

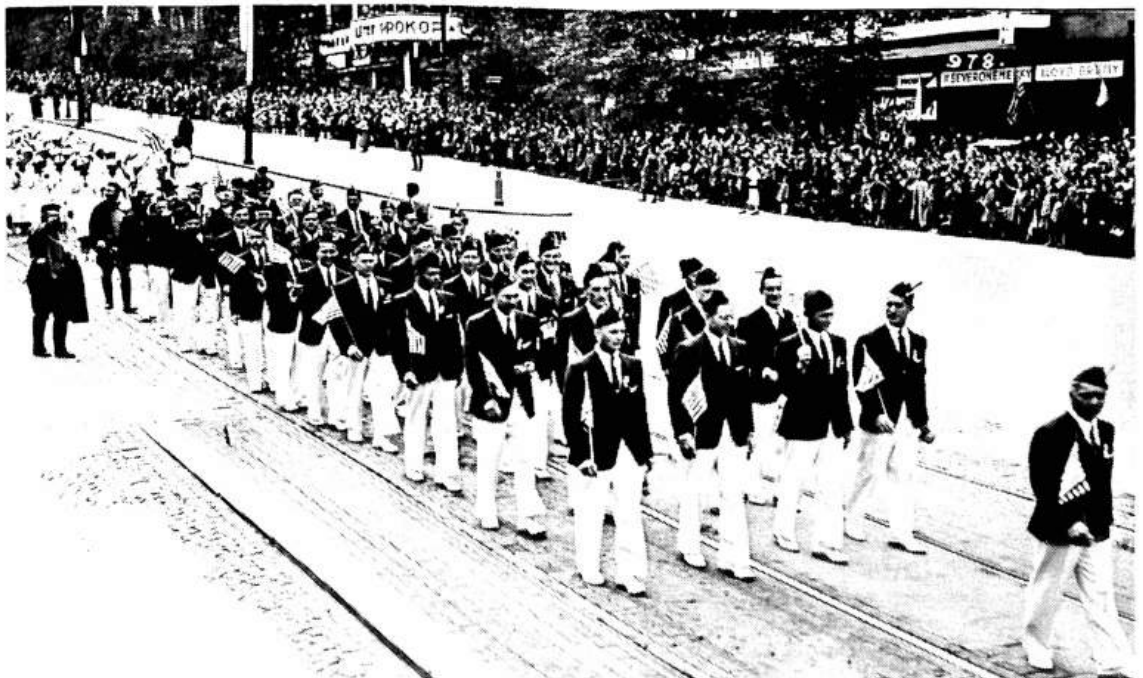
# AMERICAN SOKOL



Publication of the American Sokol  
Educational & Physical Culture Organization



1938 Prague Slet



# AMERICAN SOKOL

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Jackie Kourim, Secretary

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

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AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
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Sokol \_\_\_\_\_

Name \_\_\_\_\_

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

\_\_\_\_\_ Zip \_\_\_\_\_

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

\_\_\_\_\_ Zip \_\_\_\_\_

## *Calendar of Events*

- APRIL 23 — Central District Blood Drive to Benefit Hines Veterans Hospital at Sokol Brookfield
- APRIL 23 — Central District Gymnastic Progressions Clinic for Instructors
- APRIL 25-MAY 2 — Sokol So. Omaha, Mini-Slet
- MAY 1 — Sokol Greater Cleveland Czech Play performed by Včelky
- MAY 15 — Sokol St. Louis Exhibition
- MAY 21 — Sokol San Francisco May Dance
- MAY 21 — Sokol Berwyn Raffle & Roast
- MAY 21 — Central District Boys/Girls Gymnastic Competitions at Sokol Naperville Central High
- MAY 28 — Sokol Detroit Camp Opening
- JUNE 5 — Sokol Greater Cleveland — Summer Gymnastic Exhibition at Odd Fellows Camp
- JUNE 5 — Sokol Slavsky Annual Picnic
- JUNE 10 — Central District JR/SR Men/Women Gymnastic Competitions
- JUNE 11 — Central District EVENING SLET 7 p.m. Riverside-Brookfield Stadium
- JUNE 12 — Central District Family Picnic and Gymnastic Awards
- JUNE 12 — Sokol Detroit Summer Gymnastic Exhibition
- JUNE 10-12 — Southern District Slet at Dallas
- JUNE 17-19 — Western District Slet & SOKOL SOUTH OMAHA's 100th Anniversary
- JUNE 24-26 — VII SOKOL CANADA SLET, Montreal
- JULY 10 — Sokol Town of Lake 100th Anniversary Chateau Bu-Sche, Alsip, Ill.
- JULY 10 — Sokol S. Omaha, Czech Festival
- JULY 10-23 — ASO National Instructors Course at Sokol Harel Havlíček-Borovský, Ennis, Texas
- JULY 24 — Sokol San Francisco Annual Picnic
- MAY 5, 1990 — Sokol Slavsky 100th Anniversary

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

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# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIX

April — 1988 — Duben

Číslo - No. 4

## 50 YEARS AGO

The American Sokols were ready for the trip to Prague XI Slet to participate in THE event which took place every six years. The Slet began with Winter Games in the Tatra Mountains. In May and June Districts in every part of Czechoslovakia conducted their competitions and exhibitions where gymnasts had to compete for a place in the Calisthenics in Prague. We were scheduled for July 4th commemorating the American Holiday. In order to place on the American team our members started training early and were judged by the committee in Prague with the author sitting in review, tears streaming down her cheeks, saying, "Vy to cvičíte jako baletky — velmi krásně". (The Praha Sletová Prostrná is a composition of movement; for once you had mastered them you were reciting a poem, a beautiful flowing recitation bringing to your body Dr. Tyrš' "A sound mind in a sound body".)

