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Jackie Kourim, Secretary

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at ASO Office

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AMERICAN SOKOL
1989 SLET
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To build a healthy and beautiful human body —
To cultivate a harmonious and total person —
To develop firm character, a well rounded disposition and
A love of truth and justice —
To produce strong, lovely and honorable people,
That is the goal of a "Sokol" education.

What is a "Sokol"?
"Sokol is falcon in Czech language,
it is our symbol of swiftness,
courage and strength.



*"Zdravé a krásné lidské tělo — souladné vypěstění celého člověka,
povahy ucelené, neoblomné, pravdymilovné a spravedlivé —
lidé silní, krásní a dobří — to je cíl sokolské výchovy."*

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIX

May — 1988 — Květen

Číslo - No. 5

Executive Board Minutes

MARCH 22, 1988

President George Basta called the meeting to order. Pledge given and a moment of silence for our Br. Fred Stankovsky, board member, who passed away. Members present: Br. R. Barcal, F. Kala, C. Borvansky, R. Ptacek, P. Lebloch, R. Zitny, G. Masek, J. Satek, and Sis. S. Pistorius, M. Ptacek, V. Zitny, M. Pinc, and L. Filippello. Members excused: Br. J. Milan, J. Rabas, E. Jelinek, and Sis. E. Ruzicka and J. Kourim.

District minutes received and reviewed: N.E. Jan. 24th; Central Feb. 24th; Eastern Nov. 23, 1987. A.S.O. minutes approved after corrections.

CORRESPONDENCE: Sis. Maryann Fiordelis, Wm. Dir. N.E. Dist., Br. Ed and Sis. E. Schnabl, Br. Jiri Liska, Pres. Pac. Dist., each sent letters suggesting we have guest organizations included in our District Dir. Conference. This has already been explained to our Board of Instructors, no answers to these letters are necessary. Br. Liska sent condolences for Br. Fred Stankovsky, Ltr. from Sis. Alice Maryska, Sokol Wilbur, concerning withdrawal from the ASO. Bro. Masek and Riha of Western Dist. to meet with Wilbur. Ltrs. concerning Sokol Little Ferry from Sis. Anne Roch Pres. of Women of Little Ferry and Br. F. Capek. Sokol U.S.A. sent invitation for round table discussion after Montreal Slet, Br. G. Basta, R. Ptacek, and Sis. S. Pistorius will represent us. Bohemian National Cemetery sent invitation to participate in Memorial Day parade May 30th. Sokol Town of Lake 100th anniversary, Br. George and Sis. Ann Basta will represent us. Thank you from Sis. Rose Hardy for sympathy card. Sis. Emily Stankovsky sent thank you for remembering Br. Fred.

1989 SLET: Sokol Fun Run changed to 10K and 2.5K. Entry fee \$10; Sokols \$8. \$12 day of run. 1989 Slet patches are \$2.00 and are in ASO office for sale. Dinner menu has been selected. Public relations representative would like the slet to be moved to Sunday afternoon because more businesses would be willing to donate because an art festival is being held and some of these people may also attend the slet.

DIRECTOR OF WOMEN — Sis. Sylvia Pistorius: No meeting held in March because of heavy exhibition schedule in Central District. National Instructors course at Sokol Karel Havlíček-Borovský in Ennis, Tex. Cost per student, \$150.00, \$50.00 deposit due by June 1st. Complimented Sis. Fili-

pello on February publication article on seniors at Sokol Slavsky.

DIRECTOR OF MEN — Br. Richard Ptacek: Attended all unit exhibitions in Central District.

MEMBERSHIP CHAIRMAN — Br. Fred Kala: One unit still owes for 1987, three owe for last quarter. Sokol Wilbur sent letter about correct number of senior members. Sokol drills are being taught in some schools in state of Oregon. Br. Kala will bring in more info on this so we can follow through. Br. Lebloch added that instead of teaching the Beseda to the children, they are teaching the drills. Pacific District should be notified so that they can send more material to the schools. Delinquent units will be on President's conference agenda. Long discussion followed. Special assessment funds should not be given out if any unit in a district is delinquent. Br. Zitney's motion, seconded by Br. Satek. Motion carried. Br. Kala stated it would be nice if we knew what land holdings each unit has.

EDUCATIONAL CHAIRMAN — Br. Paul Lebloch: CSA donated the minutes of Sokol Lorain, Ohio 1903-1925 and 1928-1947. Prepared letter for the Penfield Press answering their questions about Sokol. Educational committee reviewed their article on the Sokols, with additions and corrections made. Bro. Sava Roknic agreed to translate article regarding the Olympic award given to the Sokols of Bohemia and Sis. Provaznikova's article "Mé Sestry", "My Sisters". The Ed. comm. request the article "The Very Fertile Mind of Karel Čapek", from Northlight Theatre, be printed in the publication. (See this issue.) Recommend purchasing "U.S. Legislators with Czechoslovak Roots from Colonial Times to Present with Genealogical Lineage", \$7.00 plus postage \$1.00 approved. Central District is sponsoring a tour to the University of Chicago's Czech and Slovak library and archives.

PUBLICITY — CZECH — Br. Jerry Rabas: absent, no report.

PUBLICITY — ENGLISH — Sis. Lynda Filippello: nothing to report.

FINANCIAL SECRETARY — Sis. Mildred Pinc: February financial reports prepared and distributed to ex. bd. members. All 1987 records of ASO general fund and uniform division have been audited by Selden Fox. Certified letter sent to one very delinquent account. Attended wake for Br. Stankovsky.

TREASURER — Br. Robert Barcal: Reconciled bank statements, all in order. Also attended wake for Br. Stankovsky.

EDITOR — Sis. Lynda Filipello: The change of size of publication was requested in November. Printing and mailing costs make it prohibitive at this time. Discussion on why some eulogies are handled differently than others.

SECRETARY — Sis. Jackie M. Kourim: Absent, Sis. Fran Malina taking her place. Short report on the condition of our Canon copier. May need new one. Also attended wake for Br. Stankovsky.

