

AMERICAN SOKOL



Publication of the American Sokol
Educational & Physical Culture Organization

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AMERICAN SOKOL

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MUST BE RECEIVED BY THE 10TH
OF THE PREVIOUS MONTH

 436

Our Sokol Credo:

To build a healthy and beautiful human body —
To cultivate a harmonious and total person —
To develop firm character, a well rounded disposition and
A love of truth and justice —
To produce strong, lovely and honorable people,
That is the goal of a "Sokol" education.

What is a "Sokol"?
"Sokol is falcon in Czech language,
it is our symbol of swiftness,
courage and strength.



*"Zdravé a krásné lidské tělo — souladné vypěstění celého člověka,
povahy ucelené, neoblomné, pravdymilovné a spravedlivé —
lidé silní, krásní a dobří — to je cíl sokolské výchovy."*

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CXI

December — 1990 — Prosinec

Číslo - No. 12

Toast proposed by Dr. Miroslav Tyrš after the 1st Slet of the Czechoslovak Sokols held in Prague in 1882

So I raise my cup
Let us be of one heart
And of one mind
And to our Sokol idea
To its remarkable progress and growth
To its vitality and determination
And to its never dying youthfulness and freshness
I propose our sincere toast.

— Na Zdar

The above toast was again proposed by Br. Vladislav Slavic, President of the Eastern District, at the celebration of the 125th Anniversary of Sokol in America on November 10, 1990.



125th American Sokol Anniversary Banquet

**Ashton Place, Willowbrook, Illinois
Saturday, November 10, 1990**

Almost 500 Sokols and friends gathered on Saturday November 10, 1990 to Celebrate the 125th Anniversary of Sokol in America and the freedom of Czechoslovakia. Sokols from near and as far away as Texas, New York and Florida assembled to witness this proclamation of our Sokol heritage.

Marching to a fanfare and festive march of V Nový Život, the celebrants all seated themselves and the program commenced.

Br. Roy Zitny, Master of Ceremonies, welcomed all to the celebration. He noted "As you have noticed, there is no head table, for tonight we honor all, past and present, who dedicated themselves to perpetuating the Sokol ideals. As they were then, we are today but temporary guardians of the Sokol flame. We are also celebrating the freedom and the rebirth of Sokol in Czechoslovakia. To all Sokols everywhere we dedicate this evening."

The "National Anthems" were sung by the assembly after which Br. Stephen Banjak, Director of Men of our brother Sokols of the Slovak Gymnastic Union Sokol, led the celebrants in the pledge of Allegiance.

Br. Vladislav Slavic then proceeded to propose a toast, first in the Czech language and then the translation of which is found on this page.

After dinner, President Charles Borvansky gave greetings. In his remarks he said the Convention held this past April "set guidelines and a new way for the organization to go. I can only say to you tonight that the Executive Board of the American Sokol Organization will do everything in its power to see that those guidelines are fulfilled."

He then read a telegram from our Sisters and Brothers of Sokol Canada. "Congratulations on your 125th Anniversary. Wishing you success now and in the future. Na Zdar."

Next on the program was an outstanding performance by Brother Wade Garrett of Sokol Fort Worth, Texas. Br. Garrett was completely gilded in gold. He performed on a set of mini parrallel bars that were mounted on a round disc, and was elevated a few feet from the floor. The parallel bars rotated as he performed levers and hand stands. The effect was startling as the lights were turned off and only spot light highlighted his golden performance.

Sister Jarmilla Zboril of Sokol Detroit Michigan then gave a reading of a poem by Jaroslav Seifert, a 1984 Nobel Prize recipient and poet laureate — "Pozdrav Sokolu".

Next came Rhythmic Gymnastics as performed by Sister Sandy Frizzell of Sokol Fort Worth, Texas. Her outstanding performances utilizing the hoop, ball and ribbon gave all in attendance reason enough why Sister Frizzell is one of our country's outstanding competitors in Rhythmic Gymnastics.

The keynote speaker for the evening was Brother Roman Hruska, a member of Sokol Omaha, former General Legal Council and Chairman of the Board of Directors of the Western Fraternal Life Association and Senator (retired) of the United States Senate.

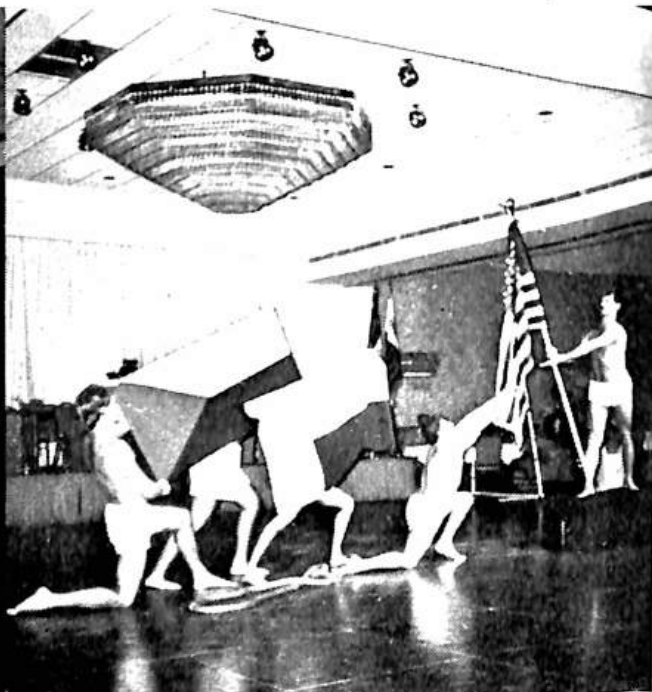
He spoke eloquently as he paid tribute to our Sokols founding fathers and of the Sokols vast and lasting contribution to America's citizenship as well as to its culture.

