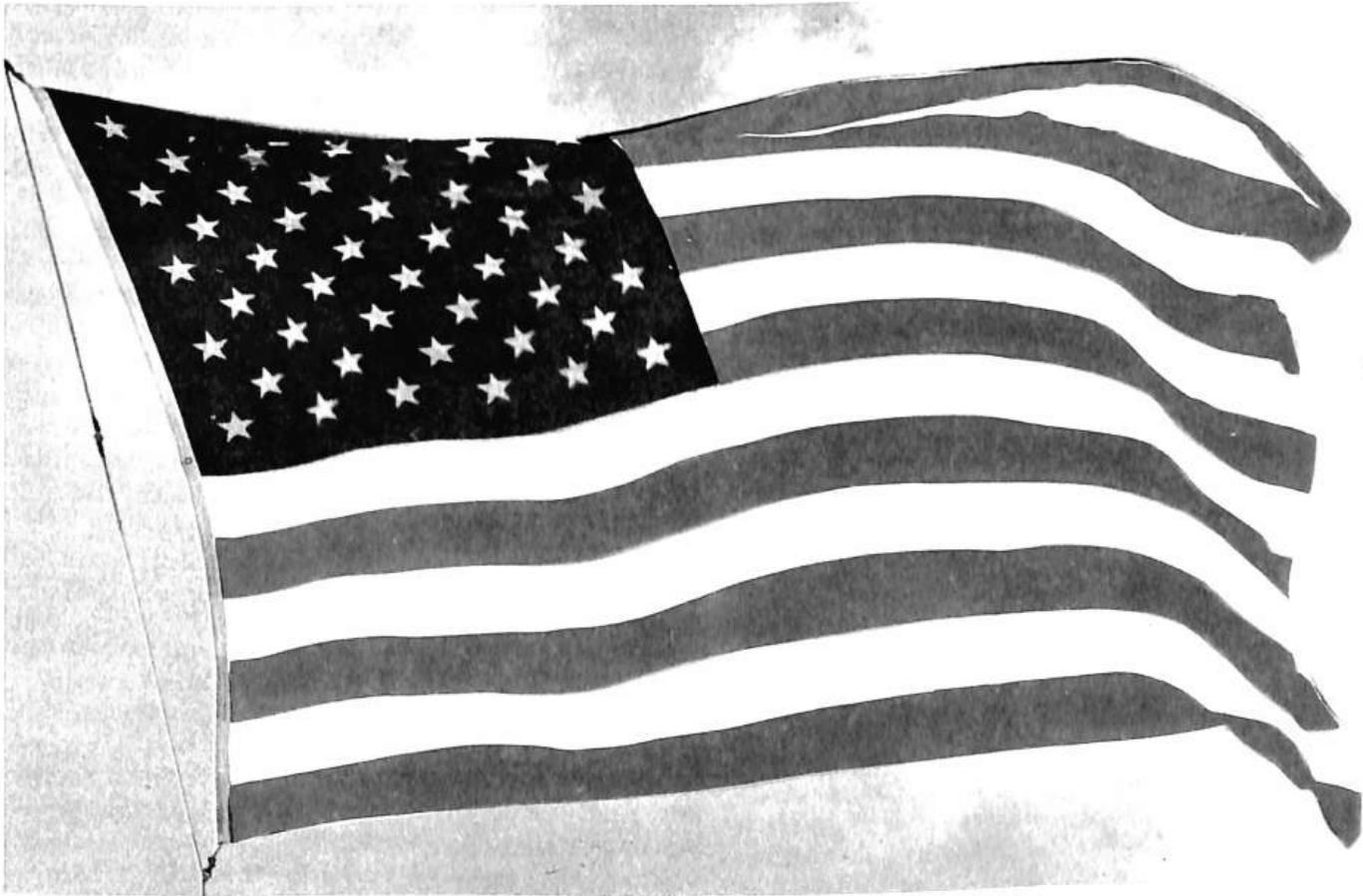


FEBRUARY 1991 — VOL. CXII - No. 2

# AMERICAN SOKOL

Publication of the American Sokol  
Educational & Physical Culture Organization



**AMERICA  
HOME OF THE FREE BECAUSE  
WE'RE HOME OF THE BRAVE.  
TO ALL THE ARMED FORCES,  
THANK YOU!**

# AMERICAN SOKOL

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*Copy for publication must be received by the  
10th of the previous month*



## CORRECTIONS

The followings captions should have appeared with the pictures in the special Paris to Prague issue .