UNIFORM DIVISION AND COMPUTER — Sis. June Pros: Central District executive board and their units will be notified that no "over the counter" sale of uniforms will be accepted other than Thursday evenings and Saturday mornings. Bulk orders by units will be accepted during regular office hours. Reason: The ASO uniform division is situated in the ASO office and does not have the facilities to handle so many walk-in customers. This system was designed for BULK SALES to each unit and should be adhered to. Permission to order more Sokol ties approved.

II. VICE-PRESIDENT — Bro. Gary Masek: Still looking for volley ball courts for 1989 slet.

I. VICE-PRESIDENT — Bro. Charles Borvansky: Attended wake and services for Br. Stankovsky in Milwaukee.

PRESIDENT — Bro. George C. Basta: Installed officers at the Czech School Board, sad part about this was their I.V.P. Br. Frank Flossman died a week later. Read the agenda for the Presidents conference.

NEW BUSINESS: Special assessment fund discussed at length.

NEW ALTERNATE: for the Executive board to replace Br. Stankovsky — Sis. Vlasta Zitny was elected to the position. Motion made that alternates should be assigned voting privileges at each meeting according to our by-laws.

Meeting adjourned 10:20 p.m.

Frances P. Maline, Sec. Pro-tem

RECIPE FOR A HOME

A shelf of books, a window hung
With curtains snowy white,
A downy pillow for my chair
When I am tired at night.
A table with a linen cloth
And dishes set for tea,
A friend to share the frosted cakes
And laugh and talk with me.

An earthen flower pot that holds
A red geranium
To bring me thoughts of sunny nooks
Where bees in concert hum;
It's only just a rented room,
But I would not forsake it
For palace walls or marble halls,
For home is where we make it.

Minna Irwing

CSA Museum

CZECHOSLOVAK SOCIETY OF AMERICA'S Museum and Library is as close to presenting the villages of the three provinces that make up Czechoslovakia as a visit through time, the past that is. Located in a spacious, and recently enlarged, area of the CSA Building at 2701 S. Harlem, Berwyn, Ill., the museum displays the authentic costumes of each province plus traditional wedding garments modeled by manikins, children dancing around the Maypole, seasonal artwork i.e. Christmas decorations, Easter eggs, etc.

Museum curator and librarian, Lillian Chorvat, also a member of Sokolice Tabor, restated her passion for displaying the Czech treasures for all to enjoy in as natural a setting as possible. Lillian says, "Each village in each province, Bohemia, Slovakia, and Moravia, has its own way of dressing, thinking, feeling, and farming. The folk costumes are a key to a person's place of origin and status in life. Each region exhibits different styles that fit their habitat. The vibrant colors of the handmade cloth correspond with that region's fertile land, whether it be mountainous for sheep herding or flat for farming."

Painted glass, colorful crafts, Bohemian cut glass, and hand-painted vases, Easter eggs, ceramics, blood-red garnets, and crystal are just a few of the many fine crafted items displayed to please the viewer.

All these rare and personally treasured items exhibited for public viewing are the direct result of many, many CSA members who gathered their momentos at the request of then CSA President Frank J. Vodrazka who was the catalyst of the museum idea.

Sokol memorabilia abound in this museum, such as a very clear 8x10 of the Sokol Cechie men's fencing team of 1886 donated by Sis. Evelyn Krenek Fergl, formerly of Sokolice Tabor, now of Sokol Detroit.

A striking portrait of Czechoslovakia's liberator and first President, 1918-1935, Thomas Masaryk, is displayed opposite the first red, white, and blue handmade Czech flag of independence. The painting was smuggled out of Czechoslovakia by the artist's family in 1938 and later sold to the CSA.

Paintings depict historical and religious events from the 1800's, such as the interpretation of the Czech national anthem, "Where is My Home". Sculptures by Albin Polásek, whose "Spirit of Music" is in Chicago's Grant Park, are exhibited.

If traveling to Czechoslovakia is not possible this year (or next), you won't scimp on authenticity if you plan a visit to the CSA Museum and Library. And while you're here, plan on dining in one of more of the many fine Czech restaurants in the Berwyn area. Just call Lillian Chorvat at CSA at their TOLL-FREE number — 1-800-CSA-LIFE, ext. 6363. Lillian will be happy to arrange week-end GROUP TOURS or individual/group tour Monday through Friday 10 a.m. to 4 p.m.

Lynda

● District News, Views, and Places of Interest

Two young sisters and members of *Sokol Little Ferry*, N.J. have won state championship titles in independent free throw shooting contests. Jane Francisco is the New Jersey Champion for 1988 in the Elks National Hoop Shoot Contest in the 10-12 year girls category. Melissa Francisco earned the New Jersey State Championship in the Annual Knights of Columbus Free Throw in the 12 year girls division. The sisters attend St. Francis School in Ridgefield Park, N.J. Both sisters, who have been active Sokol gymnasts for the past three years, attribute much of the strength and coordination to their gymnastic training. Nazdar, Melissa and Jane!

Eastern District's Winter Skills Clinic was a success for all who attended, according to Sis. Grace Cahlander. "These clinics keep our future alive, well, and growing. I saw some new faces and many old familiar faces who keep coming back for more... more good food, more intensive exercises, more Sokol history, more skills training, more sweat, more comradeship and more love. All this adds up to more Sokol!"

Sokol S. Omaha's Gym Club is working towards two immediate goals:

First, they are hosting their district's slet in celebration of the men's 100th anniversary, June 17-19 and second, they will be attending Sokol Canada's Slet in Montreal, June 24-26. In order to be eligible to travel with the club, two basic requirements must be met. One, 75% attendance is expected in gym class (gymnast representing the unit at slet must be well-prepared), and two, attendance at the monthly gym club meeting where fund-raisers are planned. These gym club meetings are not all work, though, because all join in for singing, dancing and learning more about Sokol. In order to pay for the trips, all are required to do their share in earning or paying the expenses. Sokol gymnastics is more than physical to this unit, it means responsible financial planning, too.

Sokol museum topics are covered monthly in some of the unit newsletters. *Sokol So. Omaha's* museum is in need of a small ironing board, a small table and a curio or china cabinet and boots for the Czech costumed mannequins. Any donors within our membership?