He reminded us that preceeding the birth of Sokol in Czechoslovakia, there was a rising nationalistic spirit and renaissance of ethnic pride.

He reminisced of the speech given by Czechoslovak President Václav Havel to a joint session of Congress on February 21, 1990. It was a speech



THE IMMIGRANTS



OUR NEW COUNTRY

that had never before received such warm praise by all who were in attendance.

Br. Hruska spoke of the personal friendship, in 1918, of President Woodrow Wilson and Thomas Masaryk and the freedom of Czechoslovakia then and again from the Nazis and Communism of recent memory.

The Czechoslovak Folks of Sokol Greater Cleveland, Ohio next performed to a variety of Czechoslovak folk music. Each was delicately done and it became obvious after the first dance, that the audience was enthusiastically enjoying their performance. Their mentor Sister Dolly Baca is to be commended for the professionalism of their performances.

Following the Czech Dancers was a tabloid of scenes called "Living Statuary" performed by American Sokol Gymnasts. Each scene was constructed in the darkness of the banquet hall and would suddenly appear in the glow of spot lights. They portrayed the Birth of the Nation, Founding of Sokol, Aspirations, Immigration, Cooperation and Progress, Bondage and Freedom. Of all scenes Immigration depicted by a father, mother and two children disembarking from an ocean ship (S.S. Bremen) with hope brought many in the audience so near tears as they thought of themselves or their parents and their apprehension in making a new life in this land of promise.

The end brought the introduction of guest organizations and our individual American Sokol units.

The program ended with all standing and singing of *Lvi Silu*.
R.S.Z.

Greetings — Sokols

As spring comes through the bars — you came cautiously through the dark when the fist fell on this beautiful country. Terror of terrors surrounded the wings of Sokols — but to no avail. Never lowered a brow — we kept the Sokol ideals alive within and that kept the humbled people alive in that unhappy country.

Simple fact that the nation didn't die, when so much blood run from their wounds, is also your doing. Let it sound.

I wanted to say it.

You — gave the people everything that a person can give his country, your belief that the country, the people will come alive through all the darkness. You showed brotherly love and faith in each other. Gold was not wanted, let it fall where it may, you paid a higher price — your honor and your unselfishness meant more. We all will be cutting slices from the same loaf of bread, bitter or sweet, the same giant awaits us all. I throw laurels into your wreath of beauty of Glory. Truth. Victory.



Help Our Sokol Grow

POZDRAV SOKOLSTVU.

*Tak jako jaro projde mřížemi,
prošli jste bděle tmou, když padla pěst
na tuto krásnou zemi. Hrůzy hrůz,
jež obklíčily perut' sokolí,
obklíčily ji marně. Nikdy však
nesklonilo se čelo myšlenky,
té, která živila v nás lásku s nadšením.
A to, čím živ byl pokořený lid
v té šťastné zemi, zemi nešťastné,
obětavě jste nesli na křídlech.*

*A prostý fakt, že národ nezhyne,
když tolik krve vyteklo mu z ran,
je dílem také vašim. At' to zní,
at' zní ta věta: Já ji říci chci.*

*Vy sami lid, dali jste lidu vše,
co může člověk dátí národu,
i víru, že se znovu zvedne zem
a že zas národ, který žije v ní,
prodrátí se bude plameny
pochmurných dějin, jimiž kráčí svět.
Ukázali jste, co je bratrství
a co je věrnost. Věrně k druhu druh
musí se sklánět. Zlato není nic
a at' už tedy padne do pekel,
kam dávno patří. Vy je nechcete,
vy jste je přece nikdy nechtěli
a platili jste minci vzácnější,
na jejíž líci třpytila se čest,
na jejímž rubu byla nezištnost.
Vždyť všichni, všichni z chleba jednoho
si budem ukrajovat. Hořký, sladký je
a všechny čeká nás tu úděl společný.
Ten, onen zradí. Může zradit lid?*

*A já vám házím snítku vavřínu,
jíž věnčovali kdysi jasnou skráň
kráse i slávě. Pravdě. Vítězství.*

VLADISLAV SLAVÍK:

Pozdrav československému sokolstvu

Svoboda — ještě nedávno pouhý sen, pomalu se přibližující, přes to však stále ještě zdánlivě tak vzdálený. V době našeho zájezdu, v červenci 1990, se tento sen změnil ve skutečnost, potvrzenou svobodnými volbami, na líci tak krásnou jako Praha sama, zatímco na rubu někdy připomínající, že všechno, včetně svobody, má svou cenu. Pro nás, zahraniční sokoly, do nedávna ještě politické uprchlíky, to byl návrat plný citového pohnutí. Po únoru 1948, kdy jsme byli nuceni hledat útočiště v cizině, jsme sice svou vlast opustili, ale naše srdce zůstala doma. Láska k vlasti, dnes už ctnost v celém světě takřka pohrdavě zapomenutá, nás přivedla v místa našeho mládí.

