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Educational & Physical Culture Organization



HOUBY TIME



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EXECUTIVE BOARD ASO

Jackie Kourim, Secretary

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

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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

- OCTOBER 10, 11 — Sokol Minnesota C.S.P.S. Hall
100th anniversary
- OCTOBER 17 — Craft Fair — Sokolice S. Omaha
- OCTOBER 18 — "Vinobraní" (Vintage) Party
to benefit Sokol sponsored Czechoslovak School
in Washington, D.D.
- OCTOBER 23-25 — ASO District Directors
Conference
- OCTOBER 25 — Sokol/Sokolice Milwaukee
Annual Recognition Dinner
- OCTOBER 27 — Sokol Washington, D.C. Joint
Celebration of the Oct. 28, 1918
Independence Day.
- OCTOBER 31 — Sokol Stickney —
Halloween Dance
- NOVEMBER 7, 8 — Sokol Baltimore participant
in Essex College Ethnic Fest
- NOVEMBER 7, 8 — Sokol Greater Cleveland,
Czech Holiday Fair
- NOVEMBER 14 — Concertina, Sokol Berwyn
- NOVEMBER 14 — Sokol Havlíček-Tyrš Annual
Dinner Dance, Slovak Hall
- NOVEMBER 15 — Central District
Annual Meeting, Sokol Berwyn
- NOVEMBER 21 — Central District Rhythmic
Gymnastic Competition
- NOVEMBER 21 — Kateřinská Party,
Sokol Washington, D.C.
- DECEMBER 2 — Annual Mtg. at Barton House,
Arlington, Va., Sokol Washington, D.C.
- DECEMBER 5 — Sokol Stickney, 25th Annual
Spaghetti Dinner
- DECEMBER 6 — Jaternicový Dinner and
Christmas Party for children, Holy Cross Convent,
Bethesda, Md., Sokol Washington, D.C.
- DECEMBER 6 — Sokol S. Omaha Bus trip to
Minden, Ne. Christmas Lights & Pageant
- DECEMBER 11 — Central District Boys & Jr.
Gymnastic Competition
- MARCH 26 — Sokol St. Louis 3 "D" Dinner,
Dance, Dough to Benefit Sokol Camp
Swimming Pool
- 1988 — Sokol South Omaha's 100th Anniversary
- MAY 5, 1990 — Sokol Slavsky 100th Anniversary
Celebration

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVIII

October — 1987 — Říjen

Číslo - No. 10

EXECUTIVE BOARD MINUTES

AUGUST 25, 1987

President George C. Basta presiding. Moment of silence was observed for Bro. Karel Bednar, long time Sokol and member of Sokol New York, and author of the original "SOKOL MANUAL".

Members present: Sis. Mildred Pinc, Vlasta Zitny, Marie Ptacek, Lynda Filipello, Sylvia Pistorius, Jackie Kourim, Bro. Fred Stankovsky, Gary Masek, Fred Kala, Roy Zitny, Chuck Borvansky, Jerry Rabas, Bob Barcal, Ed Jelinek, Dick Ptacek, George Basta.

Members excused: Sis. Emilie Ruzicka, Bro. John Satek, Paul Lebloch, Jerry Milan. Guest: Sis. Emily Stankovsky.

District minutes received and reviewed: Western, semi-annual mtg Feb. 1, Slet mtgs. of April 11, 12, May 16, and July 26th, and May 31; Pacific, quarterly mtg, May 17, special mtg. June 8; Northeastern, quarterly mtg. March 22; Central, May 27 and June 17. Corrections: Western District May 31st, minutes should read "minutes of Slet mtgs. should be sent to all Western District units." Also, Slet mtg: first page Slet slogan, should read "It means the gathering of falcons" not lambs. Was requested that a special place on agenda be included after correspondence for 1989 Slet. ASO minutes approved as read.

CORRESPONDENCE: Greetings from Gymnaestrada participants, also from PanAmerican Games from Jerry and Emil Milan. Invitation from Sokol Washington to George and Ann Basta to attend their 40 anniversary banquet, Oct. 3. Previous commitment to attend Sokol Omaha's 110th anniversary Oct. 4, therefore, Br. Chuck and Sis. Nancy Borvansky will represent ASO. Sokol Women of Little Ferry seeking additional help and advice concerning the sale of their Sokol hall, lengthy letter sent, references made to their by-laws and our constitution which must be followed. Pacific District president Br. Jiri Liska, information concerning Sokol Seattle's land. Letter sent explaining Executive Board's opinion on how to handle this situation, plus reference to Article 24 of our constitution and by-laws. Sokol New York newsletter, interesting information on ownership of their building. Would like to know what "BBLA" stands for? Central District sent invitation to Unit President's Conference Sept. 12, 13, approval for Br. Basta to attend. Ltr from Br. Charles E. Kalat concerning dual membership in Sokol Slavsky and Sokol Karel

Havlíček Borovský, Ennis, Tex.; approval given. Thank you ltrs from Br. Josef Dvoracek, Switzerland, for 1985 Slet books; from XX Sokol USA Slet committee. Sokol Minnesota, Slovo June/July issue with ASO ltr included. From Sis. Porter, minutes from the Pan Sokol Round Table Forum held June 28th (copies made and distributed to all executive board members). Motion made by Br. Lebloch that all delegations from the Round Table go back to their organizations and get approval for another meeting with the purpose of forming a Pan Sokol Foundation. This type of consideration cannot be made by the executive board alone, minutes accepted. IRS letter received concerning our employer identification number and subordinates. All units should file. Br. Paul Sturman, the Wilsonian Club, upset about our removing the word "Slet" from our 1989 posters (letter written explaining that Slet will not be removed, just used in a different format). Br. Frank Capek, pres. Eastern Dist., has not heard anything on the supporting papers for the course in Barryville last year. Sis. Pistorius just received them this morning and will direct them to the next BOI meeting for approval. Ltr. from Sis. Vilma P. Nejd, Pres., Sokolice Renata Tyršová, concerning their by-laws. Information detailed at meeting is being forwarded to her. Program book from Pacific Dist. and thank you ltr for being mentioned in April issue of publication. Thank you ltr from Br. Bob Barcal for cards and flowers sent to him after his heart surgery. Sokol Berwyn asking permission for use of space outside of office on Houby Day. Permission given, ltr to be written.