Sokol Berwyn (Ill.) ways and means committee had a very busy February and March with five functions. 243 attended their Concertina Club Dance, their spaghetti dinner and Las Vegas trip raffle kept them busy, and their exhibition and ad book were a success. Not bad, considering the area successfully supports FOUR gymnastically active units.

Sokol Greater Cleveland's library had these books available after their Holiday Fair: Capek, Karel 'The Gardener's Year' and 'Czech Wit and Wisdom'; Krejci, Chas. 'Povidka' and 'Příslovi'; Levy, Alan 'So Many Heroes' (new edition of row-

boat to Prague); Seifert, Jaroslav 'The Casting of Bells' (Eng.); 'Eight Days: An Elegy for Thomas Masaryk', and 'Mozart in Prague'. Contact Sokol Greater Cleveland for additional information. (See March issue for address.)

If you're traveling through Cleveland this summer, you may want to join in the fun of a "Fish Fry" sponsored by *Sokol Greater Cleveland* at Bohemian Hall, 4939 Broadway on the following Fridays, May 20, June 17, July 15, and Sept. 16 from 5 p.m. to 7:30.

Sokol Los Angeles' calendar of events include a self-improvement clinic August 5-7 in Fresno, Family camp in Dinkey Creek August 7-14, Sokol singers practice every Friday night 8:30 (and then gym class follows), and recommended events include Oton Kovarik Fine Arts Exposition opening June 5 at 4 p.m. in the International Student Center, Westwood. Sokol Los Angeles has an opportunity to sell their Sokol Hall and then purchase a new one with a large lot. Br. Jerry Spinka suggest that the new property be undeveloped and have easy access to a freeway preferably in the San Fernando valley or other central location. Good Luck, L.A.

Central District's Blood Drive to benefit Veterans Hospital Hines was a success with Sokols Naper-ville, Slavsky, Berwyn, West Suburban, and Stickney supplying the manpower and donors on Saturday April 23. Only 4 of the 34 donors were "first timers", but they all agreed it wasn't so bad and they are ready to donate again! Donations will continue at Hines Hospital on an individual basis to Sokol's credit. Thanks to all who came through!

Sokol St. Louis' March 26 3 D Dance was a real success according to Pres. Mary Ann Sulz. "But best of all were the people who wholeheartedly supported the dance to benefit the pool repair fund. These members came forward and in essence said, "We are concerned about our camp, we want it to prosper. We're thankful for the good time we had at camp and want to pass on this legacy to future generations." Děkujeme, děkujeme, děkujeme!

Some Central District members (a busload to be exact) attended a performance of Karel Čapek's play "The White Plaque" in March at the Northlight Theatre. A reprint of the theatre's program book on Karel Čapek is featured in this publication. Karel Čapek wrote a psychological analysis of the feelings of a spectator at a great Sokol Slet which has been featured in several past American Sokol Slet program books.

SOKOL SOUTH OMAHA'S
100th ANNIVERSARY
and
WESTERN DISTRICT SLET
will be held on
June 17-19, 1988



Sokol Slavsky recognized Sis. Debbie Unijewski at their exhibition for 15 years of perfect attendance which totalled over 900 consecutive class attendances since she started Sokol classes as a tot of five years old. She has since attended first, second and junior girls classes. Now a member of the adult women classes, she has also served as an assistant instructor for second class girls, junior class director, and is presently a B.O.I. member and member of their volleyball team. She has been honored in the past with the A.S.O. Merit Award and Slavsky's 1985-86 Houby Queen. Sokol Slavsky also recognized her brother Dan's five year perfect attendance. Their parents, Ruth and Walter, were then recognized for providing the encouragement and support in addition to the transportation for those many years.

Sokol Minnesota's 12th annual World Bohemian Euchre Tournament was attended by 200 entrants and, according to the Slovo, some participants were so committed to this card game tournament they cut short vacations to participate. Now that's a real fund-raiser!

The Very Fertile Mind of KAREL ČAPEK

Rarely can etymologists trace a word so precisely as the word "robot". It entered language after language in the early twenties as a play entitled *R.U.R.* swept across the world's stages. *R.U.R.* stands for Rossum's Universal Robots; "robot" derives from the Czech *robota* (the term for the labor exacted from a vassal by his feudal lord), and both the play and the word came from the very fertile mind of the Czech playwright Karel Čapek.

An apocalyptic parable dealing with the dangers of over-industrialization, *R.U.R.* assured Čapek a place (with, for example, Jules Verne and H. G. Wells) among the founding fathers of science fiction. He went on to write eight plays and a number of novels. All were performed and read widely.

Clearly he had struck a note that people needed to hear. It is a note that still needs hearing.

The force behind most of his work was quite simple: a horror at mankind's refusal to take responsibility for what it has wrought. Though a common-enough sentiment in the art and literature of the year immediately following "the war to end all wars," it was one that Čapek handled with greater consistency and profundity than most. In *R.U.R.*, the world closes its eyes to the fact that the robot population is taking over, and when robots do in the end prevail, it is not because they are of a predatory nature, but because people have grown accustomed to a passivity fostered by having everything done for them.

Through the twenties, while Europe and America read and lionized him, Čapek met with criticism at home in the newly formed Czechoslovak Republic. Novels with titles like *The Absolute at Large* (1922) and *Adam the Creator* (1927) and plays called *The Makropoulos Affair* (1922) — works taking place in abstract countries peopled by characters with international names — seemed to beg the burning issues of the day, especially national ones. But Čapek insisted upon reserving his literary efforts for the "big" themes, themes like the value of human life, utopia and dystopia, the use and abuse of reason (Rossum, the name of the robot's inventor and firm's founder, comes from *rozum*, the Czech word for reason). He saved more ephemeral matters for a stream of brilliant journalism. A responsible press, he felt, was one of the keys to a responsible democracy. Chekhov once joked that medicine was his wife, and literature his mistress; if literature was Čapek's mistress as well, then journalism was his wife.

As the thirties progressed, however, Čapek found himself less and less able to maintain the distinction. Czechoslovakia, an advanced, highly industrialized society, suffered greatly from the Depression. And then there was Hitler. The Czechs, a civilized and urbane people, were slow to accept the notion that such a madman could make serious inroads on civilized and urbane central Europe. Before Čapek died in 1938, the year in which Hitler took over the Sudetenland, he succeeded in writing several works that combine his ultimate concerns with the issues of the day.