Slet v Paříži, první zastávka naší sokolské cesty Evropou, byl nám významným sokolským svátkem. Srdce se mi hlasitě rozbušilo, když jste, sestry a bratři, nastoupili k sobotním zkouškám. Nechtěl jsem ani věřit svým očím, že vidím před sebou dva mohutné proudy československých sokolů. Mnohá tilka a zejména bluzičky s červeným krajkovím jistě pamatovaly sestru Provazníkovou. Připomínaly dávné všesokolské slety, spíše než slet Sokola v zahraničí. Všichni jsme cítili, že vy čs. sokolové, právě tak jako my, zahraniční sokolové, jsme jedna duše, spojení touže myšlenkou danou nám Miroslavem Tyršem. Opět nás sdružilo bratrství, které přežilo habsburskou, Hitlerovu i Stalinovu říši.

Takové myšlenky mi probíhaly myslí, když jsme docvičili svá prostná na Dvořákovu hudbu a zakončili slet zapěním naší státní hymny. Prožil jsem již mnohou bolestnou chvíli a říkají o mně, že jsem tvrdým cvičitelem, přece však mne sebevláda opustila, hrdlo se stáhlo a slzy pokropily sokolské tilko. Jistě jsem nebyl sám. Moje tužba čtyřech dlouhých desetiletí se vyplnila: opět jsem cvičil s rodnými sokoly.

V květnu 1948, když jsem se ocitl v uprchlickém táboře v Goethe škole v Řeznu, prožíval jsem citová pohnutí opačného smyslu. Bylo mi do pláče, protože jsem se domníval, že už se domů nikdy nevrátím. Několik dní pobytu v německých táborech nám úplně otevřelo oči a vyvedlo z bludného omylu, s kterým jsme přecházeli hranice. V zahraničí na nás nikdo nečekal s otevřenou náručí. Dokonce i jakékoli sny o organizování odporu proti Gottwaldovým hrdlořezům se rozplynuly v tvrdé skutečnosti mocenských zájmů světových velmocí. Mosty za námi byly spáleny a nezbyvalo než emigrovat. S těžkým srdcem jsme poznali, že malé národy musí podřizovat své aspirace nárokům svých mocných sousedů.

Než přišla doba k vlastnímu odjezdu do vzdálených zemí, přemáhaly jsme trudné myšlenky sokolováním. V sokolské práci jsme zapomínali na smutnou přítomnost uprchlických táborů a doufali, že se k nám osud nezachová tak neúprosně jako k Janu Ámosu Komenskému. Poprava Milady Horákové a jiných vlastenců, jakož i vláčení muklů z jednoho kriminálu do druhého nevěstilo nic dobrého. Komunistická zběsilá diktatura tehdy zachvátila téměř polovinu světa a naděje v návrat domů se rozplývaly jako obláčky v černých mracích nad naší vlastí.

Tím více jsme se radovali, když jsme stanuli v Tyršově domě, či jeho nádvořích. Socha našeho Tvůrce tam stále připomíná jeho výzvu: Tužme se! Mráz mi přebíhal po zádech při schůzce našeho amerického poselstva s vedením ČOS v zasedací síni Tyršova domu, kde kdysi předsedal br. Josef Scheiner a kde rokoval s Jindrou či Marií. Páteční odpoledne: přehlídka starých sokolských pochodů a jistě i řízné zvuky starých sokolských nálady. Nebylo by úvedly do patřičně sokolské nálady. Nebylo by zájezdu zahraničního Sokolstva bez návštěvy v Lánech. V hluboké úctě jsme postáli u prostého hrobu skutečného světoobčana, presidenta Osvobo-

ditele, ale také navštívili v lánském zámku dnešního presidenta. Nemyslete si, sokolové Rakovnické župy, kteří jste nás přivítali před lánskou sokolovnou chlebem a solí, že si nevážíme tohoto starého českého zvyku. I vám, pěvci z Čisté, mnohokrát děkujeme.

Naše nedělní sokolské setkání, 15. července, se může zařadit mezi dny, které navždy zůstávají v lidské mysli. Slavnostní nástup sokolských praporů potvrdil, že Sokol se opět probouzí, aby se stal jednou z pilířů čs. obrodného hnutí. Prapory, po čtyřicet let schovávané v tajných skrýších, jsou němými svědky sokolského úsilí o trojnásobné osvobození naší republiky, jakož i inspiraci nás všech k udržení svobody příštím generacím. Vaše cvičení, sestry a bratří, nám ukázalo, že pokud jde o cvičební skladby, jejich nácvik a úroveň cvičitelů i cvičenců, jste na mnohem vyšší úrovni nežli my. My v zahraničí jsme zůstali na stejné výši, na jaké jsme byli v r. 1948. My, cvičitelé z vlasti, jsme mohli dát jen to, co jsme se doma naučili. Jen ses. Provozničková přinášela nové myšlenky. I její práce byla omezena nedostatečným stykem s Evropou. Spojené státy jsou příliš individualistické, než aby se tam dařilo masovému hnutí.

V tomto smyslu sokolské spolupráce všech sokolských organizací otevírá se nám široké pole vzájemně se doplňující budoucí činnosti. My potřebujeme vaše skladby a hudbu, cvičitele i technické pomůcky. Zdá se mi, že my vám můžeme pomoci uplatňováním svobody, dobrovolnými organizátory, v obchodování a dočasně i finanční pomocí.