Item of interest: Students are writing about our history for their school projects. Copies will be forwarded for our files.

Br. Fred Stankovsky had the honor of introducing our president George C. Basta at the WFLA convention in August. The grant of \$12,500.00 was again given to our organization.

DIRECTOR OF WOMEN — Sis. Sylvia Pistorius: Our organization was very well represented at the Slovak National Slet in Washington D.C. it was by far one of the best. All districts were represented, once again our participants outnumbered all other organizations. Our gymnasts excelled in all areas of competition, several placing 1st, 2nd, and 3rd. The banquet was attended by many of us and the program was excellent. All of us who attended the Sokol Round Table discussion agreed that it is important to our continued existence to continue to work together for the future growth of our organi-

zations. Sis. Norma Zabka sent a copy of the letter she sent to Mike Jacki, Dir. of the United States Gymnastic Federation, expressing Sokol's appreciation for representing the Federation at the Gymnaestrada in Denmark. The B.O.I. makes the following three request — A. direct a letter to each District Director showing current balance of the special assessment fund by Sept. 1; B. per diem forms for each Director, and other qualified persons attending the District Directors conference; C. approval for Sis. Eva Balas and EllenJeanne Schnabl for the combined ASO BOI board for the coming year as they are co-authors of the children's calisthenics. Approval given for all three requests. Meeting with Br. Ptacek, Sis. Malina, and myself in August for planning of conference. 1989 Slet Calisthenics is progressing nicely, jr. & sr. music is taped and tots is completed. Since the USGF Congress of Coaches location place has changed from Chicago to St. Louis, original plans for six members to attend needs to be adjusted due to costs. Lengthy discussion followed. Recommended that attendees should be obligated to teach skills learned at these paid for seminars. Approval given for Br. Frank Michalek and Sis. Carol Lat to attend.

DIRECTOR OF MEN — Br. Richard Ptacek: Permission requested for Br. John Satek and Paul Gilea to be added/retained on the ASO BOI, approved. Special thanks to Br. Lebloch for representing Br. Ptacek at Sokol USA Slet. Br. Bud Benak advised that Skills Improvement Clinic cancelled due to lack of participants, however, will be scheduled later.

MEMBERSHIP CHAIRMAN — Br. Fred Kala: 1986, everyone's dues are in including special assessments. Unit print-outs are really helping our bookkeeping system.

EDUCATIONAL CHAIRMAN — Br. Paul Lebloch: absent, no report.

PUBLICITY — CZECH — Br. Jerry Rabas: Many articles appeared in the Denní Hlasatel, on the District Slet, the Gymnaestrada, and the attendance at the Sokol USA XX Slet.

PUBLICITY — ENGLISH — Sis. Lynda Filipello: Sent articles on the gymnaestrada to the Suburban Life, Cicero-Berwyn Life, and Suburban Tribune. Suggested submitting historical articles to magazines written by knowledgeable persons. Discussion followed why some groups can get publicity and others can't. Are these articles paid for?

FINANCIAL SECRETARY — Sis. Mildred C. Pine: Financial reports May-July prepared and distributed to bd. members. Units advised of system reference numbers assigned to each member and to use them in all correspondence. 2nd quarter 1987 state and federal wage reports filed. 1st quarter administrative records audited and in order. Approval for new typewriter and chair for financial secretary.

TREASURER — Br. Robert Barcal: Bank statements for both administrative and uniform div. were reconciled. Still waiting for Sis. Lat to cash

her replacement check. Considering NOW account. Br. Basta went over the computer reports.

EDITOR — Sis. Lynda Filipello: Have caught up on the printing date with the Sept. issue. Mailed 16 post cards to units who have not sent any newsletters to include editor on their mailing list and mail to home address.

SECRETARY — Sis. Jackie Kourim: Two items, one the note for the Southern District comes due in Sept. and where are all the designs for the Christmas seal? Also, after clearing and cleaning the downstairs storage area, we would like to also clear out the 40 plates from the 1985 Slet. 40 people asked us to hold their numbers and even though we have contacted them, no word has been received. One more notice will be sent, then we will offer them up for sale.

I VICE PRESIDENT — Br. Gary Masek: Attended Southern District Slet with wife Paulette. Sokol Houston Hall was really cleaned up. The camaraderie is very evident now. Read a list of the huge bills Sokol Houston had when they took over the building in excess of \$37,690.00. Still in litigation for the \$100,000.00 bond. Br. Maca requested that we defer interest for one more year on the note. They were suppose to send a report, but not enclosed. Motion made and approved that we extend the interest free loan one more year. Also, the BOI will send the 1989 calisthenics as a unit, not separately. It was decided that a national slet calisthenics should be used first at the national slet and then repeated, if necessary, by districts. BOI will make final decisions on these matters. Discussion about fire alarm system for office, as most material would be irreplaceable. 1989 SLET MINUTES: July 25, about mailing the executive board a complete package of events, costs, etc., at the District Directors Conf. in October. All items have to be approved by the board before they go out for publication. Banquet to be held at hotel, Sokol S. Omaha to hold teen dance. Considering professional public relations person, can't find anyone in organization to handle that publicity. All technical questions should be fielded to BOI. Slet report accepted as read.

I VICE PRESIDENT — Br. Charles Borvansky: Attended the Sokol USA Slet. Comment — Championship men division uniforms were unidentifiable and marching could stand a lot of improvement. Also assisted with mailing of the July/Aug. publication.

PRESIDENT — Br. George C. Basta: Attended the USA Slet, questioned the progress of the manual, Br. Banjak promised that he would work on it after the Slet.

Attended the Round Table Forum, then travelled to Lincoln, Ne. to attend the WFLA CONVENTION on Tuesday. Spoke at the 50th wedding anniversary of Br. and Sis. Zenisek. Computer discs are being stored in a safe deposit box at Fidelity.

(Continued on page 99)

American Sokol Represents U.S.A. at Gymnaestrada

18,000 Participants from 25 Countries

HERNING, DENMARK — 1987

Forty proud American Sokols represented the U.S. Gymnastics Federation and the U.S.A. at the 8th Gymnaestrada in Herning, Denmark this summer.

