

AMERICAN SOKOL



Publication of the American Sokol
Educational & Physical Culture Organization

Special XV CONVENTION REPORTS



Outgoing President Br. George Basta passes the gavel of responsibility to newly elected Br. Charles Borvansky after Br. Stanley Barcal installed the new ASO Executive Board.

AMERICAN SOKOL

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at ASO Office - 7:30 P.M.

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4401 Fender Rd., Lisle, IL 60532
708-355-2572

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Jerry Milan	\$10.00
In memory of Bro. Robert Barcal — Jerry & Henrietta Milan	\$25.00

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HAVE YOU KEPT YOUR DUES CURRENT?

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____

Name _____

Old address _____

_____ Zip _____

New address _____

_____ 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, neblomné, pravdymilovné a spravedlivé —
lidé silní, krásní a dobří — to je cíl sokolské výchovy."

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CXI

May-June — 1990 — Květen-červen

Číslo - No. 5/6



The colors were presented by Brother Chuck Kalat, Brother Rome Milan and Junior Sokol Representative, Lori Laznovsky, all from the Southern District. The American National Anthem and Czech and Slovak Anthems were led by Sister Jackie Kourim, Secretary of the American Sokol Organization. The colors were then posted. The Pledge of Allegiance was led by Junior Representative, Lori Laznovsky from Sokol Karel Havlíček Borovský, Ennis, Texas.

EDITORIAL:

Brothers and Sisters:

The XV Convention is behind us, but the work has just begun for this board. The recommendations from each reporting committee, as approved by the convention delegates, are contained within these pages.

Daniel Webster, a great statesman and orator of the previous century, cautioned us to exercise our rights so that we do not lose them. During the convention, we exercised our rights through the democratic process afforded us through the Constitution

of the United States. You were participants in Sokol History. You have each contributed to its continuing evolution, just as great and good governments have evolved through the process of refinement. You have made an active contribution to the future life of SOKOL!

As an active participant, your responsibility is to cooperate, activate, and assist this board in achieving these goals. We're counting on all of you now and in the continuing months and years so that when we meet again as the XVI Convention (as guests of the Eastern Districts), we can all proudly acclaim our achievements for the betterment of all our members, units, and districts.

NAZDAR!

Report of Educational Committee

Recommendations

Each district is to hold at least one educational seminar between conventions. Agenda and reports to be submitted to the American Sokol Organization Educational Committee.

The District Educational Directors will meet at the Convention site prior to the general convention.

That we co-operate with the Czechoslovak Sokol in all matters of education including the exchange of newsletters and publications. The National Educational Committee will advise our membership of available Czechoslovak Organization Sokol material and artifacts through our American Sokol publication or through direct mailing to each district educational director.

Each District educational director is to supply a list of district, and unit newsletters, publications and available educational material in their district to the American Sokol Organization Educational Committee. This information will be sent to all District Educational Directors.

That information be made available to requesting units on the cost of the new mold of Dr. Miroslav Tyrš.

That the American Sokol Organization investigate a source of supply for Sokol generic flags.

That we eliminate the unit cultural and educational competition.

That the American Sokol Organization publish Bro. Walter Slavik's expanded biography of Dr. Miroslav Tyrš.

That the Educational Committee prepare educational pages for children in our publication.

We were honored to have Dr. Boris Uher in attendance at our meetings and value his input.

We wish the American Sokol Organization and the Czechoslovak Organization Sokol much success in the future. *Na Zdar! Bro. Paul Lebloch*

Address of:

Czechoslovak Organ. Sokol
ÚJEZD 450, TYRŠŮV DŮM,
11000 Praha, ČSFR

Chairman — Bro. Paul Lebloch

Secretary — Sis. Nancy Mae Borvansky

Committee members:

Bro. Václav Ženíšek — Central Dist. Educ. Dir.

Bro. Robert Vanyo — Western Dist. Educ. Dir.

Sis. Irene Mergl — Eastern Dist. Educ. Dir.

Sis. Georgia Jenick — Northeastern Dist. Educ. Dir.

Sis. Louise Nekuda — Pacific Dist. Educ. Dir.

Bro. Jack McClure — Southern Dist. Educ. Rep.

Sis. Alice Haertlein — Central Dist.

Bro. Stanley Barcal — Central Dist.

Sis. Blanche Kos — Central Dist.

Sis. Helen Samec — Northeastern Dist.

Sis. Mary Polasek — Southern Dist.

Bro. Frank Rericha — Central Dist.

Guest: Bro. Dr. Boris Uher

Report of Membership Committee

Bro. Fred Kala opened the session by reviewing the role of the Membership Chairperson and relating some of his experiences. He highly suggested making the Sokol program more visible in your own Community by participating in local parades, festivals and school half-time performances.

We discussed the reasons for joining volunteer organizations:

1. Business Opportunity Network
2. Need for Association
3. Self Significance

It was agreed that there was an important need for DIVERSIFICATION. We identified the target group as the 20-40 year olds. Gymnastics alone cannot attract enough members to support the organization on its own. A literal translation of Tyrš does not limit us to gymnastics alone. Other programs suggested were Theater groups, social events outside the Sokol program, Folk dancing and cooking classes for parents during the children's activities. The emphasis should be on participation and not on spectator sports.

