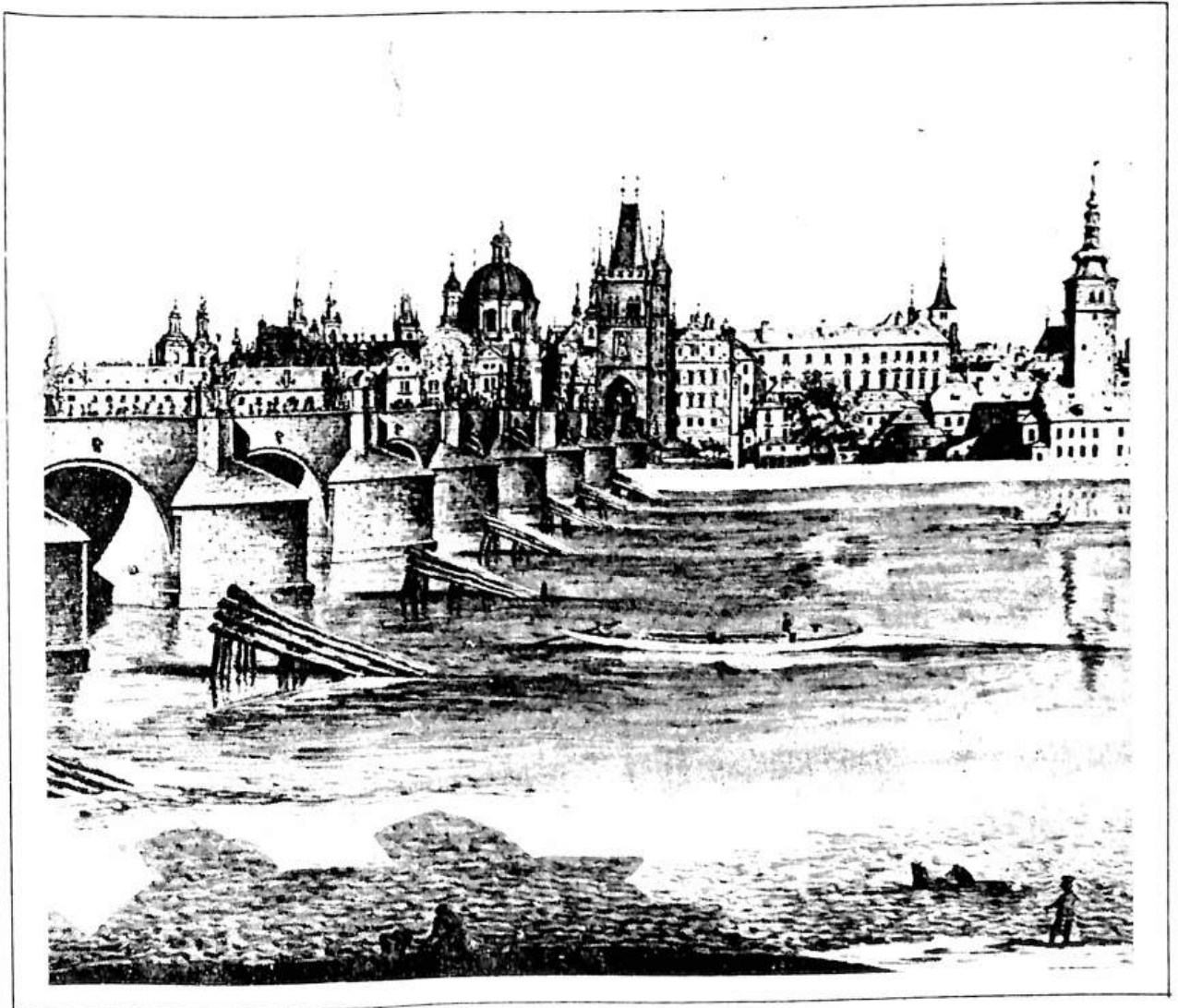


NOVEMBER 1990 — VOL. CXI - No. 11

AMERICAN SOKOL



Publication of the American Sokol
Educational & Physical Culture Organization



CITY OF PRAGUE

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September, 1990

Donors	Amt.
In Memory of Charles Machota — from wife, Victoria Machota	\$ 25.00
In Memory of Sis. Ann Zemek — from Sokol Brookfield	\$ 50.00
In Memory of William Polacek — from Emily Polacek & Elaine Collina	\$ 50.00
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AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

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

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CXI

November — 1990 — Listopad

Číslo - No. 11

City of Prague

(on the cover)

The Metropolitan Review and the Chicago Athenaeum Center for Architecture, Art and Urban Studies in conjunction with the Chicago Sister Cities program is sponsoring this special exhibition from September 25 to December 14 in Gallery II at the Santa Fe Center at 224 S. Michigan Ave.

Alexander Dubček honorary member of Sokol Minnesota

The citizens of Minnesota played host to the new President of Czechoslovakia's Federal Assembly on September 4th and 5th and our own Sokol Minnesota's president Georgiana Dolejsi presented Mr. Dubček with a certificate from the American Sokol Organization in recognition of his "outstanding contributions to Czechoslovakia and Sokol ideology". She then presented him with a certificate bestowing lifetime honorary membership in the local unit.

Earlier the Dubček entourage toured the city as part of a motorcade that took them to the steps of New Prague's St. Wenceslaus Church where they were publicly received by Governor Perpich and many civic leaders. Mr. Dubček addressed a crowd of more than 1,500 commenting that he "was glad to see that the Czech and Slovak heritage was being preserved in America".

...and from Sis. Joan Sedlacek the following report on this visit.

Czechoslovak Day

The day we had dreamed of, planned for, pinned our hopes on and worried about, had come. September 16, 1990 in St. Paul, Minn. was the day chosen for those of Czechoslovak heritage and their friends to honor the freedom that has shined on Czechoslovakia this last year. With this day of celebration we had the opportunity to contribute to a worthy cause in Czechoslovakia.

On the big day we were overwhelmed with support, people, emotions and work. A low estimate of 2,000 people from Minnesota, Wisconsin, Illinois, Iowa and Czechoslovakia came. They ate 230 gallons of booya plus hot dogs, klobasa, jaternice, pickles, popcorn, soda, and prasky on a stick.

A fuller six hours could hardly be imagined. The St. Paul Czechoslovak Folk Dancers, Joe Novotny Trio, Minnesota State Band, singers from New Prague and Montgomery, Ed Cihak, Robert Vanašek, officials, flags, anthems and joy were on the program.

Czechoslovak Day was a combined effort of Sokol Minnesota, WFLA lodges and CSA lodges. Our guests danced, sang and listened to music, ate, drank and watched their children play games. Couples had their pictures taken behind a costumed cut-out or tried their luck on raffles for \$100, a 25 pound nut roll, and dozens of other prizes. Children could sign up for a free bike drawing. Two bikes were donated by the Western Fraternal Life Assn. sponsored by Lodge Český Lev (Czech Lion) No. 10 Minneapolis and Lodge Orel (Eagle) No. 69 St. Paul.

