

AMERICAN SOKOL



Publication of the American Sokol
Educational & Physical Culture Organization



Christmas is
a time to remember
the special people
who have touched our lives

AMERICAN SOKOL

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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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Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____

Name _____

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_____ Zip _____

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_____ Zip _____

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

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIX

December — 1988 — Prosinec

Číslo - No. 12

Executive Board meeting

OCTOBER 18, 1988

Called to order by president, Br. George G. Basta. Members present: Sis. Ptacek, Pistorius, Filipello, Kourim; Bro. Masek, Lebloch, Barcal, Ptacek, Borvansky.

CORRESPONDENCE: Approved purchase ¼ page ad for Oct. 28 Denní Hlasatel newspaper. Three pieces of informational material from Sokol women of Little Ferry. Other misc. info.

Br. Basta to contact Eastern Dist. re: update on Sokol Women of L.F. Br. Lebloch advised that Sokol West is breaking ground for a new building.

1989 SLET: Br. Masek gave bill for Christmas seals, to be paid. Showed pictures of souvenirs to be sold. Requested \$1,000 advance to committee, approved. Br. Roman Hruska will be honorary chairman of the festival part of slet.

DIRECTOR OF WOMEN — Sis. Sylvia Pistorius: Attended 18 hours of lectures at the USGF Congress of Coaches, 1,600 participants. Preparing for Baltimore conference of District Directors.

DIRECTOR OF MEN — Br. Richard Ptacek: Attended USGF congress, was impressed with uneven bars wide spacing and many other changes in apparatus construction. Sokols were well represented. Comment from Br. Lebloch — we have to look at our methods of teaching, are we updating our material? Also should teach proper nutrition. Sis. Filipello also reiterated that some of the methods we use are archaic. Even with the current information in the Gymnast many people do not use it in class. They continue to reinforce old methods. USGF is current with exercises. Br. Lebloch told how difficult it was for USGF to form. Many Sokols involved in the formation. Sis. Pistorius suggested that the USGF history and new methods be incorporated in our district courses and that Rhythmic gymnastics program needs to be enlarged even into our tots classes. No national course to be offered summer of 1989 due to pressures of Slet. Many agreed that much can be learned through USGF material.

MEMBERSHIP CHAIRMAN — Br. Fred Kala: excused, no report.

EDUCATIONAL CHAIRMAN — Bro. Paul Lebloch: All districts were represented at Oct. 14 and 15th Educational conference. Informative reports given and ideas exchanged. In contact with Br. Pete Dusek about the translation of Marie Pro-

vazníková publication. The Sokol history by Br. Stanley Barcal is being reviewed by several people now. Br. Basta is checking into the "Sokol signs" at the Stefancik building.

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

PUBLICITY—ENGLISH — Sis. Linda Filipello: Slet publicity to start. Also will work on getting more local publicity on national events.

FINANCIAL SECRETARY — Sis. Mildred Pinc: excused, report read by Sis. Kourim: Sept. report prepared and distributed. Wage reports filed, wrote all delinquent units, and read report of donations. Read letter from Sokol Newark, only seven members left.

TREASURER — Bro. Robert Barcal: Reconciled bank statements, all in order.

EDITOR — Sis. Lynda Filipello: Czech articles will be given to board members who can translate. Need pictures of past Slet posters for publication.

SECRETARY — Sis. Jackie M. Kourim: Mailing of seals to be done, all monies to be sent to Western District address.

II VICE PRESIDENT — Br. Gary Masek: Discussed 1990 convention. Called Br. Laznovsky during meeting, he is to forward information as to date, place, etc.

I VICE PRESIDENT — Br. Charles Borvansky: Printed invitations for honorary dinner. In contact with person from Missouri who wants to start a Sokol.

PRESIDENT — Br. George C. Basta: Attended District Educational Directors Conference.

UNFINISHED BUSINESS: Selected Slet banquet invitations. Dress code for banquet. Proposed dress uniform, however, optional for women.

Meeting adjourned 10:20 p.m.

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

FUTURE SOKOL LEADERS FUND

OCTOBER 1988

In memory of Sis. Anna Falta — Helen Kratky	\$10.00
In memory of Sis. Ages Svestka — Bill and Violet Vrba	10.00
In memory of husband, Charles — Victoria Machotka	25.00
	<u>\$45.00</u>

— Donations are tax exempt —

XVII AMERICAN SOKOL SLET A Gymnastic Festival

JUNE 20-24, 1989 IN OMAHA, NEBRASKA

Dear Brothers & Sisters:

As you are aware, the XVII American Sokol Slet will take place in Omaha, Nebraska Tuesday, June 20 thru June 25. What you may not know is that this Slet is historic because for the first time in Sokol history, the Slet will be combined with a national Czechoslovakian Festival.

The American Sokol Slet and Czechoslovakian Festival will feature authentic Czechoslovakian food, entertainment, costumes, folk art, artifacts, and cultural displays, in addition to activities typical of a national Slet such as gymnastics and physical fitness competitions and exhibitions.