We performed the Calisthenics in the Strahov Stadium which is the largest in the world (five football fields combined), seating 250,000 spectators that year plus several tens of thousands standing room sold. We were 14,400 women on the field, it was a long walk to reach our places but the 120 piece army band gave us the "wings" except for the sad fact that it rained at morning rehearsal and kept raining all day. Admission was charged to the morning rehearsal. The music was carried underground to grates a yard in diameter set all over the field.

The American Sokol headquarters and Slovak USA planned three years in advance reserving accommodations on ships and trains to transport an estimated 2500 tourists and gymnasts in May and June sailings. The Board of Instructors, the Executive Board, and prominent Sokol leaders received invitations from Sokols in Czechoslovakia to visit and perform. We did as many as time would permit. All this with an awesome cloud overhead — Hitler's Nazis and Storm troops were becoming more and more active, headlines and radio brought fear to us all that our people were in danger of war looming on the horizon. The first blow came in May when the Czech government called out all Army regulars and reservists in a general mobilization. The country was stunned. There were great shortages of men in every phase of life, every family unit, and the men's calisthenics showed it most of

all. Some men were returned home a few days before the main event and those that could attend the slet were very happy indeed.

Our train crossing Germany in two sections found shops and food booths closed to us and so we defiantly waved our American flags from every window. What a welcome we received in Cheb. Baskets of kolache, flowers, Sokol bands and banners — everything in the cities stopped for "The Americans are coming!" Sadly, we found people emigrating to other countries, leaving property and friends, sensing the attacks in Germany heading in the direction of the Sudetenland. These centuries old borders were demanded by Hitler and with meetings going on between leaders of France, England, and Russia, Hitler got what he wanted. In five zones the Nazis took hundreds of miles and all who remained were then attached to the Reich. The Sokol buildings were grabbed and what Sokol property was there was hidden as members who got out in time ran into the smaller Republic. Chaos reigned.

My husband J. Vena Welcl and I planned to stay in Europe for a year and were in Praha during all these events. We were volunteers in the Praha Wilson Station meeting trains from the borders carrying children picked up in school with teachers escaping marauding bands of boys from German families starting fights.

We came back to the United States in December listening to the appeals of the U.S. Embassy that there would be no protection for Americans who insist on staying. On March 15 Hitler occupied Czechoslovakia and the Sokol leaders were among the first to be carted away to the concentration camps.

We look back to those months and sadly restate our opinion that World War II started for our people in 1937-38 and that, especially the Sokols, life has not been good to them. *Emilie Welcl-Ruzicka*  
*Sokol Miami*

*(Emilie asked me to edit her writings, but it wasn't necessary, her recollections deeply moved me. As I typed this, I thought about all our Sokol leaders, parents, family, and neighbors. I imagined that it could have been us, now, experiencing this nightmare. I wonder how many of us will remember 1988 in 2038 as vividly.)*

## Executive Board Minutes

FEBRUARY 23, 1988

A moment of silence was observed in memory of our Bro. Jerry Hardy, Sokol New York member and our representative to AAU.

Members present: Sis. Pinc, Zitny, Ptacek, Pistorius, Kourim; Bro. Masek, Rabas, Lebloch, R. Barcal, Zitny, Ptacek, Borvansky, Satek, and Kala.

Members excused: Bro. G. Basta, Stankovsky, Milan, Jelinek; Sis. Ruzicka and Filipello.

District minutes received and reviewed: Western, Nov. 22 and Jan. 17. ASO Slet, Nov. 22 and Jan 17. ASO minutes approved after one correction. P. 1, under reports II V.P. should read "6 p.m. was too soon for starting time..."

**CORRESPONDENCE:** From Sis. Dalton re: 1989 Slet guest organization invitations. National Directors will be responsible. Pacific District Pres. Br. J. Liska re: events in their district plus annual meeting minutes. From Br. G. Masek, Pres. Western District, letter of intent to merge from Sokol Omaha and Sokolice Omaha, approved. Full page ad approved for Sokol South Omaha's 100th anniversary. Also approved sending National Directors as representatives to Southern District Slet June 10-12. Payment of membership AAU representative approved. Tabor Community Club of Tabor, South Dakota cookbook can be purchased for \$3.00.

**SLET 1989:** Booth (table) info: Units can set up table three times during slet days, opening ceremonies, junior social, and exhibition. Vic Gutman, public relations rep., is interviewing members. Prices for rooms at Howard Johnson's \$50.00 double. Tentative plans for Cathy Johnson to speak at Junior Social. Need speaker for Slet Banquet.

**DIRECTORS COMBINED REPORT:** Br. Ptacek and Sis. Pistorius: Moment of silence was observed for Br. Jerry Hardy who was a member of Sokol New York and the AAU for over 60 years. The "Gymnast" will feature an article.

USGF membership approved for both directors and safety certification tests, if desired. Also, subscription to Sportscope, a quarterly publication from Rutgers Youth Sports Research Council. Sis. Laznovsky and Br. Rome Milan to host the 1988 ASO Instructors course July 10-23 at Sokol Karel Havlíček-Borovský, Ennis, Texas. Br. Steve Banjak advised that he has 200 of the more than 300 drawings completed for the apparatus section of the new Sokol manual. Manual should be completed in one to two years. Br. F. Michalek submitted his resignation as chairman of the boys gymnastics skills program. Indian Club number to be performed at Montreal Slet, leotard to be made locally in Central District. Senior calisthenics for 1989 needs to be proof read and video may need some additions.

**MEMBERSHIP CHAIRMAN** — Br. Kala: Twelves units do not have last quarterly reports in. Sokol Houston is building its membership very well after its revitalization program.

**EDUCATION CHAIRMAN** — Br. Lebloch: Received slide presentation of history of Sokol copied from original from Rome Milan. He also taped original movies from the 1938 and 1948 slets, 1938 competitions and protnas. Copies can be purchased from ASO. Br. Vladislav Slavik suggest that the ASO hold some type of celebration in Chicago to commemorate the 70th anniversary of the Czechoslovak Republic. The program should highlight the influence the United States and Sokol had on the formation of the Republic. Our committee suggested that the national celebration be held in Washington D.C. sponsored by the Eastern District. Request permission to purchase book "Czechoslovakian Glass", \$17.50, approved.