Thank you to the Sokol units and members, WFLA and CSA lodges, the merchants, Czechoslovak Genealogy and our own Sokol Minnesota's hard workers for a beautiful day. All proceeds will go to The Association to Help Chronically Sick Children in Czechoslovakia.

Independence Day Rally

The Daley Center in Chicago was the sight of an Independence Day rally held on October 26th celebrating the October 28, 1918 Czechoslovak historical date. The Central district was represented by eight of Sokolice Tabor's women performing the Hoop special number from the 1990 Slet under the direction of Sis. Jean Sivak.

Sokol Slavsky's Senior A.M. class performed the 1989-90 Senior II calisthenics under the direction of Sis. Anne Halik. The district provided bus service for participants and members as did the CSA and the Czechoslovak-American Congress for their members.

Sis. Ann Basta reported that the event was held in the Daley Center and that the crowds enjoyed the performances.

January publication date for Prague issue!

The education committee and the editor are collecting pictures and articles/letters of interest to be included in the January publication dedicated to our membership's involvement in the July 1990 Czechoslovak Sokols activities.

A dream come true

Br. Joe Ondracek of Milwaukee, Wis. left Czechoslovakia 42 years ago and realized his dream this past summer when he returned to his beloved homeland on official invitation of the Ležáky Memorial Committee as honored guest and speaker.

This village in Bohemia suffered the same fate as the village of Lidice at the hands of the Gestapo during WWII; having been burned to the ground after it's adult male inhabitants were executed. The women were shipped to concentration camps and the children to Germany where they were adopted by German families.

Joe, a former criminal detective and member of an international team, searched for children from Czechoslovakia, Poland, Norway, France, etc. Many months of painstaking checking of hundreds of documents, interviewing that covered hundreds of miles led to his success in finding many children from Lidice including the two girls from Ležáky, the Stulikov sisters.

Approximately 10,000 persons attended the memorial service June 24, 1990 including officials from the new Czechoslovak government and delegates from many countries. At the conclusion of the services, Joe and the two sisters along with the bishop had a very friendly conversation. Joe visited Lidice where he was enthusiastically welcomed and hosted by some of the now adult children he brought back from Germany, their families, and the citizens of Lidice. He also attended a meeting of Sokol Jaktar of which he is a charter member and attended the first Sokolské Setkání held since the communist takeover in 1948 in Prague on July 15, 1990.

(Excerpts from Sokol/Sokolice Milwaukee Sept.-Oct.-Nov. newsletter.)

Editor's note: Our newer members may not be aware of the SOKOLS deep commitment to their European roots, so from time to time we would like to publish articles demonstrating the many and diverse talents and accomplishments of our members.

Falcons in Poland publish newspaper

The Falcon Nests which were reorganized in Poland last year are still going strong. In fact, the Nests have combined their efforts and have started publishing a quarterly publication entitled, "Sokol".

The publication details the activities of the Sokol Gymnastics Assoc. in Poland, as well as the Falcons in Great Britain. They are hoping to print information on the Polish Falcons of America, as well as the Falcon organizations in France, Germany, and Australia.

(This partial article is re-printed from the August 1st Polish Falcon publication. It is a tribute to the commitment of all Sokols that kept the flame burning the past 40 years so that Sokol could again light up throughout Europe.)

Calendar of Events

- DECEMBER 1 — Sokol San Francisco
Mikulášská Dinner Dance
- DECEMBER 1 — Sokol Greater Cleveland
Mikulášská (St. Nick's Dance)
- DECEMBER 2 — Sokol Detroit
Czechoslovak Dinner Party
- DECEMBER 3 — Sokol South Omaha
Annual meeting
- DECEMBER 4 — Sokolice South Omaha
Christmas Dinner/ Meeting
- DECEMBER 8 — Central District Boys and Mens
Gymnastic Competition
- DECEMBER 8 — Sokol Stickney
Spaghetti Dinner
- DECEMBER 8 — Sokol Minnesota
Christmas Party and Annual meeting
- DECEMBER 9 — Sokol San Francisco
Annual meeting
- DECEMBER 13 — Sokol Baltimore
Christmas Party
- DECEMBER 22 — Central District Rhythmic
Competition for 2nd class, jrs. and women
- DECEMBER 31 — NEW YEAR'S EVE DANCES
At: Sokol Francisco, Sokol Greater Cleveland,
Sokol Detroit, Sokol Stickney, Sokol St. Louis
- JANUARY 3 — Sokol/Sokolice Milwaukee
Installation of Officers
- JANUARY 26 — Sokol Česká Sň
Winter Exhibition and Dance
- FEBRUARY 2 — Sokol Brookfield
Spaghetti Dinner 4 p.m. to 7 p.m.
- FEBRUARY 23 — Sokol Brookfield
Annual Gymnastic Exhibition

FUTURE EVENTS

- OCTOBER 26, 1991 — SOKOL TABOR
125th Anniversary Banquet,
DiNolfo's, 47th & Joliet Rd., McCook, Ill.

* * *

*Nazdar, bratři a sestry!
Towards success, brothers and sisters!*

Address Correction

Sokol Milwaukee
Pres. Earl Heartlein
Zip Code — 53218



*Happy Birthday,
Sis. Emilie Welcl-Ružička*

HONORARY DIRECTOR OF WOMEN



85 Years Young on October 25th

Sis. Emilie has been an active participant in Sokol activities since first attending the newly merged Sokol Havlíček-Tyrš gym on Lawndale Ave. in the heart of the Česká Kalifornie district in Chicago as a first class girl. She has served the American Sokol in every capacity from the unit and district levels to National Womens Director when the Slet was held in Soldier's Field in Chicago. She has traveled extensively throughout her life to every national and international Sokol event possible including participating at last July's Paris and Prague Sokol events.

She was a member of the American Sokol team to the 1938 Prague Slet. The picture at left depicts her in the official dress uniform of the team. After the Slet some members, including Emilie, stayed on to assist refugees coming into the train stations during the Nazi's invasions of the European countries.

After retiring to Miami she saw the need for a Sokol in her new home town, so that the many retirees from the northern states could continue their beloved Sokol traditions. Never one to wait for someone else to do the job, Emilie promptly gathered many retired members from various Sokol units and together they formed Sokol Miami. These members meet every Monday at noon throughout the year for social and cultural exchange.

Emilie has one important dream for the Sokols and that is for each unit to open their doors to the senior citizens during the day for Sokol classes that would include folk dancing, exercise, games, and anything else to keep the mind, body, and spirit active and alive!

Emilie, your dedication to the spirit of the SOKOLS has served as an inspiration for all who have worked with you.

Nazdar!

The Officers and Members of the Executive Board

DO YOU HONOR YOUR PAST PRESIDENTS?

**Sokol and Sokolice Milwaukee honors
their past presidents**



A beautiful gold pin, designed by us, is presented to our Past Presidents.

Why not have a special occasion to honor your Past Presidents?