The best-known (now available again in English thanks to a recent reprint by Northwestern University Press paperbacks) is *The War with the Newts* (1936), a hysterically funny and deadly serious satirical novel that crosses Hitler's hordes with Rossum's robots to spawn an invincible hand of fast-talking newts. Here, as in *R.U.R.*, civilization looks on listlessly as it is overrun. The play *The White Plague* (1937), goes one step further. As Čapek's despair deepened, he saw mankind taking an *active* part in its own destruction.

When — two years from now — the world celebrates the centenary of his birth, there will be many testimonies to his prescience.

— Michael Henry Helm

AMERICAN SOKOL

SOKOL GYMNAST

MAY 1988

Editor: Edward Linhart — 1820 Ridgeland Avenue, Berwyn, Illinois 60402

COMING SOON

U.S. GYMNASTICS



R O A D ★ T O
S E O U L
M C M L X X V I I I

MERCHANDISE



Spotting — a Sacred Trust

GERALD S. GEORGE, PH.D.
U.S.G.F. Director of Safety

"Spotting is not 100% fail-safe. Even under the very best of conditions, the window of foreseeability is never fully opened and the element of risk is forever present."

The term "spotting" can be defined as "any form of physical assistance that a gymnast receives during the execution of a skill or a series of skills". Its applications are observed in most training and competitive situations, at all levels of performance, and with varying degrees of effectiveness. As is the case with any type of assistance, the value of the technique is dependent upon the way in which it is employed.

Learning to become an effective spotter is really no different than learning to become an excellent performer. Both require attaining specific skills, knowledges and practices characterized by the gymnastics discipline. Both take time, hard work, simple-to-complex task mastery as well as constant vigilance and tedious attention to detail.

Although the act of spotting is a "skill" in and of itself, it is somewhat unique in that two people (spotter and gymnast) are jointly involved in a coordinated effort to attain a single, individual goal. And since the number of participants involved in this collective effort is increased to two (or more), the potential for error or mishap can also increase. This sometimes precarious interrelationship, perhaps best described as a "sacred trust", places specific requirements on both the spotter and the gymnast. It is therefore essential to the safety of the performer and to the success of the learning experience that the guidelines outlined in the *USGF Gymnastics Safety Manual* be carefully followed.

Although spotting techniques can and do vary somewhat, there are certain key safety guidelines that should always be employed:

1. Be sure that the difficulty level of the skill is appropriate to the capabilities and experiences of the performer.
2. Learn to spot effectively the most basic skills first. Allow sufficient time to adequately master each level of spotting progressions.
3. Establish a clear, accurate communication link with the performer.
4. Be absolutely certain that both you and the performer are in the proper position and ready to interact.
5. Be sure you know, understand and appreciate the full potential of the skill, particularly the more critical aspects of how to spot it.
6. Carefully match your own physical readiness and capabilities to that of each individual performer. Always insure that the margin for safety is overwhelmingly in the performer's favor.
7. Learn what to expect from each gymnast.

Make every effort to read individual weaknesses.

8. Be prepared for the unexpected. Maintain constant vigilance throughout the skill in its entirety.
9. Develop a healthy respect for the risks and potential hazards involved in any spotting situation. Know your limitations.
10. Always be keenly aware that the prime consideration is protection of the performer's head and spinal column.

Gymnastic Safety The Coaches Corner

ROBERT COWAN
USGF Men's Program Administrator

Tumbling Surfaces

Many people think "if a little bit does a little bit of good, then a whole lot must do a whole lot of good." That is not true of all things, especially eating chocolate, taking vitamins and other things which in moderation are either enjoyable or good for you.

Applied to tumbling, it would appear that in this day and age of "super hot" spring floors which give one the impression of MOON WALK when one steps on them, "the softer the better" would be a good axiom.

This is far from the truth. Actually resilience in tumbling surfaces is covered quite well in the *USGF GYMNASTIC SAFETY MANUAL*. However, as with all printed material, there are limitations on what can be listed as "do's and don't's."

For example, many coaches have gotten into the habit of placing 4" landing mats over their spring floor to enable their gymnasts to do skills "more safely" and/or without a spot.

Research has proven this is a fool-hardy practice and quite dangerous. The absorption which skill cushions provide makes it quite possible, especially on twisting skills, for injuries to occur. Still further, the lack of resilience or "push back" from the mat on the gymnast can cause the gymnast to under, or overrotate skills, thus affecting the gymnast's timing and landing itself to injury. **DON'T USE LANDING MATS AS TAKE-OFF SURFACES.**

Bringing all these factors into play should make us realize that club owner, gym school coaches, teachers and educators need to be concerned about the proper thickness of skill cushions in addition to being concerned about proper technique, execution, progressions and skill development. **REMEMBER: NO MAT IS FAIL-SAFE.**

**NATIONAL INSTRUCTORS COURSE
in Ennis, Texas, July 8 to July 17, 1988**

For applications contact Rome Milan —
Southern District

SPORT FITNESS

Aid The Solution

By Laurie Einstein Koszuta

ACCIDENTS HAPPEN. And, because they do, injuries from scrapes or falls are bound to be a part of it. That's gymnastics.

Certainly, there are plenty of situations that set the stage for injury. Those things can be as simple as losing a hand grip or becoming off-balance. They can be more serious like landing wrong both on and off pieces of equipment or becoming disoriented during an aerial skill or airborne dismount. What is interesting to note is that despite a gymnast's level of skill, no one really is immune to injury.

Very few gymnastics related injuries are life-threatening. The majority, like ankle sprains, shin splints, wrist strains, and dislocations are the result of falls, incorrect movement, overuse of a body part or unrefined speed. In these cases, gymnastics careers usually are put on hold while healing takes place. Yet, a few percentage of injuries can maim, even put athletes in wheelchairs, or worse yet, take their lives. It rarely happens, but it happens.

From outside appearances, injuries seem to be suffered by only the athlete and his family. Yet, more than one coach has silently questioned a career, wondering whether to continue or not when serious injury occurs in the gym.

