

AMERICAN SOKOL



Publication of the American Sokol
Educational & Physical Culture Organization

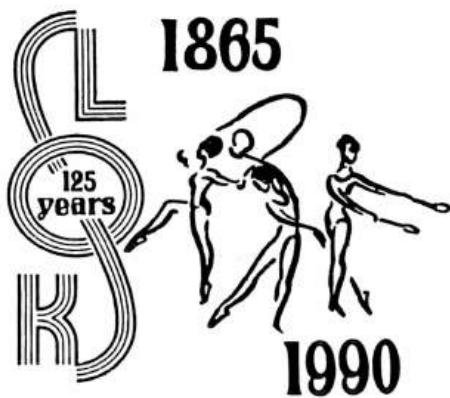
1990 AMERICAN SOKOL CONVENTION

April 28 • Ft. Worth, Texas

April 25 • By-Laws



April 25 • Board of Instructors



JUNE 2 – 125 YEARS – SOKOL ST. LOUIS – 1st SOKOL UNIT IN USA!

AMERICAN SOKOL

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Jackie Kourim, Secretary

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 436

Future Sokol Leaders Fund

September 1989

Donors	Amt.
In memory of Sis. Anna Smunt and Sis. Marie Stastny — Sokol Town of Lake	\$50.00
In memory of Sis. Geri Krizenecky — Anne and Edwin J. Halik	10.00
	<u>\$60.00</u>

— Donations are tax exempt —

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____

Name _____

Old address _____

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New address _____

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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

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CX

November — 1989 — Listopad

Číslo - No. 11

Executive Board Minutes

September 26, 1989

Called to order by President George Basta.

Members present: Sis. Pinc, Ptacek, Filipello, Kourim, Bros. Borvansky, Ptacek, Masek, Kala, Barcal, Lebloch and Zitny.

Members excused: Sis. Ruzicka, Pistorius, Zitny; Bros. Milan, Satek, Rabas, and Jelinek.

CORRESPONDENCE: Invitation to Sokols Abroad Slet in Paris. Letter of agreement from Edward Cihak for Paris tour. Dusan R. Svetlic, V.P., Yugoslav Sokol in the Free World, remarks about the round table minutes. President of Sokol Fort Worth, Darrell Williams letter of concern re cancellation of October Directors Conference. Bro. Jiri Liska additional info on land held by former Sokol Seattle. Letters from Sis. L. Filipello and Sis. J. Kourim. Invitation from United Moravian Societies to 50th anniversary. Br. Basta and Sis. Basta to attend. Letters of congratulations to be sent to ÚMS and Moravian Cultural Society.

1989 SLET REPORT: Vic Gutman report received. Br. Rich Awender will send the financial report shortly. (Final report with comments will be forthcoming after the executive board's audit is complete.)

COMBINED MEN & WOMEN DIRECTORS REPORT: Correspondence: from Sis. Pat Satek conveying congratulations on the slet and her overwhelming delight with the "juniors" performance of the Slet calisthenics. Request made that all members of winning teams of artistic and rhythmic competitions be awarded medals, motion made and approved (includes the 1989 Slet). Final Report forms: Southern District: teaching aids (video, book and cassette) \$111.90, and Instructors Course in July 1989, Fort Worth with instructors R. Milan, B. Liptak, J. Dalton, F. Michalek and 14 students, \$1,514.00. Approved for payment as soon as all the units in the district have completed payment of their second quarter dues of 1989. The October District Directors conference remains cancelled.

1990 Sokol Abroad Paris Slet: Calisthenics have been received. Senior classes will perform the 1982 Cal by Sis. Dagmar Fiala. Br. Edwin Halik will provide translation of the junior boys calisthenics. Video tape only of the Women's Hoop Special Number available on request. 1991 Gymnaestrada information received that the USGF is accepting inquiries from US gym clubs and member organizations interested in participating in this event to be

held in Amsterdam, Holland, July 15-20, 1991. Merit Award recipients of 1989-90 approved by Executive Board. (See October issue, *Gymnast*.)

MEMBERSHIP CHAIRMAN: Read list of units not current through second quarter. Financial secretary continued to send reminders.

EDUCATIONAL CHAIRMAN: Approval to include Sis. Jane Sterba of Sokol Stickney on committee. Trifold brochure being prepared.

PUBLICITY — CZECH: no report.

PUBLICITY — ENGLISH: Central District's new Information telephone number is 515-3809 which publicizes all current events.

FINANCIAL SECRETARY: August report distributed. Renewing fire policy. Slow response from member units to corrections on computer printouts.

TREASURER: Bank statements in good order. Distributed balance sheets and comparison report on the budget. Bro. Basta briefly explained income and expense statements, then went over the 1985-1989 comparison reports. Administration way over budget due to travel expenses. Previous convention approved budget before out of town officers were voted on to board. Also, computer expense was not anticipated, higher postage for publication. Convention needs to look at budget needs.

EDITOR: Will expand Sokol Leaders Fund column, also research an article for *Wills*.

SECRETARY: Bro. Rus Zitny donated an Olivetti typewriter for office. Need Slet souvenir books for members who did not attend and as an information book for schools. These books have been a good source of income after each Slet. Motion made and approved to reimburse Sis. Malina for her return trip from Slet after staying to take round table discussion minutes which caused her to miss her return ride home.

II Vice President: Presented an advertisement from Mutual of Omaha that named one of the peregrine falcons, that nest atop their building, "Sokol" as submitted by Barb Bures, Bro. Bures wife.