This gold pin with either a stem back (for men) or a pin back (for ladies) and a garnet insert is now available for \$25.00 post paid. Please indicate which type you prefer.

Send your check made out to "Sokol Milwaukee" and your order to:

Jimmy Klimt

5141 N. 64th Street, Milwaukee, WI 53218
414-466-4789

What does the name "Havel" mean?

By Václav Hesoun, Cleveland, Ohio

In the Middle Ages many Czech men were baptized by the name of HAVEL. The day of Saint Havel in central Europe is October 15th. Most of the Bohemian "posvícení" (church festival), American Thanksgiving Day are in Czechoslovakia "Havelské posvícení" — the third Sunday in October. St. Havel is a Catholic saint. Havel is English, French Gall, and German Gallus or Gallen.

Svatý Havel — Saint Gall was an Irish Benedictine monk. He came as a missionary with St. Columba to France about the year 600. Later he worked as a missionary in Switzerland. In north-

eastern Switzerland, he founded the famous Benedictine Abbey and town which has his name "Sankt Gallen". Svatý Havel — St. Gall died about 640 and his grave is in the Abbey Sankt Gallen. Czechs call this Swiss town "Svaty Havel" and several Czech pioneer-priests who came to the USA before World War I studied Theology in Saint Gallen.

The oldest church of St. Havel in Bohemia was built near Zbraslav south of Prague about the year 1100. In Prague, in the Old Town (south-east from Václavské náměstí) is a large Saint Havel's church with 17 altars. It was built in 1232.

The proof that the baptized name Havel was used among the Czech people in past centuries are the family names — not only Havel, but many derivations: Havlík, Havlice, Havlína, Havlíček, Havelka. President Václav (Wenceslaus) Havel is the most prominent person bearing that name in present day Czechoslovakia.

One of a Kind

He mumbles, pulls at his tie, looks uncomfortable when mobbed by celebrities and knows little about protocol. This, plus a simple moral message, is what endears Václav Havel to a world weary of made-to-measure politicians.

When he made his first presidential journey abroad, to East Germany, his aides had to scramble to get him his passport. It had been confiscated by the ousted Communist bosses.

Now, three months after his fairy-tale ascent from prisoner to president, Havel has visited 10 countries. This week it was France and Britain. As usual, he was watched with adoration.

Havel is using his position as a platform to expound on a political philosophy developed over 20 years of writing.

His voice is gravelly from years of chain-smoking, he sometimes mumbles or bumps into the microphone, but his words are clear, simple and direct: "Totalitarianism deforms the human soul. People in Czechoslovakia are constantly asking me about ways to implement the new freedom. And I tell them implement it in any way you wish."

He is one of a kind, an artist-statesman and the darling of the intelligentsia: Kurt Vonnegut, Zubin Mehta, Paul Simon, Edward Albee in New York; in Paris, an all-star cast led by actor Alain Delon; Tom Stoppard, Harold Pinter and Jeremy Irons among the guests at a reception given by the Royal Shakespeare Company in London.

"In the United States we encountered almost embarrassing adulation," said Havel's spokesman Michael Žantovský. "They treated him as if he were some kind of modern prophet, and he is not particularly eager to become one."

Instead he is modest, shy, prone to blush. He deflects attention with humor and irony. He stands behind tables and against walls, away from the center of the room. At one point he even managed

somehow to hunch his short frame under a loud-speaker.

Except for the suit and tie, there is little to distinguish Havel the president.

"The reception he gets is something we have been absolutely unprepared for," Žantovský said. "It really is too much of a good thing."

Havel clearly enjoys the drama of his situation and the theatricality of the presidency. The new uniforms he picked to replace the drab khaki of communism on the palace honor guard, for example, were created by the costume designer for Miloš Forman's film, "Amadeus."

But Havel's performance abroad is unrehearsed and improvisation is not with pitfalls.

A British TV commentary described him as "refreshingly naive." After shaking hands with Prince Phillip on the stately steps of Buckingham Palace, he wiped his sweaty palm on his pants, apparently unaware that the nation would see it on TV.

As The Times of London put it: "Havel is an idea whose man has come."

Article appeared in Star Tribune March 24, 1990.
Written by Sydney Rubin Associated Press.



Vinobraní



Each year our calendar of events will list several of our units holding a dance in the fall called "Vinobraní". If you are new to Sokol this little bit of history from Sokol Baltimore's newsletter may satisfy your curiosity.

Vinobraní literally translated means Grape Harvest Dance. Bohemia's rich soil and mild climate were well suited for the cultivation of grapes. A local wine industry developed. Near the end of the growing season the farmers would contract with the vintner to sell their grapes. After an agreement was concluded the grapes became the property of the winemaker (even though the grapes were still on the vine).

Soon it became mischievous sport for the former owners of the grapes to sneak out into the fields and remove portions of the crop from the vine. The new owners of the grapes had to keep watch over their investment, so they employed constables to police the vineyards. The townspeople did everything they could to outwit the policemen and escape with bunches of grapes. Every year this routine was repeated and before long it became a tradition.

VINOBRANÍ is a celebration of this event. At Vinobraní Evening the grapes and apples you see hanging above will become the property of the winemaker. The policemen will begin patrol of his property. All of you are encouraged to join in the sport of stealing the grapes. Some will be successful while others will be arrested by one of the policemen and taken to the judge for sentencing. The judge's decision will be enjoyed by all.