The Gymnaestrada is an FIG (Federation of International Gymnastics) event under the jurisdiction of General Gymnastics. The FIG is the international controlling body of gymnastics, which has four technical committees. They are:

- Artistic Gymnastics — Men
- Artistic Gymnastics — Women
- Rhythmic Gymnastics
- General Gymnastics

The Gymnaestrada is a non-competitive event at which nations display the broad spectrum of gymnastics. The program consisted of educational workshops, small group displays (like our Sokol Special Number Programs or Akademia) in gymnasium-size areas and field demonstrations for those countries with large number of participants, an opening ceremony, a closing ceremony, city entertainment, and social activities.

I have attended the Gymnaestrada before as a spectator. Therefore, when as the American Sokol representative to the U.S. Gymnastics Federation, I heard that the Gymnaestrada would be held in Denmark, I immediately thought the ASO should grasp this opportunity to participate.

I felt that our Sokol participation was very important for several reasons:

1. The U.S.A. needed to be represented
2. It would be an honor for ASO to represent the U.S.A.
3. Our Sokol participation would be a valuable international public relations tool to let the world know that Sokol actively exists
4. ...and probably most important, I felt that our leaders and future leaders — those who choreograph Slet calisthenics and special numbers and those who administrate our programs should be exposed to wonderful new ideas and inspiration.

Since we were late in notifying the authorities that we would definitely participate, the U.S. was limited to 50 gymnasts. After discussion with Sis. Sylvia Pistorius, National Director of Women, and Br. Jerry Milan of Sokol Fort Worth, we thought we could present two numbers. One was the Sokol Fort Worth special number, which was a winning composition at our last Slet, and the other was Sis. Dagmar Fiala's Indian club number, which was presented in Zurich. Most probably the club number did not materialize due to the time and financial pressure of attending Sokol U.S.A.'s Slet in Washington. The Sokol Fort number was

entered with representation from Baltimore, Berwyn, and New York. Some of the participants went to both the Slet and Gymnaestrada. Some had to forego the Slet in Washington.

The number was "right on the mark" for Gymnaestrada. It was entitled "By the Sea" and expertly choreographed by Sis. MaryJean Stoeppelman of Fort Worth. It was a beach scene number, which was a high level performance of tumbling, dance, pyramids, hand balancing and was fast, happy, and had an electric quality. It was done in old-fashioned bathing suits and employed ladders which represented lifeguard stations and were used in an interesting gymnastic way.

We were in Herning for one week enjoying Gymnaestrada activities, which started at 9 in the morning and continued until 10 at night. After that came social dancing in tents in various sections of town. At any given hour during the day, one had a choice of 6-8 exhibitions. For this reason, each display was scheduled twice during the week and then in addition each country had one entry in the last day's "Matinee." It was impossible to see all of the exhibitions. Most groups performed on 40x40 foot areas. Large groups used large arenas or outdoor fields. In the evening, those countries with large numbers presented special evenings such as "Swiss Night" presented by the Swiss only.

Participants ranged from tots to seniors in their 80's. Some displays were performed by over 1,000 gymnasts. Some countries sent as few as 28 (Egypt) participants and some sent 3,700 (Switzerland). The U.S. was represented by 40 members of the American Sokol Organization. The other participating nations included Australia, Austria, Belgium, Brazil, Canada, Denmark, East Germany, Egypt, Finland, France, Great Britain, Greece, Iceland, Israel, Italy, Japan, Liechtenstein, Norway, Palestine, Portugal, Netherlands, Spain, Sweden, and Switzerland. Although countries like Czechoslovakia, Yugoslavia, and Poland have previously participated, no eastern bloc countries attended this festival. The cost of living is high in Denmark and, perhaps, these countries decided not to spend money on a non-competitive event.

The gymnastic displays were all done to music, whether it was a display which served as a teaching lesson, such as parents and tots activities, or senior citizens playing gymnastic games. The music was not background music, but all movement was done specifically to the music. There were numbers employing the olympic event apparatus plus vaulting boxes, vaulting tables, mini-trampolines, giant wheels, flying rings, and hand apparatus such as baseball bats, volleyballs, basketballs, pennants, wands, balls (1, 2, or 3 per person), tennis balls, mops and pails, colored discs, ladders, umbrellas, hats, rag dolls, and ski poles.

Our Sokol representatives were people of whom our Sokol, the USGF, and our country could be proud. They were talented... friendly... well-liked... and excellent U.S. and Sokol ambassadors. We had many interesting moments and stories. One

was the popularity of the Sokol Fort Worth jackets. They were unbelievably sought after. Most Sokols could trade their jackets for at least one warm-up suit from other countries. You may not see these jackets in Fort Worth, but if you're travelling in Switzerland, Belgium, or Spain, don't be surprised to see a Sokol Fort Worth jacket.

I am enclosing some comments made by our members on the plane ride home.

To conclude, the whole trip was positive from start to finish. My only regret is that our Sokol leaders on our National Board of Instructors could not be present. The next Gymnaestrada will be held in Amsterdam in 1991.

Whether we participate or not, I strongly recommend that our Sokol leaders and calisthenics choreographers be sent to view this extravaganza that is a Sokol educational must. It is an educational opportunity that must not be missed the next time around. Nazdar! *Norma B. Zabka*

Sokol Educator

IN MEMORIAM

1898 — KAREL BEDNÁŘ — 1987

"If it is God's will that I leave this world, do not let a man keep me here artificially." Even on his last day Bro. Karel Bednář lived according to his conviction that nature should take its course.

Thus, on Wednesday, August 19 of this year, seven weeks after his 89th birthday, he finally met his maker. We all lost one of our Sokol titans and Sokol New York lost its honorary member.

In 1924 Bro. Bednář came to New York. That summer Sokol New York hired him as an instructor of men's classes. Within six months his classes grew so much that it became known all over New York who the innovator was. S.G.U. Sokol (Slovak Sokol) asked him to take over an instructor's position in the Pittsburgh area. Two years later he was elected a national director of men of the S.G.U. Sokol and a traveling instructor of the Sokol Federation, which was comprised of American Sokol and SGU Sokol. As an excellent gymnast, he occasionally competed in championship meets, but gradually he devoted all his time to teaching, especially in Federation instructors' courses.

In 1936 he organized and lead all Sokols in a famous Slet in Madison Square Garden in New York, where thousands of Americans of Czechoslovak origin showed their strength. Three years later, under Bro. Bednar's leadership, an All-Sokol Slet took place on Randall's Island stadium in New York, with some 25,000 spectators. President of Czechoslovakia, Eduard Beneš, and a number of American politicians viewed this demonstration for a free Czechoslovakia.