PRESIDENT: Attended Moravian Day celebration and met with many visiting Sokols.

UNFINISHED BUSINESS: Approved designs for Christmas Seals. Bro. Borvansky will make camera ready copy. Seals will also feature our 1990—125th anniversary.

NEW BUSINESS: Br. Kala perused the charter of Sokol Baltimore. Minor corrections will be mentioned and sent back to the attorney representing them in this process, with our approval.

1990 CONVENTION: The secretary called the Worthington Hotel to see if we can have the rooms that we need to accommodate the changes that were made in our convention plans (B.O.I. & By-Laws committee will meet April 25th). Letters went out on Thursday immediately following our executive board meeting informing all our members of the calendar of events planned for the convention, one each to the unit president, financial secretary, and corresponding secretary. (Also refer to October publication which contains all the information that was sent to those three unit officers.)

PARIS TOUR — 1990: Brochure with info to be approved yet.

COMMENT: What is the secret that the Moravian Societies have to their many young people at attendance at their celebration?

Meeting adjourned 10:50 p.m.

Library & Archives Fund

September 1989

Donors	Amt.
In memory of Br. Louis & Sis. Christine Horak — Marion L. (daughter) and Lt. Robert H. Kulaas	\$25.00
In memory of Sis. Geri Krizenecky — Stanley & Rose Barcal	20.00
	\$45.00

— Donations are tax exempt —

Slet Memories

Dear Sokol Fresno Members:

As I marched out onto the gym floor in Omaha in front of thousands of onlookers, I felt very proud.

And as I saw men and women alike wipe away their tears, I was overwhelmed with emotion at what it all meant. We had brought memories to these people — we were bringing a bit of the old country to those who had left long ago.

And now I have memories to keep in my heart and share with my grandchildren of the day we participated.

Brooke and I have the Hard workers of Sokol Fresno to thank for helping to make it happen. My only regret is that you weren't there to share it with us.

Thanks from the bottom of our hearts.

— Val & Brooke McCowan

ASO FINANCIAL REPORT

SEPTEMBER, 1989

RECEIPTS:

Dues	\$ 3,230.00
T. G. Masaryk Dues	80.00
Dividends & Interest	182.99
Subscription in "American Sokol"	113.00
Resale of Jewelry	15.00
U.P.S.	4.21
Miscellaneous	84.10
	<u>\$ 3,709.30</u>
A.S.O. Uniform Division - Rent, Salaries, etc. July & August	1,316.34
Total Receipts	<u>\$ 5,025.64</u>

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	\$1,024.48
Salaries - Membership	261.00
F.I.C.A. & F.W.T. for August, 1989	174.74
Rent, Janitor Services and Supplies, Phone, Electric	1,092.72
Travel Expense	366.81
Office Supplies	7.67
Postage	43.64
Advertising - Moravian Cultural Society - United Moravian Societies	45.00
Subscription to Svobodná Skola	50.00
Repairs to copier	6.00
Miscellaneous	208.93
	46.95
	<u>\$ 3,327.94</u>

BOARD OF INSTRUCTORS

Salaries	\$ 477.39
F.I.C.A. & F.W.T. for August, 1989	72.10
Editor "Sokol Gymnast" - September, 1989	30.00
Postage	22.28
Phone	25.00
	<u>\$ 626.77</u>

EDUCATIONAL DEPARTMENT

Salary	\$ 74.22
F.I.C.A. for August, 1989	9.92
	<u>\$ 84.14</u>

SOKOL PUBLICATION

Editor - "American Sokol"	\$ 125.00
Postage - July-August, 1989	667.60
Delivery of "American Sokol" to Post Office - May, June, August	15.00
Mailing of "American Sokol" - July, August issues	148.50
	<u>\$ 956.10</u>

MISCELLANEOUS

A.S.O. Uniform Division - Salaries, F.I.C.A., Aug., 1989, Phone	\$ 192.92
Future Sokol Leaders Fund - Postage	8.95
Library/Archives - Postage	.25
1990 Convention - Postage	37.03
Computer mat	4.28
XVII A.S.O. Slet — Bus from Omaha - F. Malina	60.00
Future Sokol Leaders Fund - Merit Awards	1,800.00
	<u>\$ 2,103.43</u>
Total Disbursements	<u>\$ 7,908.38</u>

Balance brought forward:

Affiliated Bank/ Western National - Checking Acct.	\$ 7,620.20
Receipts - September, 1989	5,025.64
	<u>\$12,645.84</u>
Disbursements - September, 1989	7,098.38
	<u>\$ 5,547.46</u>

SELF EXAMINATION

Editors Note: Over the past 125 years, many Sokol leaders have re-examined the status of the organization at any given time. In 1988, Br. Fred Kala, our national membership chairman, offered the following self-examination to further advance the growth and development of our many Sokol units and potential units across the land. As your editor, I encourage each unit to take this text in its entirety and openly evaluate each question at your next unit meeting, especially with your convention delegates present. All discussion should be without any prejudice, all members and visitors comments welcomed. This is true group dynamics... and invaluable source for new and creative ideas!

As an added thought, you may want to tape record these sessions because much can be forgotten during the heat of discussion. No idea is all wrong or all right, but all deserve our full attention.

