the Congress.

Br. R. Milan gave a slide presentation of Sokol Progress from its inception, which he had compiled.

Motion made by Br. Michalek to request that the slide presentation given by Br. R. Milan be put on video tape for the ASO Office where it can be shown and reproduced. Seconded by Br. Milan. Passed.

USGF CERTIFICATION

Motion made by Br. Michalek that the 2 National Directors, 1st and 2nd Assistants attend the next Congress of Coaches given by USGF at the expense of the ASO. Motion seconded by Br. R. Milan. Passed.

Motion made by Sis. Laznovsky that the National Directors become members of USGF, paid for by the ASO. Motion seconded by Br. Benak. Passed.

Discussion on certification was lengthy and informative. Advisability of adopting our own certification program discussed.

Motion made by Br. Benak not to adopt our own certification program at this time. Motion seconded by Br. R. Milan. Passed.

Motion by Sis. Schnabl to strongly recommend that each unit stress to our instructors the advisability of becoming certified. Seconded by Sis. Fiordelis. Passed.

It was also suggested that if an instructor was USGF certified, he/she could impart his knowledge and prepare his own testing program for assistants.

Br. Michalek attended the USGF Safety Certification Course and, after passing the exam, has been duly certified.

Sis. Schnabl advised that Central District has purchased the USAIGC packet on Certification.

OLD BUSINESS

Discussion was held regarding altering Instructors Courses and Self Improvement Clinics (herein to be known as Skills Improvement Clinics), which a National Team being formed from among the students.

Motion made by Br. Michalek that when at all possible, the National BOI make an attempt to conduct one Instructors School and own Skills Improvement Clinic each year. Seconded by Br. Mergl. Motion passed.

Motion made by Sis. Dalton that any Unit or District that is interested in hosting a National Skills Improvement Clinic in summer, send their intentions to the ASO Office by Jan. 1, 1987. Seconded by Sis. Fiordelis. Motion passed.

Motion by Sis. Dalton that Br. Benak be named as Chairman for the ASO National Team Committee, and any suggestions with regard to the team be sent to Br. Benak and at the next Skills Improvement Clinic, guidelines be set down to be presented at the next Conference. Motion seconded by Sis. Laznovsky. Passed.

Motion by Br. R. Milan that District Directors shall mail their combined reports to the ASO Office one month prior to the Conference. Three weeks prior to the Conference, said reports will be mailed to District Directors and all attendees involved with the Conference. Seconded by Sis. Dalton. Motion passed.

Motion by Br. Martanovic that for the future Conferences, any requests for time to make presentations or items to be entered on the Agenda, be submitted to the ASO Office one month prior to the Conference. Motion seconded by Sis. Harlan. Passed.

Recommendations presented that all future Conferences be scheduled to commence on Friday afternoon.

Motion made by Sis. Dalton that the Western District host the 1987 District Directors Conference. Seconded by Br. Michalek. Passed.

ASO VIDEO LIBRARY

Sis. Pistorius advised that the ASO Office is in the process of setting up a Video Library. Two VCR Units and a monitor have been purchased and the ASO BOI is trying to obtain material for this facility.

Peter Dusek has prepared a thesis on Czech Sokols and Provaznikova, and Sis. Dalton suggested that the Conference send a strong recommendation to the Educational Committee to publish same.

Sis. Dalton made a motion that the Educational Committee be asked to publish Peter Dusek's thesis on Czech Sokol and Provaznikova. Motion seconded by Sis. Schnabl. Passed.

NEW BUSINESS

Sis. Pistorius presented a letter and material sent by Sis. Norma Zabka regarding the Gymnaestrada to be held July 7-11, 1987 in Denmark. Sis. Zabka strongly recommends that the American Sokol be represented at the Gymnaestrada.

Motion by Sis. Dalton that Sis. Zabka be advised that the ASO is interested in participating in the Gymnaestrada and would like additional information. Seconded by Sis. Fiordelis. Motion passed.

Sis. Irene Mergl will contact Sis. Zabka immediately upon returning home and advise her of the ASO decision. Br. Milan is uncertain whether there is sufficient time to prepare for this undertaking, however, feels that it is important to make an effort to get together a number of numbers (Sis. Zabka mentions that possibility of using the 1938 Indian Club Number) for possible presentation. Another suggestion was the Zurich Indian Club number.

Upon receiving notice of the American Sokol Organization's interest and desire to represent the United States at the Gymnaestrada, Sis. Zabka, as ASO Representative to USGF, will pursue the matter further.

Meeting closed with Br. Ptacek and Sis. Pistorius leading the group in three "ZDARS".

Meeting adjourned at 11:30 A.M.