The gymnastics and physical fitness events will begin on Tuesday and conclude with the Slet on Saturday evening. The general public will be encouraged to attend the Slet and plans call for a major gymnastics exhibition Saturday evening performed by members of the University of Nebraska gymnastics team. This highly touted team has four members who competed in the Olympics just held in Seoul, Korea.

The heritage festival will be heavily promoted to the general public and will take place Friday evening, Saturday and Sunday. We hope to attract more than 10,000 people to the festival. The more people who attend, and the more corporate support received, will mean more money raised for Sokol.

You are invited to participate. We need performers, folk artists, and items for display in our cultural heritage room Friday, Saturday and Sunday. Do you cook? We are looking for people to present cooking demonstrations! If you belong to Sokol you belong at the American Sokol Slet and Czechoslovakian Festival in Omaha!

If gymnastics and the serious pursuit of athletics and physical fitness are behind you, you still have good reason to join us in Omaha for the Slet and heritage festival. We are planning a gathering of members of all ages and backgrounds to share their rich cultural/ethnic background. Join us!

HOW CAN YOU PARTICIPATE?

1. **Performers/Musicians** — We are looking for the best talent available through Sokol units across the country. Musicians, dancers, vocalists, and polka bands are needed.

2. **Folk Artists** — We need people who have skills to demonstrate — quilters, woodworkers, egg decorators — all who have a traditional art form to share. You can even sell your work to the public!

3. **Historic Artifacts** — Crystal, costumes, religious objects — anything that portrays the Czechoslovakian culture and heritage or Sokol tradition are needed. Your items will be insured and carefully marked and handled for return. Twenty-four hour security has been arranged for each day of the festival.

4. **Costumes** — Simply show up to the festival in costume. Add to the color and festivities of the event!

5. **Cooking Demonstrations** — If you prepare a special ethnic dish, show us how you do it. We need people to offer public cooking demonstrations.

Because this is a special celebration and fund raising effort for American Sokol, we are asking you to volunteer your time. You will take back with you a feeling of enrichment that will last a lifetime. You will be part of a cultural sharing like none other in recent Sokol history.

A **limited** amount of funds may be available for performers and folk artists who are unable to pay their own way to Omaha.

If you wish to participate in the festival as a performer, folk artist, or cooking demonstrator, or if you have an artifact that you would like to lend as part of the festival's cultural display, please complete the attached form and return at once. We need to hear from you by January 15, 1989.

NAZDAR!

Gary J. Masek, Co-Chairman
Walt Bures, Co-Chairman

Super Response to 48ers' Reunion

What a response Emilie Ruzicka has been receiving daily from many of you to our October News and Views article regarding the reunion of the Prague participants! The letters and memories stirred are so exciting that Emilie has asked that the reunion be opened to include "26ers" and "32ers". Sounds like a great idea to me.

Please bring souvenirs, pictures, and mementos from these Slets for an exhibit. For further information, please contact Sis. Emilie Ruzicka, 1215 N.E. 128th St., North Miami, Fl. 33161.

* * *

SENIOR CALISTHENICS: In the October News and Views I made a comment on the Senior II Calisthenics that may need further qualification. The official Senior calisthenics for the XVII American Sokol Slet written by Br. Dave and Sis. Judy Harlan is for ALL Sokol seniors ages 18 (17) through 100 plus. This is intended as a contemporary calisthenics written as a challenge to all and for the enjoyment of the spectators. The Senior II calisthenics was written as an alternative for those members who cannot complete some of the gymnastic moves but still want challenges. Both numbers will be an expression of the Sokol philosophy of "physical fitness through gymnastics". (Why not learn both!)

Help Our Sokol Grow

American Sokol Slet and Czechoslovakian Festival

PARTICIPATION FORM

Name _____

Sokol Unit _____

Your Address _____

City _____ Zip _____

Home Telephone _____

Business Telephone _____

Performers

1. Name of group: _____
2. How many are in the group?: _____
3. Describe what you do: _____
4. How many performances are you able to do during the weekend? _____
5. What days (Friday, Saturday, and/or Sunday) are you able to perform? _____
6. What are your technical requirements (sound, stage, lightning, etc.)?: _____
7. Please enclose any written information you have on your group, such as how long you have been together, where you have performed, newspaper clippings, etc. _____

Folk Artists

1. What is your art or craft form? _____
2. Is this specific to the Czechoslovakian culture?: _____
3. What equipment is needed for you to demonstrate?: _____
4. Would you be bringing your own equipment or do we need to supply facilities?: _____

5. What days could you participate (Friday, Saturday, and/or Sunday)?: _____
6. Do you wish to sell your work at the festival?: _____

Cooking Demonstrations

1. What food(s) do you wish to prepare?: _____
2. Please supply recipes on a separate sheet of paper.
3. What days could you participate (Friday, Saturday and/or Sunday)?: _____

Artifacts

1. Please fully describe the object(s) that you wish to lend for the cultural display: _____
2. What is the approximate value of each object? _____
3. Do you plan to attend the Slet and festival in Omaha?: _____
4. If not, how do you prefer to ship the object(s) to Omaha?: _____