AMERICAN SOKOL ORGANIZATION

GYMNAST

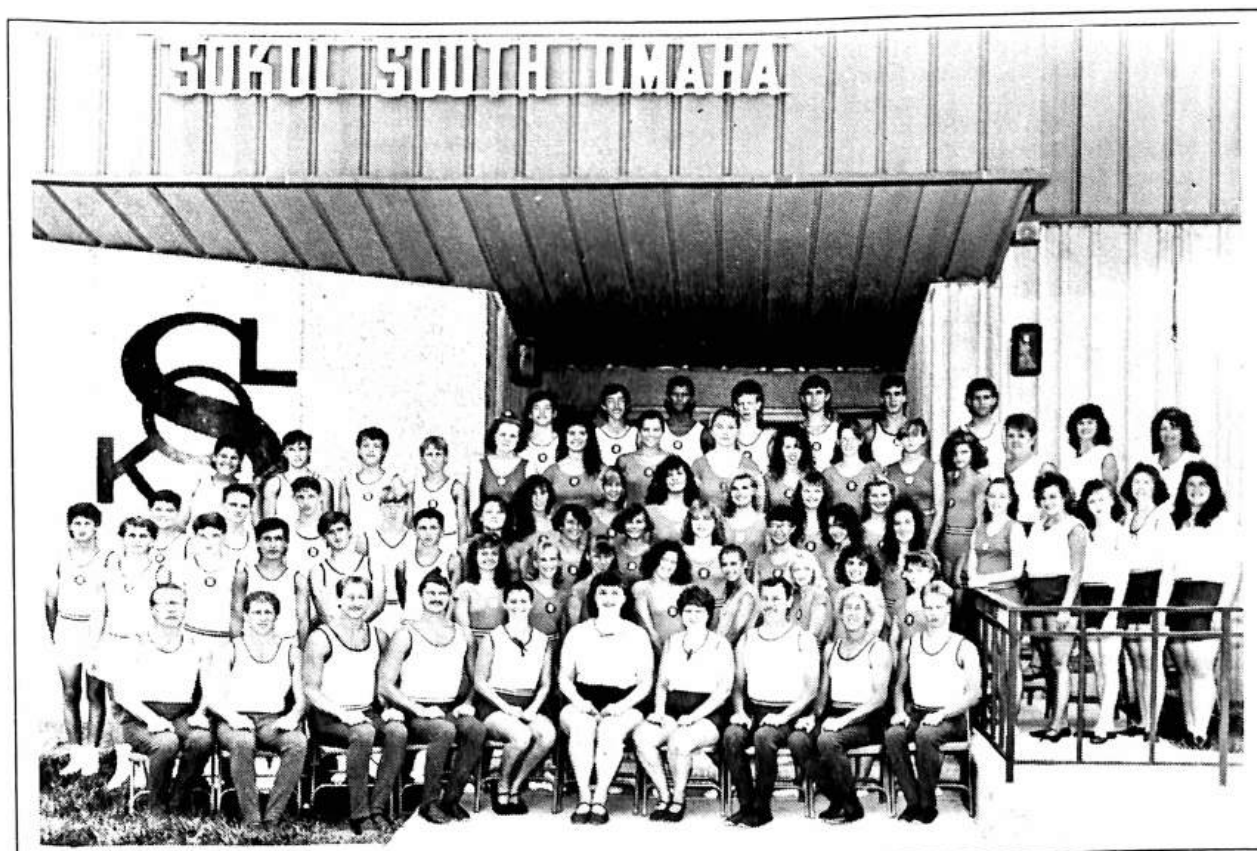
NOVEMBER 1990



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

American Sokol Organization presents the Graduates of the National Instructors School

conducted at Sokol South Omaha in Nebraska
August 10 to August 19, 1990



School Director: Bud Benak

Instructors:

*Bryan Pracko, Joe Vrzalik, Rome Milan, Theresa Pooler, Jolene Dalton, Sandra Benak, Bob Liptak,
Frank Michalek, Buddy Benak.*

A.S.O. Instructors Course

AUGUST 10-19, 1990

AT SOKOL SOUTH OMAHA

(Names for picture from cover page photograph.)

Row 1: **(Instructors):** Bud Benak, Bryan Pracko, Joe Vrzalik, Rome Milan, Theresa Pooler, Jolene Dalton, Sandra Benak-Secretary, Bob Liptak, Frank Michalek, Buddy Benak.

Row 2: **(JBoys)** Tom McLaughlin (South Omaha), Philip Podhrasky (Dallas), David Tsoupros (USA Hodza), Chris Stahulak (West Suburban), Sotos Karoly (USA Boonton), **(JG):** Jennifer Walde (USA Lodge 306), Sarah Budge (Fresno), Kandi Ondrovic (Slavsky), Leslie Mitchell (Ft. Worth), Stephanie Patton (Ft. Worth), Kara Selk (South Omaha), Julie Kaupert (Tabor), Mandy Hutchinson (Stickney).

Row 3: **(JB):** Paul Lesac (South Omaha), Ryan Mullican (Ennis), Andrew Femia (DA), Josh Milan (Ft. Worth), Chris Lundgren (USA Hodza), **(JG):** Amy Simon (Slavsky), Lori Laznovsky (Ennis), Maxine Gerwig (Česká Sň), Amanda Koc (Stickney), Amy Eichstadt (Detroit), Michelle Gannon (Tabor), Emily Napolitano (Tabor).

Row 4: **(JG):** Sinead O'Mara (New York), Ellen Dorn (Berwyn), Jill Porter (USA Farrell), Beth Palko (USA Farrell), Nadia Nakonecznyj (Česká Sň), Becky Jans (South Omaha), Donna Joyce (DA), **(W):** Kim Karovic (Stickney), Lisa Giacchina (Detroit), Jan Dostal (Cedar Rapids), Shelley Cairns (Cedar Rapids).

Row 5: **(JB):** Robie Hayek (South Omaha), Tom Stahulak (West Suburban), Matt Laitala (Tabor), Ted Polashek (Tabor), **(JG):** Ann Collins (DA), Christina Curran (Tabor), Jessica O'Bannon (Ennis), Kelly Teachout (Detroit), Helen Polashek (Tabor), Bonnie MacDonald (Slavsky), Kristine Taras (DA), Betsy Sokol (South Omaha), **(W):** Pat Satek (Slavsky), Renee Faraizl (Dallas), Allison Gerber (Cedar Rapids).

Row 6: **(JB):** Gavin Perry (Dallas), John Becker (Slavsky), Tom Galaida (Česká Sň), Chris Berka (South Omaha), Frank Felner (South Omaha), Billy Porcelli (Berwyn), Chris Budge (Fresno).

countless stories of good times, singing, long hours of hard work, new friends, gained knowledge and on and on and on. If you didn't, you have done a severe disservice to your unit/ lodge and especially to the youth who are your future. There is really no excuse for not sending at least one student. The cost is minimal and could be recouped through the Special Assessment or even in more creative ways like, say, asking your membership to help sponsor a student with a small donation. Use your imagination! We spent ten days learning how to be not only good instructors and good Sokols, but good people. We exercised our minds as well as our bodies and had a great time doing it. You couldn't ask for a better way to get your students involved in and excited about Sokol. So, next time you get word about an upcoming Instructor's Course, do everything in your power to get your unit/ lodge to participate. Your future depends on it!

Nazdar!

The "Rombobudjo's"

Patricia Satek, Slavsky

Jessica O'Bannon, Karel Havlíček Borovský

John Becker, Slavsky

David Tsoupros, USA Hodza

Julie Kaupert, Tabor

Ryan Mullican, Karel Havlíček Borovský

Josh Milan, Ft. Worth

Amanda Koc, Stickney

Lisa Giacchina, Detroit

Nadia Nakonecznyj, Česká Sň

Chris Budge, Fresno

Rebecca Jans, S. Omaha

* * *

TEN LOLLIPOPS

The responsibility of teaching a gymnastics class is not an easy task. One must know the importance of being able to conduct and carry out a proper lesson. This year, the Sokol Instructors Course was held at Sokol South Omaha the week of August 10-19.

This course proved to be a beneficial one. There were many highly educational instructors there to assist in helping us be aware of how important physical fitness is. The instructors worked us hard, yet while doing so, they made the lessons enjoyable ones.

The 58 students who attended were divided into five groups. All week these five groups competed against each other in special number competitions, pyramid contests, singing & group prostna. It was surprising to see how well these members were performed & written due to the time allotted. Even though everyone was competing against each other, everybody cheered each other on.

