

AMERICAN SOKOL



Publication of the American Sokol
Educational & Physical Culture Organization



*(Sokol Stickney Pot Pourri first place Adult Div.
Special Number Competition)*

THE SOKOL TRADEMARK —
GYMNASTIC EXHIBITIONS

Page 67

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EXECUTIVE BOARD ASO
Jackie Kourim, Secretary

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

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AMERICAN SOKOL
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_____ Zip _____

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Our Sokol Credo:

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

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Executive Board Minutes

TUESDAY, APRIL 26, 1988

A moment's silence for our Bro. Rudy Svoboda, former II. Vice-President and Membership Chairman of the Executive Board.

Members present: Sis. Mildred Pinc, Jackie Kouřim, Vlasta Zitny, Marie Ptacek, Sylvia Pistorius, Bro. George Basta, Charles Borvansky, Robert Barcal, Jerry Rabas, Fred Kala, Roy Zitny, John Satek, Richard Ptacek and Paul Lebloch.

Members excused: Bro. Jerry Milan, Gary Masek, Ed Jelinek, Sis. Emilie Ruzicka and Lynda Filipello.

District minutes received and reviewed, 1989, ASO Slet, March 13th; Eastern District, March 19th and Central District, March 23rd, received this evening at meeting.

CORRESPONDENCE: Czechoslovak National Council of America, invitation to 70th anniversary of Czechoslovak Republic, Sunday, May 22nd, Oak Brook Drake Hotel, \$25.00 per person. Board voted to send Bro. and Sis. Basta as our representatives. Sis. Anne Roch, President, Sokol Women of Little Ferry, copies of letters sent to Sokol Little Ferry. Sokol Little Ferry, Secretary Richard J. Novotny, copies of letters that have been sent to other interested parties, answer will be sent letting Sokol Little Ferry know that this subject will be discussed at length with Bro. Slavik when he attends the District Presidents' Conference. Sis. Cheri Riddle, Pacific District and Sis. Sylvia Laznovsky, Southern District, both letters concerning decisions at the District Director's Conference. This problem has been solved and all parties have been notified. Bro. James E. Riha, By-Laws Chairman, Western District, re: unit by-laws, two answers will be written in regard to this letter. Sokol South Omaha, the Pavoucek's requesting information on purchasing a bust of Tyrš, will have to seek information from the foundry, our mold is not in good condition. The whole project will need investigating. Sokol Washington, D.C., Bro. Kaspar-Paty, President, information to join our national 501 (c) (3) tax program. VIII. Sokol Canada Slet Montreal, 1988, bulletin and reservation information. Miscellaneous invitations and announcements and educational material.

1989 Slet: Have an outline from Vic Gutman, given to me at meeting this past weekend. I will have the whole report at the May Executive Board

meeting. We are still looking for a site for the volleyball tournament.

DIRECTOR OF WOMEN — Sylvia Pistorius and DIRECTOR OF MEN — Bro. Richard Ptacek: A combined report. Official notice from Sis. Jolene Dalton regarding her resignation as Western District Women's Director, Sis. Sandy Benak was elected as a replacement. Several corrections regarding the tournament rules were received from Sis. Dalton as well as a memo regarding various material which would be helpful to a new unit director. The list will be expanded with additional information. As suggested at our District Director's Conference, a packet containing this information will be mailed to both men and women district who then may add material necessary for their own district use and distribute to individual unit directors. This material will be sent prior to the start of our 1988/89 Sokol season. Reviewed the meeting with Vic Gutman, promoter for the 1989 Slet. Suggestions regarding several changes were well received by the board. Bro. Ptacek and Sis. Pistorius will contact the Western District BOI regarding these changes as well. All calisthenics are ready for duplication. Status of apparatus routines for the Slet competition is still unresolved. USGF will be contacted regarding the new female routines and their availability. Rhythmic routines will be ready for distribution by June 1st. Recommend that payment for this material, a video and musical tape be approved, this was done. The Western District will be contacted regarding both men's and women's Master Divisions. Upon completion of all calisthenics video tapes, a master tape will be made which will include calisthenics, rhythmic, Indian clubs, folk dance and apparatus routines. Bro. John Satek and Ed Schnabl have accepted the position of co-field leaders for the 1989 Slet, in Omaha. All districts have received information regarding the National Instructors Course to be held in Sokol Kavel-Havlíček Borovský, Ennis, from July 8th thru the 17th. Information will also appear in the April gymnast magazine. Monthly bulletins are being received regarding the Montreal Slet. Bro. Dick Ptacek and Sis. Sylvia Pistorius will attend the Presidents' Conference and report on the National BOI activities and accomplishments since their term of office. Bro. John Satek, is the new boys' gymnastic skills chairman. Will contact Bro. Hartung regarding the video making of these skills. Sis. Schnabl, girls' chairman, has completed the glossary and the girls' skills will be mailed to Bro.

Hartung as well. The girls' skills will be sent to all units before September 1st. Bro. Ptacek recommended that if the ASO is planning on participating in the next gymnestrada to be held in Amsterdam of 1991, thought must be given now to what type of number would best represent our organization. Suggested viewing the gymnestrada tape for suggestions. A video tape showing how to judge a special number competition will be made. The special Indian club number requires a leotard which in the past has been ordered from Zurich. Due to a substantial increase, a source in the Chicago area has been found and the price is reasonable. Arrangements are being made with the seamstress to prepare for more orders for the 1989 Slet. A survey sheet was included with the BOI minutes requesting districts to take a poll as to how many orders can be anticipated for next year. Final Report Forms: Central District Progressions and Skills Improvement Clinic, January 15 thru 17th, 35 students, \$330.67. Pacific District, purchase of VCR and monitor, \$704.86. Fees for certification for Sis. Pistorius and Bro. Ptacek, USGF, \$200.00. All these bills approved for payment.