As we examine the membership of the American Sokol Organization over the past 5 years, we see a decline in adult membership. The Board of Instructors has consistently reported a decline in class participation, particularly in the Junior Classes. We know the Sokol program — past and present. Frequently we say that the competition — Little League, Y's school activities, Scouts etc., — offer much more than we can or do. Do we ask why? or How?

Each unit, active or inactive, in every district must take a physical examination of itself and ask what can be done to increase participation in our Sokol programs. Let us look at our "gym" classes first — the seed we are germinating for tomorrow.

1. Do we offer the best possible instruction available?
 - A. Do classes meet regularly
 - B. Are classes interesting
 - C. Is leadership being developed — especially in youth classes
 - D. Are classes developed to accommodate the majority
2. What do we offer those that attend our classes in addition to "gym" time?
 - A. Unit activities — socials etc. where both youth and adult can attend to make it a family organization
 - B. Class parties — Christmas, Halloween etc.
 - C. Junior Socials
 - D. Outings — Swim nites, campouts, hikes, concerts, theatre, bowling, golf etc.
 - E. Fund Raisers
3. Do we encourage our classes to take part in all Sokol events?
 - A. District, National, Unit and other Sokol competitions
 - B. Schools, clinics, courses etc.
 - C. Provide assistance for those attending any of the above
4. Are our classes held in the correct time period to encourage increased attendance?
 - A. Take into consideration both parents working
 - B. Where possible, are daytime as well as evening classes considered?
5. Are our youth encouraged to advance from Tots to First Class etc. to the adult level?
 - A. Do we have a class "graduation" or recognition program for advancement?
 - B. Are we using peership to help in moving to a more advanced and challenging program?
6. Do we always make a gymnast feel wanted and an important part of our Sokol?
 - A. Encouragement
 - B. Praise
 - C. Followup on class absents — illness, injuries, etc.
 - D. Do we allow an attendee of a course, clinic, school etc., to use attained knowledge in classes?
7. Do we encourage parents who are not adult members, but send their children to classes, to become involved in Sokol?
 - A. Make them feel welcome and wanted
 - B. Involvement with the classes of their children
 - C. Join adult Sokol classes
 - D. Attend Sokol functions
 - E. JOIN SOKOL

Another area that must be thoroughly examined is our administrative section. The first question to ask is — Are we electing officers for their leadership abilities, or someone "to fill a slot?" Do we allow new blood to penetrate into our executive board positions to encourage participation and avoid stagnation? Do we attempt to assist and encourage our leaders instead of installing stumbling blocks or road blocks? When we answer these truthfully, then we must review what our obligation to a membership is.

1. Do we just hold monthly meetings and approve committee reports, or do we
 - A. Analyze our unit
 - B. Provide assistance in troubled areas
 - C. Encourage and sponsor activities that will involve participation
 - D. Become a part of our "total" community in which we operate and function
 - E. Encourage our youth activities
 - F. Is our program as total and complete as we can possibly offer?
 - G. If changes in program and or activities are necessary, are we willing to extend ourselves to make these changes?
 - H. Have we taken time to look at our records and invite people who once were a part of the fold to rejoin?



AMERICAN SOKOL ORGANIZATION

GYMNAST

NOVEMBER 1989



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

Dear Brothers and Sisters:

Our XVII American Sokol Slet is now but a memory and we sincerely hope, one that will be remembered as an exciting, challenging and most rewarding experience in your life time. A time to renew old friendships and make lasting new ones.

We wish to congratulate all gymnasts who participated in any of the gymnastic events. To those who achieved awards in competition, you'll long remember Awards Night and the thrill of hearing the result of months of hard training.

Your participation in the Slet Calisthenics and Special Numbers was outstanding as demonstrated by the applause generated by the audience. We urge you to continue attending Sokol classes, to encourage new members to join our organization so that four years from now we can all meet again at our XVIII American Sokol Slet.

NA ZDAR!

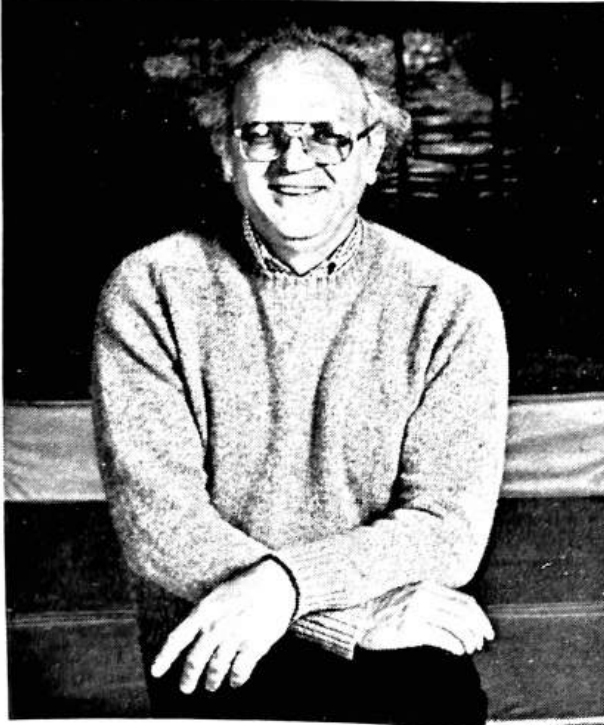
Sis. Sylvia Pistorius and Bro. Richard Ptacek

NATIONAL DIRECTORS

JERRY MILAN

As editor of the Sokol Gymnast I have the honor on occasion of introducing to the membership around the country some of the notable leaders of our organization. It gives me great pleasure introducing bro. Jerry B. Milan of the southern District, and a member of Sokol Fort Worth.