While all these events were carrying on, many true friendships were formed. The memories will never be forgotten even though we're all so far apart. The times that we had were short but special, yet because Sokol is such a big part of our lives we will be bonded together for years to come.

* * *

10 Lollipops

Letters to the Editor



These are letters received from members of four of the five teams competing at the Instructors school

TO ALL SOKOL UNITS/ LODGES:

Did you send students to the recent ASO Instructors Course in Omaha? If you did, you'll be hearing

REMOTELY SANITARY DOZEN

To you, the aspiring instructors of the future, we would like to invite you to attend the American Sokol Instructors School. We attended in 1990 in Omaha, Nebraska and we are very glad we went. We had lots of fun, made new friends from all over the country; but most of all we learned how to be responsible Sokol instructors.

During our 10 day stay, we went through various classes, including marching, calisthenics, games, spotting & progressions. The evening activities were great and gave us the opportunity to socialize. We had special number writing & performing, pyramid building, and the unforgettable talent show.

As at any camp, good behavior was expected, but as normal adolescents we weren't always angels. The punishments we did receive as a result of our irresponsible behavior turned out to be unique: fun!

We were overwhelmed to see people from all over the country working toward the same goals as people in our own gyms. Sokol is now making its comeback, especially in its home country of Czechoslovakia and it takes young and strong people like us to lead the way.

* * *

We, the young and not so old who attended the Instructors course that was held in Sokol South Omaha, feel that it is an opportunity for everyone that plans to instruct or who has been instructing for years, should not be missed.

The excellent teaching staff were very informative and made learning fun.

We were taught how to break a skill down to its basics and in doing this, not only does the gymnast improve but also the spotter.

We learned calisthenics and apparatus terminology to help us with routine reading. We attended classes in first aid, biomechanics and judging. We learned how to drill marching and the importance of game playing.

The classes held about Sokol history installed a sense of pride and self worth in us all.

We made a lot of friends that we know will last a lifetime.

We highly encourage all units to send students to the next course. Nazdar!

ASO —

*Phil Podhrashey, Sokol Dallas (15)**Shelley Cairns, Sokol Cedar Rapids (16)**Ellen Dorn, Sokol Berwyn (18)**Chris Stahulak, Sokol West Suburban (16)**Betsy Sokol, Sokol South Omaha (12)**Rob Hayek, Sokol South Omaha (13)**Stephanie Patton, Sokol Ft. Worth (14)**Kelly Teachout, Sokol Detroit (16)**Allison Gerber, Sokol Cedar Rapids (8)*

DA Sokol —

*Ann Colins (15)**Dana Joyce (15)*

USA —

*Christian Lungren, Sokol USA Lodge 1 (17)***Curriculum****OMAHA SCHOOL**

Orientation.....	1 hr
Marching Tactics	7½ hrs
Spotting & Safety.....	2 hrs
Practice Teaching.....	5½ hrs
Games	5½ hrs
Pyramids & Balancing	4½ hrs
Combatur & Resistives	1 hr
Calisthenics theory.....	8½ hrs
Apparatus theory	7 hrs
Singing	3½ hrs
Sokol System	½ hr
Sokol Method & Progressions.....	11 hrs
Sokol history	½ hr
Biomechanics.....	1 hr
First Aid	½ hr
Judging.....	2 hrs
Special Number Groups Competition.....	4½ hrs
Self Improvement Apparatus Progressions.....	4 hrs
Testing	6 hrs
Warm-up & exercises.....	3 hrs
Study time	8 hrs
	<hr/>
	87 hrs

**American Sokol Organization
National Instructors School**

Fifty-eight gymnasts and ten staff members met in Omaha, Nebraska from August 10 to August 19 at the American Sokol Organizations National Instructors School hosted by the Western District and Sokol South Omaha.

The beginner, intermediate and advanced schools consisted of instructions in Marching Tactics, Apparatus and Calisthenic Terminology, The Sokol System of Dr. Tyrš, Spotting and Progressions, Special Number Construction, and Games and Pyramids.

During the week each student was given an opportunity to lead a class of five to eleven year old children and were evaluated by the course instructors as to their capabilities needed to become responsible Sokol leaders.

A very enthusiastic and dedicated staff instructed the students in the latest coaching techniques, conditioning drills and warm up procedures as well as the other disciplines.

These new instructors must now return to their gyms and hopefully will make great contributions to their Sokol unit and the gymnastic community.

Nazdar!

Bud Benak, School Director

Have you volunteered lately?
Have you asked for help lately?

XXI Sokol USA Slet and International Gymnastic Championships

Tentative schedule of events:

Event	Day	Time	Place
— Registration begins	Wed.	Noon	Hyatt Regency
— Judges and Directors meet.....	Wed.	3:00 pm	Hyatt Regency
GYMNASTIC COMPETITION:			
— Opening Ceremonies and Championship Competition Optionals.....	Wed.	7:00 pm	Convention Center
— Jr. Girls C Division	Thur.	8:00 am	Gym #1 Convention Center
— Jr. Girls B Division.....	Thur.	8:00 am	Gym #2 Convention Center
— Jr. Boys C. Division.....	Thur.	8:00 am	Gym #3 Convention Center
— Jr. Boys B & A Division.....	Thur.	8:00 am	Gym #3 Convention Center
— Jr. Girls A Division	Thur.	12:00 pm	Gym #1 Convention Center
— Jr. Girls Intermediate Div.....	Thur.	12:00 pm	Gym #2 Convention Center
— Jr. Boys and Senior Men Int., High & Champ. compuls.	Thur.	12:00 pm	Gym #3 Convention Center
— Jr. Girls and Sr. Women High and Champ. compuls.	Thur.	3:00 pm	Gym #1 Convention Center
— Senior Men Masters, A and B	Thur.	3:00 pm	Gym #3 Convention Center
EVENING AT THE ZOO AND DANCE	Thur.	6:00 pm	Indianapolis Zoo
(for Jr. and Sr. Competitors)			
COCKTAIL HOUR	Thur.	6:00 pm	Hyatt Regency
XXI SLET BANQUET	Thur.	7:00 PM	Hyatt Regency
GYMNASTIC COMPETITION:			
— Sr. Women A and Intermediate Division ..	Fri.	8:00 am	Gym #1 Convention Center
— Sr. Women Masters & B	Fri.	8:00 am	Gym #2 Convention Center
— High Division Sokolads	Fri.	2:00 pm	Gym #3 Convention Center
— High Division Sokolettes	Fri.	2:00 pm	Gym #2 Convention Center
RHYTHMIC GYMNASTICS			
all Female Divisions	Fri.	11:00 am	Gym #1 Convention Center
SOKOL TRIATHLON			
males only.....	Fri.	10:00 am	Gym #3 Convention Center
VOLLEYBALL PRELIMINARIES	Fri.	8:00 am	Gym #4 Convention Center
VOLLEYBALL FINALS	Fri.	3:00 pm	Gym #4 Convention Center
VICTORY DANCE	Fri.	7:30 pm	Indiana Rooftop Ballroom
SLET REHEARSALS	Sat.	8:00 am	Convention Center
XXI SOKOL USA SLET	Sat.	7:00 pm	Convention Center
AFTER SLET PARTIES	Sat.	10:30 pm	Hyatt Regency

Bring a Friend to Sokol

“What I would Tell a Friend about Sokol”

CENTRAL DISTRICT ESSAY CONTEST — 1989

First Class Girls — First Place

Carrie Cerveny — Sokol Berwyn

Sokol is hard to describe because there is so much to it. I have had friends ask me “What is Sokol”? I tell them that it is a gymnastic class but that it is more like a club than a class. We learn gymnastics and compete against each other for awards and we also have an exhibition where we all learn and work together to make a nice show.