Cover page: Sports Hall Praha, Senior II Calisthenics ASO.  
Page 4: President Havel and ASO delegation at the Summer Palace

Page 5: top- Sokol Slet Assembly Paris, France. left- Women's Hoop number, Paris.

right: Opening ceremony Slet in Paris. l- Br. Robert Rada, Pres. Sokol Paris, r- Rep. of Mayor of Paris giving welcoming speech to Sokols.

Page 7: top l.-ASO delegation placing wreath at Tyrs-Fugner grave at Olscany cemetery. l- Br. Slavik, F. Michalek, Sis. Pistorius, Br. J. Milan, P. Lebloch, and Br. B. Uher. pic. r- Volleyball tournament, Paris. Sokol West Suburban team spiking. lower l- Br. Lebloch placing flowers at Wenceslas Square. lower r- before assembly at Paris Slet, front l-r, Rome Milan, Edwin Halik. back l-r, Martha Milan, Emil Milan, Dagmar Hinthaus, Jerry Milan, Rose Steinman, Joe Vrzalik, Jeanie Mason, Tal Milan, Carolyn Cleveland, Marilyn Milan.

Page 9: Official ASO Tour group from Cihak Travel.

Page 11: top and middle - past Sokol uniforms fashion show and lower left, costumed dancers -all at Tyrsuv Dum. lower rt- at assembly before Slet.

Page 13: top left and middle- Kunovice, Czechoslovakia. Members of Sokol Ft. Worth and Sokol Kunovice at ceremony of the return of Unit flags. upper rt- Br. Frank Michalek looking at Switzerland from another viewpoint! lower left- at Paris Slet, l-r- Rome Milan, Tal Milan, Henrietta Milan, Leslie Poindexter, Martha Milan, Jeanie Mason, Christy Caldwell, Emil Milan, Rose Steinman, Debbie Stockard, Carolyn Cleveland, Jerry Milan, Marilyn Milan, Mila Milan. lower r- Br. Vrzalik and Sis. Hintnaus leading the ASO delegation at the opening assembly of the Praha Slet!

Correction: page 3 - Sis. Pistorius' title should read : past ASO National Women's Director 1985-`1990 representing Sis. Jan Kalat, American Sokol National Women's Director 1990-1995.

## *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 — souldané vypěstění celého člověka,  
povahy ucelené, neobložené, pravdymilovné a spravedlivé —  
lidé silní, krásní a dobří — to je cíl sokolské výchovy."*

## *Change, now's the time to change*

*Change.  
Now it's time for change  
nothing stays the same  
now it's time for change*

The chorus to Motley Crue's 1989 hit song rings true all over the world today. Remember this one - the more things change, the more they remain the same? Also true, no matter how much we want to think that each generation offers a new beginning. Listening to the news makes many of us wonder if we are reliving the 1940's again. No, we are just living through our own history, the 1990's.

Most of us go through life witnessing other people's lives as if through a story book or television series - on the outside looking in. How many of you would rather be a part of making history, a living thread in the warp and weave of the fabric of a nation, a state, a city or town, a neighborhood, an organization, a family? In other words, being involved.

The Sokol organization is older than any living person on earth today - 125 years. This is not an accident but by design through the efforts of people, like you, all over the world who saw an opportunity to help people become physically and mentally healthy through planned exercise through a neighborhood program that encouraged all family members to actively participate.

Throughout these 125 years Sokol has retained its ethnic flavor but many new ingredients have kept it a strong brew. The new kids on the block in each new generation have added their own ideas and most have managed to blend well with the original base. The philosophy of Dr. Tyrs was so well grounded in "a sound mind in a strong body" doctrine carried over from the Greeks of over two thousand years ago that it has been adopted by other organizations throughout the world.