MEMBERSHIP CHAIRMAN — Bro. Fred Kala: The membership report given at the Presidents' Conference will be printed in our publication because it contained a wealth of good material.

EDUCATIONAL CHAIRMAN — Bro. Paul Lebloch: Bro. Slavik's letter regarding the commemoration of the 70th anniversary was read and discussed. Our committee recommends that all unit and districts commemorate this event to the best of their abilities through special programs and newsletters. Stress the role the United States and the American Sokol had in forming the Republic. The Educational committee will prepare a display at the Chicago celebration. Wish to purchase Provaznikova's book "To Byl Sokol", \$15.00, approved, Bro. Zenisek will get us information as to where to order the book. Donation of booklet "Century Czech Recipes of Tabor, South Dakota". Bro. James Hantak donated April, 1988, issue of magazine, "All About Beer". Has an article "A Return to Pilsen Park" with picture of Central District Slet held there along with information on Sokol. Bro. Rabas and Zenisek will review Czech novels in our library. If these are not classics we will give them away. Bro. Borvansky made two posters to be used in our window. They are pictures from the Czechoslovak Sokol. Sis. Schabowski, Bro. Borvansky and I will review American Sokol Photos in our archives and made up posters from these pictures. We will check on cost to reproduce these and sell to our units for display.

PUBLICITY — CZECH — Bro. Jerry Rabas: Prepared an article for the Presidents' Conference in Denní Hlasatel. After the conference another article will appear along with some pictures he took at the conference.

PUBLICITY — ENGLISH — Sis. Lynda Filippello: Not present, no report.

FINANCIAL SECRETARY — Sis. Mildred C. Pine: Financial report for March, 1988, was made and distributed to Executive Board members. Final reports from Selden Fox regarding the audit of all records of ASO general fund and uniform division were brought to the District Presidents' Conference. Bob Selden had copies distributed and went over the figures, answering any questions necessary. Checked with OSLA Insurance Agency, our liability insurance has been issued, should have it within one week. Necessary forms received by OSLA, our fidelity bond will also be coming. FICA, FWT and IWT taxes have been paid for the first quarter, 1988. Wage tax reports also completed. Special assessment balances were figured for each district and given to the District Presidents. Donations to the Future Sokol Leaders' Fund and Library/Archives fund, plus interest were read.

TREASURER — Bro. Robert Barcal: Reconciled the bank statements for both divisions, everything is in order. Received our financial reports from Selden, Fox on Saturday.

EDITOR — Sis. Lynda Filippello: Not present, no report.

SECRETARY — Jackie M. Kourim: Gave report on the condition of our Canon reproducing machine. In the past we had three machines that we used for duplicating, we now only have the one, so it does get a lot of use. Approval given to purchase new copying machine. The cost will be pro-rated between our four departments that use the copier. Went over the list of corrections from last month's minutes. Discussed getting the service agreement. Will hold off for the 90 day period. Vic Gutman report, will listen to the tapes and see if everything is covered on the report that he will sent in. Sang at the memorial service for Bro. Rudy Svoboda.

II. VICE-PRESIDENT — Bro. Gary Masek: Talked with the postmaster and will be meeting with him later this month about the postal rates. Sokol Wilber has hired an attorney after Bro. Riha sent them a letter explaining what would happen to them if they voted to withdraw. Bro. Riha is on top of the problem.

I. VICE-PRESIDENT — Bro. Charles Borvansky: As Central District president, spoke at the memorial service for Bro. Rudy Svoboda.

PRESIDENT — George C. Basta: Request from Sokol Chicagoland for our mailing list on labels, approval given. As President of the American Sokol Organization gave the eulogy at Bro. Rudy Svoboda's memorial service.

UNFINISHED BUSINESS: A reminder: Plan to march with the Sokols at the Bohemian National Cemetery on May 30th, Monday.

NEW BUSINESS: Bro. Joe Vrzalik and Pete Dusek were in town to teach the progressions clinic. Meeting adjourned at 9:40 p.m.

Jackie M. Kourim, Secretary

Help Our Sokol Grow

Community Churches in the U.S.A. and the Moravian Brethren

Every community church in the United States be it the Palm Springs Community Church, Berwyn Community Church, or What-ever-name Community Church has its roots to some extent in the Moravian Brethren.

The Moravian Brethren is the legacy of Jan Ámos Komenský of the Czech Unitas Fratrum. Jan Ámos Komenský and John Amos Comenius are one and the same. John is the English version of Jan and Comenius is the Latin version of Komenský.

Long before the exodus from Count Zinzendorf's estate in Saxony for the New World where the predominantly Slavic Moravian Brethren was given refuge from religious persecution in Bohemia and Moravia and where they became German-speaking and known as Herrnhuters. A large contingent of the Moravian Brethren sailed enmasse for England where shortly therein they became somewhat fragmented as a number of members joined the Calvinist movement.

Another contingent sailed enmasse for South Africa where they established themselves and found some religious freedom. The Moravian Brethren brought enlightenment to one of the most poverty-stricken tribes of humankind — the Hottentots. The forefathers of the Hottentots were forced to move so many times under the pressure of white immigrants, and in part because of their own conflicts, plus drought and hunger. Jiri Schmidt was one of the early teachers of the Moravian Brethren in Africa who could not return to Africa once he left due to the strong opposition of the South African Clergy.

