

AMERICAN SOKOL

Publication of the American Sokol
Educational & Physical Culture Organization



The Liberty Bell



TOURISTS

*They come in amazement. They cannot
Believe it works. They are veiled,
Saronged, and turbaned. They are
Yellow and tan and copper and brown
And black. And still they come and
Cannot believe it works. And we do not
Even stop to understand it, yet even we
Know that it works since we are Free.*

For all our visitors from other lands.

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

President - GEORGE C. BASTA
I. Vice-President - CHARLES BORVANSKY
II. Vice-President - GARY MASEK
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Editor - LYNDA FILIPELLO
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FRED STANKOVSKY
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ED JELINEK, EMILIE RUZICKA
By-Laws Chairman - JERRY MILAN

 436

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 24-27 — XX Sokol USA Slet - Wash., D.C.

JULY 3-12 — Gymnaestrada — Copenhagen,
Hernine, Denmark

JULY 6, 7, 8 — Sokol Greater Cleveland
Czechoslovak Folk Dance Workshop

JULY 10-12 — 10th Annual Czechoslovak American
Festival, Detroit Yack Arena, 3rd at Eureka,
Wyandotte, Mi. Music, hardwood dance floor,
ethnic dancing and artifacts, costumed Folk
dancers, Gymnastics, etc.

JULY 15-19 — ASO Self Improvement Clinic
Sokol South Omaha

JULY 29 — Sokol Greater Cleveland Folk Dancers
perform Showcase Plaza in Epcot Center,
Orlando, Fl. 4 p.m.

AUGUST 16 — Sokol Greater Cleveland Folk
Dancers — Ohio State Fair - Columbus, Oh.

AUGUST 23 — Sokol Chicagoland Annual Picnic

OCTOBER 1-4 — St. Louis, USGF
Congress of Coaches

OCTOBER 23-25 — ASO District Directors
Conference

1988 — Sokol South Omaha's 100th Anniversary

MAY 5, 1990 — Sokol Slavsky 100th Anniversary
Celebration

There were no donations for Future Sokol Leaders Fund or Library/Archives Fund for the month of May 1987.

100th Anniversaries

They seem to be occurring on an annual basis lately. They signify endurance, courage, tradition, friendship, strife, democracy, tears, laughter, family ties, progress.

All Sokols congratulate you for keeping the torch lit, but we also congratulate those units who, through perhaps more difficult and different circumstances, merged with other units to form a cohesiveness that could withstand and uphold the Sokol way of life.

To those units who are no longer on the active list, we also thank you for nurturing your community when you were needed most. Responding to a need is the most honorable act any human can do towards a fellow and the Sokols have been responding in the highest altruistic sense since the days of Tyrš.

The past and the present together will be the hallmark of our future. Nazdar, Lynda Filippello, Ed.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVIII

June — 1987 — Červen

Číslo - No. 6

EXECUTIVE BOARD MINUTES

TUESDAY, APRIL 28, 1987

President George C. Basta called the meeting to order. Members present: Sis. Pinc, Zitny, Ptacek, Pistorius, Kourim; Brs. Zitny, Barcal, Satek, Jelinek, Masek, Stankovsky, Borvansky, Rabas, Kala, and Ptacek. Excused: Brs. Lebloch, Milan, and Sis. Ruzicka and Filipello.

District minutes received and reviewed: Central, March 25. ASO minutes approved.

CORRESPONDENCE: Grotefeld & Asso. re Blanche Flossman vs. Morton High School, referred to Br. S. Barcal for files. Large portfolio of items from Vice-Chairman of ASO By-Laws Comm. Jim Riha. Br. Kala to review. Motion made to accept District by-laws chairman's views on the unit by-laws, now they need Executive board approval. Sokol Brookfield questioned the Adopt-a-Sokol program and donations. Letter to be sent. Motion on this matter not approved in their favor. 5 yes, 9 no. We do have representation from The Central District for the Gymnaestrada. Invitation form the XX Sokol USA Slet to attend a round table discussion Sunday June 28. Approval for full page ad in their program book. Approval for Pres. Basta and Ann to attend the Western Fraternal Life Assn. XXI National Convention Aug. 9. Thank you letter from United Women of Little Ferry for services rendered.

COMBINED WOMEN AND MEN DIR. REPORT: Sis. Pistorius and Br. Ptacek — Bd. recommends that the American, Czech, and ASO flags be held by the executive Board members at the XX Sokol USA Slet and that District and Unit flags be carried by individual members. Unit ID tags to be worn during Slet performances only. Need commitments from our Sokol instructors as to who will attend Sokol USA's National Course. Several members of Central District attended Sokol USA's local workshop. Sis. Dolly Baca sent official notice that she will prepare a folk dance for our 1989 Slet. Suggest that authors of 1989 Slet calisthenics become ASO BOI members effective Sept. 1987. SLET Comm. of Western District: Meeting was very informative and rewarding. Feel we become closer in understanding one another. Competition site has been selected. 75 ft. x 200 ft. with seating capacity 400 spectators.

MEMBERSHIP: Br. Kala — First quarter, 50% of reports are in.

EDUCATIONAL: Br. Lebloch — Prepared ASO ad for Sokol USA ad book, various donations of books, Sokol & Czech artifacts received. Article "President Tiso's Legacy" from Sokol Minnesota's "Slovo" discussed at length. Letter to be written with pertinent information as the article contained incorrect facts. Sis. Kos gave a talk on Sokol at the ASO offices to 60 gifted children from the Univ. of Chicago. Br. Borvansky printed certificates for Honorary ASO officers. May, 1987 House & Garden magazine has excellent article on U.S. Ambassador's residence in Prague. Questionnaire by Central District Educational committee reviewed for possible distribution to other district ed. committees.