My friendship with bro. Milan started a few decades ago when as budding gymnasts in the senior mens class we competed against each other at National Sokol Slets.



Bro. Milan has been a member of Sokol for over fifty years and came from a dedicated Sokol family that played an important role in the formation of the new Sokol Fort Worth.

Graduating from the University of Texas in Austin in 1958, Jerry pursued a professional career in Physical Education. While devoting a lifetime to molding young people in the public school system of Fort Worth, he also taught young gymnasts in the Sokol program.

He recently retired from teaching after 30 years of teaching and coaching. He belongs to many organizations, and made strong contributions to many of them. This list of organizations is so great in number its too numerous to mention. He was a charter member of the Gymnastic Teachers Association of Texas, and served as their president, and now is an honorary life member, and with his brother Emil played an important role in the formation of this organization.

Jerry has devoted many years to the United States Gymnastic Federation organization in many capacities; as a professional member, volunteer,

officer, delegate, member of the United States Olympic Committee, and one of the first coaches in this country to be certified by the United States Gymnastic Safety Association. He also is a charter member of the Texas Gymnastic Judges Association.

Jerry not only has been involved in his own Sokol unit and district in many capacities, but he has also held national offices in the American Sokol Organization, as chairman of the national school-board, chairman of the by-laws committee, past physical director of the Southern District, and currently serving as educational and public relations director. In addition he also is a member of the Sokol Manual revision committee. This manual committee has been working closely these past few years with our sister organization Sokol USA (Slovak Sokols) to revise and update the Sokol manual.

Over the years bro. Milan has served the American Sokol Organization by conducting many clinics, and workshops and directing both district and national Instructors Courses. If there is any position, duty or responsibility in the A.S.O., then it is very likely that bro. Milan has held that position.

Bro. Milan also devoted with distinction many years of service on a voluntary basis to the U.S.G.F. at several Olympic games including Mexico (1968), Munich (1972), PanAm Games (1975), Montreal (1976), World Games in Fort Worth (1978), Los Angeles (1984), Indianapolis (1987). While also attending the Spartakiada in Prague in 1980, Gymnastrada in Zurich in 1982, and Herning, Denmark 1987, and Sokol International Slets in Vienna, Austria in 1972 and 1982.

Over the years bro. Milan has faithfully attended all USGF Congresses, where other Sokol bros. and sisters also met to enhance their backgrounds, stay abreast with changes around the world, and rekindle Sokol friendships and make new acquaintances with other groups and individuals.

It was in 1987 that for these many years of distinguished service, Jerry along with sister Norma Zabka of the Eastern District, and his brother Emil Milan, received the very coveted service awards of the USGF, and brought great honor upon the American Sokol Organization. This distinguished service award was presented at the USGF congress in St. Louis, Missouri, and it was fitting that this award was presented in St. Louis, Mo. for this was the birth place of Sokol in America.

Over the years Jerry has been instrumental as either the director, coordinator or consultant in the staging of National and world class meets, including the Pan Am Games, Olympics, International Invitationals, World Games, and others sponsored by the Presidents Council on Fitness and private enterprise meets sponsored by Coca Cola, Quaker Oats, Dial Soup, Dodge Auto, and many others.

Probably one of his most outstanding and rewarding contributions was to put together the undertaking of a magnanimous task of representing

the United States by taking a delegation of Sokols mostly from the Southern District to the Gymnas-trada at Herning, Denmark. This huge undertaking though logistically and financially overwhelming proved to be a challenge for bro. Milan, and through his leadership it became a once a lifetime experience, and a memorable trip for all those who attended. This indelible experience turned out to be a great success and, (pun not intended) a feather in the cap of all Sokols.

I could go on and on to quote and cite the many anecdotes and stories that many of us can tell about and through our association with bro. Milan, but it would be fitting for you to make it to one of the next gathering of Sokols (Slet), for you will find him there, and get to meet him for yourself.

He has by his example passed on to all those that follow everything that he has derived from this great organizations and all the principles and philosophies of the teachings of Miroslav Tyrš our founder.

Bro. Milan is a shining example of what Sokol is all about dedication, discipline, integrity, honesty, humbleness, humility and most of all understanding, not quick to judge, and a generous abundance of good old fashioned sense of humor. We salute you bro. Milan. Zdar — Zdar — Zdar. A true Sokol champion.

Five Healthy Habits That Can Hurt You

By HEIDI RODALE

Too much of anything is potentially harmful. Self-important strategies are no exception.

After a few workouts that left you feeling ecstatic, have you ever plunged enthusiastically into a seven-day-a-week bop-till-you-drop exercise schedule?

Has losing a few pounds made you feel so great you decided to keep going until you ironed out every last ripple on your body?

If so, you are not alone, but you may be asking for trouble. Anytime you go to an extreme on anything it's potentially harmful.

Don't be discouraged from pursuing a healthy habit, just be aware that we are all capable of overdoing anything that makes us feel good.

Here's where you may have stepped out of the bounds of moderation in your healthy habits and into overkill.

1. EXERCISE

"When you start exercising, you notice that you feel good," says Gabe Mirkin, M.D., author of several fitness books, including *Dr. Gabe Mirkin's Fitness Clinic* (Contemporary Books, 1986). "The tragedy is that the mood uplift you get from exercise last only from 6 to 18 hours. So you have to go back the next day and get your fix. Unfortunately, as you get into better and better shape, you need greater amounts of work to get the same uplift."