Moravian territory — the region between the Jeseník Mountains and the Beskyds, near the source of the River Odra in Africa was considered safe passage from tribal conflicts. The Slavic "Surnames" of Batha and Botha are traceable among many others to the Moravian Brethren. As are the feminine first names of Emma, Bess, Emilie, and Alzbetha which later became Elizabeth after a time in England.

The Moravians were founders in 1741 of Bethlehem, Pa., which town became their chief center and they established the first girl's seminary in the United States. Dr. Anton M. Dignowity was their Nestor of physicians. He arrived in 1832, practiced his profession in Texas where he died and therein his descendants are living today.

It is well to remember the language one speaks and the land one is born unto does not change the heritage of ones bloodlines!

Recently a most prestigious Eastern publisher put forth a book titled, "American Folklore and Legend" and gave space within the book to recent sport greats who had made contributions to the sport scene along with some successful business ethnics and lumped the German-speaking Slavic

Moravians, the Tri-heritage Swiss, the Germanic Amish and Mennonites as being Pennsylvanian Dutch! Primarily on the basis of the German word for their language "Deutsch" resembles the English word Dutch! Thus adding further confusion to all future scholars in a multi-racial world and society.

Doubtless, the Eastern editors and others that were assembling the contents for the book may have been eating a Ray Kroc McDonald hamburger and possibly watching a NFL football game. The NFL a creation of George Halas of Chicago Bear Football fame. However, no mention of either one of them in the book.

Nazdar, *Lillian F. Prihoda,
Sokolice Tabor, Berwyn, Ill.*

The first five paragraphs are from a copyrighted text by L. F. Prihoda and cannot be reprinted without written permission of the author.

A Sokol Farewell to Brother Jerry Novotny



We, who are gathered here tonight, are heavy hearted,
Because from our midst, Brother Jerry Novotny, has departed!

He joined Sokol Little Ferry, on September 18, 1924,
But had first attended gym classes, 12 years before.

Sokol played a very important part, in his life,
It was here, that he met Beatrice, his loving wife.

He was an excellent gymnast, served as an instructor too,
In his retirement years, at our hall, he found lots to do.

Whatever he did for Sokol, came from the heart, 'tis good to tell,
He was a fine gentleman, and had a great sense of humor as well.

Our heartfelt sympathy to his family, is hereby extended,
It became our loss too, when his earthly life had ended!

May it help ease their sorrow, now that Jerry is gone —
Knowing that within our hearts, fond memories of him will live on!

Nazdar, *Jerry W. Komarek, Financial Secretary
Sokol Little Ferry*

SOKOL SOUTH OMAHA

Festival 1988

— 100 YEARS YOUNG —

July 10, 1988

SOKOL CZECH FESTIVAL

Calendar of Events

- 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 12 — Sokol Česká Sň — "Český Den"
- JUNE 17-19 — Western District Slet & SOKOL
SOUTH OMAHA's 100th Anniversary
- JUNE 23-26 — Sokol Baltimore — Whitewater
Championships in Garrett County
Czech canoe/kayak team
- JUNE 24-26 — VII SOKOL CANADA SLET,
Montreal
- JUNE 26 — Sokol St. Louis Picnic and Auction
- JULY 4 — Sokol Detroit Camp Picnic
- JULY 10 — Sokol S. Omaha
Annual Czech Festival
- JULY 8-10 — Sokol Detroit Czechoslovak American
Festival at Yack Arena, 3rd at Eureka,
Wyandotte, Mich.
- JULY 8-17 — 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
- AUGUST 5-7 — Self improvement Clinic at Fresno
- AUGUST 7-14 — Family Camp in Dinkey Creek
(Pacific District)
- AUGUST 14 — Sokol Gr. Cleveland — "Obzinky"
Fall Harvest Festival
- AUGUST 20 — Sokol Gr. Cleveland Clambake
- OCTOBER — 70th Anniversary month of
Czechoslovak National Republic

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

DIRECTORY CHANGES:

Sokol Greater Cleveland meeting date 2nd Tues-
day month.

Sokol Omaha: Recording Sec., Frank T. Tesar,
6616 S. 45th St., Omaha, NE 68117.

Mens Director: Walt Bures, 1905 S. 121st St.,
Omaha, NE 68144.

Brother George C. Basta, President
American Sokol Organization
6424 W. Cermak Road
Berwyn, IL 60402

Dear Bro. Basta:

With the successful conclusion of the First All
Sokol Forum held in Washington, D.C. in 1987
behind us, preparations are being made for a
second meeting to be held in Montreal Canada in
conjunction with the VIII Sokol Canada Slet on
Sunday evening, June 26, 1988. The time and place
will be announced in the Slet Bulletin distributed by
the Slet Committee.

The intent of the All Sokol Forum is to increase
communication and understanding among the var-
ious Sokol Organizations, and to better coordinate
our efforts to further the growth of the Sokol
movement in the Free World. It is our hope that
the spirit of cooperation displayed by the American
Sokol Organization will continue by your participa-
tion in the Second All Sokol Forum.

The rules of participation will remain the same as
in the First forum, i.e. anyone from each organiza-
tion may be present to witness this discussion, each
Organization may be officially represented by their
President, National Director and Directress or their
representatives; a total of three participants from
each delegation who may speak for their organiza-
tion. Corrected Minutes of the First Forum are
enclosed. Please send items you wish to be placed
on the agenda by May 1, 1988.