Understandably, he led Slovak Sokols to the Prague Slets in 1932 and 1936. In Prague he met

both Presidents. T. G. Masaryk and Eduard Beneš. He also befriended many Sokol personalities.

In 1942 he became an editor of Slovenský Sokol, a weekly newspaper of S.G.U. Sokol, today known as Sokol USA. When free Czechoslovakia ceased to exist his editorials urged his readers to fight nazism and later communism. Aside from that, however, he used this newspaper to teach, instruct, give advice and lead. Briefly, he expanded it into a real Sokol paper, which served not only Sokols but also the entire American-Czechoslovak community.

On top of all this, he found time to translate and modernize Tyrš's system of gymnastics, the renown method of physical fitness, so expertly prepared that it is still used today. Bro. Bednář gave this book a title: Sokol Manual; properly so, because very few of our instructors can teach our classes without this handy book. In Sokol Manual even future generations will have an opportunity to learn from Tyrš's wisdom.

In 1974 he retired and moved to Allentown, Pa. Yet he continued in his work, preparing history of Sokol USA. At the time of his 80th birthday in 1978 he went back to Czechoslovakia. His home town, Valašské Klobouky, welcomed him really splendidly. It enthused him and gave him a new strength which lasted for another nine years.

Three days before his death, when he had been taken to the hospital, he left a note in his typewriter to remind him what to do at his return. The note said: In Tyrš's footsteps.

Many of our members will remember him as their favorite instructor in almost one hundred courses which he taught. Many others still appreciate his efforts as a traveling instructor or a Chief Physical Director. It will be future generations, however, that will miss his talent the most.

An ironic proof how much Bro. Bednar's work will always be with us happened when I called Sokol Woodlands, the only remaining of our Sokol camps, to announce his death. A junior boy answered that the manager was momentarily away. I asked him to pass on this sad message and remarked that he probably didn't even know Bro. Bednar. He paused for a moment and then said: "No, I never met him, but I do know him. I am already teaching from his Sokol Manual..."

Rest in peace, Bro. Karel Bednář, you deserve it.
Nazdar — Sokol New York — V.S.

Have you brought a friend to Sokol with you yet?

Sis. Blanche Kos and Annette Schabowski, both of Sokolice Tabor, recently presented a history of the ASO to a group of 60 students from Illinois Mathematics and Science Academy, University of Illinois, Advanced Students. The presentation was conducted at the ASO office. Sis. Kos' presentation will be included in the Teachers Packet distributed by the Academy.

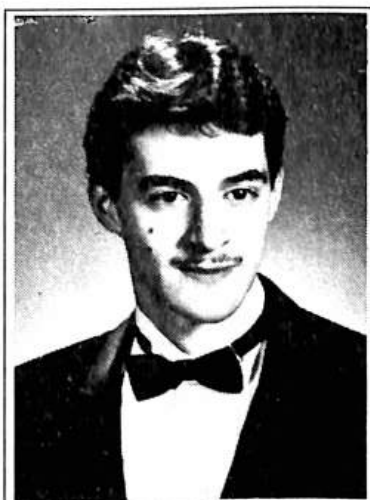
AMERICAN SOKOL ORGANIZATION
GYMNAST

OCTOBER 1987

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

American Sokol Organization Merit Award for 1987-88

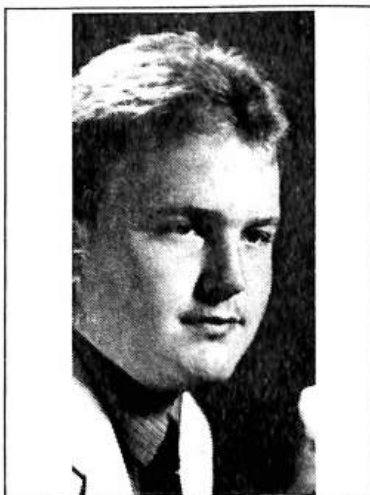
Upon the recommendation of the Merit Award Committee which had met and thoroughly examined all applications of applicant, the following Merit Awards have been approved by the Executive Board to be paid from the Sokol Future Leaders Fund. Those applicants not awarded should re-apply next year.



BRIAN P. SCHNELL
Sokol Little Ferry
Eastern District
Stevens Institute
of Technology



CYNTHIA SUE HODEN
Sokol South Omaha
Western District
University of Nebraska
at Omaha



DAVID SATEK
Sokol Slavsky
Central District
Northern Illinois
University



DENISE WIEGAND
Sokol Tabor
Central District
Concordia College

RENEWALS

JANET RADDISH
Sokolice Omaha
Western District
University of Nebraska

DENISE WIEGAND
Sokol Tabor
Central District
Concordia College

Games Gymnasts Play

by GLORI STIFLER

Does your practice sometimes get boring, ho-hum, repetitive? How about packing a little pizzazz into practice with games? Games are limited only to the imagination and can be a learning experience, as well.

HORSE

Often, games borrowed from other sports or playground activities can be adapted to gymnastics. For example, the popular basketball game of HORSE can be brought into the gym. Gymnasts line up at a particular event. The first contestant attempts a skill of his choice; if completed successfully, contestant #2 tries the same trick. If he misses he gets an H and the next person is free to invent something new. If the second person does the move correctly (the coach can be the judge), it goes on to the next person, until someone misses. The person who misses the trick gets a letter, and the following person is free to try a new skill.

If the first person attempting a move misses, no letter is given. A player only acquires a letter when the person before him makes a skill and he misses.

The first person who gets all the letters in HORSE loses. The winner, of course, is the person with the least amount of letters. When a gymnast is out of the game, the coach may want to assign conditioning while the game is being completed.

If time is limited, the game can be shortened to PIG or COW, or to a gymnastics word such as KIP, BAR or FLIP.

Around the Gym

A second game borrowed from basketball, Around the World, can be renamed Around the Gym, Around the Beams, Around the Bars, etc. This game will take a little planning on the part of the coach.