This has been called a positive addiction, but for some people, it's negative. "Many people become attached to the mood uplift and feel absolutely despondent when they miss a workout," he says.

Unfortunately for them, people who exercise more than four times a week have a high incidence of injuries. The number of injuries in people who exercise three times a week or less is extremely low.

Every time you exercise, your muscles are injured slightly. But in 48 hours they repair themselves and become stronger. If you try to exercise before your muscles have recovered from their previous workout, you can injure them badly.

When you overexercise you may also find you get frequent colds, develop an "I don't care" attitude, have frequent headaches, constipation, diarrhea, or muscle and joint pain and swelling; women may stop menstruating.

If you want to keep exercising for the rest of your life, you should listen to your body's signals that you may be doing too much. And you have to set reasonable limits, says aerobics expert Kenneth H. Cooper, M.D., of Dallas. He suggests that the optimum amount is 30 to 40 minutes three times a week. A half hour five times a week should be the maximum for most of us.

If you do exercise two days in a row, play it safe by alternating activities. For example, walk, run or do aerobic dance one day. These use primarily your lower leg muscles. The next day you might bicycle, which uses your upper legs, or swim, which works mostly the arm muscles. Recent studies have shown the incidence of injuries is much lower in triathletes when compared to marathon runners who do just one sport, says Dr. Mirkin.

Obligatory runners (those people who "must" run) often restrict other pleasures they used to enjoy, says Alayne Yated, M.D., psychiatric professor at the University of Arizona Health Sciences Center, in Tucson. Dr. Yates is just finishing a study on the similarities between obligatory runners and people with anorexia nervosa. Both groups are similar in their extraordinarily high self-expectations, tolerance of physical discomfort and denial of potentially serious injury. If you are one of those who has become obsessed with exercise, step back and take a look to see whether this is what you really want, she says. It may give you a sense of identity, a sense of being something and going someplace, but you don't need to be so constrictive. You need to "find yourself" in a number of different areas.

2. DIETING

There is no indicated medical benefit from weight loss for people who are already within the normal body range, says Arnold E. Andersen, M.D., a psychiatrist at Johns Hopkins School of Medicine and author of a medical text on the treatment of anorexia nervosa.

Most of us diet because we want to look fitter, healthier or more beautiful. But even moderate weight loss can be hazardous to your health, he

says. The 10 to 15 pounds you lose and gain repeatedly hundreds of times in your lifetime can make future weight loss harder and may predispose you to increased heart disease and other problems.

Losing a lot of weight in a short time can have a dangerous effect on virtually every organ in your body. You may also become apathetic and less sociable. And methods you might choose for losing weight, such as crash dieting, eating limited kinds of food, vomiting or using diuretics or laxatives, have their particular dangers, says Dr. Andersen.

If you really need to lose weight, be thoughtful about it, Dr. Andersen advises. "Decide on a reasonable goal and choose a method that's not injurious. People who try to do it quickly don't maintain it. The only thing that seems to work is permanent long-term alterations in behavior and eating habits — a combination of moderate calorie restriction, avoiding foods high in fat and sugar, moderate regular exercise and dealing rather than indirectly with stress."

3. SLEEP

The popular notion that sleep is always good for us deserves a splash of cold water, says George Globus, M.D., of the University of California at Irvine. You may have heard that, if you want to be healthy, you have to get eight hours of sleep a night. But many people get by very well on much less snoozing.

"Often we think we need more sleep than we do," says Peter Hauri, Ph.D., director of the Sleep Disorders Clinic at Dartmouth Medical Center. "When you sleep too long for a day or two, you may develop insomnia because you begin to sleep less to equal out the excess. This disrupts your normal sleep pattern, which can lead to further insomnia."

Many people do just fine with less than eight hours of sleep.

"You can find out how much sleep you really need by reducing the amount you sleep each night by one hour for a week," Dr. Hauri says. "At the end of the week, ask yourself if you feel better during the day or worse. If you feel worse, try sleeping more. Alter the time up and down until you find out at what point you feel good."

"It's a well-established fact that one has sleep blahs with excessive amounts of sleep," adds Wilse B. Webb, Ph.D., of the department of psychology at the University of Florida, Gainesville. "Whenever you build up a need for sleep and sleep longer than your normal amount, you tend to be groggy and have a difficult time facing the world. A little less sleep is a lot better than a little more sleep in terms of feeling well."

4. STRETCHING

Do you dutifully stretch before exercising to prevent injuries? And when you're in a hurry do you try to do it all in less time? Some experts now say

you can forget the stretching, at least before you exercise. And if you're going to stretch in a hurry, it's probably better not to stretch at all.

Joseph D'Amico, D.P.M., New York City podiatrist and professor of orthopedics at the New York College of Podiatric Medicine, conducted a survey of 540 runners and found that the number of injuries in the lower extremities increased as the time of stretching increased. He concluded that, a) people are overstretching, b) not everyone that is stretching should be, and c) the warm-up is not as important as the warm-down.

Who should stretch? "People who are tight. People who are already loose don't need it," says Dr. D'Amico. "They need strengthening and tightening. Most of the time, however, those who are real tight don't like to stretch, so they don't. The people who can stretch, do."