Miscellaneous

Please describe any other way in which you wish to participate in the festival: _____

Do you plan to attend the festival? _____
If yes, how many people will be attending with you? _____

COMPLETE THIS FORM AND MAIL AS SOON AS POSSIBLE TO:

Walt Bures
1905 So. 121 St.
Omaha, NE 68144-2815

QUESTIONS MAY BE REFERRED TO:

Vic Gutman, Producer
Czech Festival
402-345-5401

Editing articles

Gymnast editor Frank Michalek and I have received many interesting unit and district articles with pictures in the past two years. Occasionally, a lengthy article is received that needs editing. While we enjoy the many topics, space is limited. If we print a lengthy article for one unit, others will want the same courtesy. Please note the following guidelines:

1. Fully edited articles only (correct spelling, punctuation, etc.)
2. ONE COLUMN LENGTH ONLY, INCLUDING PICTURE. (Count the number of spaces in one column). We will return lengthy articles to you for editing.

3. If you want a picture returned, please include a self-addressed, stamped envelope and label back of picture with your name and address.

(Black and White photos are best.)

4. We will make exceptions based on what we feel may interest the membership as a whole.

5. Some articles are dated, therefore, may receive priority over others that are considered "feature status".

Your continued active involvement in the publishing of the AMERICAN SOKOL PUBLICATION is encouraged, appreciated, and very welcome.
NAZDAR, Lynda (and Frank, too)



A Lasting Tribute to Bro. & Sis. Cihak



We all have people in our lives who are special. We love them and admire them, but too often we don't appreciate them or what they have done until something happens and they are gone.

We are still reading articles that Jim Cihak wrote years ago about Sokol history. How many know that he was a Czech legionnaire in WWI and helped in the formation of Czechoslovakia? He knew people whose memories we revere. He lived in and made the history we so recently celebrated.

Jim founded the Future Sokol Leaders Fund to insure a continuance of what he believed. He was the first Educational Director because he knew that a sound mind is as important as a sound body. Jim wrote the Sokol Creed For Youth. A document that is marvelous not just for youth, not just for Sokol, but for Americans of every age. How many have read it?

Blanche spent many days driving through this country to gather support and funds to help Czechoslovaks in the lean days after WWII. The Cihaks also used their own resources to purchase and ship clothing, drugs and food items to Czechoslovakia.

Sokol is now honoring members who have contributed a lifetime to the advancement of what we believe to be a worthwhile organization. How much better it is to express our appreciation in person rather than in a eulogy. Memorials to various funds are good and necessary, but sometimes an individual and more visible and lasting tribute is needed. As long as a person is remembered, their ideas used and their lives an example for good, they are never completely gone. A part of them lives forever.

Joan Sedlacek

(This plaque, presented by Sis. Sedlacek, is displayed at the A.S.O. office.)

The Images Of Parents

*When I Was
4 Years Of Age
My parents could do anything!*

*When I Was
8 Years Of Age
They really don't know
quite everything.*

*When I Was
12 Years Of Age
My parents? They are hopelessly
old fashioned.*

*When I Was
21 Years Of Age
My parents? They are way
out of date.*

*When I Was
25 Years Of Age
Well, they might know a little
about it.*

*When I Was
35 Years Of Age
Before we decide, let's get
their opinion.*

*When I Was
50 Years Of Age
Wonder what they would have
thought about it?*

*When I Was
65 Years Of Age
Wish I could talk it over with
mom and dad once more.*

AMERICAN SOKOL ORGANIZATION

GYMNAST

DECEMBER 1988

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



THE AMERICAN SOKOL ORGANIZATION
BOARD OF INSTRUCTORS AND DISTRICT DIRECTORS

SEND THEIR GREETINGS FOR A

Happy Holiday Season
and a
Very Productive New Year

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Veselé Vánoce — Šťastný Nový Rok

DOC'S CORNER

PHYSICAL FITNESS

Introduction

Why exercise? We live in an era of "easy living." Modern conveniences now do the work that used to require our time and effort. We have replaced walking with riding through use of the automobile; we take elevators instead of climbing stairs; we use power mowers instead of releasing our energies and frustrations on a push-type mower; and we even use an automatic push-button device to change channels when watching television, instead of walking across the room to tune the set. Modern technology has outmoded activity and made inactivity popular.

Comfort, in its modern connotation, means having things done for us with the least amount of physical exertion on our part. Generally, we are more interested in being comfortable than in being healthy.

Backaches, headaches, muscular tensions and soaring blood pressure are not ailments intended to continually bother man. Generally, these ailments are a result of inactivity.

From the standpoint of physical fitness, inactivity is synonymous with neglect and laziness, and it can threaten the attainment of a long, rewarding and healthy life.

Good physical health is a combination of four elements; a proper mental attitude, adequate rest, a well-balanced diet, and an exercising program. To achieve a balance of these four factors, and to faithfully continue with the program, will enable almost any person to become physically fit.

Physical health helps provide defense against various health hazards, such as infections and colds. The person who is fit overcomes most illnesses in a much shorter period of time than the person whose defenses have been weakened by inactivity.