Five or more different stations are set up on various apparatus or all on the same event. Let's use balance beam for example. The five stations are press handstand mount step down; back walkover; back handspring; 180° split leap; and cartwheel back tuck dismount. The object is to be the first to go "around the beam world" and home again. The first player attempts the mount; if successful, she moves on. If she fails, she may chance it (try a second time) or stay where she is and wait for her next turn. If the gymnast chances and misses, she must return to the first skill and start over when it's her turn again. Each turn ends when the gymnast is unsuccessful in the first attempt and does not wish to chance it, or does take the chance and misses.

Again, a coach can use compulsory or optional skills and should insert skills that his gymnasts need to improve.

Grab-bag — Pick-a-Trick

A third game can be referred to as Grab-bag Gymnastics or Pick-a-Trick. The coach has a bag filled with slips of paper, on which skills are

printed. The gymnast reaches into the bag, pulls out a trick and performs it five times. One point is given for each time the gymnast successfully completes the skill. Zero is given for each miss, and one point is subtracted each time the gymnast fails to attempt the move. The gymnast with the most points wins.

The coach can concentrate on weak areas simply by adding those skills to his bag of tricks. The grab-bag can be by event or all-around. Gymnasts should continue with their regular workout until the coach calls them to pick a trick. Scores can be announced after each gymnast has had an equal number of turns.

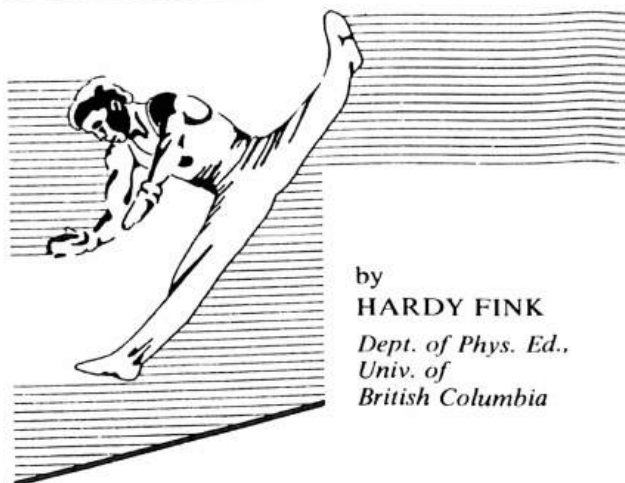
Coaches may want to give out prizes or rewards to the winners for an extra incentive. Plus, coaches will note that gymnasts have a tendency to show more nerve when the pressure is on or prizes and incentives are involved.

Games can be fun, challenging and provide a productive workout at the same time. Depending on the age and ability level of the gymnasts, many popular games may be adapted to gymnastics. Games can be as simple as Simon Says, Follow the Leader, handstand contests, or sprinting contests, and they can add a spice of excitement to the gym. Games raise gymnasts' morale and interest, plus add a touch of friendly competition.

So, if your practice begins to fall into the pit, add a new twist with a game or contest. Have fun, be inventive, yet use it to the maximum advantage to improve gymnasts, physically and mentally. IG

Release-regrasp Skills:

"Most of the errors that we try to correct in the flight phase are only symptoms of a release error."



by
HARDY FINK
Dept. of Phys. Ed.,
Univ. of
British Columbia

The profusion of release-regrasp skills in gymnastics has been so extensive that it would require volumes to describe and explain them all. It is far better to thoroughly understand the few underlying principles and then apply them to the study of existing skills of interest or possible innovations.

As the name suggests, "release-regrasp" skills have certain parameters that must be understood.

1. Release phase
2. Flight phase
3. Regrasp phase

RELEASE PHASE

The most important determinant in the successful performance of these skills is the release phase or, perhaps more precisely, the "moment of release." It is during that phase and at that moment that each of these critical parameters is decided.

1. Trajectory of the center of gravity (CG).
 - a) angle of release of CG
 - b) possible angle of regrasp of CG
 - c) vertical velocity
 - d) horizontal velocity
 - e) height
 - f) distance
 - g) direction
2. Time in the air
3. Angular momentum of the body
 - a) moment of inertia about the axes
 - b) angular velocity

Even without discussion these parameters in depth (many of them are interrelated) it follows that if a performance error is identified as involving any one of them, then the error was made during the release phase. Most of the errors that we try to correct in the flight phase are only symptoms of a release error. In all cases that release error is one of incorrect force application because the characteristics of the applied force (magnitude, direction, point and/or time of application) during the release phase completely determine the characteristics of the following flight phase.

More specifically—and this will become clear in the ensuing discussion—three biomechanical concepts are crucial to the release phase:

1. Transfer of angular momentum
2. Action-reaction
3. Reaction force

These three are interrelated in the sense that the existence of one implies the existence, usually, of the others. For this discussion the interaction of these three concepts requires external contact—in fact, only action-reaction of the three can occur without external contact.

1. Transfer of angular momentum

A strong flexion or extension at the hips (for example) creates considerable angular momentum (AM) in the legs. If the legs are then suddenly

stopped, the AM will be transferred to the total body.

2. Action-reaction

Assuming the body is free of external forces of external contact (in midair), then a strong action (lifting the legs) will have the effect of causing the torso also to flex toward the legs as a reaction.

3. Reaction force

In external support situations the reaction to the action is restrained because of the contact with the apparatus. This will cause a force to be applied in the direction of expected reaction at the contact point or surface. The contact surface responds with a reaction force in a direction opposite to the applied force.

All release-regrasp skills can and should be analyzed during the release phase according to the interplay of these three concepts.

FLIGHT PHASE

The flight phase in all skills is relatively easy to understand because all of the parameters critical to success have been determined during the release phase.

In most cases, the body should be relatively stretched at the moment of release (large moment of inertia). This permits the body to be piked or straddled in the air which causes an increase in the angular velocity (speed of rotation), enabling the gymnast to complete the necessary rotation for a successful regrasp.

REGRAASP PHASE

If the skill has been performed well, the gymnast will have time to stretch again prior to contact with the apparatus. This has the effect of slowing down the speed of rotation and allowing the gymnast to control the regrasp and to reduce the jerk often seen after a regrasp.

All gymnastics skills that involve a release-regrasp or a takeoff phase should be analyzed in this manner in order to understand how the skill should be performed. Some practice with sequence photos or drawings should help coaches become proficient at this form of analysis.

It is not the impressive flight phases that are difficult, but rather the ability to generate the correct forces in the release phase. Only by concentrating on and understanding that phase can our frequent "fright" elements become the flight elements we desire.