V neděli večer jsme se sešli na Žofině k opravdu bratrské zábavě, která až za srdce chytala. Když jsme se po jejím ukončení přecházeli pomalu proudící Vltavou, na jejíž hladině se zrcadlilo kouzelné panorama světél z Hradčan, nemohl jsem než vzpomenout na podobný večer před 128 lety, kdy Tyrš a Fuegner se brali domů toutéž cestou z prvního sokolského společenského večírku. Zda si tenkrát pomysleli, že pátá či šestá generace přímo v jejich stopách, hrdě ponese jejich odkaz, aby jej předala generacím dalším.

A to snad bylo pravým posláním pražského sokolského setkání. Jistě jsme my, zahraniční sokolové, vám způsobili řadu problémů. Výboru ČOS, a zejména br. Borisu Uhrovi, který měl pražský program na starosti, z plného srdce děkujeme. Ukázali jste nám, že ani Gottwaldova krvežiznivost nedovede vytrhnout z vašich srdcí právě sokolské bratrství. Víme, že se na vás můžeme spolehnout, právě tak jako vy na nás. Vždyť i vedoucí zahraničního Sokolstva jen stěží vysvětlovali našim bratřím a sestrám, v jaké přetěžké situaci se Československo nachází. Lidé, přišedší ze země přes 200 roků nepřetržitě svobodné, jen těžko chápali, proč se autorita ČOS tak pomalu vytváří, proč se jednoty neustavují rychleji, proč se mladí lidé houfně nezapisují do Sokola, proč prezident Havel nepromluví k sokolstvu, jak je pozdravili jeho předchůdci, T. G. Masaryk i E. Beneš.

Vycítili jsme určité nesnáze, pramenící ze střetnutí sokolského historismu s učitou praktičností. Vždyť i my v Americe se potýkáme se stejnými problémy. I my platíme své cvičitele — neradí, ale v dnešní době nevidíme jiného východiska. Také u nás je zjevný nedostatek dorostu a mladého členstva. I zde mnozí dobří sokolové hledají řešení našich nesnází ve vzorech jiných tělocvičných organizací. Tito členové zapomínají, že Tyršovo dědictví spočívá v dobrovolnosti a v práci pro celek. Předmětem našich snah nesmí být několik špičkových závodníků, ale spíše veškerá mládež. Celek vše, jedinec nic.

V Československu ovšem, je situace natolik horší, že komunisty způsobené úmyslné přetržení kontinuity zapříčinilo dokonalý rozpad Sokola. Bude trvat mnoho let nežli se nám podaří přivést Sokol na takovou úroveň, na kterou svým významem a důležitostí patří. Do té doby se každý z nás musí podrobit sokolské kázní a podat pomocnou ruku. Dnes není na světě jednoty, která by nepotřebovala pomoc. I velké jednoty nesmí být spokojeny se svou dočasnou velikostí. Br. Zezulka, starosta Sokola Bedřichov mne provedl majetkem jeho 2,000-členné jednoty. Jak jsem mu záviděl — velká sokolovna s dvěma tělocvičnami, kancelářemi a místnostmi pro kde jakou činnost; s hřištěm na házenou, odbíjenou a kopanou, s tenisovými dvorci; u nedalekého koupaliště jednota vlastní hotel s kempingem, v blízkých horách mají sjezdovku, atd. Ale i takováto jednota, anebo snad právě taková sokolská jednota nemůže složit ruce v klín. Vedoucí bratří a sestry mají před sebou složitý úkol, jak podnitit ve dvou tisících lidských duších lásku k sokolské myšlence. Jak nás učil Tyrš: Bez pečlivé a drobné práce se rozpadne i sebedovednější dílo.

Navíc ještě, upřímná sokolská práce je hybnou pákou celého československého obrodného hnutí. Sebelepší obnova hospodářského, kulturního či společenského života neuspěje, pokud nebude vedena návratem k duchovnímu programu Masarykovy generace. Sokol, církve, Junák, ochránci přírody, ochotnické spolky a další organizace jsou těmi pilíři národních morálních hodnot, jejichž pomocí se rozvíjí svobodné myšlení. Čs. prezident, vláda i parlament musí těmto pilířům pomáhat, aby vzkvétaly, aby jejich pomocí se zvedala úroveň všeho obyvatelstva. Duchovní program nelze legalizovat. Žádný parlament na světě nevstoupí v nás lásku k bližnímu nebo jiné ušlechtilé zásady pravého občanství, jež v našem národě vykristalizovaly v Bratrství. Na svatováclavské tradici, na pravdě Husově, statečnosti Božích bojovníků a zbožnosti Českých bratří postavil Tyrš svůj národní program. Je to program národního uvědomění, dobrovolnosti a sebekázně, program snah o dosažení vyšších a vyšších met, bez něhož, jak pravil Masaryk, nebylo by republiky. Je to živý pramen, z kterého čerpali naši buditelé, legionáři i ti, kteří trpěli v nacistických či komunistických kriminálech.

Je na nás, sestry a bratří, abychom Tyršův odkaz udrželi, prohloubili a předali příštím pokolením.

Nazdar!

AMERICAN SOKOL ORGANIZATION

GYMNAST

DECEMBER 1990

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



THE AMERICAN SOKOL ORGANIZATION
BOARD OF INSTRUCTORS AND DISTRICT DIRECTORS

SEND THEIR GREETINGS FOR A

Happy Holiday Season
and a
Very Productive New Year

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Veselé Vánoce — šťastný Nový Rok

XXI Sokol USA Slet and International Gymnastic Championships June 26 to 29, 1991, Indianapolis Convention Center

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



Slavnost

A CELEBRATION OF PEOPLE

THE XXI SOKOL USA SLET AND INTERNATIONAL GYMNASTICS FESTIVAL
June 26-29, 1991 — Indianapolis Convention Center



PREFACE TO THE XXI SOKOL USA SLET MANUAL:

It is with great anticipation that we invite Sokols from all over the world to Indianapolis, Indiana to participate with us in the XXI Slovak Gymnastic Union Sokol USA Slet and International Gymnastic Championships, June 26-29, 1991.