Today, Sokol is still not-for-profit, still nurtured by families two and three generations deep, still carrying its message of health to all people regardless of their level of physical activity. We continue to nurture new leadership through our Future Leaders fund and National Instructors Courses. Many of our youth return to our gyms after college to teach new future leaders in the Sokol ways. We are patriotic in our loyalty to the ideals of the Constitution our country and have always waved the American Flag.

Our members donate more hours to the administrative and technical departments than can ever be counted. Most of our instructors are only compensated on their mileage to and from the gym and our directors give hundreds of hours every year to keep the unit gyms, districts, and national events running smooth. Like teachers, we burn the midnight oil so that our gymnasts will have a gym to work out in and an exhibition, a competition, and a slet to demonstrate their new skills to family and friends.

We need each of you to be an active part, a living thread of the Sokol fabric so that each new year, thousands and someday

millions of youth will be exercising to the calisthenics and special numbers created by the new instructors inspired by the old vanguard.

We need you to donate money to our Future Leaders Fund, to donate hours to our administrative duties within your unit, district and national offices. We need you to become physically active in our classes, join the seniors, learn a dance or a calisthenics. We need you to come forward with new ideas, and some old ones, too, and then help implement them.

Sokols are naturally gregarious people. They love to be a part of a group and some definitely love to lead the group. Some of our best leaders are in the group keeping the pulse steady. A Sokol likes to help a brother or sister achieve, because when you look good we all look good.

Last summer hundreds of our members united with Sokols in Czechoslovakia to celebrate the re-establishment of COS after forty years of communist rule. We have plans to exchange instructors so that we can keep these lines of communications open for future international slets and competitions.

We have an unlimited source of ideas to help establish new Sokol units and help the established ones grow. We are on the road to new growth because families want to belong to an organization of substance, one they can become involved in.

We can make a difference in our community by supporting organizations that are dedicated to uplifting the human spirit. We, in the Sokol organization, believe our Sokol spirit has always stood for cooperation and concern for the people and we will continue to nurture that spirit.

Change? Maybe it is time to change the way we look at the world, our country, our town, and other things that affect our lives. Maybe it's time to be accountable for our own attitudes.

Nazdar! Lynda Filipello, Editor ○

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### **SLAVNOST**

#### **A Celebration of People**

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The Sokol U.S.A.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 have and continue to sacrifice their own individual gain in promoting the ideals of Miroslav Tyrs and Jindrich Fugner.

What better way to exemplify the theme of our Slet than by writing a short biography of Sokols whom you know personally. You alone know of their contributions to their Lodge or District.

We wish to celebrate with as many individuals as possible who have enriched our Sokol Heritage. Please share these personal memories with a sponsored page for our program book. A sample biography has been provided each unit with this mailing. All biographies must be typewritten, accompanied with a picture, and received no later than March 15, 1991 at: Joseph A. Havel 1101 Austin Park Ridge, Il. 60068 If you have questions, please call me at 1-708-692-3831.

## CALENDER OF EVENTS

### Unit Exhibitions

- Feb.23 Sokol Brookfield at R/B High School  
7 p.m. refreshments at Sokol Hall
- Feb.24 Sokol Greater Cleveland at Cleveland  
State University
- Mar.2 Sokol Stickney at Pavek Center 7 p.m.  
refreshments at Sokol hall
- Mar.3 Sokol West Suburban at Hinsdale South  
High School 3 p.m.
- Mar.9 Sokol Tabor at Tabor 7 p.m.
- Mar.10 Sokol Naperville at Nap. Central High  
School 3 p.m.
- Mar.17 Sokol Slavsky at Morton East 2 p.m.
- Mar.23 Sokol Berwyn at Pavek Center 7 p.m.  
refreshments at Sokol hall
- May 19 Sokol St.Louis at Sokol hall
- June 23 Sokol Detroit at Sokol Camp, South Lyon