Anyone any age can belong to Sokol. So your whole family can have a part in it. We have parties and spaghetti suppers and picnics.

I also tell my friends that my Sokol means being happy about freedom and my flag and doing my best.

First Class Girls — IV Place — tie

Julie Walega — Sokol Slavsky

I would tell a friend that Sokol helps you learn to do gymnastics. There is competitions and track and field meets and my most favorite part is playing games with my classmates. You can meet new friends there and it's real fun when you meet them. I like practicing for the competitions and I came in first place last year in the Low C Division. I felt fantastic and my friends at Sokol Slavsky were happy too.

My teacher is pretty and has nice ideas and I like when she teaches exercises before we do anything. When it's somebody's birthday, she brings a treat.

Last year we were at Piper school and we moved to a church gym. I like it better because it is more organized now. I really like Sokol a lot.

First Class Girls — IV Place — tie

Karen Kucera — Sokol Slavsky

At Sokol we play games such as the hokey pokey, the chicken dance and the parachute. We do relay races with balls, scooter boards and running. We start each class off with warm-ups. My favorite warm-up is the sit-up because I like it and I have fun doing them. They keep my body fit. My favorite piece of apparatus is the uneven bars. On the uneven bars I like to cast off because I like to fly in the air. I like to do the high jump because I once got up to two feet seven inches. Last year in class we did a cal with hoops and I liked it. I had fun, my favorite part was at the end of it. We had to twirl a hoop, that was fun. Having a nice teacher makes Sokol wonderful. My teacher's name is Mrs. Lutha. She makes us march around the gym ten times but I like to do it.

Second Class Girls — I Place

Rachel Chura — Sokol Česká Sň

I would tell a friend that the people there are friendly, kind and any other good thing that you can think of a person. When you are feeling down someone is always there to cheer you up. When you

do something good on something they make you feel warm inside and that you can be proud of yourself. (You usually make friends fast!)

The teaching there is great. We always get to work on the equipment. Some of it's easy some of it's hard. They have really neat dances, also they have great moves to do on the equipment.

Some days it can be hard or even all of the days, but in the end it's worth it!

Senior Class — First Place

Bro. William J. Shana — Sokol St. Louis

Though my parents did not belong to the Sokol Gymnastic Association, they sent me to the Sokol gym for several years when I was 9 and 10 years old to get some physical exercise under competent instructors who also stressed discipline. I quit the Sokol gym when I was 12 and did not return to the Sokol gym until I was in high school. A friend of mine in high school approached me when I was 16 and asked me to come to Sokol gym and play basketball. At that time the only persons I knew in Sokol were my Aunt and Uncle and the friend that asked me to come to the Sokol gym.

All throughout my youth I was very shy and unable to apply myself in grad and high school because of my shyness and unable to express myself in front of the class. I was small in stature in the gym class but developed into a fair gymnast and as I progressed and advanced in the gym classes, I was appointed to the Board of Instructors (Cvičitel'ský Sbor) when I was 18 years old and the first job I was given was the Recording Secretary in the Board of Instructors and also a Class Leader.

In those days the meeting minutes were written in Czech and all class commands and exercises given and written in Czech. Though I was born in the USA I attended the Bohemian (Czech) school at night twice a week to learn to read and write the Czech language. This school did not teach me to perform on the stage in the stage performances and I still remained shy. But in the Sokol gym as I advanced from the lower class to the higher classes and finally appointed gym Director (Náčelník) over all of the gym classes, I was compelled to talk before all of the gym classes as well as all meetings that I attended and gradually lost my shyness by talking sincerely and from the heart.

Gradually I was elected to other offices in our Sokol Unit, such as President of the Sokol Children's Camp and later President of our Sokol Unit. In holding these important offices I lost all of my shyness and gained the respect of our Sokol members. I give credit to Sokol and their system for developing me and teaching me to become a leader. I would say that if you have small children or youth that are shy, the best training would be a Sokol gymnasium where they are taught physical education, leadership and discipline and the art of getting along with others in a homelike atmosphere. The Sokols take pride in eliminating juvenile delinquency and no dope addiction and the parents know where their children are.

The Miracle Worker from Myra

by Mary Louise Kisten



Except for those saints whom we know from the Bible, no one saint enjoys universal popularity among both Catholics and Protestants, like Saint Nicholas. A mixture of both fact and legend has surrounded this saint and as a result, everyone know him, and most link him with the joy of Christmas giving.

So, then, this Christmas suppose we "meet" Saint Nicholas, Bishop of Myra.

Nicholas was a minor figure in his own time, so why then do both Catholics and Protestants love him and often

name churches for him? Why then does the Russian Orthodox Church consider him next in holiness to the Virgin Mary? Why do better than four hundred churches in England bear his name? Why are there countless postage stamps and coins bearing his portrait?

Perhaps it is because he stands for something people of any place and any age can understand. Saint Nicholas has come to stand for giving.

There are many things in general people do not know about Saint Nicholas. When he was returning from the Holy Land by ship, a terrible storm came upon them. This young Bishop Nicholas held his hands up in prayer and stopped the wind. So it has come to pass that sailors in fear of a ship wreck pray to Nicholas. There have been legends told by sailors which say the Saint appeared before this crew or that crew when danger approached. Seamen often believe that Saint Nicholas can bring a drowned sailor back to life.

Saint Nicholas was linked to the sea, as his Diocese was the seaside port of Myra in what was then Asia Minor and is now Turkey. To serve his diocese, Nicholas often had to travel by boat to the many small hamlets of the area because the roads were often washed out by the sea. He was their beloved Bishop, often blessing sailors and those on shore alike while standing by the mast of a small boat. His love for these sea-going people was great and his devotion to serving them strong. From this service grew the many legends which have brought

such comfort and strength to sailors in trouble. As with many legends, fiction and fact blend, and the result often brings aid through the power of faith.

Saint Nicholas was born to wealthy Christian parents in Lycia in approximately 270. It was at this port that Saint Paul had stopped on his third missionary voyage. Nicholas was given a fine education. He studied not only Christian doctrine, but many other subjects, including Greek philosophy.

There are many other legends surrounding Nicholas. It is believed that he was imprisoned for his faith under the Emperor Diocletian. It is also reported that he attended the church's first ecumenical council during the time of Constantine.