FINANCIAL SEC.: Sis. Pinc — March financial report distributed. Received a quote for \$500,000.00 liability insurance, \$750.00 minimum premium, approved for payment. Sokol Cleveland made \$100.00 donation to the Library & Archives after paying all their back dues and merging with Sokol Greater Cleveland.

TREASURER: Br. R. Barcal: Banks statements reconciled. Continue to have a few challenges with budget and computer system.

EDITOR: Sis. Filipello — no report.

Sis. June Pros report: Second mailing of publication out of office completed and going well. Crew consist of Sis. Malina, Borvansky, Schabowski, and myself. Br. Borvansky assisted.

SECRETARY: Sis. Kourim — All correspondence handled.

II Vice President: Br. Masek — Will leave both unit flags for Sis. Filipello to inspect.

I Vice President — Br. Borvansky: Completed duties as previously reported.

President: Br. G. Basta — Completed duties as mentioned in minutes.

OLD BUSINESS: Slet business: Consider calling Festival instead of Slet. Sokol Run will be open to the public (2K and 10K). Possibility of horse race run in Sokol honor. SLOGAN: Sokol Future is Ours. Br. Benak to write finale. Logos to be worked on for further consideration. Word "Festival" was approved along with the rest of Slet ideas.

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

ASO FINANCIAL REPORT

APRIL, 1987

RECEIPTS:

Dues	\$10,768.15
Convention Fund	1,852.00
Special Assessment	926.00
T. G. Masaryk Dues	20.00
Resale of Jewelry	133.00
Advertising in "American Sokol"	400.00
Dividends & Interest	127.13
U.P.S.	5.76
Postage	1.33
Donations	37.00
Skills Patches	30.00
Novice Bars	1.00
Song Books	60.00
Miscellaneous	173.78
	<u>\$14,535.15</u>

A.S.O. Uniform Division — Rent, Salaries, etc.	631.31
Total Receipts	<u>\$15,166.46</u>

DISBURSEMENTS:**ADMINISTRATIVE**

Salaries — Office Employees	\$1,027.74
Salaries — Membership	305.90
F.I.C.A. & F.W.T. for March, 1987	165.78
I.W.T. — 1st Qtr., 1987	56.35
Rent, Janitor Services, Phone, Electric	921.21
Office Supplies	13.20
Travel Expense	676.86
Computer Expense	696.02
Film & Processing	12.58
Advertising — Sokol USA Slet	100.00
C.P.A. Audit	800.00
	<u>\$ 4,75.64</u>

BOARD OF INSTRUCTORS

Salaries	\$ 414.39
F.I.C.A. — March, 1987	60.98
I.W.T. — 1st Qtr., 1987	36.37
Editor "Sokol Gymnast" — April, 1987	30.00
Add'l. copies "Sokol Gymnast" — March, 1987	58.00
Postage	4.04
	<u>\$ 603.78</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 64.91
F.I.C.A. — March, 1987	6.72
I.W.T. — 1st Qtr., 1987	3.86
Award Certificates	25.00
	<u>\$ 100.49</u>

SOKOL PUBLICATION

Printing "American Sokol" — March, 1987	\$1,194.80
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Postage — "American Sokol" — March, 1987	532.12
Editor "America Sokol" — April, 1987	125.00
Salaries — Computer (Mailing Publication)	179.75
	<u>\$ 2,031.67</u>

MISCELLANEOUS

A.S.O. Uniform Division — Salaries, F.I.C.A., March 1987, F.W.T., March, 1987, I.T.W. — 1st Qtr., 1987 & Phone	\$ 409.52
Special Appropriations — Western District	45.80
Eastern District	240.45
Southern District	194.93
Transfer of funds to Library/ Archives Fund	100.00
	<u>\$ 990.70</u>
Total Disbursements	<u>\$ 8,502.28</u>

Balance brought forward: Western National Bank of Cicero — Checkig Account	\$ 9,216.48
Receipts — April, 1987	15,166.46
	<u>24,382.94</u>
Disbursements — April, 1987	8,502.28
	<u>\$15,880.66</u>

ASO FINANCIAL REPORT

MAY, 1987

RECEIPTS:

Dues	\$ 3,363.00
Special Assessment — Western District	65.00
T. G. Masaryk dues	10.00
Dividends & Interest	95.62
Donation	2.00
Phone	.96
Educational Booklets	3.00
Gymnaestrada fund	6,850.00
	<u>10,389.58</u>

A.S.O. Uniform Division — Rent, Salaries, etc.	594.52
Total Receipts	<u>\$10,984.10</u>

DISBURSEMENTS:**ADMINISTRATIVE:**

Salaries — Office Employees	\$912.44
Salaries — Membership	146.25
F.I.C.A. & F.W.T. for April, 1987	250.38
Rent, Janitor Services & Supplies, Phone, Electric	972.23
Office Supplies	21.39
Travel Expense	99.52
Postage	47.65
U.P.S. Charges	164.71

Liability Insurance	750.00
General Office Repairs	32.00
Miscellaneous	129.82
	<u>3,526.39</u>

BOARD OF INSTRUCTORS

Salaries	\$437.30
F.I.C.A. — April, 1987	74.50
Editor — "Sokol Gymnast"	30.00
Add'l. copies — "Sokol Gymnast"	58.00
Printing Merit Award Applications	82.22
U.P.S. Charges	52.55
Phone	.90
	<u>\$ 735.47</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 48.77
F.I.C.A. — April, 1987	13.44
U.P.S. Charges	10.88
	<u>\$ 73.09</u>

SOKOL PUBLICATION

Printing — "American Sokol" — April, 1987	\$944.64
Postage — "American Sokol" — April, 1987	520.30
Editor — "American Sokol" — April, 1987	125.00
Salaries — Computer (Mailing Publication)	148.50
Miscellaneous	17.85
	<u>\$ 1,756.29</u>

MISCELLANEOUS

A.S.O. Uniform Division — Salaries, F.I.C.A., Apr., 1987, F.W.T., Apr. 1987 & phone	\$430.38
Special Appropriations — Western District	30.55
	<u>\$ 460.93</u>
Total Disbursements	\$ 6,552.17
Balance brought forward: Western National Bank of Cicero — Checking Account	\$15,880.66
Receipts May, 1987	10,984.10
	<u>26,864.76</u>
Disbursements May, 1987	6,552.17
	<u>\$20,312.59</u>

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."