The Committee briefly discussed the topic of Associate Membership. It's position remains unchanged from what is listed in the By-Laws.

The Membership Committee makes the following general statement regarding the dues structure. We recognize the increasing need for representation from the ASO and the requirement of greater financing to maintain a higher level of effectiveness especially if we are going to function internationally. We feel a gradual increase in ASO dues will not be a detriment to increasing membership within our units.

Respectfully submitted,

Martin Eisenstein, Chairman

Bro. Martin Eisenstein — Northeastern Dist. —
Chairperson

Bro. Fred Kala — Central District —
ASO Membership Chairperson

Bro. Richard Smetana — Central District

Bro. Will Bujak — Central District

Bro. Norm Sladek — Western District

Bro. Robert Toberny — Southern District

Bro. Stanley Mergl — Eastern District

Sis. Barbara Kucera — Central District

Sis. Mildred Pinc — Central Dist. —

ASO Financial Sec. (observer)

COPY FOR PUBLICATION

MUST BE RECEIVED BY THE 10TH
OF THE PREVIOUS MONTH

Report of Finance Committee

May 1, 1990

Chairman — Brother George Basta
 Vice-Chairman — Sister Sharon Somolik
 Secretary — Brother John Cerny

The Finance Committee met for many hours over several days to develop the following budget and recommendations. The job of the committee was made a little more difficult this year as it was necessary to prepare two budgets due to the proposed by-law changes. As the by-law changes have been approved, only that budget is being presented to you at this time.

The budget deficit for last five years of \$46,000.00 was explained by Brother Basta. Major losses were loss of interest due to loan to Southern District and advance to Western District for Slet, expenses higher than budget in some cases and not calculated into budget in other cases, i.e. depreciation of computer system, and loss of Slet income.

Total budget expense for the proposed budget has been increased approximately 32%, or 6% yearly, over the next 5 year period. This is to keep current with anticipated increased costs.

Many items submitted as actual expenses of the Finance Committee were incomplete, not detailed, or insufficient. We would request supporting documentation or an explanation of line items to be submitted along with the Treasurer's Report.

We have budgeted for a separate computer, desk top publisher, laser printer and other necessary programs for the Publication Editor. It is our belief that the small expense for these items will decrease the cost of publishing. We have also budgeted for a label machine, which could be used by all departments.

Other ways of increasing revenues were discussed. Some of these will be noted as recommendations.

RECOMMENDATIONS

1. All departments, i.e. Administrative, BOI, Educational, Publications, etc., should submit proposed budgets prior to the first general session of the convention. At future conventions, high miscellaneous items of both income and expense should have accompanying explanations.
2. Generally accepted accounting principles should be used in the recording of all items and in the auditing reports. Income should be shown as gross, with expenses shown in the appropriate areas. Supplies should not be lumped in with other items.
3. Research obtaining of permit for most cost effective means for mailing at reduced rates as a non-profit organization. Hire an attorney, if necessary, to obtain this permit.
4. Increase amount of ad space in Sokol publication to decrease publishing costs. Increase ad rates.
5. Items sold by the ASO office should be sold individually rather than in multiple units, and

that they be listed in the Sokol magazine.

6. Requests for general fund donations to be put in Sokol publication, as majority of donations appear to go into future leaders fund.
7. Full profit and loss statements should be submitted for all fundraising events.
8. Board of Governors should review cash management policies as part of their first meeting.
9. Up to \$50,000.00 of the Future Leaders Fund, as the largest fund, be used as start up fund for the Board of Governors/Executive Directors.
10. Membership dues be increased to \$10.00 per year. Convention assessment remains at \$2.00 and special assessment at \$1.00 per year. T. G. Masaryk dues to be raised to \$15.00
11. Foundation goal to be set at a minimum of \$500,000 for the five (5) year period.

The finance Committee would like to thank the support staff for the time and effort expended on our behalf.

Respectfully submitted, *George Basta, Chairman*

Bro. Ed. Linhart — Central
 Bro. Richard Vrba — Central
 Sis. Agnes Sotka — Central
 Bro. Bernie Babka — Central
 Sis. Sharon Somolik — Central
 Bro. Frank Turchan — Northeastern
 Bro. Robert Jirousek — Northeastern
 Sis. Carolyn Sabados — Northeastern
 Sis. Jeannie Mason — Southern
 Bro. Bob Podhrasky — Southern
 Bro. (Dr.) John H. Cerny — Western
 Bro. Rich Awinder — Western
 Sis. Jolene Dalton — Western
 Bro. Joe Zelenka — Pacific
 Bro. Richard Novotny — Eastern
 Bro. Ed Schnabl — Central
 Sis. Ellen Nyemcsik — Eastern

Report of Affiliation Committee

Vladimir Slavik, Chairman

The committee discussed the ASO's affiliation with the following organizations: ČOS, Sokol Federation in the Free World, and the Czechoslovak National Council of America. Following is our list of recommendations:

1. We strongly support affiliation with the ČOS, as per the attached resolution provided by the Eastern District. We also strongly support financial efforts by the ASO to assist the ČOS in its growth and organization. We strongly urge the ASO, all respective Districts, and all individual units to maintain regular correspondence with the ČOS (Ex. Monthly Newsletters).
2. Due to the recent government upheaval in Czechoslovakia, the committee felt that the Statute of

the Sokol Federation in the Free World contains many provisions which need revision. Also, since this statute is two years old, there are provisions that are/will be obsolete. For example, as of July 15, 1990, the Sokols Abroad will be disbanding and the Canadian Sokols will be reorganized. We also have concerns regarding the basis on which funds and membership fees will be assessed. Therefore, we recommend that ASO organize a committee to study this further. We feel that a federation is a good idea, but only after further study, should the ASO consider committing itself to this organization.

3. We support the continuation of the Round Table forums following all major Slets. This enables an exchange of healthy ideas that can only promote the growth of our programs.
4. We recommend the ASO join the Czechoslovak National Council of America and pay the \$25.00 membership fee. Our committee felt that the ASO should become an active member of this organization by asking the Council for suggestions on how we can promote the work of that organization.

Respectfully submitted,

Eva N. Balas, Committee Secretary

District

- Bro. Tal Milan — Southern
- Sis. Eva Balas — Central
- Bro. Walter Slavik — Eastern
- Sis. Louise Nekuda — Pacific
- Sis. Betty Hosticka — Northeastern
- Bro. Joe Berka — Western

Report of the Public Relations Committee

The American Sokol Organization needs to exercise much more initiative in the public relations area with directives to Districts and Units.

1. Goal: National Recognition of the Name SOKOL.
Suggestions to enhance visibility in Community.
 1. Listing with your local and state Chamber of Commerce all activities that are open to the public.
 2. Give A.S.O. pamphlets and some literature to local libraries for their files on cultural and physical fitness organizations.
 3. Send Unit and District activity articles to your Trade magazines.
 4. Recommend A.S.O. Executive Board develop an aggressive campaign with a variety of brochures etc., for distribution to all Units for their Public Relations Committee.
 5. A news release form letter be developed by the A.S.O. covering Unit, District, and National events, i.e. Convention's annual meeting, National Slets with spaces open for insertion of local members name. The official



The first general session of the XV. American Sokol Organization convention was called to order at 2:15 p.m. by Brother George C. Basta, President of the American Sokol Organization.

letterhead of the A.S.O. will impress and enhance the National identity. This form letter news release would include a brief history of the organization and its present programs!

6. Wear your Sokol Pin outside of Sokol Functions to further advertise.
7. A.S.O. should develop a slogan contest among its members, i.e. "How would you describe Sokol in seven words?" — Family Oriented Physical Cultural and Educational Organization.

District

- Sis. Lynda Filipello — ASO
- Sis. Eileen Stahulak — Central
- Bro. Robert Hoskin — Central
- Sis. Anne Eisner — N.E.
- Sis. Bernice Hamilton — So.
- Sis. Donna J. Cerny — Wes.
- Bro. Jerry Wester — So.
- Bro. Frank Maslowski — Pac.
- Sis. Mary Maslowski — Pac.
- Sis. Libbie Vrzalik — Ea.

Report of the American Sokol Publication

1. We recommend the Education Committee:
 - a. Prepare a page of Sokol History/Czechoslovak History.
 - b. Prepare a children's page directed for instructor's to utilize in their classes for instructional purposes of Sokol history, Customs, etc.
 - c. Publish and mail a list of all books in the National Library for each unit so that the



AMERICAN SOKOL ORGANIZATION

GYMNAST

MAY/JUNE 1990



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

CALENDAR OF EVENTS

- July 5 to 8, 1990 — VII Sokols Abroad Slet in Paris, France
-
- July 14 & 15, 1990 — Slet Festival in Prague, Czechoslovakia
-
- Aug. 10 to 19, 1990 — A.S.O. Instructors School - Omaha
-
- Sept. 13 to 16, 1990 — U.S.G.F. Congress in New Orleans
-
- Nov. 10, 1990 — A.S.O. - 125th Anniversary Banquet - Ashton Place - Darien, Ill.



Join the Southern District for: **SUN, SAND and SERVES**

The Southern District would like to invite you to our annual "SOKOL SUMMER VOLLEYBALL TOURNAMENT" in Corpus Christi, Texas. This is our big summer get-together on the beautiful Gulf of Mexico. The Tournament will be held July 27-29. The weekend "sets" off Friday with a welcome party at the pool. Saturday the Tournament begins at with mixed juniors, women, mixed seniors and mens divisions, and then Sunday is a day to relax at the beach with swimming, horseshoes, food, drinks and all the beach party activities.