We do know that Saint Nicholas was a generous man. One story tells how three sisters could not marry because their father was too poor to provide the dowry needed in those times. Bishop Nicholas heard of this and when the eldest daughter was ready to be wed, he went to their home one evening in disguise and tossed a bag of gold coins through an open window. Not long afterward, the girl was married. This happened again for each of the other two daughters — but the father of the girls had been keeping watch for this mysterious gift giver. One evening he heard a noise in his courtyard, so he hurried to the door in time to see a figure wrapped in a heavy cloak. He watched the figure open the window shutter and toss a bag into the house. The father rushed out and caught the cloaked man. When Bishop Nicholas turned around the man recognized him. The father was overwhelmed with joy that such a great man as Nicholas would care for his three beloved daughters. The father of the girls could not keep a secret, so shortly thereafter the story spread, and other people who had been mysteriously helped suddenly realized who had helped them. And so the stories of good will spread throughout the lands.

Many miracles have been attributed to Saint Nicholas, and one tells how three generals were accused of treason when they were actually innocent. They were sentenced to death by the Emperor Constantine. On the night before they were to die, the generals prayed to Saint Nicholas. Saint Nicholas was hundred of miles away, but he appeared in a dream to Constantine, ordering him to pardon the three generals at once because they had been falsely accused. It is written that Constantine did indeed pardon the men.

Another legend tells how Myra was suffering from famine. One day ships from Egypt dropped anchor in Myra. They were loaded with wheat, but this grain was for the emperor's own stocks, and the captain feared for their lives should they feed the starving people of the port city. It is said that Nicholas told the captains they could unload enough wheat to save the people without fear. The captains did as Nicholas said. But when they reached their destinations, their cargoes were still intact.

Nicholas died in about the year 340. He was bur-

ied with great reverence and love by the people he had served. Ordinarily, a Bishop would fade in time from the memory of the people. But so great was the respect and love Nicholas had won that his memory burned in peoples' hearts. The faithful in fear of great danger turned to Nicholas "their Bishop" for strength and inspiration, and in time his fame as a miracle worker spread. People began naming their children after him.

Seven centuries after the death of Nicholas, the port of Myra was taken by Muslim armies. Many people were greatly concerned that the remains of Saint Nicholas were in Muslim hands. In the year 1087, fifty Italian sailors landed at Myra and attempted to purchase the remains of Nicholas. When they were refused, they smashed the stone lid of the tomb and took his bones with them. The sailors built a white stone church on the waterfront of Bari to house the relics. Today it is estimated that approximately 200,000 Christians visit Bari and the tomb of Nicholas.

And now, suppose we look at how Saint Nicholas became identified with Christmas.

The Reformation frowned on the cult of saints. But Nicholas had a following who wished to keep his memory alive, including some who had allied themselves with the Reformation movement. It was decided to have a day for children on the date of December 6, which was the date Saint Nicholas died. It was a happy day with the children receiving gifts. In some countries, it became the custom for a man dressed as a Bishop representing Saint Nicholas to visit a room where children were gathered, tossing apples, nuts and small gifts to them.

And as time passed, this custom overlaid and blended with Christmas. Saint Nicholas became a symbol of Christmas giving. Other names came into being, such as Father Christmas, Santa Claus and Father Time. Scandinavians added reindeer to the customs. Today our Christmas celebration is a mixture of rich traditions, customs and religion.

Today we know only a little about Saint Nicholas as he truly was, except that his spirit seems to be very much alive and still working wonders. We know he was a devout man of God, dedicated to serving God and the people. He was a loving, generous person. If we can inspire each other to love others and give as willingly as Saint Nicholas... Bishop of Myra... did in his time, much of the real joy of giving to others would be felt once again. I wonder if we should not remind ourselves and our children not only of the story of that wonderful day when Christ was born... but also of the legend of Saint Nicholas.



Czechoslovak Christmas tradition

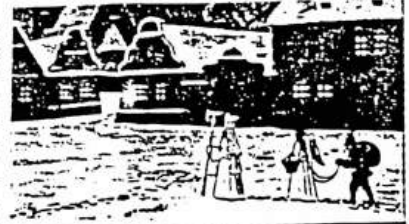
By JANE STERBA — SOKOL STICKNEY
&

National Education Board Secretary

In Czechoslovakia the tradition of Saint Nicholas (Svatý Mikuláš) has always played an important role. The Christmas season begins on December 5th, and ends with a visit of the Three Kings (Tří Králů) on January 6th.

Legend has it that Saint Nicholas descends from heaven on a golden cord. He is accompanied by an angel garbed in a pure white robe, while the devil (čert) is dressed in black. The devil carries a switch and rattles a chain while the angel consults a large book which lists the names of all good children. As soon as the children hear Saint Nicholas coming, they run to the table and begin saying their prayers. If they know their prayers and have behaved throughout the year, they receive gifts of apples, nuts, gingerbread and candy. The devil, lurking in the background, stands ready to punish the mischievous children with his switch and distributes his special gift of coal.

St. Nicholas, the gift-giving saint, died on December 6th. What would normally be a day of sad remembrance has been transformed into a day of joy through the goodness of the saint himself, for, through his kind acts and undying generosity, his memory is present in the hearts of all. Many children throughout the world still hang their stockings to receive the blessings of Saint Nicholas.



St. Nicholas — coming to visit the children — Leading the angel & the devil.

As Christianity spread across the European continent, so did the legend of Saint Nicholas. It was in France at the beginning of the 12th century that the custom of bringing gifts in the name of Saint Nicholas may have originated. Nuns of the convents in the central provinces began the practice of leaving gifts, secretly, at the homes of poor families with small children on Saint Nicholas Eve, the fifth of December. These gifts were fruits, nuts and oranges from Spain, which in those days were considered luxuries.

Saint Nicholas is also known around the world by many other names. Svatý Mikuláš, San Nicola, Pere Noel, Sinterklass, Sonnerklass and Kriss Klingle are just a few names that he is known by in other countries. The final transformation into Santa Claus, as we here in the United States know him, was made at the hands of American writers and illustrators, especially Thomas Nast.