Your Guarantee of Freedom

There is a precious parchment in Washington D.C., designed to guarantee your freedom and pursuit of happiness. Anyone, regardless of race, creed, or color is assured these rights; the only requirement necessary is American Citizenship. This document, which costs you nothing, is unquestionably your most precious American heritage — it is your BILL OF RIGHTS.

So treasured is this single sheet of aged parchment that the bronze and glass case in which it reposes is filled with helium gas, protecting it from possible damage from free oxygen. Special filters have been blended into the glass, shielding it from ultraviolet rays of sunlight. There is steel and concrete vault beneath the floor to protect it from fire, bombing or invasion, with a special mechanism that can quickly lower it into the fireproof-bombing chamber, should danger threaten. An armed guard is present at this shrine 24 hours a day.

Almost a million people annually gaze in reverence at this priceless document that promises every American — in ink that has faded during these turbulent years, but in words that never dim — the rights of unfettered life, personal liberty, and pursuit of happiness. This Bill of Rights is the intended guarantee to all Americans against control by totalitarian government.

Few of the guarantees, which are commonly referred to as "constitutional rights" are contained in the Constitution itself; they are in the first ten amendments, placed in force on December 15, 1791. In reality, the revered liberties shown on the yellowing face on this document mean more to the American citizen than the actual Constitution.

The Constitution, which is basically a blueprint for our governmental machinery, became effective in March 1789, only because a definite understanding had been reached that a Bill of Rights would be added as soon as the first Congress went into session. Many men had a part of formulating these amendments. James Madison, "father of the Constitution", helped guide them to passage.

It is entirely possible to change the Constitution, and it has been done without causing the national blood pressure to rise, but if an attempt were made to lay one finger on, say Article I of the Bill of Rights, to alter freedom of speech, every single American would be — and rightfully should be — up in arms.

And so it is with the other nine amendments. If you take away one of them, you weaken them all. Take freedom from your neighbors and you enslave yourself. In the words of the late beloved William Allen White, "Liberty is the only thing you cannot have unless you are willing to give it to others."

America's treasured Bill of Rights is a mighty shield guarding the Freedom of all...

M. Robert Beasley
Sokolice Tábor Newsletter

Br. EDWARD C. LINHART Honored at Tabor's 1987 Exhibition

Brother Ed Linhart began his Sokol life at Sokol Slavsky while a small boy then advanced to Junior Boys and into Seniors. Ed started teaching as Junior Boy in 1931, this was a first! as only Seniors taught classes during that time. 1932 saw Ed join the ranks of the Senior Men's class, and his continuation as an instructor.

Then in 1935 the highest honor was awarded to Ed, his election as Men's Physical Director (Náčelník). This office was held until 1938 when a transfer was made to Sokol Americký. There, too, he held the office of Men's Director through 1940.

It's 1939 and Ed begins teaching at Sokol Tábor, while continuing his obligations at Sokol Americký.

When Bro. Joe Regner left Sokol Tábor, Bro. Ed Linhart took over as instructor for Junior Boys and Men, soon transferring to Sokol Tábor, which remains his permanent Sokol home.

From 1940 through 1946 Ed held the office of Assistant Náčelník of the Central District (Men's Director). Then in 1946 he was elected Men's Director of Sokol Tábor, one term, under Presidents Bro. Cyril Popelka and Sis. Marie Kriza.

1948 through 1951 saw him as Men's Director of the Central District. During his term he continued teaching at Sokol Tábor while instructing various courses for the District and holding the office of Men's Director of Sokol Tábor in 1950.

Again in 1955 through 1962 Ed held the office of Men's Director at Sokol Tábor — teaching many classes, 1st and 2nd Class Boys, Jr. Boys, Jr. Girls, Men and Women.

In 1965 Bro. Linhart achieved the highest honor for a Physical Director, that of National Director of the American Sokol Organization. This he held for 2 terms, 10 years. This office is very demanding but still Ed taught classes at Tábor while teaching for various courses for the ASO and Sokol U.S.A. Bro. Ed was also the Editor of the Sokol Gymnast from October 1975 through 1985, this also took much time and effort but everything got done.

1977 saw Ed return as Men's Director at Sokol Tábor, an office he holds to this day.

Bro. Linhart's Sokol life also included Gymnastic Competitions. This began while a small boy and continued to Men's class. He was a member of the ASO Men's Team who competed at the San Francisco World's Fair in California. Also High Division Men at the 1933 ASO Slet in Chicago, 1935 and 1937 High Division Men, representing Sokol Slavsky.

Another aspect of Ed's Sokol life included various positions on the ASO BOI during the time of

Bro. Jarka Jelinek, until his election as men's Director in 1965. During this time he worked closely with Bro. Jelinek, Oldrich Kudrnovsky, Sis. Mildred Prchal and Emily Welcl Ruzicka, all outstanding Sokols.