Nazdar, Frances Malina, BOI Secretary

GYMNAST READERS —

DOC'S CORNER

WILL NOT APPEAR

FOR LACK OF SPACE

My **SOKOL** Notebook...

Compiled by: Sis. Patricia Satek

More FUN & GAMES!

Unscramble the names of the 6 Districts in the American Sokol Organization:

RHNTUOSE

LRNTECA

SWEERNT

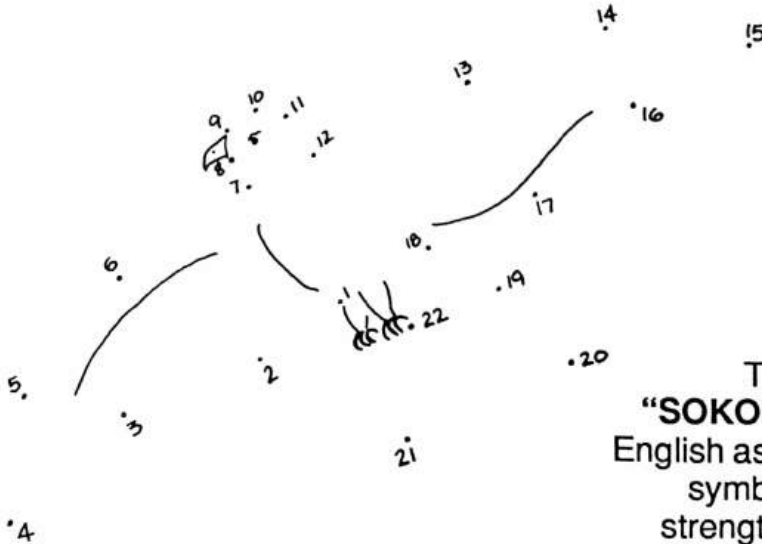
CICIFPA

ANRTSEE

HSAETONRNRET

ANSWERS: Southern, Central, Western, Pacific, Eastern, Northeastern

Connect the dots:



The Czech word
"SOKOL" translates to
 English as **"FALCON,"** a
 symbol of swiftness,
 strength and courage.

Until next month, **"NA ZDAR!"**

Watch for this page every month. I'll have all kinds of fun and interesting Sokol information to share. Send me your ideas! Address them to: "My Sokol Notebook", % Sis. Patricia Satek, 1922 S. 57th Avenue, Cicero, IL 60650-2143.

Share the learning! Pass this page along to a friend!

April 1987

The child speaks to his parents

If a child were to have the insight to understand relationships with his parents, he might say something like this:

Speak to me with your heart and your hands; I do not always understand your words.

Do not make me experience "too much", "too many", "too long".

Let me question; give me as honest an answer as you know.

Give me a corner in your home all my own. Respect my privacy.

Let me have fun out of little things, no matter how foolish they may seem to you.

Be patient with my little messes; I am an learner.

When you tell me to do this and that, tell me why.

Let me feel that I am wanted, that I am important to you.

Let me select my clothes. Don't force me to be "different".

Include me in the family plans when you can.

Help me to develop standards by which to judge my own conduct as well as others.

I am very busy living. I need lots of food and sleep to keep me going.

Let me explore my universe.

Assist me to learn to make decisions for myself.

Give me a home to which I can want to bring my friends.

Help me to cultivate an understanding heart; let my manners grow out of this.

Be consistent lest you add to my confusion about right and wrong.

Help me to clarify my own problems and desires and face them honestly.

Let me find out what it means to earn and to use money wisely.

Help me to keep my feet on the ground as I reach for the stars.

The purpose of the official publication of the American Sokol Organization shall be informative, technical, educational, and cultural. The publisher shall be the American Sokol Educational and Physical Culture Organization. The format of the periodical shall be specified by the Executive Board of the American Sokol Organization. The periodical shall abide by all existing state and postal regulations. The ideological aims of the periodical shall be those of the Sokol movement."

COPY FOR PUBLICATION
must be received by the 10th
of the previous month



Český Den

NON-PROFIT ORGANIZATION
HILLSBORO, WISCONSIN 54634

Hillsboro, Wisconsin, which has been officially designated by the City Council as the Czech capital of Wisconsin, will be the scene of the Fifth Annual Český Den (Czech Day), on Saturday, June 13, at Hillsboro's Firemen's Park. Festivities will begin at 10 a.m., and continue until the polka dancing is concluded about 10 p.m.

There will be ample quantities of Czech food, Czech music, and Czech hospitality. An enlarged arts and crafts show is expected to draw many exhibitors this year, as well as onlookers who enjoy viewing skilled hand work. Many items will be for sale.

Admission to Český Den will be a specially designed pin, the work of folk artist Charles Bilek. These pins may be purchased at the gate for \$1.00.