Hotel reservations have been made at the new luxurious "Port Royal-By the Sea". The Port Royal is built on the shimmering dunes of the Gulf, and also boast the largest pool in Texas! The pool is set amidst tropical foliage, cascading waterfalls, hot tubs, hidden grottos, swim-up bare, and a 2-story waterslide. Also, lighted tennis courts, water and sand volleyball, shuffleboard and deep sea fishing trips are available. The room cost is \$132/double room-sleeps 6 or \$212.00/suite-sleeps 8 (easily). Hotel reservations need to made under Sokol Organization by June 20. Contact Lauri Murry, Conventions at 1-800-242-1034 for reservations. For more information about Tournament weekend, contact Brother Kevin Sacky at Sokol Corpus Christi (512) 854-1848.

HOPE TO SEE YOU IN JULY!!!...

Gymnastics' Importance In The P.E. Curriculum

Educational Gymnastics

Susan True, USGF Education Subcommittee

Properly sequenced gymnastics activities contribute to the development of upper body and abdominal strength, which is seriously lacking in many American children.

In 1985, the United States Gymnastics Federation formed an Education Subcommittee chaired by Garland O'Quinn, Ph.D. with the mission of developing a curriculum of gymnastics activities appropriate for physical education classes for grades K-12. The primary reasons for this major undertaking were: a concern about the decreasing number of school systems which require physical education as a part of a student's education at the elementary and secondary school level, the resultant reduction in the number of certified physical education teachers in the schools, particularly elementary schools and the lack of gymnastics activities in remaining physical education programs.

The return of gymnastics activities to elementary and junior high school physical education programs could have a positive impact on the growth of competitive gymnastics programs. Many gymnasts have reported their interest in the sport began in tumbling and other gymnastics-type activities in elementary physical education class. Unfortunately, physical education requirements are being eliminated rather than added to public school curriculum requirements, and the legal climate in the U.S. has made many school principals and some physical educators afraid to include competitive gymnastics activities in their physical education programs. As budgets are cut and professional staff are reduced, some of the first staff positions to be cut are specialists such as physical education teachers in the elementary schools. All of these factors have a negative domino effect on competitive programs at the high school and collegiate levels.

Gymnastics was the mainstay of physical education programs in the U.S. prior to the World Wars. Participation in these activities can contribute in unique ways to the proper physical development of every child. Properly sequenced

gymnastics activities contribute to the development of upper body and abdominal strength, which is seriously lacking in many American children. They can also contribute more to the development of inverted agility, orientation in space and upright and inverted balance than almost any other sport-oriented activities. In addition, properly conducted gymnastics activities, because they are weight-bearing activities, aid the development of strong bones. The two programs either revised or written by the USGF Education Subcommittee also include sessions on landing and falling safely, skills which are important to all physical activities. Garland O'Quinn states, "Gymnastics is too important to be left only to the gymnastics athletes of our country. Every child in our nation would benefit and enjoy a gymnastics experience."

There have been both negative and positive results of the tremendous television exposure of elite level gymnastics. It is a daring and exciting sport to view; however, it also stereotypes "gymnastics" as an elite, risky, competitive activity. That image frightens many school personnel, including physical educators with no experience teaching competitive or non-competitive gymnastics activities. The education community will have to be informed about the difference between non-competitive gymnastics activities and competitive gymnastics, and that the former can be safely taught to all children. The two programs which the USGF Education Subcommittee has been involved in revising or writing can be taught by any physical educator or trained personnel. (Developmental Gymnastics for ages 3-9 and Sequential Gymnastics for Grades 3-6.) They require a minimum of equipment, which most elementary schools already have, or could obtain without serious budgetary implications (ie. panel mats, floor/junior balance beam, horizontal bar and spring board).

These gymnastics programs remove the

guesswork concerning proper progression. The activities are illustrated and described in the order in which they should be taught. Each skill should be internalized by the children before presenting the next skill. A skill has become internalized (a conditioned response) when the child can perform the skill without constant attention of the conscious mind.

Both of these gymnastics programs, Developmental Gymnastics for Grades K-3, and Sequential Gymnastics for Grades 3-6 are available through the USGF. In addition to the curriculum guide, the Sequential Gymnastics curriculum is also available on videotape. If the response of the over one hundred elementary physical educators who attended the seminar on Sequential Gymnastics at the 1989 American Alliance for Health, Physical Education, Recreation and Dance Conference in Boston is any indication, this USGF project will have a positive impact on the future of gymnastics in our schools.

There were two presentations of the Sequential Gymnastics curriculum, along with a preview of the newly revised Sequential Gymnastics program, at the 1989 USGF Congress meetings that were held in Philadelphia.

Excerpts from "Sokol Instructors Digest"

By JIRI LISKA

INTRODUCTION

The other day, a whole page advertisement in Los Angeles Times struck my eye. The message went as follows:

"Most of us do not have enough time to think about the way how to get rich — because we are too busy."

You must admit that they have a point. We are too preoccupied with the details of our daily struggle and do not think about the way how to improve our situation.

It is exactly the same with our Sokol activities. More or less, we stick to the habitual process of teaching and think very seldom about the question if our practice corresponds with what should be.

But let us get back to the ad in the newspaper. It is offering a book in which the reader would find the advice how to get rich. Be it only a gimmick or a well ment advice to the neighbour, the idea of a thoughtful and systematic approach is very good. There is, of course, nothing new in it, but sometimes, it is necessary to stress even a quite natural fact.