FINANCIAL REPORT — JULY • AUGUST • SEPTEMBER

Receipts					
Dues	\$13,874.50	Ill. Bell telephone	90.33	Publication	
Div./Int.	467.90	AT&T phone system	2,343.23	Editor	\$ 375.00
Loan from FSLF	16,241.00	Copies service	120.35	Printing	2,969.62
Convention Fund	448.00	Cook County Recorder	13.25	Postage	2,023.16
Special Assessment Fund	224.00	Ad United Moravian Society	50.00	Salaries, mailing	405.49
CSA Advertising	200.00	Electric	191.64	FICA/FWT	94.90
Resale jewelry	119.85	Interest to FSLF	388.69	Photos	19.80
Souvenirs	500.19	Rent	2,181.00	Laser Jet Printer	1,697.23
Slet plates	44.00	Seldon, Fox 990 taxes	400.00	Gymnast editor	
BOI skill patches	23.30	Ill. Secretary of State fee	10.00	magazine renewal	20.00
Educational pamphlets	16.50	Wreaths Prague tour	110.00		<u>\$ 7,930.20</u>
Fuegner/Tyrš prints	30.00	125 banquet printing	880.50	Uniform Dept.	
Return petty cash	.65			Salaries	\$ 1,283.23
Closed account to			\$11,302.23	FICA/FWT	329.22
checking account	1,772.93	Board of Instructors		IWT 2nd qtr.	42.75
CSA donation	250.00	Salaries	\$ 1,521.22	Ill. Bell/AT&T	46.49
Paris tour income	5,700.00	FICA/FWT	311.84	Rent	735.00
Tyršův Dům Fund	6,050.00	IWT 2nd qtr.	52.65		<u>\$ 2,436.69</u>
125th banquet reservation	4,848.00	Petty cash	46.02	Miscellaneous	
125th Program book	1,155.00	Ill. Bell telephone	17.91	Convention	\$20,582.46
	<u>\$51,965.82</u>	Editor, Gymnast	90.00	Special Assess. So. Dist.	1,957.79
Disbursements		Binders	47.90	Special Assess. East. Dist.	80.00
Administrative Dept.		Travel	40.31	Merit Awards	6,000.00
Salaries incl. vac.	\$ 2,271.78	Gymnast copies	113.00	Refund ovpmnt dues	113.50
FICA/FWT	740.96	USGF Congress			<u>\$28,733.75</u>
IWT/2nd qtr.	93.00	travel/perdiem/fees	1,497.84	Balance brought	
Petty cash, sec'y	69.62		\$ 3,738.69	forward/checking	\$ 5,176.66
Petty cash fin. sec'y	25.00	Education		Receipts	+51,965.82
Postage fin. sec'y	59.00	Salaries	\$ 224.27		<u>\$57,142.48</u>
Office supplies	234.18	FICA/FWT	31.52	Disbursements	-54,516.43
Plate glass insurance	337.00	IWT 2nd qtr.	4.65	Balance Checking	\$ 2,626.05
Janitor serv./suppl.	67.70	Supplies	64.43		
CPA fee	625.00	Petty cash sec'y	50.00		
			<u>\$ 374.87</u>		

June Pros. Fin. Sec'y — 10/23/90

Minutes of the executive board

OCTOBER 23, 1990

Br. Charles Borvansky called the meeting to order, pledge to the flag given.

Members present were Bro. Satek, Lebloch, Babka; Sis. Pajeau, Pros, Kourim, Filipello, Wojcik, Somolik, Satek. Teleconference with Bro. Masek, Milan, Podhrasky and Sis. Dalton and Kalat.

Central District minutes reviewed.

ASO Sept. minutes corrected to state there is no budgeted item for school board.

CORRESPONDENCE: Northeast district request merger of Sokol Detroit and Sokol Detroit Ladies Auxiliary, Br. Satek moved to approve, seconded and passed. Letter from Sokol Fresno inviting the president to their 50th anniversary banquet. Br. Borvansky will send his regrets and a certificate of recognition. Br. Milan moved to put a quarter page ad celebrating the 28th of October anniversary of Czechoslovak Independence in the Denní Hlasatel for \$90, seconded and passed. Letters from Czechoslovakia covering a variety of requests are in office for members perusal.

COMBINED DIRECTORS REPORT: Given by Sis. Satek. Final report forms presented. Br. Satek moved to pay the requests except the Pacific District's which did not have proper signatures and the Southern District for Sokols Zizka and Ft. Worth

until current with quarterly dues, seconded and passed. Br. Lebloch moved to give the BOI \$25 monthly for a newsletter to be sent to district and unit directors, seconded and passed. Sis. Somolik moved to approve \$40 for transfer of a video tape from European format to American format by Sis. Halik, seconded and passed. Br. Lebloch moved to reimburse Sis. Panackia and one other person \$50 for travel to Sokol USA National Training Session, seconded and passed.

MEMBERSHIP REPORT: Sis. Sedlacek was in the area and stopped in the office. She is trying to communicate with Br. Kala about membership and left a framed remembrance of momentos of the July trip to Czechoslovakia.

EDUCATION REPORT: Br. Lebloch will rewrite the ad for the newspaper. He has been meeting with his committee and working on the 125th anniversary banquet.

PUBLIC RELATIONS REPORT: Br. Milan will attend the USGF Board of Directors meeting in November and our school board will meet the same month. He is working on getting the charm and pins.

EDITOR'S REPORT: Cost of paid ads in publication have not been reviewed since 1982. Br. Babka moved that we increase price to cover 20% of our costs, seconded and passed. Any reprints in the publication should contain full credits, including our units newsletters. All calendar of events infor-

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mation should be sent to her at least two months prior to the month of the event.

FINANCIAL SECRETARY: Sis. Pros reported books in order. 1989 Slet financial info still needed.

TREASURER: Sis. Wojcik is investigating options for higher interest rates on assessable monies.

FIRST V. PRESIDENT: Br. Masek reported that the initial letter on the Foundation Fund is scheduled for November mailing to all members. Donation of \$2,000 received from Sen. Hruska.

OTHER BUSINESS: Unit nominations for the two vacant alternate delegate positions are: Sis. Jane Jurew, Emilie Ruzicka, Freda Hruska, Mildred Pinc, and Bros. Mickey Dalton, Charles Kalat, and Vladislav Slavik. Br. Satek moved to send one ballot with all the names and instructions to each unit to vote for two, seconded and passed.

125th BANQUET COMMITTEE: 380 paid reservations with 60 still outstanding and 90 paid sponsors for the ad book, so far. Sis. Pros moved to send Br. & Sis. Borvansky to the banquet,

seconded and passed. Br. Milan moved to approve the Christmas seals that Br. Borvansky submitted, seconded and passed. November mailing is planned. Christmas party for board members, BOI, education and auditing committees, and honorary members is scheduled for December 19. The Board of Governors will meet on Sunday, November 11.

DISTRICT ESSAY CONTEST

The Central District's Education Committee is again sponsoring an essay contest, this time for adults only, entitled "My One Suggestion for Improving My Unit."

Essays must be neatly written or double-spaced typed. Upper right hand corner should have your unit name, your name, address with city and zip. Address all entries to Br. Vaclav Zenisek, 2422 S. Lathrop, North Riverside, IL 60546. DEADLINE DECEMBER 1.

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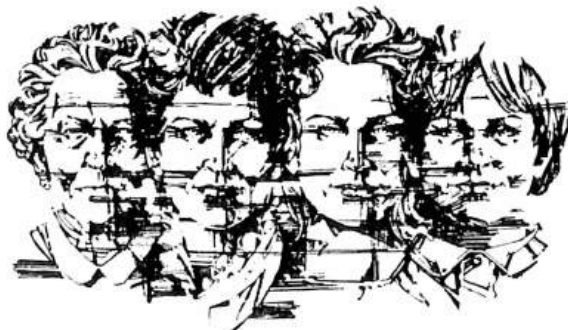
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