A person who engages in a daily exercising program will benefit in balance, coordination, dexterity, grace, posture, speed, stamina, strength, and appearance. But, a regular exercising program requires determination, effort and time. The exercising program is as essential to a balanced fitness program as regular meals and proper rest, and therefore, should be done with the same degree of regularity as eating and sleeping.

Generally, an exercising program can be started regardless of age. However, it is advisable that a middle-aged or older person consult with his physician before beginning a strenuous program of exercising and calisthenics.

Even for younger persons beginning an exercising program, a visit with the family physician for a complete medical examination is suggested. Remember, regular medical check-ups are as much a part of health and physical fitness as is exercising.

The Three Forms of Exercise

The three basic forms of exercise are isometric, isotonic and free. A comprehensive exercising program will embody all three, just as it will develop all

parts of the body without special concentration on one particular area.

Isometrics

A form of exercise employing full muscle force against an immovable object. In doing isometric exercises, the muscle performs at greater intensity resulting ultimately in making muscles firm and strong. Clenching the fist is an example of isometric exercising.

Isotonics

A form of exercise whereby muscle tension is combined with movement against a form of resistance, generally gravity. In this form of exercise, the joints have full movement and full motion is employed. This exercise not only strengthens muscles but also is very effective in removing excess weight. Push-ups and sit-ups are examples of isotonic exercises.

Free Exercise

In performing a free exercise, the body moves without resistance of any kind. This exercise relaxes and strengthens muscles and provides grace and coordination. Of the three types of exercise, free exercise is the oldest known form.

Several different types of free exercise have been developed, but it is generally agreed that the best type is one which incorporates the usage of all parts of the body; the head and neck, the arms and shoulders, and the trunk and legs. Running is an excellent example of free exercise.

Just as it is not advisable to concentrate on one particular area of the body in your exercising program, so too, it is not recommended that your concentration be on one form of exercising. The aim of the program is physical fitness which can best be achieved with a well-balanced program utilizing all three forms.

Sports and Recreation

Sports and recreation, in themselves, are inadequate for comprehensive exercising programs for the development of physical fitness.

The inadequacy of recreational activity as a complete program of physical fitness stems from two basic faults. It lacks everyday regularity and does not provide a comprehensive exercising program for all parts of the body.

This is not meant to detract from the many physical, mental, social, and emotional values that sports and recreation afford; a challenge to ability, a change from daily routine, and opportunity to participate, and a common reference for social acquaintances. And possibly the most important factor, recreational activities are very enjoyable.

Your Exercising Program

It takes a certain degree of will power to begin an extensive physical fitness program, but an even greater degree of willingness, effort and determination to continue with such a program. Before you start, if you feel that you will be unable to meet the demands of the program, then do not waste your time. But, on the other hand, if you feel that your

appearance, your job, or your general well-being are at stake, begin the program, continue with it, and watch with pride your improvement.

Preparing the Athlete

"The key is movement"

BY BELA KAROLYI

When you step into that gym, you become a teacher, coach and leader to your gymnasts; and you must establish that relationship from the first moment. Once your athletes realize you are the coach and they are there to work hard and learn, things will run smoothly.

Granted, physical preparation is only part of the total preparation, but it is the most important! If I can make one little kid stronger than the others, then she will run faster, jump higher, and eventually win.

"Plan an organized group stretching — don't let your gymnasts sit and talk!"

The key is movement. Your gymnasts must be moving the entire time they are in the gym. Have planned activities. Begin the warm-up with walking and running. Run sideways and backward. Add jumps, turns, leaps or rolls. When your kids have completed their laps, have them stretch. Plan an organized, group stretching — don't let your gymnasts sit and talk!

Then, go through your technical preparation, working skills and complete routines.

The last 15 minutes of practice should be set aside for circuit strength training. The stations can be set up using equipment in your gym—horse, bars, mats, etc. Have at least four stations, each station working a different part of the body: 1. Legs (for strength and speed)—sprints, stretch jumps or lunges; 2. Abdomen—sit-ups, V-ups or leg lifts on the bar; 3. Lower back—heel lifts lying on the horse or heel and shoulder lifts lying flat on the floor; 4. Arms—push-ups or chin-ups.

Set the number of repetitions at each station. Divide your gymnasts into groups and have them complete the entire circuit a minimum of three times. Remember, they should always be moving.

Think about what areas your gymnasts need to work on and add stations accordingly. For example, if your gymnasts need increased abdominal strength, have one station for V-ups and another for leg lifts. If you have more than six stations, your kids will need to rest and relax. But, you don't want them to rest, so you add a station for active rest—flexibility. Have them do back bends, rocking 25 times to work the shoulders and lower back, or splits, or over splits, or any type of flexibility they need. Keep them moving.

After a month or so, give them a test. Measure their strength in units. How many stretch jumps can they do, how many push-ups, etc. Let them see what they are capable of doing. This way they can watch their progress.

For the more advanced gymnasts, take their maximum number of repetitions and divide it by two. Use that number as the amount of repetitions that should be done for each rotation. For example, if a gymnast can do 100 sit-ups, then she should do 50 each time she gets to the sit-up station. Individualize the strength training for the advanced gymnasts.