He was instrumental in starting special tumbling classes, which was well before tumbling was considered a Sokol activity. This enabled our gymnasts the advantage of doing an outstanding job in AAU competitions as well as District and National Sokol meets. Initiated the use of the Swedish Vaulting Box and synchronized vaulting, which was later used by the Central District Vaulting Team in their many performances, coached by Bro. Linhart.

His determination and fine coaching saw results with many of our Tábor Gymnasts. Just to mention a few; Sis. Blanche Kos-Lukes and Bro. Jerry Polacek held the title of National Sokol Champion. Sis. Lukes made it to the finals of the Olympic Team before an injury put a halt to her advancement to the finals. Bro. Polacek held the title of Illinois State Champion and College State All Round Champion.

His other activities at Sokol Tabor included, member of the Building Fund Committee, beginning Bingo Committee, Building Expansion Committee, Vice President and coordinator of our annual exhibitions. After retiring in June 1979, Tábor had a fire in the lower hall in November. Bro. Ed was instrumental in getting the repairs finished. Once this was done, and seeing we had no building manager, Ed stayed on in this position which he hold to this day.

Now, you must remember Ed was managing to do all this and still hold a full time job as a Tool and Die Engineer. This was necessary as he had to feed his family, and we all know everything we do for Sokol is done because we believe in what Sokol is doing for our community and the youth of our country and not monetary gains.

Bro. Linhart is now 73 years young of which 55 years are as a Sokol Sr. Member and 56 a Sokol instructor. This is a wonderful legacy to leave and a lifetime of doing what one loves to do — I know the American Sokol Organization have members with a longer membership, but Ed has given his years willingly to enhance not only Sokol Tábor but our entire Sokol Family. We of Sokol Tábor are proud to have Bro. Linhart as one of our outstanding leaders.

I'm sure many aspects of Ed's Sokol life are missing, but researching this long career was not easy as records were difficult to obtain. Thanks to the ASO PUBLICATION for much of this information. This is just a part of the Sokol Life of BROTHER EDWARD C. LINHART, his influence and leadership has enabled many of us to take on the responsibility of keeping Sokol an active and outstanding organization. We who have worked with Ed are fortunate, for his enthusiasm has touched us all in one way or another...

June Pros, President, Sokolice Tabor



AMERICAN SOKOL ORGANIZATION

GYMNAST

JUNE 1987

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



American Sokol Organization representing the United States at the 8th Gymnaestrada in Herning, Denmark, July 1987

The number was choreographed by Sister Mary Jean Stoeppleman of Sokol Fort Worth. It has a total number of 37 performing the exhibition. (15 men and 22 women).

The number is entitled "By the Sea" a novelty gymnastic dance exercise.

The number gives a broad picture of the entire Sokol program in that it incorporates the following: Marching and dance movements with many changes of formations; pyramids using ladders and dual skills and tosses with people; apparatus and tumbling; hand implements such as balls; Indian clubs and towels. Quick tempo of the music keeps the number lively and active giving the performers plenty of aerobic exercise for 15 minutes. Working in cooperation with each other, the gymnasts represent all classes of the organization by using children, juniors, seniors and masters from both men and women departments.

The number begins with a dance by girls using beach towels as hand apparatus.

Next, pyramids and tossing gymnasts on a blanket show skills with a comical touch.

Tumbling and mini-tramp are then incorporated by the entire group and ends with six women performing with Indian clubs.

At this point the 1985 ASO Slet winning special number "By the Sea" is performed.

The performance ends with the entire group doing a marching sequence. Finale with the United States and American Sokol flags.

When official functions are involved the adults will wear the Sokol parade uniforms with the juniors and children dressed in suitable uniforms displaying the Sokol emblem. During travel and recreation times the group will dress appropriately and alike.

The honor of representing the United States of America and the American Sokol Organization in such a prestigious international event humbles our pride. We wish only to participate to the best of our abilities and bring satisfying results so that all our members can be proud. We thank you for your support and the opportunity to further our education and mingle with our friends from other nations of the world.



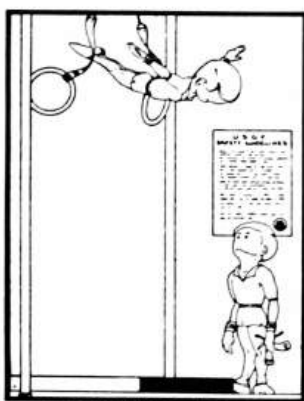
United States Gymnastics Federation



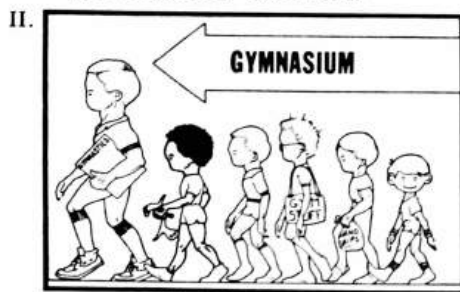
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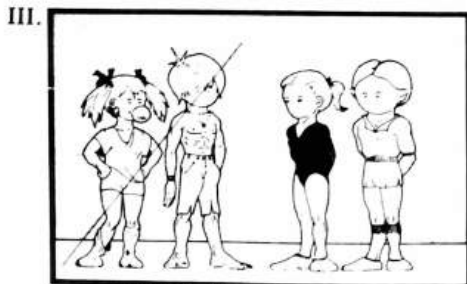
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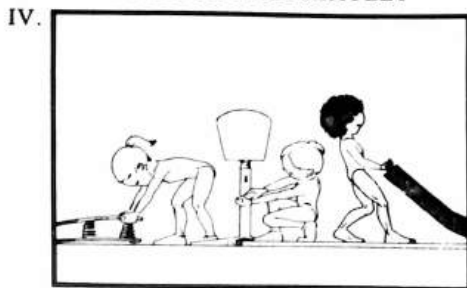
I. APPRECIATE THE RISK