Coaches can't just walk away from accidents. After all, their hopes and hard work for an athlete essentially can end with the injury. Months, even years after an injury ends a promising gymnastics career, nagging questions remain; questions that cause coaches to stop and reflect. Why did it happen? What could have been done differently to avoid it? Was it faulty equipment or faulty technique? Even the best coaches have had those thoughts, and some of

the best have left gymnastics because of them.

"Soul searching won't change what has happened," noted Dr. Keith Henschen, a psychologist at the University of Utah and a member of the Sports Psychology Committee of the United States Gymnastics Federation, "but it can change what happens in the future. Coaches tend to be very hard on themselves, often taking the blame for severe injuries that they might not have had any control over. The equipment might have been the best and the technique impeccable, yet the result could be an injured athlete."

"In a matter of a few seconds, my life changed."

Those that continue coaching become more cautious, less daring, less willing to let their charges try new skills. If safety was verbally emphasized before, it becomes the only password into the gym after a severe accident.

"Safety was always first with me," said Sadao Hamada, men's head gymnastics coach at Stanford University in California. "I never allowed go-for-it tricks in my gym. The athletes had to learn the skill by going through the proper progression with a spotter before attempting the skill solo. Even then, I had to feel like the athlete was ready and he had to tell me he was ready to try it.

"In a matter of a few seconds, my life changed," Hamada said, "when one of my gymnasts suffered a severe neck injury resulting in quadriplegia. I felt very sorry for the athlete and his

family and the ordeal they had to go through then and for the rest of their lives.

"It was very difficult to go back into the gym after the accident happened," Hamada continued. "I was very scared and frightened of my ability as a coach. Coaching gymnastics is my life, what I know how to do. It made me think about my family. If I quit, what kind of job could I get?"

"Throughout my long years of college-level coaching, I had an excellent safety record," Hamada asserted. "I thought about quitting, but I didn't think it would solve anything. If I quit, would the person taking over my team care as much about safety as I do? I knew that I didn't really want to give up a sport I loved despite what had happened. I knew what had happened to another coach, Bill Meade, and I decided to follow his example by staying in the sport as a coach."

Meade, the head gymnastics coach at Southern Illinois University at Carbondale, had an even more heart-wrenching experience resulting in the death of Gary Morava, one of the top male gymnasts in the United States in 1975.

Morava and the rest of his team had been practicing routine warm-ups, many of which were aerial skills requiring refined spatial awareness. Although Morava had performed many of the drills for six years without difficulty, something made him lose his focus while airborne. Instead of landing on his feet, he came down on his neck, severing his spinal cord. Whether he relaxed momentarily, disturbing his concentration or was distracted by any number of other things, no one will really know.

The bottom line is concentration. Gymnasts have to have it one

SPORT FITNESS

hundred percent of the time to avoid injuries. In this case, unavoidably perhaps, it cost Morava his life.

"At the time of Gary's injury, we were getting ready to go to the regional National Collegiate Athletic Association (NCAA) qualifying meet in Northern Illinois," said Meade, who up until that point had been coaching gymnasts without serious injury for 25 years. "I left it up to the team to decide if they wanted to compete or pass on the upcoming qualifications.

"The team wanted to compete," Meade continued, "that was their decision. They ended up dedicating the meet to Gary. I didn't really feel responsible for what happened and neither did Gary's family or any of the team members. It had nothing to do with the equipment, the thickness of the mats or spotters.

"Even though I didn't personally feel responsible," Meade noted, "it was still a very difficult time for me. I never wanted to give up coaching, but it made me more cautious. There are certain tricks that I don't allow in my gym. I will allow some difficult tricks although I insist they must be learned using a safety belt and performed repeatedly. I haven't had another serious injury since that time.

Other coaches agree. Dwelling on injury potential in the gym negates effective coaching, teaching and safety. "It is easy to wonder if coaching is worth it if severe injuries occur," said one high school coach who asked not to be identified. "But when I think of the thousands of kids that I coached and the physical and social enrichment that they had, then I think it is worthwhile.

"I warn my kids at the start of every season about the possibility of catastrophic injuries," he noted. "I always tell my classes that the chance of being injured in a gymnastics class is about the same as the chance of having your mother back the car over you when you go out to get the mail. You know what is safe and what to look out for and you have to be aware of it as much as the coach is.

"There will
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limit."

"As a coach, you never really think that severe injuries will happen in your gym," the coach added. "That doesn't mean that you don't think about it or even prepare for it in your mind. When you have coached for a long time without any serious injury, you believe that you know how to coach and what is safe.

"There will always be a dare-devil type of athlete who wants to push his skills to the limit. At the high school level, many males feel invincible and use their skills to try to impress their non-gymnast friends after hours and without spotters. So if they want to try difficult skills or show their friends, I want it to be done safely, using proper technique and with my approval and supervision or they are out of the gym.

"When one athlete gets severely hurt," the coach said, "the other kids on the team are affected. Yet, they seem to recover rapidly from their fears. They become more safety-conscious and take the sport seriously. They begin to realize that the gym isn't a playground. By continuing in the sport, they seem to be delivering a message of love. They don't want to be quitters, and many times they dedicate their hard work to their injured friend.

"Gymnasts have to realize that winning is not what is always important," he continued. "The important thing is being the best athlete you

can be and enjoy the sport for what it is. Perhaps deductions should be given for risky and dangerous tricks performed in routines rather than awarding high scores and encouraging more athletes to try them."

"However, gymnastics skills are advancing rapidly," noted Hamada. "How far will they go? Other countries are teaching and trying some extremely difficult tricks in competition. It is only a matter of time before the United States gymnasts want to learn them and use them in their own routines. I am positive that the risks will never end when competition reaches that level. At a much lower level, for example, using gymnastics in physical education classes, the risks are much less."

Yet, injuries don't always have to have a sad ending, some good can come out of them. "I think Gary would have wanted to stay involved in the sport of gymnastics," Meade said, "whether it be from a wheelchair or a bed or whatever. I don't ever forget what Gary offered to this sport and to me personally. Every year, an award is given out in Gary's name to the best all-around college gymnast. There is a gym in Hershey, Illinois named in his honor. What would Gary have thought of me if I had quit? He wasn't a quitter, neither am I."