The following Sokol Organizations are being
invited:

- American Sokol Organization
 - Czechoslovak Sokol Abroad
 - D.A. Sokol
 - Polish Falcon
 - Slovak Catholic Sokol
 - Sokol Ore!
 - Yugoslav Sokol in the Free World
- Nazdar, *John Walek, President*

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of the previous month**

GYMNAST

JUNE 1988

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

3 Man Volleyball Tournament



Pictured are participants and score keepers. Left to right — first row: Frank Michalek, Sue Jumper, Marcy Raymond, Sheila Baur, Jay Vondra. Second row: Dean Hoskins, Gregory Vondra, David Harlan, George Kulhanek, Richard Tharp, Steve Fisher, Russell Vondra, Charles Borvansky, Rick Brest. Third row: Mike Michalek, Tom Pajer, David Salek, Dave Vanwazer, Glenn Petko, Jay Arrigo, Stanley Kysela, Rob Kupris, Jerry Vondra, Jr., Andy Kupris, Randy Rus, Jerry Michalek, Richard Vachata, Jr.

Sokol Stickney of the Central District, A.S.O. hosted a three man volleyball tournament on Sunday, February 7, 1988. It was a first time ever occasion, and a good time was enjoyed by all. The tournament was double elimination with seven teams involved. Lasting all day refreshments were served at lunch by members of Sokol Stickney. Results of the tournament were as follows:

- 1st Place — Sokol Brookfield
- 2nd Place — Sokol West Suburban
- 3rd Place — Sokol Slavsky

A hearty congratulations to the winners. Nazdar!

Tournament Director, Rich Tharp, Sokol Stickney

Fitness Fuel: Eating For Peak Performance

Physical fitness has become a national pastime. Across the country, people of all ages and athletic abilities are running, swimming, and bicycling their way to better health.

Everyone from the recreational jogger to the competitive athlete is striving to reach "peak performance" — the physical condition at which you look, feel, and function at your best.

Food, like exercise, is a powerful peak performance tool. In fact, even people who led sedentary lives are benefitting from the advice of today's sports nutrition experts.

Peak performance applies to everyone who want to get the most out of life. Whether you're a young gymnast striving for perfection on the uneven bars or a mother and housewife running to keep up with the hectic lives of your children, nutrition and physical fitness go hand in hand.

Many Americans, including athletes, are misinformed about which foods can help achieve peak performance. This fact came to light in a recent study of competitive female gymnasts conducted by The Center for Sports Medicine at St. Francis Memorial Hospital in San Francisco, California.

The Center discovered that the gymnasts were eating diets that were low in fiber and high in protein, fats and sodium. Their diets were also low in many essential nutrients including iron, magnesium, vitamin C, folacin, and vitamin B6. A startling two-thirds of the gymnasts surveyed thought that protein was their main source of energy, while over half didn't know about complex carbohydrates — the body's best source or energy.

This information comes as no surprise to Don Peters, coach of the 1984 U.S. Women's Olympics Gymnastics Team and spokesperson for The Potato Board. Long an advocate of solid nutrition, Peters believe that female athletes, such as gymnasts, too often ignore proper eating habits in order to attain their ideal competition weight.

"During my 20 years in the coaching business," says Peters, "I've learned an important fact: What you eat really matters. It matters in competition and during everyday activities.

"Scientific evidence has shown that good eating practices can really help an athlete reach peak performance. Poor nutrition, on the other hand, may result in such unpleasant side effects as low energy and more chronic injuries due to fatigue.

"But don't jump to the conclusion that athletes have markedly different nutritional requirements. In general, the nutritional needs of athletes are similar to those of other, less active people."

These nutritional needs are met through consumption of three key food groups: carbohydrates, proteins, and fats. While the American Heart Association recommends a diet consisting of over 50 percent carbohydrates, many Americans — athletes

included — eat considerably more protein and fat, believing carbohydrates to be "fattening."

The good news is that complex carbohydrates, like potatoes, are low in calories and provide the body's key source of energy, or "fitness fuel." Peak performance requires eating more fitness fuel in the form of fresh vegetables, fruits, and whole grains, while proteins and fats should make up less than half of the daily diet. It's that easy!

Gymnastic Safety The Coaches Corner

Dr. HUTCH DVORAK
Houston Baptist University

Inexpensive ways to "Class Up" and "Safety Up" your gym

When my assistant coach and I looked at our brand new empty training gym, we thought it was going to be too small! And when we positioned our equipment it looked even smaller! But then we had a brainstorm that has really increased the floor space in the gym. We build platforms between events tying spring floor areas, landing mats, and mats together which greatly increased our useable space *plus* made it much safer. Now there are no edges of mats on which to sprain or strain an ankle and there's a lot more "roll out—land on" areas. If you look at our gym, it is wall to wall 4" high, and it's either spring floor, landing mat, or platform. All it costs is a bit more plywood, foam and carpet. The results are outstanding.

Another improvement we have made is to pad the beam legs. We first used pipe insulation and blue vinyl tape. Then with ethafoam, vinyl and lots of contact cement we created the mighty "Pelikan beam boot" which doubles as a pad *and* step up to the beam. The step up is the "V" part of the beam leg. This is especially appropriate if your beams are close to the free ex mat when gymnasts overrotate and roll out of skills.

The last thing I'll pass on is that all the cables and turn buckles in our gym are padded. We started by using pipe insulations. However, because that was not very durable, we then took *old* ethafoam (not cross link because it isn't flexible enough) and rolled it into a tube, then taped it. Now it's not such a disaster when people hit their shins on a cable or roll into a cable from beam or floor.