Vary the exercises being done at each station to keep the gymnasts from getting bored.

Strength should be done at the end of every practice. Once conditioning is complete, don't just let your kids walk out of the gym. Line them up, even if it's only for 30 seconds. Tell each gymnast how she did that day. Tell them they did great or tell them they need to work harder. Let them know you are watching and are aware of their progress. Then, dismiss them. IG

Sylvia Laznovsky

This month we introduce you to Sylvia Laznovsky women's director of the Southern District, and a member of the American Sokol Organization board with the longest tenure. Sister Laznovsky has been a district director for 28 years and has served her district and the American Sokol Organization with dedication and devotion. A member of Sokol Karel Havlíček-Borovský, Ennis, Texas for 32 years, and has served as unit Physical Director since 1957.

It was at Potters Lake, Wisconsin in 1957 that Sister Sylvia attended her first "Cvičitel'ský Kurs" and received her early training. She participated in every National A.S.O. Slet since 1953, while also attending mid-slets in St. Louis in 1955, Los Angeles in 1959, and Dallas in 1967. Sister Sylvia also attended Slets conducted by the Czechoslovak Sokols Abroad in Vienna in 1962, 1972, 1982, in Zurich in 1976 and 1986, Canada in 1984, 1988 and several Sokol U.S.A. Slets including the 1987 Slet in Washington, D.C.

In addition to Sokol work, Sylvia is a member of S.P.J.S.T. and W.F.L.A., and serves as a SPJST Lodge secretary. She also takes time from her busy schedule to keep abreast of modern innovations and advancements in the gymnastic world by attending the USGF Congress every year. As a district director Sister Sylvia has also faithfully represented her district well at every district directors conference while receiving a special service award for outstanding service in 1980.

Sister Laznovsky has been employed by the Federal government for the past 32 years and currently is a training manager in the quality Assurance Specialist Department for the Defense Contract Administration. Its hard to believe that she still finds time for her hobbies of traveling, collecting Czech items, and studying genealogy. The Southern District, Sokol Karel Havlíček-Borovský, and the American Sokol Organization is very indebted to our fine Sister who has unselfishly devoted much of her life to Sokol. We Salute you Sister Sylvia.

NAZDAR! NAZDAR! NAZDAR!

— Alois Hudec —

One of the most glorious figures of the gymnastics world is Alois Hudec, the Czechoslovak representative who recently celebrated his 80th birthday in Prague.

Hudec was born July 12, 1908, in Račice na Moravě, where he began to exercise with his four brothers. The oldest brother, Antonín, became Alois's first coach, and thanks to his toughness and systematic training, Alois became a great champion.

His first international competition was in Paris in 1931, on the 50th anniversary of the International Gymnastics Federation. There he won the all-around, rings, high bar, parallel bars and pommel horse. Hudec was especially talented on rings, on which he became world champion in Budapest in 1934 and Olympic champion in Berlin in 1936. His routine at those Olympics is as follows:

- 1) Vertical pull-up, arms sideward and straight, to L-support.
- 2) Press handstand bent body with straight arms.
- 3) Lower to inverted cross, arms horizontal and straight.
- 4) Lower to cross.
- 5) Lower to front lever.
- 6) Inlocate with straight body.
- 7) Stemme backward to cross.
- 8) Felge forward with straight body and slowly press to handstand.
- 9) Felge backward to cross.
- 10) L-cross.
- 11) Lower with straight body to straight inverted hang.
- 12) Inlocate forward with straight body.
- 13) Inlocate to piked inverted hang.
- 14) Dislocate layout flyaway.

Hudec also won the rings at the 1938 Prague World Championships, and he was an active com-

petitor for 22 years! His last competitions were dual meets against Denmark and the USA in 1947, and he won the both at age 39!

Hudec says about his career and experience:

"Artistic gymnastics is a wonderful sport. It makes the whole personality strong but it require toughness and perseverance. One can rely on his own only. I was never satisfied with what I had reached. I began to exercise giant circles on parallel bars and also attempted one-arm giants on high bar. Today's gymnastics is very difficult but, like in our times, gymnasts should not neglect elegance of exercising and inverting new elements."

For the next years, we wish Alois Hudec good health and good luck in his personal life.

Anton Gajdoš/ ČSSR

Sokol Fun Run

The 1989 Slet Committee needs the input of our Sokol members. We are considering adding a new event to the week's activities — a 10 k and 2.5 k SOKOL FUN RUN! It is tentatively scheduled for Saturday June 24, 1989 at 8 a.m. with an entrant's fee of \$8 which includes a Sokol Fun Run bag and a ticket to the exhibition.

We are encouraging everyone — all ages to participate either by walking and/or running. In recent years walking has been recognized as a beneficial and inexpensive way to increase overall health. Given the popularity of fun runs across the nation we thought this event would afford another outlet for our Sokol members to perform.

Take it at your own pace, meet other Sokols and enjoy yourself.