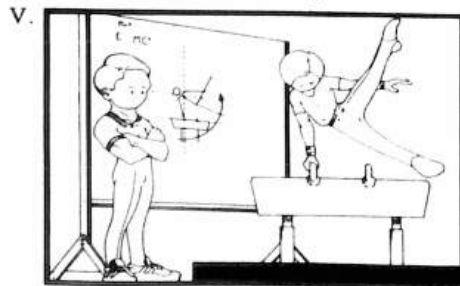
II. BE SUPERVISED



III. DRESS APPROPRIATELY

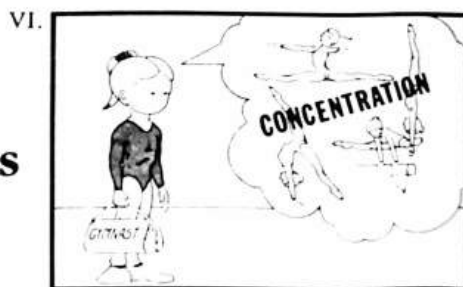


IV. DOUBLE CHECK EQUIPMENT



V. COMMUNICATE CLEARLY

Responsibilities of the Gymnast

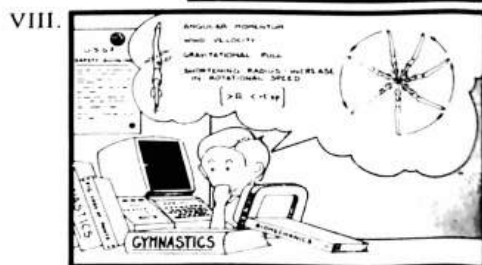


VI. BE PREPARED TO PARTICIPATE

VII.



MASTER BASIC SKILLS FIRST



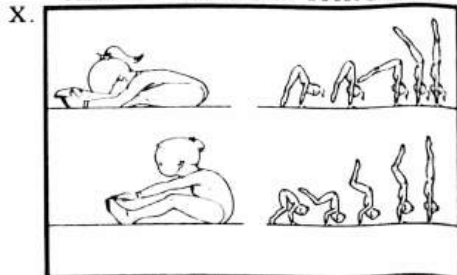
VIII.

KNOW THE SKILL



IX.

ALWAYS FOLLOW THROUGH



X.

KNOW YOUR LIMITATIONS

USGF SAFETY AND EDUCATION DEPT.
1099 N. Meridian St.
Suite 380
Indianapolis, IN 46204
(317) 638-8743