Therefore, my dear Sokol instructor, I want to draw your attention to several evident facts that we are sometimes ignoring to our own disadvantage. I am offering you instructions how to lead a Sokol

lesson so that you can get rich the Sokol way.

I do not require any advance payments, but instead, your determination to improve yourself. My best reward will be to learn that you follow my advice in your own class.

Let us go straight to the matter. Let us start to think about our physical education lessons. Very often, they do not have any schedule prepared in advance, or if so, the schedule is not followed. And sometimes, the schedule is too onesided; it contains only apparatus exercises and calisthenics. But the Sokol goal is to form an all around human being, i.e. an all around Sokol, which is more than an all around gymnast.

I tried to put together an understandable handbook containing

- a) instructions how to create and exercise program, and
- b) examples showing how to make the lesson more interesting.

I hope there exist still instructors who are willing not only to read this little handbook, but who will actually carry out what they read.

I also suppose that the instructor has good knowledge of apparatus exercises, calisthenics, track and field and games. Therefore, I deal only with the organization of the lesson (in the first part) and with the examples of some interesting exercises (in the second part).

Many thanks to Sister Marie Provaznikova for her encouragement and to Brother Jan Waldauf for having published the Czech version of this "Digest" in 1978-79 under the title "Umíme to dobře?" (Do we know it well?)

2. ORGANIZATION OF THE PHYSICAL EDUCATION LESSON

Every physical education lesson (i.e. a session of 90 minutes duration, preferably), must be well prepared in order to fulfill it's purpose. But a good preparation is not possible without a schedule that was put together in advance.

The Schedule In General

The P.E. lesson cannot be considered an isolated, independent unit. Every lesson has to correspond with the next one so that, during a certain cycle, preferably one month long, all the moves included in the schedule will be taught.

The Sokol education stresses the all around quality, pursuing the famous greek example. It stresses the fact that a harmoniously developed human body is the prerequisite for a favorable mental development of an individual.

The all around quality is the ability to achieve best results in diverse activities. We can achieve them by developing strength, agility and skills. Our physical education lessons, at least four in one month, but preferably eight in one month's period, have to satisfy the above mentioned requirements.

Exercises Developing The All Around Ability

We do not have to look for them by going too far. We simply pick them up in the Sokol Gymnas-

tic Manual (a better name for it would be The Sokol Physical Education Manual, since we are talking about the all around ability and not only about gymnastics, known as apparatus and floor exercises).

We classify them according to the purpose they offer to fulfill, i.e. to develop strength, agility and skills. Then we choose the appropriate apparatus and hand implements for these exercises.

I. *To develop strength:*

weights, climbing rope, mats for wrestling, medicine balls, stall bars, as well as the main apparatus: parallel bars, horizontal bar, rings.

II. *To develop skills:*

jump ropes, indian clubs, balls, hula-hoops, as well as the main apparatus. We teach rhythm gymnastics, folk dancing, calisthenics, ball games.

III. *To develop agility:*

we do not need many hand implements, but what we need is the playground or a park — for running, jumping all kinds of obstacles (boxes, bench, a vaulting box etc.) What we urgently need is a stop watch, all kinds of balls, paper boxes, rope.

To be sure that we include all the apparatus and hand implements into our program we make a list of what is available. In a regular Sokol hall, the list will look like this:

(To be continued — in August)

The Board of Instructors and the Educational Committee

It is difficult to determine where the BOI's job ends and the Educational Director's responsibilities begin. They overlap.

The gymnasium is the heart of our organization and the Educational Department the spirit or soul. We need both to survive.

At one time the organization was in an enviable position. Most of our gymnasts were children of immigrants who had a deep love of our Sokol ideals. Much of the educational work was accomplished in the home. Many instructors were also educators who had an understanding of Sokol aims and goals. Today with most of our members and gymnasts American born and many with no Czech heritage, the educational work becomes more important.

Many feel that the BOI's job is to produce top gymnasts. Some feel Sokol is gymnastics. Sokol is gymnastics, but gymnastics alone is not Sokol! Today many of our BOI leaders are realizing that we have an obligation to not only have a good gym program but also a good cultural and educational program.

The Educational Director and Physical Director and Instructors should work together.

The BOI has a great responsibility. They have the contact with Our Youth — Our Future!

The end product of our system is a well rounded individual who is an asset to our community and country.

- 1) A Sokol should not only be physically fit but should also have a sound mind.
- 2) A Sokol should have pride that is not vanity.
- 3) A Sokol should have a sense of duty and discipline which is not blind obedience.
- 4) A Sokol should have patriotism which is cultural and chauvinistic.
- 5) A Sokol should pursue cultural and intellectual activities.

What are some of the ways the BOI and Educational Directors can help in these goals?

- 1) Singing after class — Czechoslovak, Sokol & American Folk Songs
- 2) Sokol Slogans — Slogan of the month posted in the gym.
- 3) Educational or cultural displays on bulletin or in trophy cases.
- 4) Short lectures before dismissing class —
 - a) historical personalities
 - b) historical and current events
 - c) Sokol brotherhood — ideals
 - d) Hygiene — nutrition
- 5) Field trips to cultural events — displays
- 6) Sokol Unit Newsletters

A very important part of our educational work that directly involves the BOI is our Sokol calisthenics. Some question the value of these calisthenics. Apart from their aesthetic and physical value, they also can have a spiritual and emotional impact on the participant and spectator.