Hillsboro is about an hour's drive from the Wisconsin Dells on route 33. It is located among the rolling hills where Czechs came to settle in the mid-1800's, because the scenic land reminded them of their homeland. For over 100 years they have kept alive their language, music, and the peasant arts and crafts of their homes in Bohemia.

Folk Dance Workshop

The Sokol Greater Cleveland Czech Folk Dancers are sponsoring a Czechoslovak Folk Dance workshop July 6 and 7, 1987 at Bohemian National Hall, Cleveland, Ohio. The workshop will be taught by Master teacher Professor Frantisek Bonus. A leading dance authority in Czechoslovakia, he has trained as a concert pianist at Charles University in Prague and earned degrees in French, German and physical education. He subsequently developed an interest in folk music and has taught folk and historical dance methods, theory and background. Prof. Bonus has travelled widely and led seminars, courses and symposia, in Europe, Scandinavia and the United States. For more information please write or call:

Sis. Dolly Baca
3487 Dorset Drive
Brooklyn Heights, Ohio 44131
Phone: 216-524-0376.

**HELP
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COMMUNICATING MORE EFFECTIVELY

COMMUNICATION is the act of TRANSMITTING or IMPARTING IDEAS.

Poor communication is generally considered to be the single greatest problem in business.

Salespeople achieve their objectives through COMMUNICATION. EFFECTIVE COMMUNICATION is the attempt to INFLUENCE the BEHAVIOR of others — by what one DOES as well as what one SAYS.

EFFECTIVE COMMUNICATION requires THOUGHT, STUDY, PRACTICE.

IMPEDIMENTS TO EFFECTIVE COMMUNICATION

- USE OF COMPLICATED WORDS AND EXPRESSIONS
- COMPLEXITIES OF OUR WORLD:
New development, scientific achievements, specialization
- PEOPLE HEARING WHAT THEY WANT TO HEAR: Selective listening
- INABILITY TO UNDERSTAND THE SPEAKER AS A PERSON
- ABSTRACT NATURE OF WORDS;
There are 14,000 meanings for the 500 most used words in the English language
- NON-VERBAL COMMUNICATION;
Body language

TO COMMUNICATE EFFECTIVELY BE EMPATHETIC, UNDERSTANDING, SENSITIVE.

In COMMUNICATION we must play 2 roles — SENDER and RECEIVER. Too many people just send. We must LISTEN better.

THERE ARE HUNDREDS OF COURSES IN SPEAKING AND NONE IN LISTENING.

The SUCCESSFUL COMMUNICATOR LISTENS MORE THAN HE SPEAKS.

RULES FOR LISTENING

- Help the person feel free to talk
- Listen actively
- Act interested
- Remove distractions
- Don't argue or criticize
- Don't interrupt
- Use eyes as well as ears in listening
- Ask questions

OPEN ENDED questions start with the words "How" and "What" and not "Do you", "are you", "can you".

In COMMUNICATION it is important that we build an EMOTIONAL BANK ACCOUNT with our prospects; one that is based on

ETHICS	—	Credibility
EMPATHY	—	Understanding
LOGIC	—	Reason

All human beings have 2 spheres in their brains.

LEFT	RIGHT
Logical	Emotional
Analytical	Intuitive
Factual	Creative
Organized	Feeling

The LEFT SPHERE of the brain utilizes the EARS to determine WHAT was said while the RIGHT SPHERE uses the EYES to ascertain HOW it was said.

DR. ABRAHAM MASLOW says "Both spheres work cooperatively to release the full range of the mind's capacity; however, there is usually a detectable dominance of one side or the other".

COMMUNICATION STYLES

- AMIABLES — personal, warm, easygoing; full of anecdotes; they are motivated by a need for affiliation.
- INTELLECTS — Task oriented, use multisyllable words; motivated by achievement.
- DRIVERS — fast-paced, results oriented, use descriptive terms; motivated by a need to control.
- PASSIVES — ponderous, soft spoken, statements sound like questions, frequent pauses; motivated by a need for acceptance.

BODY LANGUAGE

There are 700,000 kinds of verbal expression that may speak louder than words. One communication consultant estimated that every moving part of the body can send a detectable message.

In VERBAL COMMUNICATION, the impact of the message sent is measured as follows:

Spoken word	—	12%
Intonation	—	33%
BODY LANGUAGE	—	55%

The use of the EYES is a vital element of effective COMMUNICATION. The most important technique in the use of eyes is the LOOK or STARE.

We LOOK at PEOPLE
We STARE at THINGS
NEVER STARE at PEOPLE.