"Football coaches don't quit because a player has to retire due to an injury," said Henschen, "gymnastics coaches shouldn't either. Injuries can happen, and instead of rejecting the sport, working to reflect on why they happen and how improvements can be made should be the order of business."

While it is normal for injured athletes to be angry and grieve over their injuries, many want to stay involved in the sport any way they can. Some turn to sports commenting, others become sports writers, teachers, coaches or promote the sport from the sidelines. Some have said that it is their body that quit the sport, not their mind or their spirit. And to many, meeting that challenge is as great as any competition. ★

Calendar of Events

- MAY 14 — N.E. District Boys/Girls Competition
Sokol Detroit
- MAY 15 — Sokol St. Louis Exhibition
- MAY 20 — Sokol Milwaukee 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 21 — Sokol Los Angeles Gymnastic
Competitions, Sightseeing tour
- MAY 22 — Sokol Los Angeles Public Exhibition
2 p.m.
- MAY 28 — Sokol Detroit Camp Opening
- JUNE 4 — N.E. District Jr. Girls/Boys
Competitions — Bohemian Hall
- JUNE 5 — Sokol Greater Cleveland — Summer
Gymnastic Exhibition at Odd Fellows Camp
- JUNE 5 — Sokol Slavsky Annual Picnic
- JUNE 11 — 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
- JUNE 26 — St. Louis Picnic
- JULY 4 — Sokol Detroit Camp Picnic
- JULY 8-10 — Sokol Detroit Czechoslovak American
Festival at Yack Arena, 3rd at Eureka,
Wyandotte, Mich.
- JULY 10-23 — ASO National Instructors Course
at Sokol Karel Havlíček-Borovský, Ennis, Texas
- JULY 10 — Sokol Town of Lake 100th Anniversary
Chateau Bu-Sche, Alsip, Ill.
- JULY 10 — Sokol S. Omaha, Czech Festival
- JULY 24 — Sokol San Francisco Annual Picnic

FUTURE EVENTS

- JUNE 20-24, 1989 — AMERICAN SOKOL
NATIONAL SLET, OMAHA, NEB.
- MAY 5, 1990 — Sokol Slavsky 100th Anniversary
- JULY 5, 1990 — Czechoslovak Sokol Abroad
VII Slet, Paris, France

"We've always done it this way"

Habits are hard to change. Right? The very nature of a "habit" is what makes it hard to dismiss as out-dated, out of style. A habit, according to World Book's Word Power is "custom, practice, way, usage, rule, manner, tendency, fashion, routine, addiction, compulsion".

Some habits are necessary, such as good eating habits, good personal hygiene, good study practices, physical exercise, etc. Other habits can be harmful personally and to others outside of our personal realm.

Any governing body, such as political governments, business management, social clubs, and organizations need to assess their "habits" often to make sure bad habits are not forming to become part of the "But, we've always done it this way" philosophy. This type of attitude can be stifling to members who want to move ahead with new ideas.

Dr. Tyrš wrote "Where there is life there is ACTION, MOVEMENT, AND CONSTANT CHANGE. Just as the eye seeks the light, and the ear the sound, so all the organs of our body require appropriate activity." (page 19 of The A.S.O. booklet "Our Task, Aim, and Goal" translated by James L. Cihak). Dr. Tyrš laid the foundation of physical exercise with these words, however, he also applied this same philosophy to mental activity.

Just because "we've always done it this way" doesn't mean it is a habit of success, rather it could be a "maintenance habit". What mode is your unit in? Growth (excitement), maintenance (it was good enough for me), or apathy (dullness)? If you are not in the green and growing stage, maybe you need to cultivate the soil. Invest in yourselves through seminars, books, and talking with other businesses and organizations that ARE green and growing. Work some fertilizer (progressive members) into your soil, buy some new seeds (children for the gym), water regularly (educate yourself), and most of all, remember, Never point your finger in blame at someone else, because when you point the blame, three fingers are pointing back at you.

NAZDAR! Lynda

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of the previous month



The Immigrant Mother

For all eternity America is indebted to the immigrant mother, whether she was Italian, Jewish, Polish, Austrian, Hungarian, German, Russian, English, Slavic, Greek, Syrian, Bulgarian, Czech, Irish, Slovenian, or Ukrainian.

Born in the old country, she usually married at a young age, the young boy with whom she worked in the fields. While still a young bride, and sometimes with a child, she remained and waited while her man left for America, that distant land filled with promises of a better life.

The days, months, and sometimes years passed slowly while she patiently waited for word from her husband. Finally; when the letter came with the passage fare for the long boat ride to America, she gathered up her few possessions and children, and boarded the ship to join her husband. She found him working in the steel mills, brick yards, coal mines, and on the railroad; and she found him living in a shack, shanty, railroad car, or even in a tent. But at least this was a start, a foundation for a new life, and here in America, by his side, she prepared for the years ahead.

Our country was young; it needed laborers; and she gave to America, five, six, or more children of her body, and of her soul. While her husband worked in the bitter cold of winter, or in the blistering heat of summer, in ditches laying sewers, and deep in the ground mining coal or iron ore, she worked from early morning to late at night, cooking at a coal stove, washing her clothes with a washboard, and heating the water in a big copper tub on that same coal stove. At the same time she took care of the children, preparing breakfast, making lunches, and sending them to school.

Now, the freshness of young womanhood is gone. By the flickering oil lamp she sews and irons clothes late into the night. She scrimps and saves to dress her children decently, while she wears an old dress and stays home. Her children must have an education so that they may be respected and amount to something someday.

And then at last, when her children are grown, as her cup of joy runneth over, we see how want, deprivation, and hardships have taken their toll. All worn out, her bones aching from so many ills, she lays helplessly in her sick bed and her children gather round her. She turns to kiss them and to bless them — and then, she is gone.

She is the unsung heroine and pioneer of America. No statue can be built high enough; no marble is precious enough with which to sculpt a fitting memorial to the immigrant mother.

She, who with her breasts nurtured us, with her arms raised us, with her ideals inspired us, with her tears washed us clean, with her devotion saved us, and then on the altar of love, laid out her worn spent body. And from her place in heaven, she sends down her blessings on America, for what America has offered to her children in this great land.