IG

Bring a Friend to Sokol

West, Sokol Volleyball Teams Capture National Titles

West Sokols captured both the men's and women's national volleyball titles during the 20th Sokol USA Slet June 25-28 in Washington, D.C.

The two West teams were impressive in their two days of tournament play losing only one of 24 matches.

Preliminaries in the volleyball tourney began at noon June 26 in the Gallaudet university gymnasium. In their first match, the West men's team defeated Sokol Ennis and the men continued their domination by defeating such teams as: Sokol Toronto Canada, Sokol Slavsky (Chicago), Sokol New York, Sokol Baltimore and Sokol Washington. The men finished the day with a 7-1 record.

The West Sokol women's team also dominated their division by sweeping all their matches. They defeated such teams as: Sokol Detroit, Sokol Baltimore, Sokol Toronto Canada and Sokol Washington in the preliminaries. The women completed their day with an 8-0 record.

The tourney's final rounds began at 2 p.m. the next day and both West teams continued their winning ways. The women's team easily defeated Sokol Slavsky (Chicago) to make it into the finals. The men's team then edged out Sokol Toronto Canada in the semifinals to also qualify for the finals.

In the championship game, the West men's team took two straight games from Sokol West Suburban to win the National Title.

In the women's championship game, West kept their record unblemished by defeating another Texas team, Sokol Ennis, for the National championship.

For their winnings, Sokol West won the team trophies and also individual medals for the team members. The awards were presented during the Slet Program that Saturday night.

Sokol West will remain the national champs for the next two years until the next Sokol USA Slet planned for 1989 in Nebraska.

DOC'S CORNER

I thought it would be enlightening to report a simple unofficial summary of results of the Sokol USA, Washington Slet. As you may not know a current unofficial statistical report of the membership count in the various districts is as follows:

Central District	1885
Western District	1287
Southern District	1243
Northern District	1059
Eastern District	1051
Pacific District	413

The exact number of participants by district at the Slet is not known, but there was representation at the Slet from all districts. The Southern District

was not in full strength due to their trip to Denmark for the Gymnaestrada. As far as individual awards are concerned, the American Sokol Organization won 58 awards, Sokol U.S.A. took 30, D.A. Sokols — 16, and Canada 2. In team awards counting the first five teams, A.S.O. took 33, Sokol U.S.A. 15, D.A. Sokols 8, and Canada Sokols 1. Of the 58 individual awards won, Central District won 20, Western District 19, Northeastern District won 11, Southern District won 5, and Eastern District won 3. Of the 33 team awards, fourteen were won by the Northeastern District, nine by the Western District, seven by the Central District, two by the Southern District, one by the Eastern District and none by the Pacific District.

The unit winning the most team awards was Greater Cleveland with 11 while Ceska Sin, and South Omaha were tied for second with five each. Sokol Detroit won three, and Sokol Crete, Cedar Rapids, St. Louis, and Fort Worth had two each, while Ennis, Baltimore and Toronto had one each.

As far as individual awards go, Ceska Sin and South Omaha were tied with thirteen each, and Greater Cleveland followed close with ten.

In the Rhythmic Gymnastics counting the top three award winners, there were a total of thirty five awards. Representing the Central District Sokol St. Louis came in first with fifteen awards. The Southern District represented by Sokol Ennis, came in second with eight award winners. The Northeastern District represented by Sokols Detroit and Greater Cleveland followed closely behind the Southern District with seven awards, and representing the Eastern District Sokol New York came in with five awards.

Both the mens and womens volleyball tournaments were won by Sokol West of the Southern District, with Sokol Ennis taking second in the womens division, and Sokol West Suburban of the Central District taking second in the mens tournament. An interesting note about this scrappy West Suburban team is that they had four generations of players with one grandfather, and one great grandfather on it. It was certainly amusing and encouraging to see many men from units like Toronto, West Suburban, Greater Cleveland and others with players in their senior years playing volleyball. We hope more will turn out for the upcoming Slet in Montreal in '88, and Omaha in '89.

HELP
OUR SOKOL
GROW

Sokol Minnesota Historical Celebration



Sokol Minnesota is celebrating the 100th anniversary of their C.S.P.S. Hall October 10th and 11th. The hall is listed in the National and State Register and has been beautifully renovated for the event. On Saturday there will be an opening ceremony with president Georgiana Dolipi officiating. A time capsule depicting the building of the hall and events up to the present time. An open house will share the cultural and historical artifacts with the public. Czech dancers and later a public dance will entertain guests.

Sunday's formal dinner will feature a program of speakers and a special presentation of a plague dedicated to Joseph Pavlicek to be displayed in the glass memory case. A style show of olden costumes and Sokol uniforms and the unveiling of an embroidered quilt depicting 100 years of history at the hall under the direction of Laura Jansen will be a highlight of the weekend festivities.

MONTREAL PLAN NOW!

EXECUTIVE BOARD MINUTES

(Cont'd from page 96)

UNFINISHED BUSINESS: Gymnaestrada report — Sis. Pistorius: Copies to be mailed to all executive board members and district presidents.

No new business, meeting adjourned at 11:15 p.m.

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

Books available through ASO for rhythmic gymnastics

BEGINNERS: GYMNASTIC ACTIVITIES WITH HAND APPARATUS for girls and boys by Marie Provaznik and Norma B. Zabka.

Limited quantity available. Cost: \$6.00 plus postage & handling.

ALSO AVAILABLE:

American Sokol Sings \$2.50 plus postage & handling.

AMERICAN

HAPPY HOLIDAYS



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1987

CONTRIBUTE NOW!

VIII Sokol Canada Slet Montreal 1988

Executive Board

AMERICAN SOKOL ORGANIZATION

Dear sisters and brothers:

On behalf of Sokol Canada, we wish to extend our most cordial invitation to you and to all your units across the United States to participate in the **8th Sokol Canada Slet in Montreal**, to take place from June 24 to 26 of the next year.

We trust sincerely that you will be with us next year and that your presence at our gathering will be a show of support for our endeavors — as it was during the last two Slets held in Toronto. Your participation at the Slets of Czechoslovak Sokols Abroad has become traditional and will always be appreciated very much. We really look forward to welcoming you to Montreal next year.