It was with awesome pride that we in the free world watched the "velvet revolution" sweep across Czechoslovakia, and with it, the long awaited revival and reorganization of Sokol. Once again, the land of the Czechs and Slovaks is free! Once again, the Czechoslovak Sokol Organization lives in the land of its birth! It is surely cause for celebration!

It is with this idea in mind that we proclaim the motto of the XXI Slet to be: "Slavnost — A Celebration of People".

The XXI Slet is dedicated to all Sokols who have risked their lives against oppression, especially to those who have done so in this most recent dramatic event in Czechoslovakia, and to those who daily sacrifice their own individual gain in promoting the ideals of Miroslav Tyrš and Jindřich Fügner.

In this way it is our hope that this Slet will remind us of the greatest of Sokol ideals, "Neither gain, nor glory" and will hasten our efforts in the promotion of our goals. The calisthenic exercises enclosed were written by people, who have throughout their lives, used this motto in their relationship to Sokol. They are members, officers, teachers, and now composers of Slet calisthenics. Much thanks goes to the authors for their devotion to their tasks and to the goals of Sokol.

- | | | |
|---|---|--|
| Brother Steven Cacchione
Sokol USA Chicago | — | for his composition,
"A Celebration of Childhood" |
| Sister Gail Chilla Wallach
Sokol USA Chicago | — | for her composition,
"A Celebration of Youth" |
| Sister Mickey Chilla
Sokol USA Chicago | — | for her composition,
"A Celebration of Sokol" |

SLETU ZDAR!

Stephen J. Banjak
Men's Director

Christine Yatchyshyn
Women's Director

"DOC'S CORNER"

Bits & Pieces

Now that Sokol classes have started this fall many districts have already conducted competitions in gymnastics, rhythmic, track and field and are preparing calisthenics, gymnastic routines and special numbers for the upcoming Slovak Sokol Slet.

Bro. John Sletek and his gymnastic skills committee shall soon be releasing the new boys a mens gymnastic skills program. Be prepared to use it.

One of the largest delegations of Sokol members, approximately thirty from 5 different districts attended the 1990 United States Gymnastic Federation Congress in September in New Orleans. Every year it seems the Congress gets better and better. Don't miss next years in Indianapolis.

Check out the new "American Sokol Directors Newsletter" edited by Chuck Kalat. The inaugural issue is out and may become a hot collectors item. Interested parties may subscribe by sending a \$4.00 fee to Directors Newsletter, 2401 Bluebonnet Dr., Richardson, Texas 75082. The subscription fee is to defray cost of postage, handling, and materials.

The 125th Anniversary Banquet held at the new "Ashton Place" was a huge success with over five hundred in attendance, it was very heartwarming to see so many Sokols from all over the country gathering to celebrate the 125th anniversary of the founding of Sokol in America in St. Louis. Thanks to the committee of Roy & Vlasta Zitny, Paul Lebloch and Fred Kala, for a job well done. Programs from this Gala occasion also will be collectors items.

Plan now for the XXI Sokol U.S.A. Slet and International Gymnastic Festival in June 26 to 29, 1991 in Indianapolis, Indiana. The theme this year is "SLAVNOST", which means a festive celebration of people. Bro. Steve Banjak and Sis. Chris Yatchyshyn, directors of the Slet promise all a wonderful time.

One of the new events of this Slet will be a Sokol triathlon. Though not of the traditional swim run, bicycle type this event for men & boys only will consist of strength (chin ups), speed (50 yead dash), skill (triple jump). It will be for competitors from age 2 to Masters II ages, and will start on Friday morning.

U.S.G.F. has put the Southern District's Mary-Jean Stoppelman to work for them by commissioning her to write a number which will fall under the guise of general gymnastics. This calisthenics type number will be used most likely at the Gymnaestrada in Amsterdam.

While everyone was in town for the 125th, National Directors, Sis. Jan Kalat and Bro. Frank Michalek were available at the Sokol office, on Saturday morning November 10, 1990. Many out of towners availed themselves of this opportunity to

meet, browse and chat and become acquainted with the national office and its staff.

Word is out that A.S.O. has placed ads to solicit a new Executive Director, the new position created at the 1990 Convention.

Best wishes were extended to Sister Marie Provazniková by the A.S.O.-B.O.I. on her 100th birthday celebration. Sis. Provaznik was the Womens Director of Czechoslovak Obec Sokol (Č.O.S.) up to 1948.

United States will host the 1991 World Gymnastics Championships on September 6-15, in Indianapolis, Indiana.

A.S.O. is open to suggestions for a logo to be used in designing a medal to be awarded to winners of district and national gymnastic competitions. Send your ideas to national office in care of Frank Michalek.

National School boards original members are planning a December meeting to develop plans for the future and some long term goals.

We must be doing something right as far as our instructors courses are concerned. Products of these courses are now our young leaders around the country. Joe Vrzalik, Rome Milan, Sue Kozelka, Martin Prochaska, Buddy Benak, Eva Balas, Cheri Riddle, Brad Durham, Rhonda Liska, Steve Frola, Pat Satek, and we could go on and on.