Try these inexpensive ways to "safe up" your gym. Everyone will benefit from them!

**Make reservations for
Montreal Slet Now!**

Issues and Answers

Dr. Gerald S. George

1. Can a "non-fold" 4" landing mat, placed on top of basic mat, be used on either side, ie soft-side up or soft-side down?

The fundamental purpose of any landing mat is to help attenuate the force of impact realized by a gymnast in dismounting from the apparatus. It is primarily designed to provide a reasonably firm cushion for controlled feet first landings. Consequently, it is recommended that such a mat be placed *soft-side down* to top of a basic mat. This "hard-soft-hard" configurations provided for better landing mat performance.

2. Can the low bar be removed for training giants on Nissen and American bars and still be safe?

It depends on the specific type of bars in question. So long as the stability of the cable system and apparatus is not measurably affected, the low bar rail can be removed for safe giant swing training. But first check with the manufacturer to determine whether or not (and if so, how?) such a modification can be done safely.

The most dangerous game?

High-flying routines can result in crippling injuries

By MIKE KcKENZIE
Kansas City Star and Times

"They are playing with their bodies, the most precious thing, not a ball. If a ball pops, you get another ball."
— Coach Bela Karolyi

Gymnasts throw their bodies through a variety of spins and twists and somersaults high above the floor, and, during competition, have only the brutal hardness of the floor to break their fall should they goof.

But, with gracefulness as the heart and soul of their performance, gymnasts make so many gyrations and whirligigs appear routinely natural, even easy.

People watching acrobats in a circus gasp, horrified by the apparent danger.

People watching gymnastics ooh and ahh, mesmerized by the beauty, the symmetry, the fluidity, the power cloaked in grace. They don't take conscious note that the gymnast often is about 10 feet above the floor, that they miss a steel bar by scant inches in flying past it or that there are no nets below.

Even without goofs, the hundreds upon hundreds of landings that gymnasts make upon dismount from their array of beams and bars and other equipment pound severely at their ankles, knees and backs.

After a practice session in Kansas City's Kemper Arena preceding last summer's U.S. Championships, about a dozen athletes lay on a large mat

with ice bags pressed to sore spots on their legs, arms and torsos.

During practice, few gymnasts can be seen without tape wrapped somewhere, most commonly on the ankles and wrists.

Every sport has its injury toll, running a full gamut of breaks and sprains and tears and concussions.

Do gymnasts take more risks than other athletes? How dangerous is this sport?

Tom Schlesinger, 21, a gymnast in his third year with the University of Nebraska, is the 1987 NCAA champion. In April, 1982, when he was in high school in Boulder, Colo, he was recovering from having his right knee completely reconstructed after a gymnastics injury and was watching his brother, Arthur, during a warmup before a meet.

Arthur fell from the horizontal bar, the one known as the high bar, 8½ feet off the floor. He landed on his head. Several things snapped.

Arthur Schlesinger, 23, a student at Wright State in Dayton, attends classes in a wheelchair. He is paralyzed from the waist down.

Gymnasts appear to create unique perils, suspending themselves in midair to perform acrobatic tricks off apparatuses.

The horizontal bar and the rings in men's composition are 8 feet 6 inches above the floor. Women flounce about on a wooden beam 4 inches wide, frequently leaving both feet to somersault and land back on it.

The high bar in women's uneven parallels is 8 feet above the floor, and they circle around it in a space of a few feet between the two bars. Coaches step in to make sure the gymnasts don't swing out too far and crash into the lower bar.

Jennifer Sey, 18, of Philadelphia and the Allentown, Pa., Parkettes, the former women's national champion, struck the bar during a routine movement during the 1985 World Championships. She landed awkwardly and fractured a leg.

"It was a difficult skill, but one I'd done a thousand times. It was a freak thing," she said.

Three prominent performers missed the nationals in Kansas City earlier this year because of major injuries.

Phoebe Mills, 14, of Northfield, Ill., and Karolyi's Gym in Houston, was out because the effects of a broken ankle continue to plague her.

Doe Yamashiro, 17, of the Southern California Acro Team in Huntington Beach, withdrew because of a back problem that she has had since a gymnastics injury 10 years ago. She eventually needed surgery to remove a disc.

Brian Babcock of Carbondale, Ill., was out of the men's picture temporarily because of surgery in

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OF THE PREVIOUS MONTH

May to remove bone chips from his left elbow, his eighth operation necessitated by a gymnastics injury.

"It wore out," he said of the elbow. "I'm almost 27, in my 15th year in the sport, and my body is giving in."

Tim Daggett, a member of the U.S. Olympic gold-medal team in 1984, performed at the nationals for the first time since February, when he fell from the horizontal bar.

During a workout Daggett made a release move, and when he tried to grab the bar, he missed. He landed on his forehead.

He suffered torn ligaments in the neck, a ruptured disc and two herniated discs. Nerve damage cost him half the strength in his left arm, and it wasn't all back yet when he competed in the nationals.

After Daggett scored a 9.5 on the high bar in his first competition on it in seven months, he said: "I have a respect for the event, not a fear. If I had fear, I would have to retire."

Most sports have athletes who are called "fearless." Many gymnasts attack their tricks full-bore.

"That's my strength," said 15-year-old Kristie Phillips, who is the new U.S. all-around champion. "But if I fall, I fall. I leave my worries up to the Lord and it calms my nervousness, so I can just go for."