May the people of America never forget what they owe to that sweet and blessed soul, the immigrant mother of us all.

Author Unknown — Submitted by Joseph Kocab



The American Mother

Mother, Mom, Ma, Mommie, Mommy, MaMa, the American mother answers to all of these when her children call, or for any child who calls out. Have you ever answered to these names when shopping, thinking it was your own child calling you? The American mother is a unique phenomenon considering her roots, and those roots are deep and wide. In fact, it could be said that the American Mother is a total hybrid developed through the past 200 years of American culture that is so genetically mixed and cross-cultured that she is unique only to the American experience.

We have often heard the expression "The American Way". It is a way of thinking that could only have been cultivated in the rich soil of our many faceted heritage. While my generation did not fight in the American Revolution of two hundred years ago, or fight famine in Europe, or brave the oceans and western trails to pioneer our way to the new land; we did manage to pioneer a lifestyle second to none in the world. Now, some of you may not agree with the lifestyle, but none the less, it is here and part of our society.

Our ancestral mothers worked side by side with their man tilling, planting and harvesting while birthing and raising their children including children from previous marriages they may have ended with the death of one parent. (In my paternal family tree, most of the men in the 18th century had three wives, the first two died in childbirth). We modern day "Moms", can do anything our ancestors did and then some! We are pioneers of the present and the future. We manage natural childbirth in antiseptically clean hospital rooms that look like bedrooms

and we even invite our families to join in the experience! We pick up our careers six weeks after this momentous occasion and may even continue this pattern of family growth while managing our career!

We have conquered stick shift, four wheel drive, and parallel parking! (Well, most of us). We have put away forever "sweating over the hot stove" and instead, relax over the microwave! We tried instant everything and made our own choices to return to organic and natural.

We demanded equal rights for all our sisters and have managed to remain friends with many of our sisters throughout these many years of women's rights issues. Many of our sisters have joined the workforce with mops and vacuum cleaners, cleaning our houses once a week and freeing our time so that we can develop ourselves in upper management! Teamwork. We know how to work together towards a common cause. We "modern" moms are ready to start, join, finance, and picket for a worthy cause because we know that we're all in this together. What hurts you, will eventually hurt me. What goes around, comes around.

We have earned the right to direct the cause and not just rock the cradle.

And... we truly thank all of our ancestors for being tolerant and suffering so that we would enjoy the privileges of living in a free democratic country.

Thanks, Mom and Grandma!

Lynda Filipello

In Memory of Sister Catherine Vancura



My dear Mother was born on November 9, 1907 to Anna & Frank Vasicek in Znorovy Nad Moravou, Czechoslovakia. She was one of 6 children, who are now all deceased. Her father came to America first and eventually all the children joined him. My Mother was 13 years old when they settled in the Southern part of Michigan. She lived with her sister Anna Koluch and her family. My Mother as a young girl worked in the sugar beet fields. She also took care of young children and did housework. When she was 18 years of age she moved to Detroit and lived with her cousin and best friend, Mary Vsetula. They remained best friends all these years. My parents both frequented the Czech Hall in Detroit. This is where they met. They dated about a year traveling to dances and picnics from Detroit to Toledo, Ohio. On June 1, 1929 they were married. My parents at this time were both working at J. L. Hudson Department Store. My Mother worked at Hudson's for 24 years. After 5 years of marriage my Mother had their first and only child. They named me Jarmila, in Czech it sounded like "Ja ráda miluju," which means I like to love. But later I was nick-named Jerry. Through the years my parents have been very rich with friends. They always did a lot of entertaining. Their family and

friends were very important to them. My parents remained active at the Czech Hall all these years. My Mother became a member of Sokol Moravan on August 8, 1926 in Toledo, Ohio. In the early 1930's she transferred to Sokolice Detroit, where she achieved her honorary membership. At the time of her passing she had been a member of Sokol Detroit Ladies Auxiliary for 62 years. She attended gym classes for many years and participated in many of our Verejní's, Northeastern District and National Slets in Chicago. Later she became active in the group of sisters who were the Sokol cooks. These sisters baked koláče, made dumplings, cooked delicious Czech dinners, in one weekend. They had no freezers to cook ahead just ice boxes and later refrigerators. We marvel today how these sisters managed to prepare meals sometime for more than 300 guests. They prepared dinners for many Sokol functions and scores of wedding dinners were prepared for our Sokol brides. Mother continued to cook for our Ethnic Festival press conference and served dinners at the Festival, and worked quite a few years on the Booster Committee. My Mother and Father lovingly raised me in the highest principles of Sokol and taught me to be proud of my Czechoslovak heritage. She also baby-sat for our children while we attended various Sokol National Slets and Sokol Slets abroad. At the Czech Hall is also where I met my husband Václav (Jim) Kalivoda. My parents were so pleased that I was marrying a Czech boy, they truly loved him. They gave us a traditional large Czech wedding. Through the years Jim and I had 3 children. Rick now lives in St. Petersburg, Fl., Kurt lives in Houston, Tx. and Lynn is a senior at a Nursing College in Michigan. My Mother was a wonderful Grandmother. She was interested and shared in their activities. My parents did a lot of traveling throughout their marriage, all over the United States and Czechoslovakia. After they retired they moved to Fort Myers, Florida where they lived for the past 14 years. In Florida they continued many old friendships and established many new ones. They spent every summer here in Michigan with us. In the past few years my Mother was especially proud that I became the President of Sokol Detroit Ladies Aux. On January 4th she suffered a stroke and was hospitalized, on January 23 she had another stroke and passed away peacefully. A memorial service was held in Florida with all her family and friends in attendance. On February 10th another memorial service was held in Michigan. Garth VanCura officiated, with Sis. Jarmila Zboril speaking for Sokol and Sis. Anne Eisner for CSA Fraternal Life. My Mother has always been my dearest friend. She was always there when I needed her and gave her all to me. She dreamed my dreams and shared my joys and sorrows. She formed my life from her own, helping me along in her special way. Whatever I have become, it is because of her. For as long as I can remember, she has been everything a Mother should be. She has always been "A Special Mother." *Jarmila (Jerry) Kalivoda, Sokol Detroit*