Bring a Friend to Sokol

Measuring success at Sokol Slets

The success of each unit's Sokol training can be measured in many ways at a national slet. Not only by counting the number of competing gymnasts, teams and trophies won. Not just by evaluating how well they perform the calisthenics and special numbers. Our Sokol programs are measured most effectively by the general conduct of all of our participants and spectators.

Sokol's gymnastic challenge is to meet the highest physical standards on the apparatus and on the field. Sokol's social challenge is to meet the highest moral standards in the way we live. Since we'll be using the next few weeks to perfect our gymnastic skills, perhaps we should also work to improve our social habits. Our objective is to have every Sokol represent us in a championship manner both on and off the gym floor.

Here are a few questions to test whether we're achieving that goal:

1. Are we always courteous and respectful to fellow Sokols, strangers, and hotel personnel?
2. Do we quickly obey directives from all unit, district, and national leaders? From all responsible persons?
3. Do we appreciate that our instructors are working for our benefit? Do we ever put ourselves in their shoes and help instead of complain?
4. Is our language always fit for Sokol?
5. Do we respect our roommates' and neighbors' rights — like quiet at 1 am?
6. Do we wish everyone performs well, never hoping to win through other's mistakes?
7. Do we applaud every winner, not just those from our own unit?
8. After we cheer for the winners, do we then cheer up the losers?
9. Do we try to share the good times with everyone in our group, shutting no one out? Do we welcome outsiders into our group?
10. Do we make every effort to build new friendships and strengthen old ones?
11. Well after the slet, will we remember any personal kindness we did for other Sokols? We will still appreciate any done for us?

Perhaps the most objective outside evaluation of our conduct could come from our hotel. Would the hotel management welcome us back for another trip, or would they hope to never see us again?

The American Sokol Organization might have over 1000 gymnasts and spectators attend the Washington Slet. With such an overwhelming presence we'll be highly visible at all times, and only a few careless acts can spoil it for us all. Sokol's most significant achievement at the Slet should be the commendable behavior of all of our participants, and we need everyone working together to achieve this. We can be a mob of loud, inconsiderate bores,

or we can be a large Sokol family sharing a great time together without imposing upon others.

There is one big advantage to a competition in personal behavior: Everyone can win. You needn't be the best gymnast to get high marks in generosity and courtesy, you just need to be kind and considerate. More important than winning a medal, you might win a friend. You might earn some good will for Sokol and for your unit. And you might even feel good about it.

Br. George Kotlan

ARTICLES FOR PUBLICATION

This past year has been a most revealing time for me. First, I have enjoyed reading your newsletters, but the pleasure would be doubled if all of you would send me one!

Second, the many articles I have read, and sometimes edited, are equally enjoyable and enlightening. Your love for the Sokol ideals is overwhelming at times.

I have compiled a short list of suggestions that may be helpful and encouraging for you aspiring and experienced writers.

1. Articles for publishing must be received at my HOME address by the 10th of the PREVIOUS month. Example: May publication articles — April 10th.

Sokol Minnesota Cookbook
"Favorite Recipes of Sokol Minnesota"
 Over 600 recipes and tips. Both Czech and American Recipes plus special chapters on Holachy and Dumplings. There are special instructions on making the famous "Štelička" or feather brushes and a beautiful section on "Folklore and Foodlore", by Zora Kurka Chislocky. Beautifully illustrated with peasant designs and a water-resistant red cover and an easy to open wire-spiral binding. \$7.50 plus \$1.00 for postage & handling to Sokol Minnesota Cookbook 383 Michigan St. St. Paul, MN 55102.

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2. Please **PROOF READ** your articles. The best way is to have someone other than yourself check for typo errors.

3. **DOUBLE SPACE** for clarity. If your article does not need to be edited, it can then be submitted as is to the printer.

4. Send only **ORIGINALS** where possible and **CLEAR** copies when necessary.

5. Find ways to **CONDENSE** your material without losing the emotional value.

6. **TITLE** your article, or we will create our own.

7. We do reserve the right to edit when necessary.

The standard articles contained monthly are:

1. A.S.O. Executive board minutes.
2. Sokol Educator.

The Educator should be at least one column in length and contain primarily **SOKOL** related history; facts; present day ideas for improving; interest-

ing or outstanding features of a unit whether cultural or gymnastic in nature.

3. Calendar of events.

4. The Gymnast.

Br. Frank Michalek is the editor and all articles should be mailed to his **HOME** address.

Additional articles of interest are most welcome:

1. Recognition of a member's service to the Sokol ideals.

2. Annual District Meeting minutes.

3. Sokols in the News.

4. Memoriams.

5. Slet events.

6. Management and motivation.

There are more to add, but this is a general idea of what would be of interest to more members.

Please keep those cards and articles coming!

Na Zdar! Lynda

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