In order to determine whether the event should be planned we would like you to return the bottom portion of this letter to: Sokol South Omaha, 2021 U St., Omaha, NE 68107. Attn: Colleen Kenney. Please return by January 1, 1989.

Name: _____

Interested in the event yes no

Expected number of participants 10 k 2.5 k

Any comments: _____

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Cooperation

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—Leo G. Wilsman, vice-president,
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PREFACE

While visiting the Olympic Museum in Lausanne, Switzerland, Sisters Annette Schabowski, Henrietta Milan and Brother Jerry Milan discovered the Olympic Cup. The display mentions that it was presented to the Czech Sokol Organization in 1910.

The following article was found in our archives. It was translated from Czech by Sister Věra Roknič of Sokol Tabor.

SOKOL 1910
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Presentation of the Olympic Cup (Trophy) to the Czech Sokol Organization

Translated from Czech by Věra Roknič

A week ago, a large part of Bohemia from the Bavarian border all the way to Praha, did welcome the winners from London. Praha welcomed them with such an ovation that is seldom witnessed and only when sparked by a patriotic flame which — so far — has been the greatest in the existence of nations. After a triumphant trip thru Bohemia, thru a myriad of people that lined the streets of Praha, after a formal greeting at the City Hall, there took place a honorary reception for the Czech Sokol District.

Honors were given in the young, simple yet confident spirit which made Sokol great. In the grand

hall of Žofín which was filled with row upon row of spectators basking in the light of sparkling chandeliers, underneath the balconies which adorned the hall like hanging garlands, the Sokols showed a kadeidoscope of color and movement which won them honors in London and which they will perform during the Slet in Sofia, Bulgaria and Krakow, Poland. Each number performed culminated in a new wave of excitement. At the sound of the last note — when the magical vision of the "London calisthenics" faded away, the hall exploded in tremendous applause which echoed the undescribable thunder which the Sokols received after their calisthenics at the Slet. When we witnessed this fascinating gymnastic symphony three weeks earlier at Praha Sokol, we were filled with hopes that the success in London will belong to us. Yesterday, we understood the joyous amazement of the English public on the noble expression of strength and dexterity which is both beautiful and aesthetic. For the English audience it must have seemed out of this world — this truly Slavic expression of gymnastics which shows strength, lightness of movement, deftness and precision.

The Czech Sokol organization honored the composers of the calisthenics, brothers Václav Vorel and Karel Mrázek, instructors of Sokol Praha, by presenting them with diplomas.

During the evening festivities, Dr. Jiří Guth, president of the Czech Executive Board of the Olympic Games, presented to the Czech Sokol Organization the Olympic trophy for 1910 as a token of their affection for the Czech nation as well as in appreciation of their work in the field of physical education.

The gymnasts from London (J. Czada, Sv. Svoboda, F. Vacha, V. Kucec, K. Starý, J. Machovský, F. Svoboda and S. Peca) under the leadership of Dr. Jindra Vaníček opened the evening program with a performance on parallel bars. Each performer received well-deserved applause.

Afterwards the Sokols from Praha District performed calisthenics which were written for the Slet in Sofia, Bulgaria where these will be performed by 26 district teams, or about 150 gymnasts.

The president of the Czech Olympic Board, Dr. Jiří Guth, handed over to the Czech Sokol Organization the Olympic cup, reflecting on the festive welcome of the gymnasts after their return from London and he highlighted the honors bestowed on the Czech Sokols. He expressed pride and joy on being able — as member on the international board and as director of the Czech Olympic board — to hand this cup to the Czech Sokol Organization for their merit in physical education. In a short speech he described the beginning, goal and work of the international Olympic board who organized the Olympic games in Athens, Paris, St. Louis, London and the next ones (in 1912) in Stockholm. He explained the meaning of the Olympic cup which was founded in 1906 by Baron P. Coubertin. This cup represents the highest honor given to organiza-

tions promoting physical education. In 1906 it was awarded to Touring C. de France, in 1907 Henley regata, in 1908 Svensk Centralfor. for Idrottens Tremjande, and in 1909 German touring group. By awarding this trophy the Olympic board testifies to the high esteem of the Sokol gymnastics. Dr. Guth expressed his wish that all our sportsmen would take as their example the high standards of the Sokols as well as their patriotic sentiments. He asked the Czech Sokol Organization to accept the cup for the year 1910 — a year which will be forever remembered in Sokol history as testimony of the affection of the international Olympic Board. He concluded his speech with a Sokol "Nazdar".

President of the Czech Sokol Organization, Dr. J. Scheiner, replied: "Dear brother and friend! On behalf of the Czech Sokol Organization I accept, with sincere thanks, this proof of recognition of our work by the international Olympic Board and ask that you deliver our thanks to your committee which so generously bestowed this honor on us and our entire nation. Our reward is in the knowledge that we have done our work conscientiously and the fact that the world is honoring our small nation today gives us great satisfaction.

"The realization that this honor was bestowed upon us by the Olympic committee reminds us of the beautiful celebrations that took place at one time in Greece. We think back to the times when the Olympic games represented national strength and greatness. However, greed and hunger for individual glory overturned the entire institution into destitution and degradation.