**PUBLICITY CZECH** — Br. Rabas: Wrote articles on all Central District Exhibitions.

**PUBLICITY ENGLISH** — Sis. Filipello: Absent. Br. Halik article on Sokols and Falcons printed in Berwyn Life newspaper.

**FINANCIAL SEC.** — Sis. Pinc: Financial reports distributed; ASO general fund and Uniform div. audited through 4th quarter 1987, found in order. Liability insurance premium has doubled since last year, approved for payment.

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

**SECRETARY** — Sis. Kourim: Am only in office Tuesday, Thursday and Saturdays as I am attending college, but am keeping up with secretarial duties.

**II V. President** — Br. Masek: Would like to discuss need for person to help with fund raising for our organization at President's conference.

**I Vice President** — Br. Borvansky: Visited various social functions at the different units of the Central District.

**PRESIDENT** — Br. G. Basta: Home recovering from knee replacement surgery.

Meeting adjourned 9:40 p.m.

Respectfully submitted, *Jackie Kourim, Sec.*

## FUTURE SOKOL LEADERS FUND

FEBRUARY 1988

In memory of Bro. James Leder —  
Sokol Říp

\$50.00

— Donations are tax exempt —

## LIBRARY AND ARCHIVES FUND

FEBRUARY 1988

In memory of Sis. Blanche J. Cihak —  
John C. Kelly & Katherine Danko

\$40.00

— Donations are tax exempt —

## Sokol Karel Havlíček Borovský celebrates 80th anniversary

Sokol Karel Havlíček Borovský, Ennis, Texas, celebrates its 80th anniversary on the occasion of its annual exhibition, Sunday, February 14th. This was a special occasion also since this was the date of 123rd birthday of the founding of Sokol in the United States.

Master of ceremonies for the event was Bro. Larry Laznovsky, unit president and president of the Southern District. The anthems were led by Sis. Ellen Miller.

Over 300 members were recognized for their membership service. The total years of service for regular members who have five years or more service is 4,558. All received certificates. Members of 25 years or more received certificates and pins of increments of 25, 30, 35, 40, and 50 years.

A special award was presented to Bro. James (Jim) Pavelka, a member now residing in California, for 67 years of service to Sokol. His daughter-in-law, Sis. Libbie Pavelka, accepted a certificate from the American Sokol Organization, a certificate from the local unit, and tokens to be forwarded to him.

A plaque was presented to the unit's honorary vice-president, Jerry Laznovsky, for his dedicated service to the unit. He has served in the positions of director of men, educational director, and vice-president. He also received his 50 years pin this date.

Recognized for 50 years and over, in addition to Bro. Jerry Laznovsky, were Sis. Libbie Pavelka, Bro. Frank A. Laznovsky, and Bro. John Novak. For 40 years and over: Sis. Stacie Hejny, Vlasta Laznovsky, Anna Kostak, Vojteska Janicek, Betty Houdek, and Rosie Zazvorka and Bro. Miroslav Brozek, Charlie Jurcik, Sr., George Houdek, Stanley Houdek, Leslie Vrla, and George Hrnecir. For 35 years and over: Sis. Bernice Hamilton, Libbie Vrla, Marie Kostak Vrla, and Anna Busch and Bro. Frank Gurecky, John Jurik, Eric Moucka, Willie Skrivanek, and Elmer Busch. For 30 years and over: Sis. Sylvia Laznovsky, Elizabeth Moucka, Hattie Lekar, Albina Nesuda, and Evelyn Slovak; and Brothers, Charles Jurcik Jr., Pete Morales, and Tom Valek. For 25 years and over: Sis. Millie Vytopil and Bro. Larry Laznovsky, Johnny I. Krajca, Charles A. Kalat, Alfonse Patak, Ernest Skrivanek, Frank Slovak, and Frankie Patak.



Bro. Cyrill (Sid) Pokladnik of Dallas was recognized as a guest. He made a presentation of the supreme lodge SPJST's annual donation of \$1500 to the Southern District to the District President, Bro. Laznovsky.

A gymnastic exhibition followed with rhyth-

mic and floor exercises. The tots performed the chicken dance and demonstrated their skills on the balance beam. Class I girls presented a beam routine with hand apparatus. Parallel bars, tumbling, high balance beam, and uneven bars were worked in the apparatus segment of the program by the boys classes, junior boys and men, junior girls and women, and selected girls class members. The class II girls presented a special number entitled "Hair" composed by Sis. Kim Oates. The concluding number was the unit's award winning special number, "Malt shop melodies" composed by Sis. Suzie Patak and Sis. Lil Laznovsky. The singing of God Bless America, led by Sis. Ellen Miller, concluded the program. Dancing to the music of the Lone Star Czechs followed.

Sokol Karel Havlíček Borovský is the oldest unit in the Southern District. It was founded in 1908 with 24 charter members. These were: Joseph Houdek, Sr., Frank Peter, Sr., Joseph Toupal, Frank Toupal, Al Sedivy, Karel Moucka, Frank Moucka, Frank W. Peter, Frank Vrla, Joseph Zazvorka, L. O. Hosek, Alois Jurcik, Karel Sosolik, Tom Jares, Karel Jares, John Jares, Alois Dolezalek, Robert Cech, Julius Chudej, Frank Trojacek, Frank Novak, Frank Janicek, Anton Brozek, Robert Skrivanek. The first officers were: president, Alois Jurcik; Secretary, Karel Moucka; náčelník, Karel Sosolik; director of plays, Joseph Zazvorka.