They combine rhythm, music and symmetry of movement in such a way that, not only does the body get a sense of wellbeing, but the spirits are lifted as well.

Performers feel a sense of identity with his Sokol brothers and sisters, having cultivated a sense of collective responsibility which makes him regard his individual effort as part of a whole.

Above all, the Director and Instructor should be an example of a good Sokol.

- 1) A good Sokol shows respect and consideration for his Sokol brothers and sisters.
- 2) Loud and abusive language is foreign to a true Sokol.
- 3) A good Sokol does not use profanity or vulgar language.
- 4) A good Sokol should use moderation in drink, food intake and smoking.
- 5) A good Sokol keeps physically fit commensurate with his age.

Our best source of promoting Sokol to America should be the example set by our members and people who attend our gymnasiums.

Nazdar! *Paul Lebloch*
Educational Director
American Sokol Organization



Brother Laznovsky was elected as Chairman and Brother Zitny as Vice-Chairman.

unit education department could borrow for their research and education work.

2. We recommend that Unit Newsletter Editors:
 - a. Send their name, address and phone number to the American Sokol Organization editor for the purpose of publishing a master list to be mailed to each unit editor. Send unit "Good News" articles promptly to the American Sokol Organization Publication Editor, i.e. Honorable Mention column including a list of names of all members and gymnast who attend any instructors classes.
3. We recommend that a Financial Committee be assigned to investigate:
 - a. The least expensive postal classification for mailing.
 - b. Increase advertising space charges.
 - c. Compare cost of increasing advertising space vs. operating cost as a possible income.
 - d. Increase non-members subscription.
4. We recommend that the Publication be further utilized as an enhanced communication tool with our subscribers by:
 - a. Including the Christmas Seals in the publication with addressed envelope.
 - b. A survey be printed for all members asking them to offer suggestions on what the publication should cover. These results to be printed in the publication including the number that responded.
1. We recommend that the financial report be published Quarterly instead of monthly.
6. We recommend that the Executive Board minutes be published more timely and that they be thoroughly reported.
7. We recommend that all authors of articles include their full name and unit.
8. We recommend the mailing label be placed on back page instead of front page.

9. Recommend re-evaluating the size of current issue to accommodate more space for articles.

District

- Sis. Lynda Filipello — A.S.O.
- Bro. Joe Sulz — Central
- Bro. Earl Haertlein — Central
- Sis. Dolly Baca — N.E.
- Bro. Charles Kalat — So.
- Bro. Richard Kittrell — Wes.
- Sis. Jackie Berka — Wes.
- Bro. Jiri Liska — Pac.
- Sis. Mary Francis Meier — Pac.
- Sis. Emilie M. Ruzicka — Ea.
- Sis. Debbie Tapper — Ea.

Report of Report of Officers Committee

(Held Sunday, April 29, 1990)

Elected Chairman: Sis. Ellie Babka, Central District

To report on reports which you have all already received seems redundant at best, EXCEPT... how many of you have read or will read these reports — for whatever reason? It is through these reports we get the overview (a synopsis) of where Sokol has been during the past 5 years — and perhaps a hint or warning of where it is headed.

The members of our committee have read all Officers' reports, discussed them and have accepted them as submitted.

Without a doubt, the people who have fulfilled these positions and written of their accomplishments have put forth much effort into serving the ASO. We thank them. We should also like to make suggestions for possible inclusion in future convention reports if not already so stated:

- 1) Each report should describe the function of that particular office;
- 2) Each report should consider an evaluation of that office's tenure in as unbiased a manner as possible.
- 3) We noticed a very minimal report on English publicity — and that it was included as part of the Editor's report. Because the job of Editor seems to be a very time-consuming one, we hope that the extremely needed task of English publicity be given a much higher priority by perhaps another person.
- 4) One of the most complete and yet disheartening reports is on our membership. As stated, "there is a lackadaisical submission of quarterly reports" in some cases. May we remind all — ASO is only as strong as its weakest Unit. Responsible communication is vital.

Again, we appreciate the five years of dedicated work. NAZDAR!

Respectfully submitted, *Ellie Babka*

- Sis. Ellie Babka — Central
- Bro. Karel Matejka — Southern

Bro. Frank Veselka — Southern
 Sis. Barbara Seefus — Western
 Sis. Mildred Barcal — Eastern

Resolutions Committee

**XV A.S.O. CONVENTION
 FORT WORTH, TEXAS**

April 28 - May 1, 1990

Committee: Mary Ann Sulz - Central District
 Joan Sedlacek - Western District
 George Vild - Northeastern District
 Carrie Veselka - Southern District
 Mana Zlatohlavek - Western District
 Blanche Zraly - Eastern District

WHEREAS, the people of Czechoslovakia have once again liberated themselves from the yoke of oppression, and

WHEREAS, the national rejuvenation of Tyrš philosophy in Czechoslovakia will bring about an upsurge of Sokol activities all over the world, and for the American Sokol Organization in particular, therefore

BE IT RESOLVED, that a delegation from the American Sokol organization to the Sokol Festival in Czechoslovakia in the summer of 1990:

- 1) renew the brotherly relationship between COS and ASO, and
- 2) pay its respects to the Sokol founders by laying a wreath on the graves of Miroslav Tyrš and Jindřich Fuegner, and Thomas G. Masaryk.
- 3) offer to discuss with the leadership of COS (Czechoslovakia Sokol Union) a means of mutual cooperation in establishing a gymnastic and educational exchange.