Karolyi, her coach and the man who tutored Olympic gold medalists Nadia Comaneci and Mary Lou Retton, said the aggressiveness and overcoming the fear factor is "educable" through the daily influence of repetition and the coach's encouragement.

"The fear factor comes back again and again, every time you try something new," Karolyi said. "And there always is something new. You can't copy the old and become a champion."

"It's a controlled danger," Babcock said. "Each individual must decide how much risk he wants to take."

Butts Names C.S.U. Coach Outstanding Woman in Sports

Senator Charles L. Butts and the General Assembly of the State of Ohio recently named Alice J. Kohl a member of Sokol Greater Cleveland and Cleveland State University Coordinator of Women's Athletics and Women's Basketball Coach "Outstanding Women in Sports". Kohl was honored by the Ohio State Senate in Ceremonies Thursday, February 4, 1988.

Said Butts, "Along with recognizing the contributions of women in athletics, I am particularly pleased to be able to pay tribute to Coach Kohl. She is not only an outstanding woman in sports, but is also an outstanding Cleveland and Ohioan.

Her accomplishments are widespread and her contributions to C.S.U. are immeasurable. She believes not only in winning, but more importantly in the quality of the kids and the quality of their education."

Since taking the job as lady cager coach at C.S.U., Kohl has been twice named as the Ohio College Coach of the Year, in 1982-83 and 1983-84. Among her other honors, Kohl was selected by the U.S. Olympic Committee as an assistant basketball coach at the Olympic Sports Festival in North Carolina this summer.



A native of Cleveland, Kohl graduated from John Adams High School in 1968. She attended Kent State University where she participated in the women's basketball and softball programs, graduating Magna Cum Laude in 1972 with a Bachelor of Science in Education. Kohl also earned a Master of Arts from Kent in Physical Education and Athletic Training in 1977.

Upon graduation in 1972, Kohl assumed a teaching post at Mentor High School where she was also named a coach and Chairman of the Physical Education Department. Coach Kohl stayed at Mentor until 1980 when she took over her present duties with Cleveland State.

A life-long athlete, Kohl has been a member of the American Sokol Organization since she was four years old, and has competed nationally in gymnastics with A.S.O.

The making of an exhibition

A SOKOL TRADEMARK

Some years back when our children were attending the local K through 6th grade, the physical education department invited all parents to a gymnastic exhibition. Our daughter, Angela, was to be one of the participants in the school's gymnastic exhibition. Naturally, I was enthused because we had just moved out to the booming Naperville area and I missed our local Sokol activities. Sokol Tabor's exhibitions were the highlight of the year's activities.

What a disappointment my husband and I felt as we watched the gymnastics skills portion of a physical education class exhibition. Where was the lively marching music, the formations of the uniformed classes in time with the cadence, and especially the National Anthems? Absent were the calisthenics choreographed to precision with the beat of the music. No special numbers with appropriate costuming. I expressed my disappointment to our daughter of 10 years and she promptly replied, "Mother, only Sokol knows how to put on an exhibition!" What truth she spoke.

Now, I am not implying that the physical education teacher had failed to provide us with the elements of an "exhibition". What I am stating is that a Sokol Exhibition is in a class of its own. Just as the parent who does not understand what Sokol will mean to her child's physical and mental development when the child begins the program, we who are familiar with an exhibition are left empty when we view a non-Sokol exhibition. It's a matter of ignorance versus knowledge.

This past March and April I took the opportunity to attend four Central District Exhibitions with the express purpose of documenting them with pictures and my own observations, plus directing Sokol Naperville's exhibition. It was a typically busy exhibition season in this district.

According to Br. Edwin Halik (my historical source) the present Sokol exhibition is a combination of the old Czech-American style of the earlier 1900's. The public exhibition is also more American in its concept. Br. Halik's Pilsen Sokol would combine the Christmas social with a winter exhibition centered around a theme. The public exhibition took place in the spring and served additionally as a means of financial income for the unit. If each unit researched their archives, perhaps more details would be available on the history of the Sokol exhibition. (Another job for the education dept?)

THE ASSEMBLY is the opening of the program with each class marching to appropriate cadence music. Sokols use Czech music because their heritage is an important part of the heartbeat of their activities. Three flags are carried out by the flag bearers, the United States, the Czechoslovak, and the unit's flag. The anthems begin with the United States', followed by the Czechoslovaks' "My Homeland" and "Thunder over Tatra Mountains", and



At Sokol Tabor's exhibition, the flag bearers and instructors mark the beginning of the festivities.

finally the Pledge of Allegiance is given by all. The guests are then welcomed and more marching is performed as the classes are dismissed. One thing I noted, marching is certainly a more organized and visually pleasing system of moving large groups of people from one place to another.



Sokol Tabor's girls working hard.

THE PROSTNÁ, calisthenics, is performed by each individual class. Each district is responsible for authorship except during the year of the national slet. The uniformity of the calisthenics can be challenging when Slet times rolls around, but workshops generally correct minor misinterpretations. Each unit has their own standard of acceptance and the individual gymnast's capabilities must be taken into consideration. One point we all agree on, —the kids always come through on the big day! While parents and grandparents are enthused with their child's calisthenics, I noted that at all exhibitions some adult and teenaged spectators "cringed" at the junior and adult prostná. After listening to their comments, I conclude that most do not understand the concept. One father at Sokol Stickney amazed me by his comment. He had been a member of a Sokol unit as a teenager and then gave it up for personal reasons. His dress attire was leather boots and jacket and he did operate a rather large motor-

cycle. This "tough on the outside" man admitted to me that at each exhibition he suffers from remorse because he gave up the Sokol program. He secretly wanted to be on the floor with the other men but felt he was too far out of shape to catch up. I assured him that the Stickney men would welcome him into their ranks and that he would quickly regain some of his losses.