Most people who get injured overstretch before their muscles are warmed up. If you do that you could tear a muscle instead of gently stretching it. So the key to preventing injuries is always stretch *after* you warm up, says Dr. Mirkin. "The resting muscle temperature is 98° (37°C) but with just a slight jog your muscle temperature will go to 102° (39°C). Muscles are like furnaces. They produce heat and this makes them more pliable, like putty, and then you can stretch out."

Then when you do stretch, do it slowly and deliberately and stretch no further than you can hold for five seconds. If it starts to become painful, stop and let up. And don't bounce. Bouncing actually makes your muscles contract more to protect themselves and they tear easier.

There is no evidence that stretching will prevent injuries. But there is evidence that it can help athletes who must do fast explosive movements, says Dr. Mirkin. "Longer muscles will allow you to exert a greater force about a joint which will give you greater power, which in turn will help you run faster, jump farther or higher. So competitive athletes should stretch seven days a week but noncompetitive athletes should stretch only if they want to."

You certainly don't need to stretch to be fit, says Richard Dominguez, M.D., co-director of Sports-Med Clinic in Carol Stream, Illinois. Jogging, walking, bicycling or swimming can all be done very safely without stretching. After a workout, however, stretching helps reduce soreness.

Once you get into your 30's and beyond, says Dr. Dominguez, you can get into real trouble doing these stretches: Anywhere you bend from the waist with the legs straight. Those that require twisting of the spine are even worse. Alternate toe touching can be a real killer for your back. Also avoid deep knee bends or squats. A hurdler's stretch with one knee bent and the other straight out in front can aggravate the bent knee. Any stretch with both knees bent behind you can precipitate knee pain. And the ballet stretch with one leg stretched out on a bar can cause hamstring tears if you are very tight.

Will be continued

BETWEEN THE LINES

By EDITH KERMIT ROOSEVELT

An Appeal for Stamina

Washington — As a matter of principle, this columnist avoids any reference to herself personally or her family background. But a subject has been pounding itself into my mind for some years now, and I have been pushing it aside because I felt it would sound personal. But a letter has just come to me that confirms that this subject is not personal but national. It concerns individual, physical stamina to which the vitality of our national structure is directly related.

The letter concerns "Teddy" Roosevelt, who happens to be my grandfather. (This is the first time I have ever referred to this in the seven years that I have been writing this column.) The letter is from William Loeb, publisher of the Manchester (N.H.) Union Leader. Loeb's father was my grandfather's personal secretary in the White House. Loeb writes me:

"Not only are Nackey (Mrs. Loeb) and I delighted to learn from your good letter that you have joined a health club, but I am sure your grandfather would have very much approved, also. You know, I have often written that I believe there was a distinct link between the vigorousness of the foreign policy at the turn of the century and your grandfather's vigor. Of course in a sense, also, his vigor was a reflection of the general physical vigor of the nation in those days."

In his letter the publisher recalls the famous ride that grandfather took from the White House to Warrenton, Va. and back — all in a single day. At that time, there was a great uproar over the fact that he had set a series of physical tests for army officers. There was much criticism voiced that the tests were too severe. One of the tests was that the officers were obliged to ride 100 miles in three days.

Grandfather, annoyed by the uproar, decided to do the whole 100 miles in a single day. He did this by using relays of horses. He left the White House at about 5:30 a.m. and returned around 9 p.m.

Loeb writes: "In this connection, I had a fascinating experience. I took Mackey through Sagamore Hill after your grandmother died, but fortunately, before it was all cleaned out and became a museum.

"For some strange reason, lying on the desk your grandmother used to use was your grandfather's engagement book for the year I have just been discussing, when the ride took place. It was opened to the day of that ride.

"Interestingly enough, the entries, both before and after, were in my father's fine hand. The entry dealing with the day of the ride to Warrenton and back was in your grandfather's stubby, rounded handwriting."

This columnist is convinced that we do a terrible thing in this country by giving so many of our

children little or no organized, regular physical training. Physical fitness for girls seems to be especially neglected. Ballet lessons or running around in field hockey is no substitute for daily gym or strenuous calisthenics classes. Four years ago, I sent my daughter, Margot, now 16, to calisthenics classes. It was amazing what effect this had on her, not only in building muscle and proportioning her figure, but in the development of her character-strengthening her self-control, her sense of balance and self-confidence.

From my own experience, too, I believe that a regular physical fitness program not only relaxes you, but makes you feel better and gives you more reserve to work better, longer hours and to think more clearly. I think that this was the lesson my grandfather "Teddy" was trying to teach us, when he used to lead a gaggle of his children and their friends down Cooper's Bluff in Oyster Bay after a big Sunday lunch.

In memory of him, this practice was continued for years after his death by my grandmother, also Edith Kermit Roosevelt. I remember well in my own childhood that after every Christmas dinner, my uncles, Ted and Kermit, and my father, Archie, used to lead me and my cousins for a run down that old, steep bluff.

How many of our Senators, State Department officials or White House aides could do likewise? I am shocked by how many of our men in government posts present a soft appearance with their pudgy faces, noses red from martinis at long luncheons and ample "bay windows". Such men are hardly calculated to impress fist-pounding Communist delegates at conference tables. Asians in particular are impressed by a virile appearance. This is why they so frequently photograph their own leaders swimming rivers, horseback riding, hiking and shooting.