"And thus by accepting these honors we are passing them on the altar of our nation. Among us, there are no winners or conceited individuals but we remain as brothers equal in their striving to excel in honest work for the country of competitors. It is the noble Sokol idea that deserves the laurels of glory. Nazdar!"

After the speech, Dr. Scheiner handed to brother V. Vorel and Karel Mrázek an award for their excellence and success of the London tour.

Next on the program was the singing group of Sokol Praha with their rendition of Vendler's "Byli jsme a budem" and following groups marched up on the stage: Jungman district, Sokol Praha (horse), District Central Bohemia (parallel bars), district Barak and pobělohorská (horse). It presented a pleasant picture of physical variety when the eyes wandered from one group to another, searching for the best from the best. In the center of the gym hall a group of gymnasts under the leadership of brother Kavalír performed a routine on parallel bars which will be repeated at the Sokol Slet in Krakow, Poland.

And as the grand finale, there followed the London calisthenics which performance was rewarded by endless applause. The Sokols, led by brother Dr. J. Vaníček, marched off but the audience didn't want to leave the stadium, hoping that the gymnasts would return for additional performance.



Meantime, down on the field, the second part of the program took place. While a light rain shower came down, it didn't stop the spectators from watching the performance of junior teams from Žižkov, Vinohrady, women's group from Vyšehrad and Žižkov.

The highlight of this evening were the human pyramids carrying lighted lamps. Beautifully bodied gymnasts from Žižkov, dressed in white uniforms, performed symbolic tableaux of fairytale beauty, framed by the green circle of lovely chestnut trees illuminated by specks of light.

Spectators — admiring the beauty and skill of their brothers — with the music playing, the rustle of trees, and distant murmur of rushing water and the quieting noise of the city — fringed by the dark surface of the river Vltava — all that added to an unforgettable evening.



Vítězná závodní družstva České Obce Sokolské, Londýn 15. června 1910. Závodní cvičení partióků.
The victorious competitive range of the Česká Obce Sokolská, Londýn 15. června 1910. Common competitive exercises.
Les vainqueurs des concours de Česká Obce Sokolská, Londres 15 Juin 1910. Exercices libres de concours.

Something to talk about

By: Bro. Vaclav Zenisek
Central District Educational Director

In one of our Unit's Educational reports, we got this note:

"Many of our present-day instructors are getting away from the old system of Sokol and our American youth is not interested..."

So: What is the "Sokol System"?

How many of today's instructors know about the Sokol System? How can anybody reject this system when he does not know enough about it? We cannot insist that a good Sokol is only one who practices the apparatus and why a volley ball player could not be a good Sokol too?

In 1987, the Sokol U.S.A. Slet in Washington, D.C. had a very suitable motto: "Sokol — A Way of Life". To live a "Sokol Way of Life" means just to be a good human being. Of course, it is our "ideal" but daily reality keeps us aware how far away we are from our "ideal". How beautiful the world would be if everybody would be reliable, responsible, trustworthy, respectful, patriotic, helpful and so on. We know it may never will be true, but we must work for it, to make life better.

To make the gym hour interesting and physically effective (modern) is up to the quality of the instructor. We can improve and modernize the quality of our gym hour by increasing the knowledge of our instructors with better schooling, which, of course, expects more interest in teaching and good will to learn. But in any case, it takes a lot of time and hard work. An individual's effort is welcome.

We in Sokol are not exactly experts, because we rely on volunteer instructors for the most part, but we present our Sokol program honestly, with good intention, that while working with individuals we are doing something for our Country. Tyrš original intention was to improve the quality of the whole Nation physically, mentally and patriotically. He hit the right idea at the right time. It was at the time the Czechoslovak Nation was suppressed. America today is an independent and strong Nation, but it is beginning to be questioned in a moral and a patriotic sense.

There are many signs that in physical and health interests, the people as individuals are beginning to understand the needs of exercise — but in a moral way, the Nation is going down. To talk about morals and patriotism is now "old-fashioned" and therefore the fact is, that "Sokol" with its idealism is "old-fashioned" too. Do we have to drop our "idea" just because of this "modern" thinking? The basic idea was (and still should be) to use the gymnastics as an educational means. Whoever has a knowledge about Tyrš system must know that there is nowhere in the world which wouldn't have a space for it, but for him, character education was just as important. As long as the instructor has full control over a class, he can use anything he knows for phys-

ical and health purposes. All we need is an orderly class without undisciplined disruptions.

We know we cannot "infect" everybody, but I believe there are still people who care for "fair play", for personal reliability, and who feel that *something in return should be done for the benefit of society*. We just do not want to become a plain "business-minded sport club". Educational work in our system must not necessarily be done by educators. Our instructors have a much better chance to keep the moral level on the right line without any speeches, just by their own personal example. A good example is better than countless words. In this matter, the instructor's job is highly educational.