*Sylvia Laznovsky*

## ● District News, Views, and Places of Interest

SOKOL HOUSTON has instituted an innovative program to generate parent involvement in their hall maintenance. Parents of gymnasts can help defray the cost of their child's gymnastic costs, i.e. gym class, slet travel expense, through a voucher system. Vouchers are issued to those persons who help out in the kitchen during bingo on Wednesdays and Sundays. Each voucher is worth three points per worker on Wednesdays and five points on Sunday. According to Houston's Directors "Everyone's help is needed for the Sokol system to progress... this is your organization".

SOKOL TOWN OF LAKE'S President George Vytlačil shared these words of encouragement at the Central District's annual meeting in November, "Sokols need to promote participation by younger members. This is common with all organizations and is a difficult problem to solve. There are always objections to discipline in our junior classes, but without discipline our ranks will diminish. The younger children accept discipline more readily and it can be carried over to the junior classes. Discipline and pride accompany each other and together build successful Sokol classes."

*Continued on page 42*

SOKOLICE TABOR'S 62 year member, Sis. Blanche Kos, received the Blue Cross-Blue Shield award at the "Salute to Older Illinoisans" banquet in the Hyatt Regency Hotel in Chicago last November. Sis. Kos was one of 50 people between the ages of 70 and 101 chosen from a field of 700 throughout the state. An author, lecturer and formerly a teacher and gymnast, she continues to work as an educator and director in the local, district and national levels of Sokol. Her early life was spent in northern Minnesota where she was taken at 8 months of age to live on a homestead with her parents. As the oldest of six children, she developed great pride in the accomplishments of her father and mother as portrayed in her writing, which includes a biography of her father, educational material for the Sokol newsletter, her family genealogy, an autobiography, stories about the early times in Minnesota, and contributions to books on Czech lore. Her husband, Br. Joseph Kos, was a champion Sokol gymnast as was their son, Ronald and daughter, Blanche, who represented the Sokols in the 1956 Olympic competition. (Reprinted, in part, from the Berwyn Life, Feb. 19 issue.)



District Presidents Awardees Sis. Marie Ptacek and Bro. Edwin Halik were deeply moved by the Central Districts presentation at their annual meeting last November. The plaques read, "Presidents Recognition for exceptional service within the A.S.O. Central District and Home Unit Sokol Slavsky".

SOKOL DETROIT and SOKOL DETROIT LADIES AUXILIARY are proud to announce their sponsorship of the ELEVENTH Annual Czechoslovak-American Festival July 8, 9, and 10th at the Benjamin F. Yack Arena, 3131 Third at Eureka, in Wyandotte, Michigan. "The theme of both the Festival and Souvenir Book will be 'A Visit Through the Villages of Czechoslovakia'. Articles will feature various villages, towns, and cities of our homeland. We invite you to donate space for an article on your family's native village. We will be happy to compose the article from information you provide

or that we can locate, or on a custom that originated in your home town." Please contact Czechoslovak-American Festival c/o CaraLynn Pender, 26835 Glendale, Redford, MI 48239 for ad rates. Deadline for material — May 15!

SOKOL BALTIMORE reported an interesting "Tour Down Memory Lane" in Baltimore's Czechoslovakian Village. Small groups of immigrants arrived in Baltimore in 1859 with the largest immigration taking place in the 1870's. The tour consist of the East side, which is the Village including St. Wenceslaus Church and School, Mt. Tabor Methodist Church and Moravian Presbyterian Church. Sokol Baltimore is 105 years old and continues to have gym classes, social get togethers, and gymnastic exhibitions.

ČESKÝ DEN — Hillsboro, Wisconsin, the Czech capital of Wisconsin, will be the scene of the Sixth Annual Český Den (Czech Day), on Saturday, June 11, at Hillsboro's Firemen's Park. Festivities will begin at 10 a.m. and continue until the polka dancing is concluded around midnight.

Committees began right after Christmas to plan how best to please visitors with Czech food, Czech music, Czech arts and crafts, and Czech hospitality. An enlarged arts and crafts show is expected to draw many exhibitors this year, as well as onlookers who enjoy viewing skilled hand work. Many items will be for sale.



Designated the Czech capital of Wisconsin, this town, of 1200 in 1988, will gather its resources of willing workers to give visitors a day to be remembered.

Descendants of the Czechs who came to the rolling hills in the mid-1800's, as well as local business men, will dress up the town's main thoroughfare with rustic buckets of flowering plants, and Czech signs with colorful peasant designs.

Admission to Český Den is a specially designed pin by folk artist Charles Bilek. These can be purchased for \$1.50 at the gate. In time these pins may become collectors' items.

Again this year, Hillsboro's fine Irish priest, Father James Ennis, will conduct a Polka Mass at St. Aloysius Church. Out-of-towners can easily recognize the church by its onion-shaped Slavic steeple.

Hillsboro is about an hour's drive from the Wisconsin Dells on Route 33. It is located among the

*Continued to page 43*

# GYMNAST

APRIL 1988

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

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## VIII. SOKOL CANADA SLET

We have received a number of enquiries regarding the program of the VIII. SOKOL CANADA SLET. In Particular many of you wanted to have additional information about the times of various sporting and other events. The following will help you with setting up your schedule:

### June 23, 1988 — Thursday

Evening — Meeting of judges and officials (place to be advised later)

### June 24, 1988 — Friday

8 a.m.—5 p.m. — Apparatus competition — Women Great Gymnasium, Universite de Montreal

8 a.m.—3 p.m. — Volleyball Tournament — Men — McGill University Gymnasium

7 p.m.— 9:30 p.m. — Official SLET opening, followed by artistic and musical program:  
Pollak Hall, McGill University

6:30—9:30 p.m. — City tour for Sokol youth — (Olympic Complex, Old Montreal, Mount Royal)

### June 25, 1988 — Saturday

8 a.m.—5 p.m. — Apparatus Competitions — Men — Great Gym — Universite de Montreal

8 a.m.—2 p.m. — Volleyball Tournament — Women — McGill University Gym

7:30 p.m.—midnight — Slet Social — Get-acquainted Dance to live brass band music:  
McGill University Student Center

7:30 p.m.—midnight — Awards night for young gymnasts (Dance) — McGill University Student Center

### June 26, 1988 — Sunday

8 a.m.—noon — Rehearsals for the main SLET displays — all gymnasts, all groups and lodges:  
Universite de Montreal open stadium

1:30 p.m. — Assembly of gymnasts and other participants

1:45 p.m. — Grand March of Sokols

2:00 p.m. — Opening Address and Welcome

2:15—5 p.m. — Public SLET Program Presentation: mass calisthenics, exhibition on apparatus, rhythmic and dance numbers, relay race, grand finale — Outdoor stadium, Sports Complex of Universite de Montreal.