The Slet activities will begin on Friday June 24th with apparatus competitions for women and men's volleyball tournament, both during the day. The official opening will be in the evening, followed by a short musical program. Saturday — June 25 — will see apparatus meet of men, and women's volleyball tournament during the day; at night, we shall get acquainted at the Slet Dance following the Victory Dance and Award night. Sunday June 26 will be the main day — rehearsal in the morning, and the actual public Slet presentation in the afternoon.

In a near future, we shall furnish you with a more detailed program and with further information on accommodations, etc. We are taking the liberty of mailing our invitations and instructions direct to your districts and units; we'll keep you of course always up-to-date.

Nazdar!

For the 8th Sokol Canada Slet Committee:

Vladislav Zajic, Chairman

Sokol Canada Director — Men

Zdenek Dobrovolny, Secretary

Sokol Canada Education Dir.

HOUBY HUNTING

A legend from the neighborhood of Leipa in Bohemia says that Christ and Peter were walking through a village begging for bread and biscuits to satisfy their hunger. Now and then crusts were thrown to them and so they continued on their way happily enough. They eventually reached a large forest, and as they walked through they munched the bread and biscuits, baked of white and brown flour. Wherever crumbs fell, up sprung a fungus. You will probably have already guessed that the toadstools growing from brown flour were poisonous and inedible, whilst the white flour produced the edible kinds.

In Silesia there is a legend about the well-known spring mushroom, the Morel: The devil was in a bad temper when one day he met a wrinkled old woman in the wood. He seized her and cut her up into pieces, then strewed the pieces around the wood. Wherever a piece fell, there grew a morel — which with a little imagination, can be thought of as wrinkled. For this reason an old woman is, in Silesia, called a "morchel".

Having a good houby hunting place is like owing a gold mine. Going and coming one must take a wide detour and look over the shoulder to make sure you are not being followed. Silence and secrecy are vital. One lady would be so excited when she found houby that she would clap her hands and squeal. Everyone nearby would know she had found a good place and rush over to pick there also.

Houby hunting can also be dangerous. While walking with his head down in the earnest search, one man walked into a hornets nest. Houby hunting was ended for that day.

Houby hunting is a sport and a chance to celebrate the glory of nature. Czechs and Slovaks have always been enthusiastic in their pursuit of this "food of the gods". The growing times of the different mushrooms are looked forward to and the finding of the houby is a bonus to a pleasant day in the woods and fields.

But houby hunting is not just a time for fun. They are an important part of the diet of the people of Czechoslovakia and their descendents here. Cooks used houby in soup, with eggs and meat. Fresh or dried they were included in many favorite recipes.

One family owes their freedom to the Czech passion for hunting houby. In September of 1948, after the communists had taken over Czechoslovakia, the father of the family had had to leave. The mother and three children were left behind, waiting for a chance to escape. The mother knew that looking for mushrooms was a natural thing to be doing in the woods, so she took her children and baskets out near the border. They kept walking and soon they had crossed the border to freedom. They spent a couple of years in Germany before coming to this country. They have many reasons to celebrate "Houby Hunting".

There are 100,000 to 150,000 species of mushrooms. Found in the wild or cultivated they are found in most countries. Mushrooms or toadstool? Toadstool seems to be the common name for poisonous mushrooms. Most mushrooms are saprophytes. They settle on and disintegrate plants that are already dead. When the weather conditions are proper, the gills on the mushrooms open and release the spores that will grow into the next seasons mushrooms. The Dryard's Saddle has produced 11,000,000,000 spores in 11 days and the Giant Puffball can produce 2,000,000,000,000 depending on the size of the fruit-body.

Houby hunting can be fun, healthy, tasty, educational and exciting. It can also be dangerous. Know what you are picking and be careful.

Mushroom have been picked since ancient times. They have always been picked in Czechoslovakia, people still do it and they brought the habit with them. The Houby Festivals in Berwyn, Illinois and Cedar Rapids, Iowa are proof of the love of mushrooms.

Happy Houby Hunting!

Article by Joan Sedlacek was used at 1987 Festival of Nations.

1985 SLET PLATES —
DID YOU GET YOURS?

Sixth Czech HOLIDAY FAIR

Sponsored by Sokol Greater Cleveland

Saturday, November 7, 1987 12:00 noon to 8:00 p.m.
Sunday, November 8, 1987 11:00 a.m. to 5:00 p.m.

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Sulc (Jellied Veal) ☞ Jaternice (Rice Sausage)
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Czech Pastries & Cookies ☞ Dumplings & Potato Pancakes
Toys ☞ Christmas Decorations ☞ T-Shirts
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Pork, Dumplings & Sauerkraut Dinner
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or Betty Lacina 524-5581

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XX SOKOL USA SLET National Volleyball Tournament Results

ROUND ROBIN RESULTS

Women — 9 Teams

A Bracket

- 1 Sokol West
- 2 Sokol Canada
- 3 Sokol Detroit
- 4 Sokol Slavsky
- 5 Sokol Baltimore

B Bracket

- 1 Sokol Borovsky
- 2 Sokol USA Chicago
- 3 Sokol Greater Cleveland
- 4 Sokol Washington

Men — 11 Teams

A Bracket

- 1 ASO So. District
- 2 Sokol Gr. Cleveland #1
- 3 Sokol Baltimore
- 4 Sokol Borovsky
- 5 Sokol USA Chicago

B Bracket

- 1 Sokol West Suburban
- 2 Sokol Canada
- 3 Sokol USA Guttenberg
- 4 Sokol Gr. Cleveland #2
- 5 Sokol Washington
- 6 Sokol Slavsky

Women

Sokol West

Sokol USA Chicago

Sokol Borovsky

Sokol Canada

PLAYOFFS

Sokol West

Sokol West

Sokol Borovsky

Men

ASO So. Dist.

Sokol Canada

Sokol W. Suburban

Sokol Gr. Cleveland

ASO So. Dist.

Sokol Gr. Cleveland

ASO So. District

CONSOLATION GAME FOR THIRD PLACE

Women

Sokol USA Chicago

Sokol Canada

Sokol Canada

Men

Sokol Canada

Sokol W. Suburban

Sokol W. Suburban

AWARDS

Women

- 1 Sokol West
- 2 Sokol Borovsky
- 3 Sokol Canada

Men

- 1 ASO Southern District
- 2 Sokol Gr. Cleveland
- 3 Sokol West Suburban

Help Our Sokol Grow



Names of participants in the Denmark "Gymnastrada", Southern District, mostly Sokol Fort Worth.