WHEREAS, all Sokols advocate a free, democratic society for peoples of all nations, and

WHEREAS, we cherish our Czechoslovak heritage and our allegiance to the USA, and

WHEREAS, the Czechoslovak Sokol Organization has experienced a new rebirth in the land of its founding, and

WHEREAS, the Communist regime in Czechoslovakia has been uprooted

BE IT RESOLVED that we, the members of the XV Convention of the American Sokol Organization, go on record to assure the people of Czechoslovakia our wholehearted support in their quest for a democratic and economically sound society.

BE IT FURTHER RESOLVED that we will work together with Sokols worldwide in furthering the cause of the Sokol movement.

WHEREAS, Václav Havel was instrumental in restoring democracy to the Czechoslovak Republic, and

WHEREAS, this action has contributed to the rebirth of the Sokol movement in Czechoslovakia.

BE IT RESOLVED that the members of the XV National Convention do hereby bestow Honorary Membership in the American Sokol Organization to President Václav Havel.

Congratulations and Best Wishes to the following:
 COS — Czechoslovak Obec Sokolská

Congratulatory letter to:
 President Václav Havel

Letter to:
 Czechoslovak Government urging official sanctions of COS

Congratulations and Invitation to:
 U.S. Ambassador to Czechoslovakia,
 Shirley Temple Black to attend the Sokol Festival in Prague, 1990

Congratulations on Anniversaries to:
 125th Sokol St. Louis 1990
 100th Sokol Slavsky 1990
 125th Sokol Tabor 1991
 100 Sokolice Tabor 1991

Appreciation letters to:
 Governor of the State of Texas
 Mayor of Fort Worth
 Sokol Fort Worth
 Southern District

Congratulations to:
 Brother Frank — 80 yrs membership &
 Sister Anna Pliska, 76 yrs member,
 Northeastern District, oldest couple with the longest years of Sokol Membership

Greetings to:
 Sister Provaznik
 S.P.J.S.T.
 C.S.A. Fraternal Life
 Western Fraternal Life

Future Sokol Leaders Fund

March 1990

Donors	Amt.
In memory of Br. Bob Barcal — Charles and Irene Ruzicka	\$ 25.00
In memory of Sis. Josephine Holada — Sokol Town of Lake	25.00
Western Fraternal Life Association — Annual Donation	3,125.00
	\$3,175.00
(Correction — Feb. Fund — should read: In memory of Br. Robert Barcal — Betty and Helen Prener)	

— Donations are tax exempt —



Mr. David Chappel, City Councilman of Ft. Worth, District 9, presented a welcome to all delegates. A honorary citizenship of Ft. Worth, Texas was presented to Dr. Boris Uher. There was also recognition of the Organization by the City of Ft. Worth and April 28, 1990 through May 1, 1990 were declared as American Sokol Organization days.