## Learn the Basics First

E. J. HALIK

I have been told that I'm always talking about getting back to "Basics" but that I have never really defined or explained what I mean nor have I given any good examples of what I mean. I think I have done so, but, in a limited manner and probably not too effectively. — For Example: Many instructors see a forward roll as basic. It is not and has many elements which should be taught and stressed as individual stunts. The effectiveness of any method of teaching any stunt is dependent on taking its individual parts and working on them to the extent of being tiresome and even monotonous, especially for Tots, First Class and all older beginners, no matter what age class they are in. Start them off with good gymnastic habits instead of bad gymnastic habits.

Many of you may think that this type of progression is too simple, not too interesting, needlessly repetitive and not needed. NOT SO! If you just take the time to work on proper execution, proper form and proper timing at the very beginning, they will be able to move out of the basic phase sooner. As for not being interesting, that is entirely up to you. YOU must have a good attitude. You should seek improvement, yes, even perfection. They will not have time to complain about being repetitive if you keep them busy, busy, busy. Give them variety by adding some other basic elements and all things being equal, you and the participants will have benefited from the experience. Teaching anything should not be a one-shot-deal, it should be a continuing experience. Soon you should be able to lead the more agile and capable to more advanced stunts and combinations, returning to basics only as needed as a reminder or refresher session. The other participants can be brought along at a much slower pace geared to their own capabilities.

This is your challenge — Be wise! Be smart! Be ready! Be calm! Be able to deal with any problem or any situation! Be imaginative! Be ingenious! Be resourceful! Be repetitive! Remember, there are a lot of people out there who have not had these experiences and you who have used this method have not used it enough. We all have a tendency to feel that we are wasting time on simple basics and want to get into the "real heavy stuff".

The following activities fall into a category called "Cross Pad" work meaning that the participants are placed along side of the mat and working across the mat instead of working end to end, down the length of the mat. You can have more people active at the same time by spacing the smaller children at every other stripe on the mats. Larger children, juniors and adults will need more space so naturally there will be fewer people on the mats. Participants should stand, (1) smaller children on the mat and (2) larger ones off the mat for full utilization of the width of the mat. If you have plenty of mats, the participants can be lined up on one side of the mat

and all work together (on signals only). If you do not have enough mats, you can divide the group into squads and work them alternately or you can put groups or squads on each side of the mats and work each side alternately so that there will be some rest time for each group and better supervision. It is much better to place the mats into two (or more) parallel rows rather than one long row as this brings them all closer to you. You work from the center. Do not have more than two groups at each mat. With two groups, you have only one group waiting and less liable to cause problems. If you have them working all at the same time, you will have to prepare more teaching materials, have more variety and some rest periods for them and for yourself. During the rest period, review and analyse the work out period, correcting faults and stressing proper procedures.

Remember! You must be in charge! You must be in control! Do not permit them to try things without your permission! Uncontrolled activities can cause many problems and serious injury.

I have chosen to use the following exercises in this series because they are applicable to both the forward and backward rolls and emphasize timing, form, proper tucking, getting enough momentum to rise from sitting to support squatting in front and eventually to roll over backward to support squatting, hands in front. Keep their feet and knees apart, support is in front of the feet only and arms are between the knees. All exercises must be repeated over and over many times. We are forming basic habits and corrections must be made.

Series 1: Back to mat. Support squatting (as described above).

Exercise 1: Raise seat, stretching legs, lower head, tip body weight forward — lower seat to mat, bending knees, raising head, sit on mat — return to support squatting (repeat several times).

Exercise 2: Same as in Exercise 1 but when seat is on mat, raise feet and hands off of mat — return to support squatting without help from hands by pushing or pulling. Help them get momentum through thrusting feet, hands and head forward (repeat several times).

Exercise 3: Same as Exercise 2 but now as seat lowers to mat, continue rocking backward to shoulders — head must be tucked forward into chest to prevent bumping, knees are in tuck position — then thrust forward with hands, feet and head returning to support squatting, hands in front (repeat several times).

Exercise 4: Same as Exercise 3 but now allow them to continue rocking back and forth from support squatting (hands in front) to a position high off shoulders and neck (do not encourage going over to squat support yet). Talk them through all exercises (repeat several times).

Exercise 5: return to Exercise 3 with one rocking action at a time but now when shoulders are down have them place hands, palms down, (flat on the

mat) close to the ears, fingers toward the shoulders and slightly outward, elbows pointing toward the ceiling. Stop them in this position to correct hand and arm positions. Note — You might take the time here to have them lie on their backs on the mat while practicing the hand and arm placement, then you could have them draw up their legs and knees into a tight tuck position after the hands are in place and the body weight high on the shoulders. Hands must move quickly from the support squatting position as the body rocks backward to the proper pushing placement near the ears and shoulders. Do not let them roll over. It's not easy, be patient, get good positions and good re-actions (repeat several times).