Sokol Berwyn adults show their prostná skills.



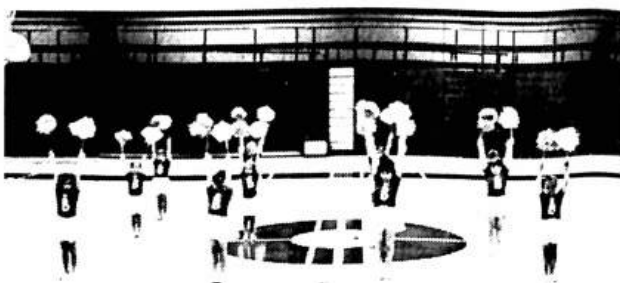
Sokol West Suburban's Paul Moravec, demonstrates his strength on the P bars.

GYMNASTIC SKILLS are a highlight of the exhibition, especially for parents who do not attend classes regularly. Daily progressions are hardly noticeable to the untrained eye, so the exhibition demonstrates Sokol's skill in training youngsters on a mass level. All age groups are exhibited, the novice to the advanced are given equal billing. An

added treat is when the instructor becomes a participant. Sokol West Suburban's men's class showed their gymnastic agility in a comedy setting with Br. Frank Michalek displaying his many talents.



Sokol Tabor's boys wait their turn on the rings.



Sokol Berwyn's 12 Cheers, first place first class div.

SPECIAL NUMBERS are the frosting on the cake at exhibition time. Costuming can be minimal (a T shirt with the unit's name), symbolic (the black ninja), theatrical (Elephantastics), or just plain functional. The special numbers are awarded the loudest applause at the exhibitions. The Tots special numbers are always the "cutest" evoking the most ooh's and the junior numbers are usually the most daring generating screams from the adolescents. This year some units did very funny numbers — Brookfield women, posing as cleaning women for the gym, went through some pretty amusing steps before trying out the apparatus. The kids loved it! Berwyn women, with rolling pin in hand, exercised and marched with aprons and scarves as "costumes". Česká Síň men "spoofed" the traditional Sokol "hoop" exercise. Special numbers demonstrate a variety of skills of the performers such as dance, rhythm, synchronization, and gymnastics. The choreographers display their talent in the "sharpness of the program and ability to select music that fits the situation", according to Br. Halik. Sleepness night generally occur during the



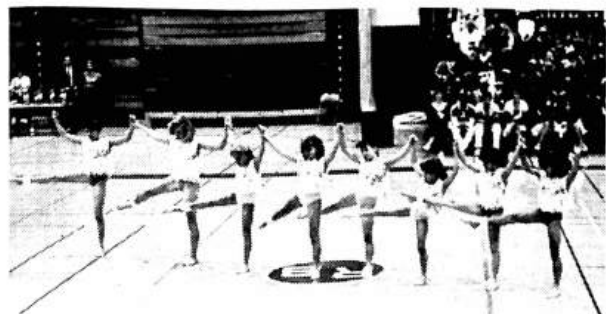
Sokol Slavsky's NINJA, first place second class.

writing of the special number and again the week of the exhibition. Most instructors have had no previous training in this field. Their ideas are overwhelmingly inspirational in origin! The communications between the instructor and the class borders on telepathic at times. The bond between them is one of mutual trust and respect.



Sokol Tabor Men's Vaulters, first place adult div.

An added attraction of the special number is the district's Special Number competition scheduled at the conclusion of the district units exhibitions. All units and classes are encouraged to submit their creations for all members to enjoy on this fateful day! Br. Halik believes the special number competitions began around the earlier part of the second half of this century. They have now become a part of the Sokol tradition.



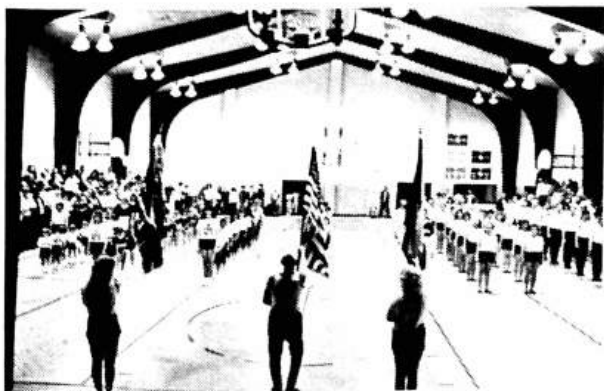
Sokol West Suburban's "Conga", first place junior class div.

The rewards of the special number competitions are first place trophies in each division and the opportunity to perform again at the district slet.



Sokolice Tabor's kitchen crew... on board and ready...

While all this is going on in the gym, a small army of members is preparing the defense of their front line... the REFRESHMENT CENTER! Where would Sokol be without the kitchen crew, those members who spent many years on the exhibition floor are now preparing for their own exhibition... the hot dog, the beef sandwich, the koláčky, the coffee. And opposite them, is the bar... and those brave members who tend it!



Sokol Stickney's Finale.

THE FINALE marks the end of another success story. All classes march out to one last Czech march and join in singing the praises of being an American... GOD BLESS AMERICA echoes throughout the hall and down to the refreshment crew ready for a night of laughter, dancing, renewed friendships, and promises of "Wait 'til next year"!