Keep sending these young people to courses.

If you have any interesting tid bits of information going on in your part of the country please do send them to your truly.

— *Gymnastic Editor*



REMEMBERING OUR LEADERS**Sis. OTILIE PRINCE (nee Kadlec)**

NOVEMBER 15, 1907 — JUNE 8, 1989

PACIFIC DISTRICT, SOKOL LOS ANGELES



Tillie, as many of us loving knew her, deserves to be remembered for her many years of dedicated service to Sokol and the Czech community as a whole.

Originally a member of Sokol Pilsen and later Sokol Slavsky in Chicago, Ill., she participated in unit and district activities, and was a member of the teams in the 1926 and 1932 Slets in Prague, Czechoslovakia.

Tillie moved to California and in 1934 married Louis Prince, a member of Sokol Los Angeles. She served as instructor, náčelnice (director), župní náčelnice (district director), convention delegate, team member at the 1938 Prague Slet, taught dance, performed in Czech plays, transported equipment and gymnasts all over California.

Her contemporaries at Sokol Los Angeles credit her with holding their Sokol together almost single-handedly during World War II when the young men were in service and attendance took a sharp decline. She organized groups of dancers to whom she taught the Beseda and other folk dances and special numbers (dressing some of the girls in men's outfits), taking them to various U.S.O.'s throughout the state. The group performed at other Sokol units, lodges, and International and State Fairs. With this herculean effort and significant monetary outlay, Tillie literally kept Sokol Los Angeles alive during those difficult war years.

Otilie Prince also sponsored a Czech radio program in the 1950's, assisted many immigrant persons get jobs and relocated after the 1948 Communist takeover in Czechoslovakia. She was a member of Pilná Ruka a Czech-American Women's Club, always contributing her talents and generous contributions. Her talents were many ranging from composing special numbers, exercises, judging competitions, organization, and even mother-confessor to many youth.

She continued her work non-stop, even after Louis Prince death in 1962, in both her unit and the Pacific district in various capacities. She married Paul Pappas in 1980 and continued attending and supporting Sokol activities. Her indomitable Sokol spirit remained even after several falls that resulted in a head injury and three hip fractures. Her husband passed away in 1985. She required a live-in companion who brought her to many Sokol activities including monthly meetings, luncheons and outdoor picnics.

All of her sisters, brothers and friends know that if there is a Sokol up there somewhere, Tillie is busy again. Nazdar, Tillie!

Sis. Marie Mack

Sokol Chicago (now residing in Austin, Tex.)

(This article was originally received by the office in Sept. 1989. It was buried in the editor's files and overlooked. We are ever thankful to our members who write to remind us of our responsibilities to publish the history of our units. Keep on writing.)

DEFENSE LANGUAGE INSTITUTE
FOREIGN LANGUAGE CENTER
Presidio of Monterey, California 93944-5006

Subject: Recruitment for Czech, Slovak, and Polish language instructors

We need your help. The Defense Language Institute is actively seeking qualified instructors to instruct military students in the language of Czech, Slovak, and Polish. Our students are assigned to language school as part of their military duties and are ambitious and dedicated. Our Institute operates year round and these are full-time continuing positions without tenure restrictions.

We offer qualified instructors an opportunity to teach in a unique enriched teaching environment with the latest state-of-the-art teaching equipment and an unparalleled range of expression in the classroom. Team teaching enables our instructors to teach in a classroom an average of three hours daily with the rest of the day being spent in preparation, post instruction, and professional development.

The Defense Language Institute is located on historic Monterey Bay and offers a myriad of things to do and see: deep-sea fishing, boating, scuba diving, shopping and many cultural events. Mild coastal weather is perfect for year-round outdoor activity: golf, tennis, hiking, etc. Monterey boasts a Museum of Art, many galleries, live theater and musical concerts, and a world renown Aquarium. Housing costs and expenses are approximately the same as any metropolitan city.

Qualified applicants should have a minimum of three years teaching, translating, or related experience for the lowest entry level of \$16,305 per year. Additional experience could qualify applicants for entry levels of \$20,195 or \$24,705 per year. Life and health insurance, paid annual and sick leave, and retirement coverage are added benefits.

Applicants must qualify in target and English language and be either U.S. Citizens or have valid work authorization. In order to fill our vacancies in a more timely manner we have arranged local accreditation of educational documents, thereby saving applicants \$50-250 in filing expense.

If you or anyone you know is interested in being considered or if you know of any other possible recruiting sources I can contact, please call (408) 647-5137, ask for me, and I will be happy to send you an application package. Thank you for your assistance.

Sincerely, *Betty D. Cheatam*
Personnel Staffing Assistant
Recruitment & Placement

EDITORIAL

The Childrens Page

The Christmas season reminds us of giving not only to our children but to our relatives, neighbors, and friends. So, what about those we don't know. Well, we have a system for that too, just drop some money in an envelope and mail it to the first charity that solicites your sense of duty.

What about the children in our own community that we know are in need of not money necessarily, but affection and love from an adult or family. These may be children who do not trust adults because of their own parents' failure to be trusting. These are the children of abusive parents, dysfunctional families that will not or can not give patience and love. How can we reach out to these children and protect them from a dismilling future of repetition of the circle of abuse?

The Daily Herald Legal affairs writer, Ted Gregory writes: "Statistics show that more than 1,200 children a year die from abuse, but the news is sporadic on reporting the incidents. Society is becoming better informed but that awareness presents a paradox, experts say. We are reading, hearing and understanding more about child abuse fatalities while our society become more violent and alienated. Those factors, coupled with an impending recession, mean we may be growing weaker in solving one of our saddest social ills."