Doctors stress nowadays the close relationship between mind and body in illness, but aren't we forgetting that the same relationship exists in what we call health? Our high standard of living is proving a mixed blessing. We ride in automobiles even when we save but a few steps. We take elevators instead of climbing up a short flight of stairs. Yet, there is no indication that a national human resource of strong, healthy bodies is not just as important as it ever was. Modern total war involves whole civilian populations, testing their will and endurance. Thus, the stamina of every American becomes a factor in our national survival. In the future, too, as we explore other planets and eventually colonize worlds in outer space, we will require the vigor of our pioneer forefathers.

This was received by the A.S.O. on December 16, 1966.

Ms. Roosevelt added a handwritten note directly to us — "P.S. Every American should be grateful for the contribution of the Sokols to America."

VLADISLAV SLAVÍK:

MIROSLAV TYRŠ**Leader - Scholar - Human Being***Continued from September issue — page 219*

Deeply gratified, Tyrš felt he had reached his zenith, yet he worked harder. He sat on several juries preparing statues of the great men and women of Czech history: Havlíček in Kutná Hora, Žižka in Čáslav, Přemysl and Libuše on Palacký Bridge, etc. With enthusiasm seldom found in a 50-year-old man, Tyrš spent many hours a day in a Sokol Hall preparing a celebration to observe the 20th anniversary of Sokol. It turned out to be a truly grand affair, which later was renamed a Sokol Slet. Since Tyrš envisioned hundreds of gymnasts, it had to be held on Žofín Island. Tyrš was sure, and it indeed so happened, that this Sokol celebration would turn into a national festival. Prague was flooded in a sea of Sokol uniforms from all Slav lands, Austria, France and the United States. 68 units from Bohemia and Moravia participated. Two thousand Sokols marched on Sunday noon, June 18, 1882, across Prague with thousands of ecstatic citizens welcoming them on every street. Tyrš led the parade on a horse, with 120 Sokol cavalymen behind him. The future Mayor of Prague, Tomáš Černý, as Sokol President, marched with the large column of instructors. Seventy unit flags followed them.

Before the main event, calisthenics exercises, Eduard Grégr presented Miroslav Tyrš with a silver wreath with dates of all Sokol exhibitions on its leaves. It was for the first time that the world saw mass calisthenics by 720 men, all dressed in white shirts with red trimming. Apparatus exercises came next. Numerous teams covered the entire gym field. The team of instructors performed difficult and spectacular leaps over two long horses. In the evening the whole of Prague celebrated a Pan-Slav Brotherhood. Every Sokol flag drew hundreds of happy citizens.

Were it not for Renata in these days, Tyrš would not have been able to teach at any school. She organized his preparatory notes and collected pictures needed for classes and lectures. During the spring of 1882 when Tyrš was preoccupied with the Slet, Renata actually wrote the first drafts of all his newspaper articles and Tyrš only edited them.

In the meantime, the Austrian Viceroy, Baron Kraus, who after viewing the Sokol Slet harbored some misgivings, asked the government to reopen Tyrš's application and to appoint him to the chair of esthetics at Charles University. The Ministry of Education had no choice. In November 1882 Tyrš lectures on the theme of "History of the Old Oriental Art." It was the inauguration of the esthetics studies at the Prague University, founded by Charles the Fourth in 1348. For this lecture, in

which Tyrš interpreted Oriental Art as a predecessor of Hellenic culture, he received another Svato-bor stipend of 500 guilders.

Only a year later, the government issued a diploma granting Tyrš tenure. However, the government also stipulated that Tyrš must give up his functions in Sokol. For the first time in his life Tyrš stood at a difficult crossroad. As hesitant as he was to resign his Sokol leadership, he knew too well that no opportunity offers itself twice. He had already signed a contract and was ready, to write "The History of Fine Arts," a work of several volumes. He wanted to instill in the Czech people a pride in their arts. As for Sokol, with pride he realized that it developed into a mighty movement, that would survive any loss. At 52, Tyrš sensed that time was running short and that, at best, he had some twenty creative years left. When Renata and Mayor Černý advised him to stay at the university, Tyrš agreed.

With a letter, dated June 2, 1884, Miroslav Tyrš resigned his functions in Sokol Pražský. He did stress that he still was a member of an organization to which he had virtually given his life. Sokol understood. Still, there were many manly tears when he left the men's gymnastic class on June 7. All brothers stood at attention as he was leaving his class for the last time.

Easy to say — difficult to live with. After that evening, Tyrš was not the same man. Even his best friends never saw him so doubtful, so tentative. To be sure, his few remaining summer classes were as good as ever. But he couldn't wait to leave Prague. He felt that everybody was inquisitively staring at him, while they actually loved him even more than ever. The persistent neurasthenia seemed to embrace him for the third time. Afraid of his own people, he turned down several offers to vacation in the Bohemia countryside. Instead, he chose Oetz in Tyrolia.

He liked this charming village. Attracted by the wild river Aachen, he often walked along her menacing waters that seemed to relieve his tensions and doubts about himself. His first letter revealed a mental despair as well as physical difficulties, sleepless nights filled with agonizing thoughts. In the second and third letters Tyrš indicated a significant improvement. He seemed to recover his mental sharpness. Encouraged by his positive letters, Renata left Prague to join him.

On Thursday, August 7, 1884, Tyrš wrote Renata a letter which he could not mail since she was due to be with him in two days. Why he wrote that letter remains a mystery. On Friday afternoon Tyrš took his usual refreshing walk, with only some small change in his pocket. In the evening he was seen leaving the railroad station at the neighboring village, Habichen, starting a 30-minute walk toward Oetz, along the ever threatening Aachen. After that, Miroslav Tyrš was never seen alive.