Lynda Filipello, Editor

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ASO FINANCIAL REPORT

APRIL, 1988

RECEIPTS:

Dues	\$ 7,512.00
T. G. Masaryk dues	10.00
Convention Fund	40.00
Special Assessment - Eastern District	16.00
Dividends & Interest	151.80
Song Books	50.00
Educational booklets	31.00
Computer labels	97.10
Canon copies	12.00
Presidents' Conference Dinners	130.00
U.P.S.	7.46
	\$ 8,057.36
A.S.O. Uniform Division - Rent, Salaries, etc.	634.46
Total Receipts	\$ 8,691.82

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	\$ 942.05
Salaries - Membership	105.75
F.I.C.A. & F.W.T. for March, 1988	182.36
I.W.T. - 1st Qtr., 1988	65.84
Rent, Janitor Services, phone, electric	1,016.28
Office Supplies (Membership applications, Dues cards, Labels etc.)	580.83
Postage	43.90
Travel Expense	466.00
Advertising - So. Omaha Anniv.	100.00
Repairs to Office Machines	663.73
Computer Supplies	47.76
Safe Deposit Box Rental	75.00
District Presidents' Conference	2,131.30
	\$ 6,420.80

BOARD OF INSTRUCTORS

Salaries	\$ 504.33
F.I.C.A. - March, 1988	86.16
I.W.T. - 1st Qtr., 1988	29.57
Editor "Sokol Gymnast" - April, 1988	30.00
Add'l. copies - "Sokol Gymnast"	58.00
Phone	.20
U.S.G.F. Safety Certification - R. Ptacek & S. Pistorius	200.00
	\$ 908.26

EDUCATIONAL DEPARTMENT

Salaries	\$ 192.13
F.I.C.A. - March, 1988	19.82
I.W.T. - 1st Qtr., 1988	15.36
Postage and Phone	1.70
	\$ 229.01

SOKOL PUBLICATION

Printing "American Sokol" - April, 1988	\$ 982.04
Postage - "American Sokol"	1,202.78
Supplies (Cord) for mailing "American Sokol"	35.25
Editor "American Sokol" - April, 1988	125.00
Salaries - Computer - Mailing Publication - March, 1988	150.75
Delivery of March issue to P.O.	5.00
	\$ 2,500.82

MISCELLANEOUS

A.S.O. Uniform Division - Salaries, F.I.C.A. March, F.W.T., March, I.W.T. - 1st Qtr., 1988 & phone	\$ 539.90
F.S.L.F. - Postage	.44
Special Appropriations - Pacific District	704.86
Central District	330.67
	\$ 1,575.87
Total Disbursements	\$11,634.76

Balance brought forward:

Affiliated Bank/Western National	\$13,353.37
Receipts - April, 1988	8,691.82
	\$22,045.19
Disbursements - April, 1988	11,634.76
	\$10,410.43

Letters to the Editor

I'm looking forward to receiving the April issue with the expanded news about District/Unit events. I have been enjoying the many changes in our publication in the past months, the variety of articles — each enriching the mind and reinforcing the Sokol ideals. I just re-read your article "The Winds of Change" — just marvelous writing, Lynda, my compliments. If only your ideas would take root and grow in each state of our nation, Sokol would be strengthened by the influx of new members. Until then, we lose ground little by little each year, and yet our leaders work tirelessly from Unit level to the Executive Board. I also enjoy seeing a new cover each month — they're great.

Thank you for publicizing our events and keep up the good work — it's really appreciated.

Nazdar, *Anna Eisner, Secretary*
Sokol Detroit Ladies Auxiliary

* * *

Dear Brothers and Sisters:

Last year in October the ASO Vestnik published an article suggesting that a good source of information and interesting articles was from Vestniks published by Sokol Units throughout the country.

The article further suggested that a Sokol Unit subscribe to the various publications. However, we think we may have come up with a more equitable idea.

We suggest that if you send us two copies of your Vestnik, we will send you two copies of our. Two copies?? Yes, one for reading only and one for cutting and pasting.

If you desire to join us in this "Vestnik Swap" idea, drop us a line. We'll put you on our mailing list immediately.

For your information: Our Vestnik is published bi-monthly. It is sent to all our members and subscriptions for non-members wishing to receive the publication is \$5.00 per year. We generally have about sixteen pages (8½x11), but have been known to climb to as many as twenty pages.

We get numerous and generous donations toward the Vestnik from members and non-members, and are presently self-supporting.

We look forward to hearing from you!

Nazdar! *Frances Meier, Editor*
1216 Balboa Ave.,
Burlingame, CA 94010

Sokol History

MASARYK ABOUT SOKOL

The Sokol idea is a combination of a noble Czech character and pure humanity. It is an idea in which the great examples of our history, like for example Žizka and his indomitable courage to defend the truth and the nation, and Čečický's uncompromising pacifism, found a harmonious expression.

Masaryk appreciates the Sokol ability to organize, and it's intellectual role, the accuracy, honesty and brotherhood "which is actually the solid foundation of our Republic, of whole Europe and of the humanity."

As a task for a mature, true Sokol, he stipulates the requirement for him to become a defender of democracy: to be politically and socially conscious.

As Sokols living in the United States, it is our task to keep track of the political happenings in

order to be ready to express publicly our views and to be able to preserve and defend the democratic order in our new country.

Source:

Ladislav Jandásek: "Dnešní sokolství a dílo T. G. Masaryka".

Sokol Notes, Los Angeles



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