### District Events

- Mar 24 Sp.# Judging Clinic 10 a.m. Dist.Office  
Central D. Sp. # Competition/Exhibition
- Apr. 20 Central D. Sp. # Competition/Exhibition
- May 11 Central D. Boys Gymnastic Competition
- May 11 Central D. Girls Gymnastic Competition  
Naperville E/R level, 1st and 2nd classes
- May 18 Sokol Baltimore Competition/Exhibition
- May 18 Central D. Jr. & Women Gymnastic Com-  
petition, all levels plus levels 2-7, 1st &  
2nd classes at R/B.
- May 18 Central District SLET 7 p.m. at R/B.
- May 19 Central D. Awards Picnic - Grove # 4
- June 2 Northeastern Exhibition, Odd Fellows  
Camp, Glenwillow, Ohio

### Central District Information # 708-515-3809

### Unit Events

- Mar.10 Sokol Greater Cleveland  
General Membership meeting 2 p.m.
- Mar.16 Easter "Bohanek"/Mazanec Sale G.C.
- Mar.17 Sokol South Omaha Health Fair 9am-1pm
- Apr. 7 Sokol Baltimore Bull Roast 1-6 p.m. \$17
- Apr 20-21 Sokol Ennis Grand Opening
- Apr.23 Sokol Baltimore St. Wenceslaus
- Apr.28 Sokol Greater Cleveland Band Concert
- April 30 Sokol Havlicek-Tyrs Luncheon-CardParty  
Noon-Mid America Bldg.59th Cermak Rd
- May 11 Sokol Baltimore Sibrinky-Dozvuky Dance  
8-12 P.M. \$10.00
- June 9 Sokol Gr. Cl.Cesky Den-DTJ Taborville
- July 4 Sokol Detroit Picnic at Sokol Camp
- July12-14 Sokol Detroit Czechoslovak American  
Festival at Yack Arena, Wyandotte, Mi.
- Sept.28 Sokol Gr.Cl. "250 Club" Dinner/Dance
- Oct.26 Sokol Tabor's 125th Anniversary at  
Dinolfo's McCook, Il.
- Nov.2&3 Sokol Gr.Cleveland Holiday Fair

- Nov.9 Sokol Havlicek-Tyrs Annual Dinner  
Dance Slovak Hall 6215 W.26th Berwyn

### National Events

- June 26-29 U.S.A. SLET in Indianapolis.  
American Sokol units participating in  
competitions and other events. Make your  
hotel reservations now through your unit.
- Oct. 26-28,1991 District Directors Conference - host C.D.
- June 23-27,1993 ASO National Slet in Central District

\_\_\_\_\_

Sokol Town of Lake Camp in Willow Springs Reunion Info:  
call Annette Banfi Schabowski 708-788-3695 or Viv Mardow-  
ski Navratil 708-349-6878.

\_\_\_\_\_

Sokol Tabor's 125 Anniversary info: Display items of Ta-  
bor's history contact Sis. June Pros 1606 East Av. Berwyn or  
Br. Ed Linhart at Tabor hall.

\_\_\_\_\_

Sokol South Omaha's Health Fair of the Midlands includes  
free screenings for- Blood pressure, Height & Weight, Visual  
Acuity, Oral Cancer, a \$20.00 blood chemistry profile and a  
\$3.00 colorectal cancer self-test is also available.

\_\_\_\_\_

The Southern District's museum artifacts will be housed in  
Sokol Ennis' new facility along with the unit's museum. Sis.  
Vlasta Laznovsky, Bernice Hamilton, and Sylvia Laznovsky  
are coordinating these efforts. Sokol Ennis is to be congratu-  
lated for their speedy recovery from the fire that destroyed  
their facility last winter. It must be true that Texans think big.

\_\_\_\_\_

Ceska Sin Sokol Hall recently celebrated the 100th anniver-  
sary of the construction of their hall with 250 friends and  
members with a dinner program in the newly remodeled  
dining room followed with a sing-a-long in the newly  
remodeled main hall. MC'd by Br. Don Kotlan, greetings  
included a citation presentation from a representative of the  
Cleveland Landmark Commission awarding Landmark Status  
to Ceska Sin Sokol, a local congresswoman presenting the  
proclamation adopted by the Congress of the United States in  
honor of this anniversary, an announcement that a 94 year old  
woman made a sizable donation to the Hall in memory of her  
husband which made possible much of the remodeling. Much  
of the work is being done by the young Sokol members. Guest  
speaker was James V. Krakora, President-Emeritus of CSA  
Fraternal Life of Cicero, Il.