Dr. Katherine K. Christoffel, a leading pediatrician at Children's Memorial Hospital in Chicago, Ill. doesn't feel optimistic about this. She is further quoted in this article that the "factors of modern living" paint a more foreboding specter of the problem than the older theories of the root of abuse being a poverty issue. First on her list is "glorification of privacy", which rejects older theories that raising children is a community responsibility.

"In our society, the predominant ethic is 'get out of my face'. I'll raise my kids the way I want," Christoffel said, "and the flip side of this is the embarrassment in asking for help. What it does is allow people to reach the breaking point when there's no one there to protect the child." "We still have this notion in this country about the sanctity of the family," said Leslie B. Mitchel, principal analyst of the National Committee for the Prevention of Child Abuse. If someone hears something next door, we still feel that its none of our business."

In modern society, community and family ties continue to break down, Christoffel and other experts said. Communications among public health systems, law enforcement, schools and churches is weak when it comes to battling child abuse. These experts maintain that representatives of these and other institutions could help immensely by just making a couple of phone calls to the others when suspicions arise. It was also noted in the article that more hospitals are offering parental training classes and stress support groups. More schools are ban-

ning corporal punishment while adding sexual abuse prevention education.

What can we, as Sokols, do to aid the improvement of our society in this area? Perhaps we should contact our local hospital and become educated in the warning signs of abuse. Most of our instructors have taken first-aid courses and many have become safety certified through the United States Gymnastics Federation. The following is the dedication in the manual from this safety certification course.

"Dedicated to our most precious resource...

"The Kids in our Sport

"that they might strive for excellence not only in the gymnastics arena but in all that life has to offer and

"that they might achieve fulfillment through the joy of effort and understand that true success is not measured merely in victories but rather in the confident knowledge that one has done his/her best."

And so my brothers and sisters, young and senior, my thoughts during this season of giving is that we will extend this season and give love and patience and understanding everyday, every week, and every year for the rest of our lives on planet Earth.

"AND GOD BLESS US, EVERYONE."

Take seven steps to be a better board member

By Jeanne Bradner

As board members, we have the opportunity to say "yes" or "no" to change. We want to be able to do that as confidently and responsibly as possible. We want to be able to square our decisions with our own values and consciences. We want to feel, when our term is over, that we have not avoided hard decisions and that we have used the power that was given to us sensitively and sensibly. We want to believe that we have been constructive.

This is not easy, but the following are seven steps that I would like to share with you:

1. **Know and share your mission.** It's a good exercise for the board chairman at a meeting to ask each board member to write, in 25 words or less, the mission of the agency. What does the agency do? What is unique about the way it does it? What contribution does it make to the community? Then compare each member's version of the mission statement and also compare it to the official one in your literature. This way the board will come to a consensus about their own purpose and why they are involved with this particular agency.
2. **Know and share your dreams.** Boards should have an opportunity to share their dreams about the future of the agency. Too often, boards spend all their time in being "reactive" rather

than "proactive". I like to ask board members to fantasize about the future.

I ask them to pretend they have all the money and personnel (paid and unpaid) they could ever want, and then to write down three dreams they have for the agency. After they write them down, board members should share these dreams with each other. When they do this, they start saying wonderful proactive words like "envision", "create", "initiate"... They have begun a rough planning process.

As an individual, it's important to have some personal goals for your board membership. Write those goals on your "to do" list, and ask yourself each month what you are going to do to fulfill those goals. For example, you may think the agency needs to broaden its funding base or involve more volunteers or prepare a long-range plan. Keep those goals in front of you, so that in the press of day-to-day busyness, they are not forgotten.

3. **Know your job description.** Board members and staff work together to prepare policy options; board decides policy; and staff implements policy. The Illinois Attorney General has prepared an excellent piece on the responsibilities of board membership which is available from our office.
4. **Understand others.** Conflicts of values are the hardest conflicts to overcome, so we must work to understand the values and motivations of others on our board. Often we assume others have the same values and motivations as we do. We need to try to walk in the other person's shoes; employ active listening skills; ask open-minded questions; and try to identify how the other person is feeling about an issue.
5. **Understand yourself.** We need to work to be problem-solvers who uphold defined principles. We need to view ourselves as collaborative workers with the rest of the board to develop policies which carry out our mission and dreams. We need to stay away from personal attacks and from being stubborn, dominating or parochial in our views.
6. **Understand process.** The traditional Robert's Rules of Order DO make meetings more manageable. An agenda is necessary for every meeting. No one person or committee should monopolize a meeting. Adequate financial and other materials should be given out and read before each meeting.
7. **Be creative.** From time to time, board members must feel free to take risks, based on solid principles and a sense of mission. Doing things just because that's the way they have always been done is a very limiting perspective. Occasionally we will make a mistake; but sometimes by giving ourselves permission to be creative we can come up with a policy that will make us realize our tenure on the board has served a special purpose.

EXECUTIVE DIRECTOR

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Update on Women's Tobacco Use in America

Wendy Richards, MD

Family Practice—Edward Hospital's Women's Center for Health

In 1964, the Surgeon General's first report on the health hazards of cigarette smoking was published.

Between 1964 and 1987, the percentage of the United States male population that smoked dropped from 50% to 31%. However, there was a much smaller decline in the percentage of the country's female population that smoked — 32% to 27%.