Central District Boys Competition

HELD AT SOKOL WEST SUBURBAN
ON MAY 30, 1987

**1st CLASS — LOW DIVISION —
TEAM RESULTS**

1 Brookfield 1	637.2
2 Slavsky 1	589.6
3 West Suburban 1	573.0

FIRST CLASS — LOW DIVISION

1 Craig Kos, Brookfield 1	138.1
1 Jeff Michalek, Brookfield 1	137.6
3 Justin Chase, Slavsky 1	129.1

1st CLASS — INTERMEDIATE DIVISION

1 Naperville 1	341.0
2 Stickney 1	338.7
3 St. Louis 1	329.1

1 Brandon Zmrhal, West Suburban	130.0
2 Sean McNaughton, Naperville 1	122.2
3 Mike Neuberg, Stickney 1	120.2

2nd CLASS — LOW DIVISION — NO TEAMS

1 C. J. Rocush, Slavsky	139.2
2 Charlie Schultz, Tabor 1	137.0
3 Al Tumbarillo, Tabor 1	129.2

2nd CLASS — INTERMEDIATE DIVISION

1 Slavsky M	423.4
2 Tabor 1	404.0
3 St. Louis 1	387.8

1 Joe Fitzgerald, Slavsky M	143.3
2 Rick Tybor, Slavsky M	134.6
3 Chris Stahulak, West Suburban 1	134.1

2nd CLASS — HIGH DIVISION

1 Slavsky 1	294.1
2 Naperville 1	289.3
3 St. Louis 1	284.7

1 Mario Mongello, Slavsky Z	144.4
2 Travis Peterson, Naperville 1	138.7
3 Chuck Chatt, Naperville 1	134.7

**Central District 1st Class
Girls Competition**

HELD AT SOKOL BROOKFIELD
ON MAY 23, 1987

1st CLASS — LOW-B DIVISION

1 Slavsky 1	189.55
2 Brookfield 1	179.50
3 Brookfield 4	175.65

1st CLASS — LOW-B DIVISION

1 Janet Lutha, Slavsky 1	39.65
2 Heather Kiepora, Slavsky 1	38.35
3 Carolyn Perek, Brookfield 4	36.65

1st CLASS — LOW-A DIVISION

1 Brookfield 1	205.25
2 West Suburban 1	204.90
3 Slavsky 1	200.35

1st CLASS — LOW-A DIVISION

1 Andreanna Moravec, West Suburban 1	41.75
2 Beth Gasaway, Brookfield 1	40.85
3 Kellie MacDonald, Slavsky 1	40.00

1st CLASS INTERMEDIATE DIVISION

1 Slavsky 1	170.30
2 Brookfield 1	162.35
3 Berwyn 1	159.50

1st CLASS — INTERMEDIATE DIVISION

1 Kandi Ondrovic, Slavsky 1	42.05
2 Lauren Karch, Brookfield 1	41.60
3 Jeanna Basil, Slavsky 1	41.20

1st CLASS — HIGH DIVISION — NO TEAMS

1 Michelle Tinkang, West Suburban	43.60
2 Kristen Eckert, Naperville	40.05
3 Jennifer Fisher, West Suburban	38.70

2nd CLASS — LOW-B DIVISION —**TEAM RESULTS**

1 Tabor 1	195.05
2 Tabor 2	164.15

2nd CLASS — LOW-B DIVISION

1 Renee Rezek, Tabor 1	39.80
2 Dorene Slavino, Stickney	38.75
3 Carmia Anfuso, Tabor 1	38.60

2nd CLASS LOW-A DIVISION —**TEAM RESULTS**

1 Naperville 1	207.00
2 Brookfield 1	205.30
3 Tabor 2	190.30

2nd CLASS — LOW-A DIVISION

1 Janice Michalek, Brookfield 1	41.75
2 Kelly Wittorff, Naperville 1	41.25
3 Kristen Guarneri, Naperville 1	41.00

2nd CLASS — INTERMEDIATE DIVISION

1 West Suburban 1	159.40
2 Berwyn 1	154.30
3 Tabor 1	149.70

2nd CLASS — INTERMEDIATE DIVISION

1 Kelly Sullivan, West Suburban 1	40.45
2 Kara Kokenes, West Suburban 1	39.65
3 Erin Einwalter, West Suburban 1	39.35

2nd CLASS HIGH DIVISION —**TEAM RESULTS**

1 Brookfield 2	123.30
2 Brookfield 1	95.95

2nd CLASS — HIGH DIVISION

1 Shannon Unlauf, Brookfield 2	39.70
2 Nancy Handley, Brookfield 2	37.55
3 Chris Kozelka, Brookfield 2	36.55

STRENGTH

Over all, we need to prepare the young body to be able to take on strength training at a more mature age. This is a process just like progression in skill learning. Proper strength drills with light weight for crosses, planches, presses, levers, etc. should be performed to help prepare for heavier

weight training. Later when the body has matured, this preparation will prove to be very important when the time comes to strength train more seriously.

This will also help build good training habits which will provide the right attitude and foundation to strength train harder when the body is ready.

PSYCHOLOGY

Sport psychology is a major part of our sport and a lot of other sports. A book could be written on this subject and many are. The training camp offered many drills that help strengthen the mind for the sport. Relaxation and imagery are the two most worked on. This was done two times a day. Imagery training was done in the afternoon and relaxation before bed. This is something that needs some research for a lot of us. There are many college programs using sport psychologists to help get that edge to beat the competition.

I have crammed a lot of information into this paper I hope that it is helpful to you. My experiences with all these concepts are favorable. I have tried these things and this is what I see being practiced at our national level. There are many more things that I can talk about, however, these seem to be the ones that we need to look at and train harder. After observing many of our countrys top junior gymnasts, I noticed that there really isn't much difference between them and what most clubs have right in their own gyms. The talented kids are the same, it's the coaching direction that makes the difference. I hope that I have helped reveal some on the desired technique of the junior team program and have given insight to what is needed to bring about development to the national level.

Look at the rules

GETTING FIT should be fun. Keeping that way will be even more rewarding. But before you start, take special note of the following suggestions:

DO

- Start slowly and use moderation in your exercise build-up.
- Choose exercises and activities you enjoy.
- Undertake only what you can do and what makes you feel good.
- Use your warm-up exercises before you begin and repeat them to "cool down."
- *See a doctor first if you are over 30 years old and haven't regularly exercised, have any chronic illness, or if you have chest pains.*

DON'T

- Overexert or exercise to exhaustion.
 - Pattern your exercise program to match someone else's.
 - Expect overnight miracles.
 - Neglect to eat the foods that will give you the energy you need.
 - Forget to keep records of your fitness progress.
-

The Courage to Compete

What is competition? Webster defines it from Latin — *competere* — to strive together competent — to be sufficient.

In Nature competition can appear to be ruthless, but the overall picture shows the better traits of each species is carried on for succeeding generations to benefit from.

In the ancient Greek annals, we see a social order of recognition of competence through the Olympic Games. Each participant had the opportunity to COMPARE themselves with others.

The Nobel Prize was created to recognize positive achievements and courage in fields contributing to human progress. Again, a system of comparison.

Competition then may be only the field in which we observe ourselves as compared to other persons of similar ability. The key here is similar.

We would be upset if our parents, teachers, peers would compare us to another of less or greater ability. However, it is more stimulating to strive to do better within ones own peer group.

Our standards of comparison, then, are based on competition between the better of two, three, or more within a defined area.

Many children and adults cringe at the thought of "competing". Perhaps they see themselves up against unsurmountable odds. They do not know all the facts. The words "I can't" could be translated to "I don't know how", "I don't know all the details", "I am unfamiliar with the turf".

How do we translate our competition events to these participants so that they feel encouragement instead of fear?

First, tell them the standards of comparison they will be expected to compete with.

1. Survey the area.
2. Count your pluses.
3. Map out a plan.

Explain that competition is striving to achieve what is humanly possible for them to do. Each day do something planned that will bring the anticipated success that much closer. After all, success is a journey, not the destination.

EACH DAY I CAN DO MORE. Say it each morning, afternoon, evening to yourself and your students. It takes courage to stand before yourself and declare that you will become a winner, that you will succeed. It takes courage to admit that you must change, progress to a new level. It takes courage to refuse to bargain with your quest.

Tell them you believe in them. Show you care by reviewing their progress individually with them. Encourage team mottos. We can do it!