\_\_\_\_\_

Our calender of events on this page and your unit's news-  
letter illustrates some of the activities the Sokols are involved  
in. Take some time to read through this publication and your  
unit newsletter. Your membership makes a statement. It tells  
us you are interested in your health and your family's well-  
being. We hope you will take a good look at us and continue  
to support our activities locally and nationally. ○

Sokol Ennis - from the ashes!

### A NEW BEGINNING

#### Grand Opening Gala

Friday April 19th

Saturday April 20th

Sunday April 21st

Open House and Tour

Banquet, Dancing  
and Entertainment

Dinner, Ribbon Cutting  
Ceremony, Gymnastic  
Program and Dancing

As the blueprints become a reality, Sokol Karel Havlicek Borovsky, Ennis, Texas rises from the ashes. The membership invites you to attend this Gala week-end. The outpouring of concern and support has been overwhelming. We have had donations from across the United States. Several units, Sokol Miami, Sokol Houston, Sokol Corpus Christi and Sokol Ft. Worth, have each donated \$ 1,000, as well as various individuals, to become "Building Backers". Almost every unit has responded to our need for financial help. Various individuals have contributed, or have pledged to contribute, \$2,500.00 to become "Honorary Builders" of our new facility. These unit's and individual's names will be engraved on displayed plaques for their donations. Every donation of any amount is greatly appreciated.

Please come out and be a part of our NEW BEGINNING.

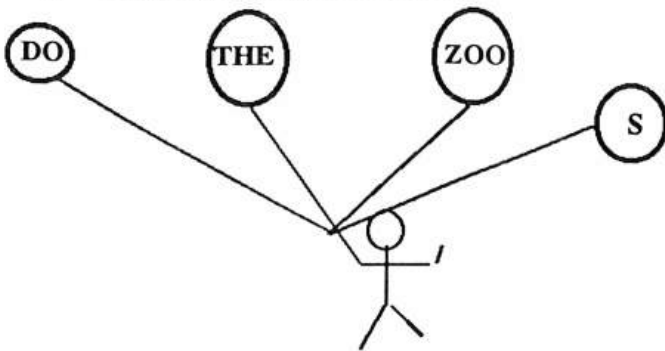
Nazdar!

Sokol Karel Havlicek Borovsky

Building Committee

Larry Laznovsky, Sammy Pleiner, Bill Snodgrass

Jerry Wester, Lou Green, Mark Kelley



IN INDIANAPOLIS.  
by Barbara Banjak  
Sokol USA

With the arrival of the new year, it's time to start thinking of all the great activities planned for us while attending the XXist Sokol USA Slet in Indianapolis, Ind.

As you know, on Thursday evening, June 27th, the New

Indianapolis Zoo will open a whole new world of adventure to all of the Sokols who want to attend! The New Indianapolis Zoo is a worldwide safari just footsteps (not continents) away! It is a truly urban zoo located on 64 acres of landscaped grounds just blocks from the Hyatt Regency Hotel and the center of the city. Special arrangements have been made to have the zoo open at 6:00 p.m. for the Sokols.

Doing The New Zoo begins with adventures everywhere you look. Over 2,000 animals welcome you into this beautifully landscaped retreat. They have created four major areas where animals live as free as can be. In just minutes after entering the zoo, you can walk from burning desert sands to wide open plains, stroll through lush forests and meander over the ocean waters. Then hitch a ride on a camel, an elephant or an antique carousel. Catch sight of lions, elephants, giraffes, kangaroos and wallabies as you ride on the zoo train around the plains, or get a panoramic underwater view of frolicing sea lions and polar bears.