Even more alarming is the fact that the fastest growing segment of the United States population to begin smoking today is that of adolescent girls.

It has been shown that women tend to smoke more in response to the stresses related to demands on their time, such as work, family and friends. Women's stress is also often related to peer pressure and the "need" to be thin.

When females do try to quit smoking, it often seems more difficult for them than for their male counterparts. However, this may be secondary to a stronger emotional and physical dependency on nicotine developed by women.

The most obvious and publicized health hazard of smoking is lung cancer. Numerous studies have shown the strong link between different types of lung cancer and cigarette smoking. The death rate from lung cancer in females has risen from 2% in 1930 to 26% in 1985, while the death rate from other forms of cancer in women has either decreased or remained constant.

The lack of a method for the early detection of lung cancer contributes to this unfortunate fact.

More than one-third of lung cancer cases are diagnosed in the late stages after metastasis. Metastasis is the spread of the cancer to other organ systems.

When lung cancer is diagnosed in the later stages, a person's chance of five-year survival drops by thirty percent.

However, the smoker's chance of developing lung cancer decreases with smoking cessation.

When compared with someone who continues to smoke, an ex-smoker has only a 40% chance of developing lung cancer within five years after quitting.

At fifteen years cessation, this person has no greater chance of developing lung cancer than has the lifelong non-smoker.

Other benefits of smoking cessation include:

*Some reversibility of disease to the lung airways.

*A decrease in the frequency of respiratory and throat infections.

*Lessening of risk factors for cardiovascular disease.

Making the environment safer for those who receive "passive" smoke hazards is also an important, but often overlooked, incentive.

In the initial stages of smoking cessation, one may experience increased coughing as the body cleanses the airways, and the cilia grow back in the new smoke-free environment. Cilia are small hairs that line the respiratory tract and protect against inhalation of debris and bacteria.

As cigarette smoke acts as an anesthetic of sorts, the once numbed throat may start to feel scratchy, and food may taste and smell more pungent as the senses of taste and smell awaken.

Symptoms of withdrawing from nicotine include headaches, insomnia, and constipation. After a few weeks, many of these symptoms should begin to abate, and the ex-smoker will begin to enjoy a smoke-free body.

For those who cannot or do not desire to quit "cold turkey", a variety of methods of smoking cessation are available including support groups, individual counseling, hypnosis, Nicorette gum, and acupuncture.

Once an individual has decided it is "time to quit", she may speak with her healthcare professional regarding information on the different methods.

Do something good for yourself. Quit smoking.

There are many side effects from cigarette smoking

Besides lung cancer, other effects of cigarette smoking, include:

- * Increased skin wrinkling
- * Decreased taste bud sensitivity
- * Periodontal disease
- * Cancer of the mouth, larynx and bladder
- * Increased frequency of respiratory infections
- * Increased risk of cardiovascular disease and emphysema



Problems unique to female smokers include:

- * An increased risk of osteoporosis (bone thinning)
- * More difficult menopause
- * Problems with fertility
- * Increased risk of premature birth and babies with lower birth weights.

ASO LIBRARY

The following booklets are available from the American Sokol Organization

- "Dr. Miroslav Tyrš" — A biography of the founder of the Sokol Movement by Br. Joseph Cermak.
- "Historical Preface to Foundation of Physical Culture and Our Task, Aim, and Goal", by Dr. Miroslav Tyrš — translated by Br. James L. Cihak.
- "Dr. Josef Scheirer" by Antonin Krejci — translated by Br. James L. Cihak. Biography of Dr. Joseph Scheirer. "To write about Scheirer means that one is writing the history of the Sokols. He was a student of Tyrš, later his aid and co-worker, finally the leader of the Czechoslovak Sokols and all the Slav Sokols." He visited the United States in 1909 and used his influence to help unite the two Sokol factions into our present American Sokol Organization.
- "Sokol and the Sokol Idea" — prepared by the Educational Committee — American Sokol Organization.
- "Highlights of Czech History" — by Br. Charles M. Prechal.

(The above booklets are \$2.50 each including postage.)

- "American Sokol Sings Song Book" — \$3.00 each plus postage.
- "Gymnastic Activities with Hand Apparatus for Girls and boys" — by Sis. Marie Provazníková and Norma B. Zabka. \$6.00 plus postage.
- "125 Anniversary of Sokols in the United States" — includes greetings from President George Bush, art, pictures and articles pertaining to the history of Sokols in America. \$4.00 plus postage.
- Several units expressed an interest in purchasing the bronze bust of Dr. Miroslav Tyrš. The bust is available at a cost of \$1,400.00 plus shipping.
- Br. Jerry Milan will inspect each bust to assure quality and build a wood crate for shipping. Each bust is approximately 100-115 pounds.

All orders should be placed through the American Sokol Organization in Berwyn.

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Charles Borvansky, President
 American Sokol
 6424 West Cermak Road
 Berwyn, IL 60402

November 15, 1990

Dear Brother Charles:

Saturday evening last was a tremendous success. It was inspiring and educational; it went a long ways to stir the spirit and the will of many sisters and brothers to carry on into the splendid Sokol Program.

Victoria and I marvel at the variety and the scope of the program itself. We are fully aware of the many hours and weeks of planning and arranging in order to make it the success that it was. We congratulate all of those who participated in it. We wish for you and your fellow officers continued success in your official leadership.

The program will always be an outstanding memory in our thoughts about American Sokol Organization.

Fraternally yours,

Roman L. Houška

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