Because of our Czechoslovak origin, we are already practically against the will of our "Old-timers", accepting the Americanism in the sense of language. We want to merge in to the American Way of Life, but to forget our morals and duty to this Nation, is something which we cannot do. Because of our modern, comfortable way of life, the new generation, in its majority, is tempted to disregard any kind of discipline, are less respectful, more careless and rather selfish. To keep our gym halls or "Sokolovny" in working shape, to cover gym expenses, maintenance, insurance, etc., is not an easy job and is done voluntarily by our older generation. Isn't it worth to be appreciated by our younger generation?

So — please — let us forget about complaints. We would rather like to hear more intellectual thinking and constructive efforts *what* and *how* to become "modern" without losing the "Idea" and how to prevent possible extinction of such a valuable organization as "SOKOL".

The future of America deserves our effort!

NA ZDAR!



Sokol St. Louis

The rhythmic gymnastics teams of Sokol St. Louis and the St. Louis Spinners hosted the National Rhythmic Gymnastics Compulsory Classics and the National Class I Classics Meets in St. Louis, Missouri on April 22, 23, & 24. Over one hundred rhythmic gymnasts from 22 different states qualified into this meet from USGF sanctioned state or regional meets.

Sokol St. Louis qualified 3 girls into this meet. At the Class III senior level only 9 girls in the United States qualified. Debbie Paul placed 5th in hoop, 4th in rhythmic floor exercise, 4th in rope, and 3rd in clubs. She tied for 3rd place in National Class III Senior Division. At the Class II senior level both Angela Remphry and Shephard qualified. Only 24 girls in the United States qualified to this meet. Angela placed 18th on rhythmic floor exercise and 13th in hoop. She placed 24th all around. Amy Shephard placed 1st in hoop, 1st in clubs, 2nd in rhythmic floor exercise and 3rd in her optional ball routine. She was the 1st place rhythmic gymnastics Class II Senior National Champion. Sokol St. Louis and their coach Carol Rebeka Lat are extremely proud of all three girls.

HISTORICAL DATES AND FACTS

- January, 1860 — First publication in Czech printed in America.
- 1917 — Foundation in America of the Sokol Society, now known as the American Sokol Organization, created by merging the National Sokol Union and the District Fuegner-Tyrš.
- February 1, 1899 — Inauguration of divisions for women in Sokol gymnastic organization in Bohemia.
- 1908 — Meeting held in Prague for the purpose of founding the Alliance of Slavonic Sokols.
- 1894 — Founding of first Sokol Society in Lemberg, Lower Russia.
- 1917 — Election of first executive committee of the American Sokol Society — Chicago, Illinois.
- 16, 1862 — The first Sokol Unit held its first mass-meeting — in Prague.
- 1917 — Jan Siman died, first president of the American Sokol Society, Chicago, Illinois.

(To be continued) *Tabor Talk Newsletter*

Calendar of Events

- DEC. 31 — Detroit — New Year's Eve Dance
- JAN. 13-15 — Central District's Progressive Skills Clinic
- JAN. 28 — Česká Sň's Exhibition
- FEB. 5 — Detroit — Winter Gymnasticale
- MAR. 4 — Brookfield's Exhibition at R/B
- MAR. 11 — Tabor's Exhibition
- MAR. 12 — Naperville & West Suburban's Combined Exhibition at Hinsdale South
- MAR. 18 — Stickney's Exhibition
- MAR. 19 — Slavsky's Exhibition
- APR. 7 — Slavsky Bunco & Card Party at Mid America
- APR. 8 — Central District's Special Number Competition at R/B
- APR. 15 — Berwyn Exhibition
- APR. 16 — Baltimore CSA Spring Dance
- MAY 20 — Central District Boys and Girls Gymnastic Competitions at Naperville Central
- MAY 21 — St. Louis' Exhibition
- JUNE 20-24, 1989 — AMERICAN SOKOL NATIONAL SLET, OMAHA, NEBRASKA

FUTURE EVENTS

- MAY 5, 1990 — Sokol Slavsky 100th Anniversary, William Tell Restaurant, Countryside

JULY 5, 1990 —

Czechoslovak Sokol Abroad

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— John F. Kennedy

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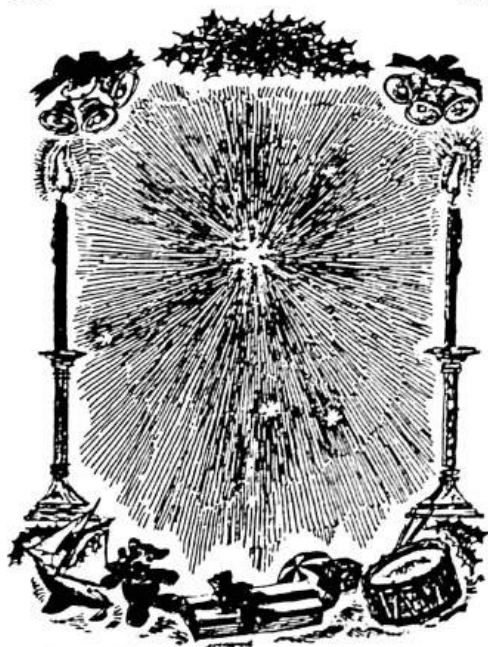
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