When happy and cheerful Renata arrived on the following morning, her husband was already missing for more than 12 hours. Her happiness quickly disappeared. The local authorities earnestly tried to find him, but to no avail. Depressed Renata telegraphed to Prague for help. Sokol Pražský immediately sent Bro. Josef Scheiner and František Čížek to Oetz. Young Bro. Rixi joined them at his own expense. After a few days of fruitless search, dejected Renata, accompanied by František Čížek, returned to Prague. The remaining two Sokols spared neither effort nor money to find him. Finally, on August 21, the battered body of Miroslav Tyrš was found and taken from the deadly river Aachen.

Because of the unusual heat, Tyrš earthly remains were temporary buried in Oetz. Bro. Schneider and Rixi returned only with his heart, a lock of his hair and several stones from the River Aachen. In November 1884 Tyrš's body was transferred to Prague and taken to a final resting place at the Olšany Cemetery. Eighty-nine Sokol units, almost 2,000 Sokols, all Czech deputies, professors, mayor and all councilmen, the whole of Prague formed a long procession, accompanying their true national leader on a last journey through his beloved city. At Olšany Cemetery his casket was lowered into the soil he loved so much and placed next to the grave of a man he so proudly called his older brother, Jindřich Fuegner.

Epilogue

Mercifully, tragedy strikes quickly. It is the grief and agony that linger on. The chair of esthetics at Charles University remained unoccupied for ten long years. The column on Czech art in Národní Listy disappeared. The public that read his critical and encouraging articles lost a source that exhorted them to know and love their artists.

The revered Sokol leader was no more. Yet, it was only the body that was destroyed by the stones and swirling torrents of the untamed river. No great ideas perish in surging waters. Tyrš legacy remained in the hearts and minds of his followers who passed his heritage to the next generations. Through Sokol Tyrš spirit is eternal, for without it there is no Sokol.

RESEARCH AND SOURCES

Od historie k současnosti — Sokol Pražský 1862-1982

Dr. Miroslav Tyrš: —

- Náš úkol, směr a cíl
- Úvahy a feči o věci sokolské
- O sokolské ideji I. a II.
- Spisy tělocvičné
- Hod olympický
- O umění I.
- O zákonech konvergence

Vzpomínky na dr. Mir. Tyrše — Ladislav Jandásek

Stručné dějiny Sokolstva do r. 1889 — Ladislav Jandásek

Památce Jindř. Fuegnera a Mir. Tyrše — Josef Scheiner

Renata Tyršová: —

- Paměti a vzpomínky
- Jindřich Fuegner

Miroslav Tyrš, jeho osobní dílo

Dílo Klemeni Hanušové — Markéta Wachtlová
Průvod s pochodněmi — Frank Tetauer
Věvec Vavřínový — František Kožík
Josef Mánes — František Kožík
Historie Národního divadla — Jaroslav Pacovský
Národní listy — Sokol — Osvěta — Lumír — etc. —
all Czech papers from Tyrš's time.

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 DEC. 3 — Sokol G. Cleveland Annual Meeting & Social
 DEC. 3 — Sokol/Sokolice Detroit Czech Dinner Party
 DEC. 3 — Sokol Los Angeles Mikulášská Dance
 DEC. 9 — Sokol G. Cleveland Mikulášská (St. Nick) Dance
 DEC. 10 — Sokol San Francisco Annual Mtg.
 DEC. 15 — Sokol Houston Annual Christmas Party
 DEC. 31 — Sokol G. Cleveland New Year's Eve Party
 DEC. 31 — Sokol Houston New Year's Eve Dance
 DEC. 31 — Sokol San Francisco Sylvestr
 DEC. 31 — Sokol/Sokolice Detroit New Year's Eve Dance
 JAN. 4 — Sokol/Sokolice Milwaukee Installation of Officers
 JAN. 12-14 — Central District Gym Progressions Clinic
 JAN. 27 — Česká Síň Exhibition
 FEB. 10 — Sokol Los Angeles Annual Ball (Pickwick Banquet Center, Burbank)
 FEB. 11 — Annual Jaternice Dinner, Sokol/Sokolice Milwaukee
 FEB. 24 — Sokol Brookfield Exhibition
 FEB. 25 — Sokol Berwyn Spaghetti Dinner
 MAR. 4 — Sokol West Suburban Exhibition
 MAR. 10 — Sokol Tabor Exhibition
 MAR. 11 — Sokol Naperville Exhibition
 MAR. 17 — Sokol Los Angeles St. Joseph's Dance
 MAR. 18 — Sokol Slavsky Exhibition
 MAR. 24 — Sokol Berwyn Exhibition
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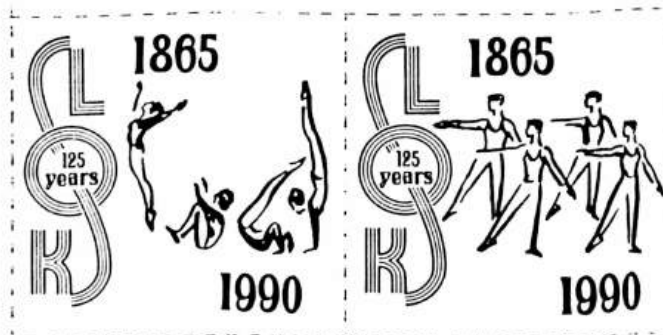
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