Thoughts of a Convention Delegate

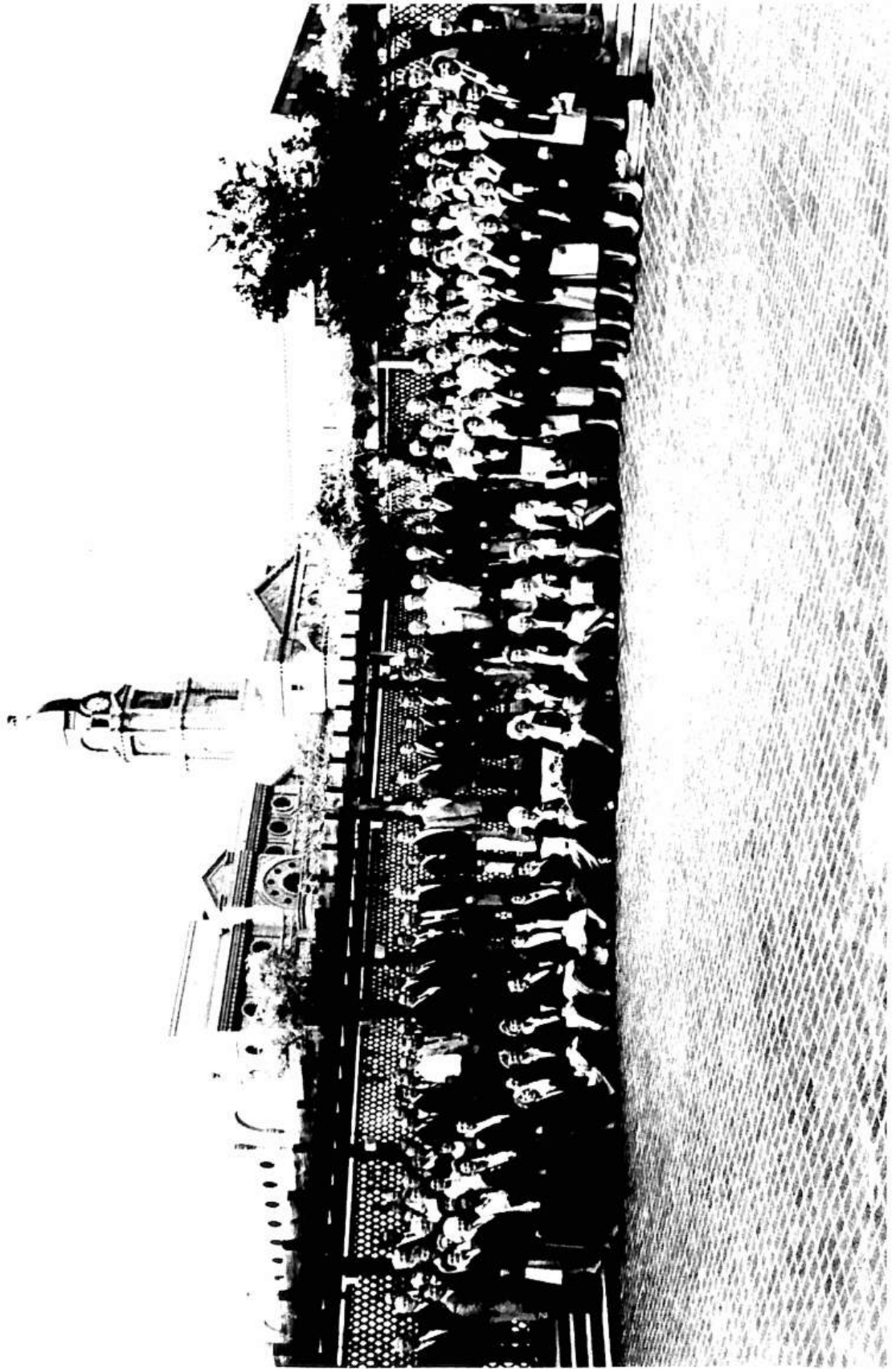
The XV American Sokol Organization National Convention began for me on Thursday April 26, 1990. All that afternoon and evening I had a bad feeling. Even my wife noticed (doesn't she always). Friday morning while she and I were having coffee, I told her that for the first time in my life, I didn't look forward to going with the Sokols. Needless to say, I went anyway.

My feelings on Thursday and Friday were fear. Having returned from the convention I now wish to thank my Unit for allowing me to attend. The energy and electricity of the convention is a fountain of youth for any Sokol member who is lucky enough to attend. I learned so much, most of which I do not know how to express. I felt an awesome responsibility to my Unit, District and to

the ASO and no one could prepare me for this convention. I thank God for the experience and wisdom of the seasoned Central District delegates for their patience and understanding of a rookie: I looked to them for answers often. I also learned about delegates from other districts and how they think about some of the issues we were trying to work out, and I thank them for allowing me to express my point of view. We do have the right to disagree.

I now understand why we must call each other Brother and Sister. Only a family can fight and argue the way we do and still have an unbreakable bond.

To the members of Sokol Stickney, if you want to know what a ASO convention is about, you have to attend. If you want to know about its effect on me, just ask me a question about it and watch my face. Nazdar, Bro. Bob Hoskin, Rookie S.L.J.O.



THE XV AMERICAN SOKOL ORGANIZATION CONVENTION DELEGATES — FT. WORTH, TEXAS
April 28 — May 1, 1990

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Satin couches and footstools,
Where there's no committee chairmen,
No group leaders or car pools.
No eager team that needs a coach,
No bazaar and no bake sale,
There will be nothing to staple,
Not one thing to fold or mail.
Telephone lists will be outlawed,
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Cool drinks and gourmet dinners
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*And work for all they're worth?"
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Future Sokol Leaders' Fund

This committee reviewed the report presented by the last A.S.O. Educational Director, Bro. James L. Cihak at the 1965 Convention. There are no further reports immediately available and we cannot positively rely on memories.

So as not to tie up the officers and members of the 1990-1995 term with a status quo, do-nothing policy, it is hereby recommended that they be given the authority to research further these facts as soon as possible. It is especially necessary to find out how the Merit Award came into being and how it evolved.

The new A.S.O. B.O.I. will then be able to formulate and apply new rules, regulations and guidelines for the use of this fund. It is to be kept under the control of the A.S.O. B.O.I. who will present a vehicle for the implementation of these monies

thereby increasing the SOKOL activities on a National, District and/or Unit level, following the original intent of this fund as best as possible.

NAZDAR!

A.S.O. B.O.I. Sub-Committee: Sis. EllenJeanne Schnabl, Chairman, Sis. Mary Ann Fiordelis, Bro. Frank Michalek, Bro. Rome Milan.

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