Exercise 6. Same as Exercise 4. Try continuous rocking again back and forth — hands must move quickly from support squatting to the proper pushing placement (body high on shoulders — again do not let them roll over backwards until they have good quick hand and arm placement since they must then be able to push and lift the body over the shoulders and head to a support squatting position (hands in front) which they will be trying in the next exercise (repeat several times).

Exercise 7. Are they ready for it? Rock backwards to the push-lift position, remember hands must get to the push position quickly, elbows must be up (towards ceiling) to get the push-lift action to roll over backwards to support squatting (hands in front) not kneeling. Many will not have the momentum nor the arm strength to go over backward properly. Some will have trouble with elbows dropping down to the mat and losing the pushing effect. Be careful, those who have trouble can be lifted through the roll-over by lifting their hips, do not force or push them over, you could have serious neck injuries. It is better to have them go over one at a time while you and your assistants move along the lines lifting where needed. Remember, the knees must not touch down on the mats. To repeat the exercise, the performers having crossed the mat remain there and just turn backs to mat, drop to support squatting and roll over backward to starting position (repeat several times).

## OLYMPIC TICKETS

The following source is handling tickets for the Olympic Games for the United States:

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## SOKOL SALUTES

### Sister Maryann Semetko Fiordelis

#### Director of Women — Northeastern District

Born of Czech and Hungarian parents Maryann started in Sokol classes as a little girl and has been attending classes ever since then. She became the women's class leader at Sokol Detroit in 1973 and joined the Board of Instructors. The following year in 1974 she held the position of assistant women's director for the unit. In 1976 she became the women's director and held that position until 1985. During this period of time she became actively involved in the District Board of Instructors as a women's class leader and eventually as the Women's Assistant District Director. In 1981 Maryann became the Women's Director of the Northeastern District, a position that she has held up to the present.

Maryann a frequent competitor today has strived both in the past and the present to set an example to others by doing her best. She has been encouraged throughout her Sokol life to do the best she could and has tried to instill this philosophy to the members of her district, the members of her classes, and to her own children.

Maryann is a strong believer that Sokol is a family activity. Her two children and husband Carl are also involved in Sokol. She states that she is a good example of what Sokol is all about. THOUGH never being a Sokol Champion, she has developed and demonstrated many traits that have enabled her to carry out her function as district director. In perpetuating these traits Maryann strongly believes she has certainly accomplished what Dr. Miroslav Tyrš expects of all of us. A Sokol Nazdar to another outstanding Sokol leader.

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## GUEST OPINION

# Let's Learn Giants the Other Way...

by Dave Coffman & Jeff Honeyager  
Rebounders Gymnastics Center—Timonium, MD

**T**HIS article visits the technique used during a front giant on the uneven parallel bars. This fairly unique skill can lead to others, and will surely increase amplitude on Jaegers, vaults and front flyaway dismounts.

Take a moment to study the accompanying illustration. Following is a description of the proper body positions and movements using the 12 figures, which are moving counterclockwise.

1. The gymnast begins in a handstand, head neutral, hands in an undergrip. Note that the head remains neutral throughout the skill.

2. The gymnast begins the downswing with no change in body position.

3. At 45 degrees the back is slightly arched, setting up the "tap."

4. Maximum arch at the hips and through the lower back occurs at and through this point in the circle. The amount of arch depends on the ability of the gymnast to recover from the arched tap (the next position). It also correlates to the height of the gymnast.

5. The gymnast straddles and pikes at the hips vigorously. The coach should lower the gymnast through positions 1-4 at first, to acquaint the gymnast with the location of the low bar. Too much pike will make the giant more difficult; not enough will cause the gymnast's heels to hit the low bar.

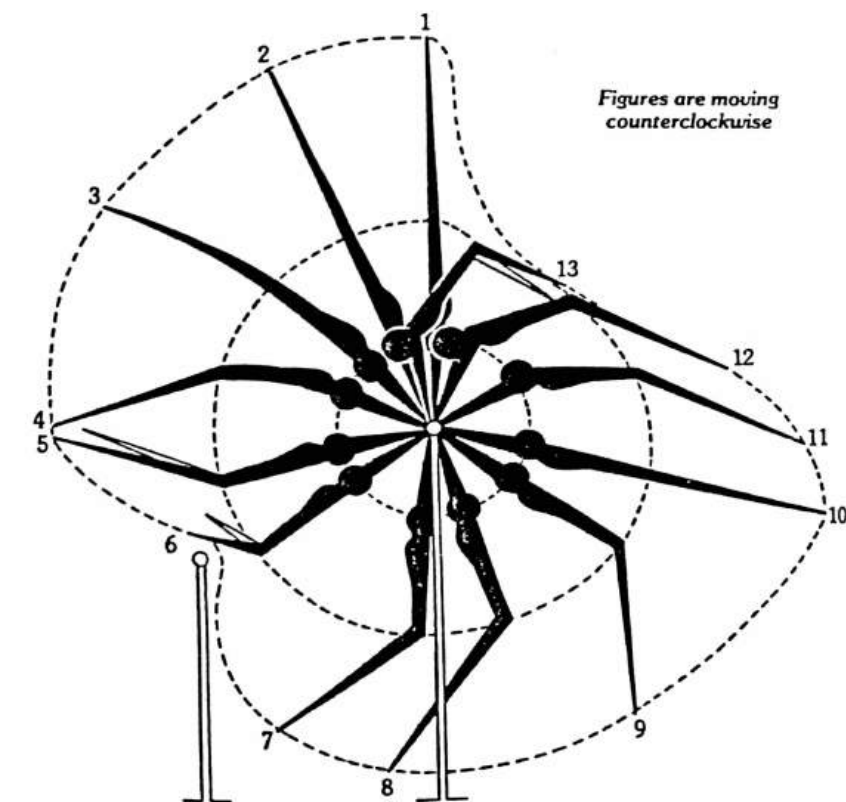
6. Miss that bar! The legs straddle about 45 degrees while the hips pike about 45 degrees. Of course, the amount will vary per gymnast. The goal of the downswing is to keep the gymnast's center of gravity as far as possible from the high bar, yet miss the low bar, and also set up the tap.