ASO FINANCIAL REPORT

MARCH 1988

RECEIPTS:

Dues	\$ 3,874.00
T. G. Masaryk dues	20.00
Convention Fund	2,222.00
Special Assessment	1,307.00
Dividends and Interest	155.25
Resale of Jewelry	534.00
Advertising in "American Sokol"	400.00
U. P.S. Charges	13.54
Song Books	52.50
Skills Patches	9.00
Donations/Seals	42.00
Copies	3.00
Notes	2.50
Sokol Tie	8.00
	\$ 8,642.79
A.S.O. Uniform Division - Rent, Salaries, etc.	843.63
Total Receipts	\$ 9,486.42

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	\$ 816.29
Salaries - Membership	105.75
F.I.C.A. & F.W.T. for Feb., 1988	182.88
Rent, Janitor Services & supplies, phone, electric	1,008.13
Office Supplies	10.40
Postage	32.81
Travel Expense	238.99
Support Contracts for Computer	1,050.00
Service Charges - Copier	682.82
Fire Equipment - Service	27.00
Advertising - Montreal Slet	214.32
C.P.A. Audit	850.00
Miscellaneous	107.80
	\$ 5,327.19

BOARD OF INSTRUCTORS

Salaries	\$ 472.23
F.I.C.A. for February, 1988	78.24
Editor "Sokol Gymnast"	30.00
Addtl. copies "Sokol Gymnast"	58.00
Phone	.51
	\$ 638.98

EDUCATIONAL DEPARTMENT

Salaries	\$ 118.72
F.I.C.A. for February, 1988	34.54
Postage	.44
	\$ 153.70

SOKOL PUBLICATION

Printing "American Sokol" - March, 1988	\$1,204.80
Editor "American Sokol" - March, 1988	125.00
Salaries - Computer - Mailing Publication	132.75
Delivery of Feb. publication to P.O.	5.00
	\$ 1,467.55

MISCELLANEOUS

A.S.O. Uniform Division - Salaries, FICA, FWT, Feb., 1988 & phone	\$ 407.46
	\$ 407.46

Total Disbursements

Total Disbursements	\$ 7,994.88
Balance brought forward:	
Affiliated Bank/ Western National	\$11,861.83
Receipts - March, 1988	9,486.42
	\$21,348.25
Disbursements - March, 1988	7,994.88
	\$13,353.37

FUTURE SOKOL LEADERS FUND

MARCH 1988

In memory of Br. Fred C. Stankovsky:	
Mildred C. Pine and Linda P. Modes	\$10.00
William J. and Kamilla A. Shana	20.00
Gary and Paulette Masek	10.00
Jerome A. Vojta, Jan & Ellen Vojta, Ann & Keith Cramer	15.00
	\$ 55.00
In memory of Albert Briksi —	
Zdenka Freehauf	10.00
In memory of Sis. Blanche J. Cihak —	
Sokolice Renata Tyršová	15.00
Western Fraternal Life Association —	
Annual donation per Convention	3,125.00
Mary O'Sullivan — Return of Merit Award	200.00
	\$3,405.00
— Donations are tax exempt —	

LIBRARY AND ARCHIVES FUND

MARCH 1988

In memory of Sis. Blanche J. Cihak —	
Vlasta Stribrny	\$25.00
Sokol Town of Lake	75.00
	\$ 100.00
— Donations are tax exempt —	

Vlasta Vojta Scholarship Fund Established

During the 50th Anniversary celebration of the International Institute of Wisconsin held at Mecca in Milwaukee, the establishment of the Vlasta Vojta Scholarship Fund was announced. Sokol and Sokolice Milwaukee donated \$2500.00 which was matched by the Friends of the International Institute. The Vojta family donated another \$1000.00. It is hoped that additional contributions will eventually bring the principal fund to \$13,000 so that at least one \$1000 scholarship can be awarded each year. Other ethnic groups may follow suit as far as having a scholarship named after one of their outstanding member.

Vlasta became a 50 year member of Sokolice Milwaukee in 1975 and was actively involved with the gym activities for many years. She taught Czech dances to a number of persons and had them participate in folk fairs and harvest festivals which were held at the Milwaukee Public Schools' social centers and playgrounds. She was one of the main persons responsible for the beginning of the Holiday Folk Fair which is annually held at the Auditorium/Arena/Mecca complex in Milwaukee during the month of November. She was an enthusiastic volunteer for the International Institute and was at one time General Chairman of the Holiday Folk Fair.

It is indeed fitting that Vlasta Vojta who passed away on July 18, 1986 be the first one to be honored by having an ethnic scholarship named after her; she is most deserving of this honor.

Jimmy Klimt, Sokol Milwaukee

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is a wise man.*

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but knows not
that he knows not,
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Sokol Maxims and Mottoes

There is a wealth of educational as well as inspirational material in the numerous Sokol maxims found in Sokol literature. References to these should be utilized. An analysis and understanding of the underlying thought can furnish a wealth of good, moral, intellectual and spiritual material. They are the logical steps to a better understanding of true Sokol ideals.

To refresh your memories...

Forward, forward, backward not a step.
With a lion's might and a falcon's flight.
Develop your strength, serve your country.
Your country is your soul, strength in our willing
arms, and courage in your heart.
Break in twain, leap across, but never cringe or crawl.
The world moves where might is most applied.
Liberty, equality, brotherhood.
Nor gain, nor glory.
Either attain or fall, either naught or all.

One for all and all for one.
Truth conquers.
A sound mind in a sound body.

*(From Karel M. Prchal —
Educational Directors 1949)*



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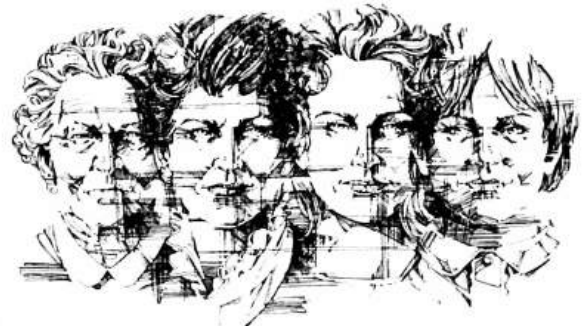
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