Brothers: Gene Chavers, Johnathan Conrad, Tabor Davis, Michael Deleon, Brad Durham, Les Garrett, Michael Shay Hennessey, Jerry Milan, Josh Milan, Rome Milan, Tal Milan, Shane Uson, Kirk Stoeppelman, Jesse Traynham and Jay Molina.

Sisters: Carolyn Cleveland, Carrie Ann Cleveland, Kelly Hill, Ella Davis, Kelly Eaton, Kara Harrell, Kari Henshaw, Jill Henshaw, Paige Henson, Freida Dobbins, Tammy McCaffrey, Estela McCaffrey, Henrietta Milan, Martha Milan, Leslie Poindexter, Cayla Richardson, Mary Jean Stoeppelman, Kelli French and Tracie Wooten.

Sis. Annette Schabowski and Vlasta Chloupek, Central District, Sokol Tabor. Sis. Norma Zabka, Eastern District, Sokol New York. Sis. Annette Conlon, Bro. Joe Vrzalik, Sokol Baltimore.

ASO FINANCIAL REPORT

AUGUST 1987

RECEIPTS:

Dues	\$ 1,954.00
Dividends & Interest	133.22
Subscriptions to "American Sokol"	4.00
Resale of Jewelry	84.25
Computer labels	20.00
U.P.S.	2.06
Educational Booklets	2.00
	\$ 2,199.53
A.S.O. Uniform Division — Rent, Salaries, etc.	720.85
Total Receipts	\$ 2,920.38

DISBURSEMENTS:**ADMINISTRATIVE**

Salaries - Office Employees	\$ 903.10
Salaries - Membership	200.25
F.I.C.A. & F.W.T. - July, 1987	349.24
Rent, Janitor Services, Phone, Electric	1,011.59
Office Supplies - Admin. & Computer Labels	109.36
Travel Expense	682.41
Postage	81.47
CRBA Membership Fee	35.00
Miscellaneous	122.66
	\$ 3,495.08

BOARD OF INSTRUCTORS

Salaries	\$ 414.67
F.I.C.A. & F.W.T. - July, 1987	90.78
Editor "Sokol Gymnast"	30.00
Addtl. copies "Sokol Gymnast"	58.00
	\$ 593.45

EDUCATIONAL DEPARTMENT.

F.I.C.A. - July, 1987	\$ 7.84
	\$ 7.84

SOKOL PUBLICATION

Printing "American Sokol" - July-August issue	\$1,215.80
Postage - "American Sokol"	553.58
Editor "American Sokol"	125.00
Salaries - Computer (Mailing Publication)	99.91
Delivery of Publication to P.O.	15.00
	\$ 2,009.29

MISCELLANEOUS

A.S.O. Uniform Division - Salaries, F.I.C.A., July, 1987, F.W.T., July, 1987 & phone	\$ 327.48
Transfer of funds to Fidelity Savings & Loan	5,000.00
	\$ 5,327.48
Total Disbursements	\$11,433.14
Balance brought forward:	

Western National Bank of Cicero — Checking Acct.	\$13,037.23
Receipts - August, 1987	2,920.38
	\$15,957.61
Disbursements - August, 1987	11,433.14
	\$ 4,524.47

LIBRARY/ARCHIVES FUND

AUGUST 1987

In memory of Sis. Christine & Bro. Louis Horak — Marion L. Hulaas, Daughter	\$25.00
<i>— Donations are tax exempt —</i>	

NEWSLETTERS*an editorial*

They are expensive, time consuming for the editor and staff (if you are fortunate to have one), plus we are always in need of new material, better graphics, and deadlines are a fact of life! What purpose do they serve?

"Information flow" may be the best and most accurate description of newsletters whether they serve clubs, businesses, special interest groups, or families. Sokols find them useful to educate our members regarding Czech culture, past and present, unit activities, unit and district meeting and executive board minutes. The purpose is self-serving because our readers are members, and that's good because we first must serve the needs of our members. . . . beyond that, though, is another group, an unlimited number of "non-members". How can we reach these nameless people through our newsletters. How can we make our newsletters advertise our wonderful gym classes, our uplifting cultural festivals, our philosophy of "Strong bodies, healthy minds"?

We could start by subscribing to each Unit's newsletter. That means sending a check for a yearly subscription to each brother and sister unit in the United States and Canada, and possibly abroad. Your educational director could be responsible for this task. Many units have marvelous Czech and Sokol history articles monthly. Then, we could get a team of people, or by ourself, we could revise and refresh our newsletters to make them more timely and interesting, if necessary. Next, we could send our newsletters to magazines, newspapers, and civic groups. You never know how interesting your activities and cultural background may be to other publications. They may even decide to run an article about your unit. I have heard it said that "Sokol is the best kept secret in the community". Is this true in your community, too?

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(when accepting the
presidency for
another year)

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Learn the Basics First

E. J. HALIK

When our instructors and directors start putting together their thoughts on what to teach and how much to teach, I hope they decide to start from the beginning -- and I mean the very beginning, -- at the start of the year, and at the bottom of the difficulty scale where we will find many really basic elements which are the components of what we have considered "basic stunts". There are enough of these to make a good safe and active **Beginners Program**, yet not too strenuous or difficult for the younger children, the un-coordinated, the noncompetitive, the "just for fun" people, the middle-aged and the elderly who are participating in our programs. Remember, there are a whole bunch of "No! No's!" for these groups, physically, healthwise and safetywise.

Before a child learns to walk, he/she learns to creep or crawl. Before anyone learns to do a forward

or backward roll, he/she should learn and practice all the elements of the roll. Yes, there are many! A lot of "learning" starts too far into the subject. There is no burden, no disadvantage to starting at the beginning. Children, and adults too, like to get to "basics". The whole process of doing it "bit by bit" and "all by yourself" is educational and satisfying. It makes them more appreciative of the things (parts and pieces) that go into making a whole routine. It will be much easier to work a routine if they know all about its' components, how they work and how they should fit together into a harmonious whole composition.

When teaching, we must be aware of the most basic things. We need more of the Kindergarten approach to our gymnastic programs.

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