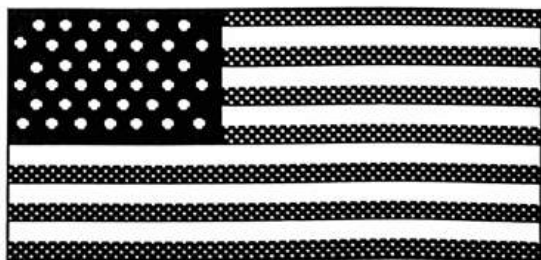
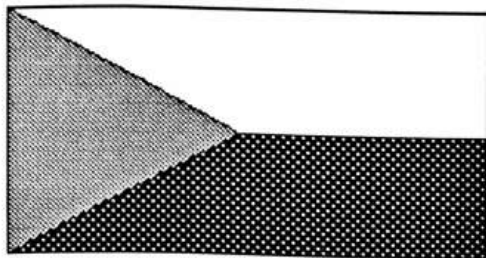
All indicators show that greatness comes from and through much struggle, pressure. Great mountains came from great INNER pressures. People have an even greater potential. Why expect less!

I challenge you to compare and compete cheerfully with courage!

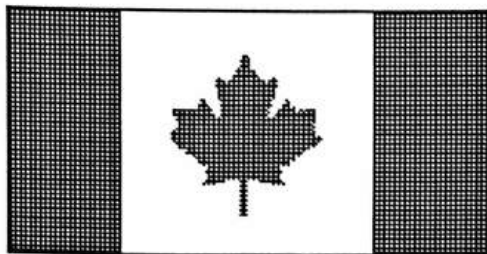
Lynda

My **SOKOL** Notebook...Compiled by: *Sis. Patricia Satek***June 14th is FLAG DAY!**

Here are just a few of the flags you can see at Sokol Slets.
Do you know the colors of these flags?

**UNITED STATES** (*Red, White, Blue*)**CZECHOSLOVAKIA** (*White, Blue, Red*)

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

**CANADA** (*Red, White*)

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!

June 1987

My **SOKOL** Notebook...

Compiled by: Sis. Patricia Satek

Stay Fit This Summer!

Be ready for the start of your Sokol classes in the Fall!

Ride your Bike!



Take a walk!



Jog!

Play Baseball!



Go Bowling!



Skateboard!

Swim!



Play Tennis!

Roller Skate!

Think of things **you** like to do that will help keep your muscles active.

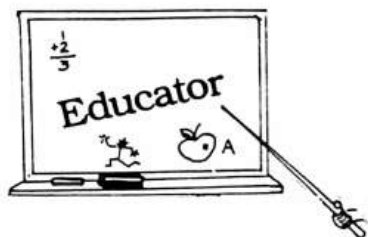
Have a health-filled, **fun** summer!

'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!

June 1987



Knowledge lessens

fear.

Sokol History and Organization

A Little Sokol History

YEARS 1890 THRU 1893

Units belonging to Národní Jednoty Sokolské in the year 1890 — 16 Units. Most Units were T. J. SOKOL, total membership was: 1890 — 1,402; 1891 — 1,540; 1892 — 2,194; 1893 — 3,187 — and by 1893 there were 34 Units — the Units were:

- Svornost, Morrisania, NY
- Čechie, Chicago, IL
- Fuegner, Long Island, NY
- Plzeňský, Chicago, IL
- St. Louis, St. Louis, MO
- Westfield,
- *C. A. Chicago, Chicago, IL
- Jednota Tyrš, Cedar Rapids, IA
- South Omaha, Omaha, NE
- Budivoj, Detroit, MI
- New York, New York, NY
- Chicago, Chicago, IL
- Milwaukee, Milwaukee, WI
- Omaha, Omaha, NE
- Praha, Chicago, IL
- Čech, Cleveland, OH

**Joined Sokol Slovanská Lípa in 1892*

UNITS WHICH JOINED UP TO 1893 WERE:

- **Fuegner, Chicago, IL
- ***Čechomoravan, Flatonía
- Mladočech, Racine, WI
- **California, Chicago, IL
- C. A. Manitowoc, Manitowoc, WI
- Schuyler, Schuyler, NE
- Slovanská Lípa, Chicago, IL
- Crete, Crete, NE
- Český Lev, Oxford Junction
- Newark, Newark, NJ
- Tyrš, Chicago, IL
- Podlipny, Detroit, MI
- Klatovsky, Chicago, IL
- Wilber, Wilber, NE
- Žižka, Bruno
- Tábor, Chicago, IL
- *Chicago, Chicago, IL
- C. A. Sokol Braidwood,
- Linwood,
- Horník, Coal City, IL
- Plattsmouth, Plattsmouth, NE
- East Saginaw, Saginaw, MI
- *Joined Sokol Slovanská Lípa, 1892*
- **Joined Tělocvičná Jednota Sokol Chicago*
- ***Dissolved 1892*

Sokol history is the backbone of our present day Sokol and its beliefs. Sokol was founded in Czechoslovakia in 1862, which is 124 years ago, by Dr. Miroslav Tyrš. He wanted to reach the highest possible form of physical and mental fitness. Tyrš studied and based his theories on the ancient Greek system of education. His goal was to develop physically strong and mentally alert citizens, and to instill in them a deep love for national freedom thru volunteer exercise and discipline.

Another name you will hear mentioned often when you hear about our Sokol history is Jindřich Fuegner. He was the co-founder of Sokol, its main benefactor, and its first president.

The first Sokol Unit in the United States was started in 1865, just 3 years later in St. Louis, Mo. Our national headquarters are located in Berwyn, Ill. which is in the Chicagoland area. We currently have 59 Sokol Units throughout the United States.

The Sokols were strong in Czech, Yugoslavia, Bulgaria, Poland and Russia before the Nazis and Communists liquidated them. Membership was close to 2 million. Sokols are now active in England, France, Switzerland, Austria, Australia, Canada, Argentina, South Africa, the German Federal Republic, the Netherlands and Sweden.

The Sokol symbol is the falcon. Sokol is the Czech word for falcon. This bird is known for its courage, endurance, and love of great heights. Thus it symbolizes the ideals of the organization: fitness, strength and high goals.