7. Shoulders are full stretched. The amount of pike is lessened but maintained as the legs snap together.

8-9. Again, the shoulders are stretched. Legs are together and a slight pike is maintained through the bottom of the swing.

10. The heels "release" after the 225-degree point. The opening of the pike will also flex the bar toward the gymnast. (All of the previous movements and positions of the swing can be used for other front-swinging skills as mentioned earlier.)

11. After position 9, the gymnast should begin to pull her shoulders over the bar as the bar recoils. The shoulder angle decreases rapidly, the hips pike, and the legs straddle. These last three changes in body position bring the center of gravity closer to the high bar.



Figures are moving  
counterclockwise

## UB: Front Giant Swing

12. Shoulders are still being pulled over the bar. The hip angle is maintained, or increased, and the legs are straddling. The gymnast must not open up to a stretched handstand until she knows she will make it over the top.

13. Shoulders are past the plane of the high bar. The legs and hips maintain their piked straddle, which will vary among gymnasts and according to the efficiency of the tap.

1. The gymnast returns to the fully stretched position by opening the shoulder and hip angles.

NOTE: A short gymnast will be able to drive her heels farther during step #9 and complete the giant without piking or straddling on the upswing (as demonstrated by Fan Di of China).

IG



ties. Nations that were once famous for their influence and power, groups that apparently at one time had their place, were "fit" for the current time, but failed to adapt themselves in the constant process of evolution.

We, who recognize without the least flinching that man is but part of the natural world, understand why the law of evolution, of the survival of the fittest, applies to humankind. When a movement or a "cause" falls out of step with its environment, when it falls "behind the times", when it fails to honor the law of ceaseless change and progress, we find it "aging". The slightest disturbance from within or without will see the shell of the former imposing "movement" alone remain: another skeleton for our collection of "has-beens".

These facts should remind us that not the past, be it ever so glorious, but rather a healthy, hardy, progressive and active present, will assure a nation a prosperous future. A country cannot remain in a set position for any great length of time. Either it flourishes and advances, or stagnates and declines. Either we go ahead, or we fall behind. Frequently the germs of dissolution from within are active for a long time, before their disastrous work becomes apparent from without. Then comes the day of reckoning when that which is incapable of keeping pace with progress is swept aside — condemned by nature's law because it was found wanting. We shall better appreciate this law of nature when we remind ourselves of the fact that nature is not interested in the individual — the "whole" is her concern.

Our principal interest in the law of the survival of the fittest obviously lies in the direction of its application to humanity. The discarding of the outworn may be gradual, or drastic. Every nation that perished, has succumbed because of weakness **within**. The fate of nations is not determined on battlefields. No, the verdict has long been in the process of formation, bit by bit. One would find it difficult to point out a nation that perished in its youth. It fell only after it had lost respect among other peoples, when it was negligent of its own interests, and lost its idealism. Nature, which may have withheld its strict judgement for a long time, finally acts — heartlessly perhaps, but justly and surely in the interest of the whole. Removed are those who were incapable of further progress, and who stood in the way of others. Removed is that which was either worthless or definitely a handicap.

I feel that this law is the great truth, the most important lesson that history teaches us. Great work of ages may be demolished in season, and centuries of combating pressure do not assure the future, especially in an era when greater changes take place in a week than formerly occurred in a year.

What does this reflection bring home to us? Two facts — one stern, the other bringing hope.

The first fact is that the smaller the nation is in numbers, the more intensive must be its efforts in order that, in spite of its disadvantage in popula-

tion, it will command an influential and respected position among the nations of the world (Editor's Note: This article was written in 1871 and was destined primarily for Czech readers). The government of such a nation especially must take care to assure its citizens the maximum advantages of progress and efficiency. Here, stagnation and retrogression rapidly make themselves known, whereas in a larger nation they may remain hidden for a greater length of time before their effects become evident. These facts should teach us to be active and alert; to be always on guard against too great a satisfaction with conditions as they are.

The second fact to bear in mind is this: No external power, no brute material force alone, can forever destroy a nation. A nation propagating the ideals of truth, goodness and progress, dedicated to the well-being of all its citizens, suggests the indestructible ray of sunshine in its ability to withstand every onslaught.

### LIVE AS FREE MEN PROUD OF NATIONAL HERITAGE...

If the foregoing is applicable to the largest social group, the nation, let us see whether it does not apply to the Sokol movement, which is certainly a factor of importance in the national life.

Other organizations and societies, besides ours, have a twofold purpose: First, by virtue of their meritorious work, to enrich the nation as a whole; second, to serve their members in particular and to advance their purposes and goals.

In the first field, we are making our contribution by endeavoring to develop a nation young and progressive in spirit, a nation looking ahead; a nation that shall not die; a nation whose citizens are wide-awake intellectually, healthy physically, and upright morally; a nation that shall always be on guard against enemies from within and from without; a nation that shall expose and denounce reaction, the greatest of social evils.

If our members fail to do their utmost to mold the Sokol movement into a progressive society, unflinching in its determination to weed out and counteract any backward tendency and effort, then we shall cease to be true to our ideals, and shall degenerate into a crude imitation of what we set out to be. Surely we shall not then command that foremost position in the field we chose for our sphere of activity.

I am sure that there is no doubt that my countrymen want to live as free men, proud of their national heritage, bowing their heads to no overlords, living their lives to the fullest, without fear. Certainly every man and woman enrolling in Sokol ranks shares this sentiment.

In every case, let us dare face facts, and conditions as they are, and act accordingly. This rational, sane approach alone can save us. It does not behoove us to underestimate our virtues and accomplishments, but it is dangerous to flatter ourselves, to endeavor to paint false pictures and belie

the truth. It is treason indeed to be satisfied with mediocre accomplishments when our progress and the progress of our nation is dependent upon the ultimate in effort and deed! The more difficult our task is in comparison with the problems faced by others, the sweeter the fruits of success, and the more effective will they be. Let every gain, every step forward, be an impetus for further advances.