The Sokol greeting is "Nazdar", which means "On to Victory" or "On to Success". Your children will become familiar with this greeting because we use it to end each class.

Sokol "Slets" or Festivals are held by Units and Districts each year, and by the national organization every 4 years. We will explain our Unit Slet to you a little later.

Just a quick note on our local history. Our men's Unit, called Sokol South Omaha, was started in 1888. We will soon be celebrating their 100th Anniversary. Our women's Unit, called Sokolice South Omaha, was started in 1902.

So, as you can see, you are not just joining a gymnastics club. You are joining an international organization that has a long, rich history of which we are justifiably proud.

*Speech given at the 1986 Gym Parent Orientation.
Sokol South Omaha*

The winners are still winning

Winners depend upon themselves. Winners will put any advantage they can acquire to work, but they depend ultimately upon their own talents for the attainment of their goals. Fluctuating markets and changing politics may affect business either positively or negatively, and winners know that the only constants they can count on lie within themselves.

Winners recognize the importance of other people. They depend upon themselves, but they know how vital other people are to the success of their ventures. Even though human relations are always important, they are even more important in hard times. When tough decisions have to be made that involve other people, like raising prices or cutting back employees, the winners share and justify these decisions as much as they can with the people they affect.

Winners look for solutions, not scapegoats. When a loser suffers a setback, his first reaction is to look for someone or something to blame. A really skillful loser can virtually whitewash his own incompetence by laying it at the feet of government, other people, his managers, or even fate. The winner has no such need. He accepts his setbacks without cynicism, seeing them only as problem to be solved. He accepts fully the consequences of his actions, but he actually wastes very little time on blame of any kind.

Winners are less concerned with image than with accomplishment. They have a realistic perception of their strength and their weaknesses and, though they will strive to capitalize upon their strengths, they take their personal flaws into account and cope realistically with them. Losers, lacking vivid insight into either their valid potential or their limitations, will find their shortcomings hard to deal with — or even to admit.

Winners act on their own authority. Winners do not share the losers' vulnerability to the opinions of other people. Winners can make concessions when they have to and they are typically eager to learn from anyone. But when it is time to act, they act upon their own convictions even when there is a risk of ridicule or censure. Losers, on the other hand, may be so fearful of being "wrong," that they fawn upon their superiors and cater to the whims of their peers. They may demonstrate individuality only in mistreatment of their subordinates.

Winners are tenacious in the pursuit of their goals. Winners change pace, change tactics, change priorities... but always with an ultimate goal in mind. Their behavior may appear inconsistent at times to the uninformed, but it does not compare with the behavior of losers who may abandon a job, a project — even a long-term goal — when the going gets rough. With the winner, the ultimate goal is constant and only the strategy gets modified.

The winner's goal is the accomplishment, not the reward. Winners are builders. They are achievers.

They are contributors. And while the losers exhaust themselves trying to determine how to acquire the most by giving the least, winners occupy themselves with the pursuit of accomplishment. This is not to say that winners are entirely altruistic... that they desire nothing in return for their efforts. Indeed, many of them expect to be rewarded handsomely for their contributions, but the exercise of the ingenuity, the monument to their talent, the completion of a project, takes precedence over material rewards.

In times of turbulence, the challenge to the talent and creativity increases. Those who meet the challenge — the winners — are still winning.

A Magnificent Mansion

MONTICELLO (Charlottesville, Virginia)

Thomas Jefferson's Monticello was the first American Dream House, dedicated to the idea that each American family should live in its own house on its own piece of land. Jefferson worked on Monticello for 40 years, much like any inspired do-it-yourselfer today. His bedroom reveals him as much a tinkerer as a thinker: at his desk a polygraph made copies of letters as he wrote them; a rotating bookstand let him read four books at a time; and a clock on a shelf at the foot of the bed stood as a constant reminder or work to be done.

Monticello is a 21 room house with additional rooms in the cellar. In the home's entrance hall stand plaster casts of Jefferson's heroes, along with elk and moose antlers. His seven-day clock told the time and days of the week by counting off cannonballs.

Restoration is always in progress throughout the house, with original furnishings constantly being sought to re-create the interior as it was in Jefferson's lifetime. And Jefferson's agricultural interests have been renewed with the recreation of his orchard, vineyard, and 1,000-foot-long vegetable garden during the past few years. (This is one of the spots we will visit on the 10 Day Tour.)

A correction to the June copy of our publication, Under Library/Archives fund for May, Sokol Cleveland donated \$100.00 not \$50.00.

Have you brought a friend to Sokol with you yet?

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

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On "Killing it"

You've had plenty of experience with it.

The frustration of clearances.

The agony of over-editing.

The painful task of producing back-up.

The selling of your idea — or even part of your idea — to tiers and tiers of what seem to be unsympathetic listeners.

You get to the point of exhaustion. You can't fight it anymore.

"Let's just kill the whole darn thing."

Easy to say. Even easier to do. And that's the problem. Too many of us give up too easily. We take the easy way out. When they question or reject a piece of our plan — we want to kill the whole plan. Or they might.

How many great ideas. How many solid suggestions. How many innovative and creative plans... have gone down the drain because of eagerness just to kill the whole thing, and get it out of one's hair?

Robert Louis Stevenson said, "Don't judge every day by the harvest you reap, but by the seeds you sow."

He was probably responding to a compatriot who said, "People often oppose a thing merely because they had no hand in planning it."

If you can salvage one idea out of many, one suggestion out of several, by not killing the whole project, time and effort have not been wasted.

Compromise. Engineers call it trade-offs. It may often be the only path to progress. It also may be the best path to wide and durable acceptance.

Think about it.

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