In the "competition" among the various societies and movements making up the social life of the nation, the Sokols have their place. In this friendly contest to see who can benefit the nation most, the successes of our "friendly rivals" will be cheered by us; they will be an encouragement not only to themselves, but to us.

I realize what a long road we have to travel before we reach our goal. I am fully aware of the difficulties to be encountered, the temporary failures to be surpassed, the detours we may encounter on our road. Nevertheless, in spite of the doubts of some, we harbor an impregnable confidence that our movement, dedicated in its inception to the good of all our citizens, with the help of our ranks and file, will attain in its particular field a plane reached by other societies and other countries.

In our quest for finer results, let us remember that the unsensational, routine, daily tasks, the constant, ceaseless trying to improve, and the consistent, regular work are the deciding factors in the long run — and not the spontaneous shouting so often heard, startling for the moment, but lacking in substance. Aye, in our daily tasks, whether in our gymnasiums or schools, Sokol and non-Sokol alike, let us strive for the best; to be progressive; to welcome enlightenment; and to seek new knowledge.

In this way, we shall assure the continued existence of our movement and our nation. In this way, we shall do more for our nation than might be attempted in any other way. We must seek to preserve, to guard the kernel of the nation, to make it sound and fine!

One of the signs of a disintegrating society is its wallowing in the shallow, the superficial. Another is a definite selfishness on the part of the individual where the "I" assumes a place far beyond its true significance. The commonwealth is ignored. Hypocrisy, falsehood, and corruption flourish.

In a healthy state, however, the individual is ready to subordinate his personal interests to the good of the whole. Here, greed and treason find no place. In time of crisis the entire nation stands as one indomitable whole, holding firm against all attacks. He who would protect his nation in time of war, must guard it against all evil in time of peace. He shall cast revealing light into the darkness and expose the dangers that lurk there.

Forward and upward! In our constant quest for improvement, and in facing life's challenges, let us hold our heads high, and let our eyes sparkle with determination: upward and onward to the heights even as the falcon soars towards the sun itself!

## ASO FINANCIAL REPORT

FEBRUARY 1988

### RECEIPTS:

Dues	\$ 5,496.75
T. G. Masaryk Dues	10.00
Convention Fund	4,292.00
Special Assessment	1,929.00
Dividends & Interest	292.99
Jewelry	666.25
Postage	3.92
U.P.S.	8.08
Christmas Seals	217.50
Skills Patches	4.00
Novice Bars	2.00
Computer Labels	30.60
Song Books	50.00
Post cards	12.50
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	\$13,015.59
A.S.O. Uniform Division - Rent, Salaries, etc.	742.51
	<hr/>
Total Receipts	\$13,758.10

### DISBURSEMENTS:

#### ADMINISTRATIVE

Salaries - Office Employees	\$ 819.16
Salaries - Membership	56.25
F.I.C.A. & F.W.T. for Jan., 1988	222.92
Rent, Janitor Services, Phone & Electric	979.58
Office Supplies	17.05
Postage	34.59
Advertising (Life Prtg.)	30.00
Travel Expense	238.99
Donations - Seals - Czech Catholics	10.00
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	\$ 2,408.54

#### BOARD OF INSTRUCTORS

Salaries	\$ 472.94
F.I.C.A. for Jan., 1988	87.36
Editor "Sokol Gymnast" - Feb., 1988	30.00
Add'l. copies "Sokol Gymnast"	58.00
Postage	18.59
Membership Fees	250.00
Subscription to "Sport Scope"	5.00
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	\$ 921.89

#### EDUCATIONAL DEPARTMENT

Salaries	\$ 206.86
F.I.C.A. for Jan., 1988	36.94
Office Supplies	21.49
Postage	.79
Slides & Video Tapes	32.50
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	\$ 298.58

#### SOKOL PUBLICATION

Printing "American Sokol" - Feb., 1988	\$1,012.79
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### *Sokol Maxims and Mottoes*

Forward, forward, backward not a step.

With a lion's might and a falcon's flight.

Nor gain, nor glory.

Either attain of fall, either naught or all.

One for all and all for one.

Truth conquers.

A sound mind in a sound body.

*Karel M. Prchal*  
Educational Director 1949

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## History of the "Beer Barrel Polka"

The author is a Czech composer and band leader, Jaromír Vejvoda, who lived in Zbraslav, a small town near Prague, the capital of Czechoslovakia. The lyrics to this tune have many variations and this tune is sung in most languages of the world. The Czech lyrics are "Škoda Lásky" which translated into English, means "A Tragic Love". In 1938, when the tragic Munich treaty to Czechoslovakia, and later in 1939, when Hitler occupied by the Munich arbitration, crippled Czechoslovakia and made the Protectorate of Böhmen und Mähren (Bohemia and Moravia), thousands of Czechoslovak airmen and soldiers escaped. Many left by airplanes to France or England, and immediately enlisted in the armed forces to fight against Hitler. They brought the song to England and later translated it (freely) into the "Beer Barrel Polka".

Ironically enough, it was sung by the Allied Forces and by the enemy too — in German version the name of the same tune is "Rosemunde" (a name of a girl). Actually the melody, not the words of the lyrics, made the total victory of the whole world, it even was General Dwight D. Eisenhower's favorite song. After the war was over and he visited Prague (October 1945), he called the composer Vejvoda to meet him personally and gave him a special citation, because "Vejvoda's Polka" helped much in winning the war. In 1945 there were many articles in Czech newspapers about the popularity of composer Vejvoda and his songs. It even mentioned a huge sum of money which he might get in royalties from abroad — but like everything else, the communist regime made it National property and the money was confiscated. *WJS e/d*

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