You may get into the thick with Kodiak bears, Siberian tigers, Japanese snow monkeys and other forest dwellers. Encounter reindeer, yak, alpacas and traditional farm animals as you come face-to-face with domesticated breeds from throughout the world.

Watch as the zoo personnel feed the animals their "dinner" and then prepare them for the night. Then get ready to "dive" into a whale of a dolphin show in the world's largest fully enclosed Whale and Dolphin Pavilion...a *private show*, just for the Sokols! Seven Bottlenosed Dolphins and two False Killer Whales are anxious to perform especially for us. You will be able to view these fascinating marine animals from a seating area for 1,500 people.

The evening continues with a huge dance with a disc jockey in the "Party Pavilion", a beautifully tented picnic area that accommodates 600 people. This entire evening is open to all gymnasts that have paid their "official entry fees" for the competition.

Look for the details on the "official entry form". Fun times to be had by all that attend...so, don't forget...Do The Zoo...and have a "wild" time!

#### How to Register for the USA Slet

June 26 - 29 marks the date for the XXI Sokol U.S.A. Slet in Indianapolis. If you have never been to a Sokol National Slet, let this be your first time. Indianapolis is the hub of the United States Gymnastics Federation and many other sports centers. A Sokol Slet is a continuous program of activity. Volleyball games between Sokol units, Rhythmic gymnastic competitions, gymnastic competitions, and the beginning - a great opening ceremony. The Sokols have always had a great opening ceremony, flags, anthems, and great camaraderie between the many Sokol groups.

If you are yearning for some good old-fashioned competition, this is the place for you. Ask your unit director for the registration forms, learn your routines, perform at the exhibition and your district's Slet and you're ready, willing and able to be an active part of SOKOL U.S.A. 'S XXI SLET!!

Unit Presidents/rep 1 to r  
 back row-Marie Vachata ,  
 (Stickney)EllenJeanne  
 Schnabl (Berwyn rep.)  
 Stanley Barcal (Chicagoland)  
 George Vytlacil (Town of  
 Lake), Bernie Babka  
 (Slavsky), Roy Zitny  
 (V. Pres. Brookfield)  
 Front row- Ann Basta  
 (Havlicek-Tyrs), Sylvia  
 Pistorius (West Suburban)  
 Alice Haertlein (Sec.  
 Sokolice Milwaukee),  
 Lillian Prihoda (Sokolice Tabor),  
 Earl Hartlein(Sokol Milwaukee).  
 not in picture: Lynda Filipello  
 (repr. Naperville's pres.)



back row: Dist.  
 Publicity - Jerry Rabas  
 A S O President-Chuck  
 Borvansky, 1st V. Pres.  
 John Satek, Tres.-Linda  
 Modes.  
 Front 1 to r:  
 Dist. Dir. of Women-Lynda  
 Filipello, Dist. President-Ann  
 Basta, Dist. Sec.-Nancy  
 Borvansky.



Central District's Annual President's Conference spent a productive day discussing the many facets of managing a large and varied program with the ten units spread out over four states. The day long session was held September 29, 1990 at the District office at Sokol Brookfield.

Recommendations to the District's annual meeting held November 10th at Sokol Stickney Hall were:

Board Of Instructors: 1. that District enrollment statistics and gymnastic competition entry comparisons be included in the annual report package. 2. That we support, by participation and/or attendance, the USA Slovak Slet, June 26-29th, 1991 in Indianapolis, Ind.

Publicity/Public Relations:1.That we continue to furnish the District Hot Line for use in advertising. 2.That unit ads be placed to encourage registration. 3. That the District prepare a flyer for distribution in the local schools announcing our events. 4. That we submit our events to the Czech-American Congress to be printed in their Calender of Events.

Dues to the District: 1. To review the B.O.I. Budgets and Financial report of the District to see if an increase is in order.

These recommendations were approved by the 92 delegates, except for any dues increase.

Other items approved by the annual meeting delegates: Change the district's monthly meeting from fourth Wednesday to third and meet in the lower level to accomodate more members. fiscal year Nov. 1 through Oct. to remain the same. Term of office one year remains the same. B.O.I. budget accepted with exception of Directors remuneration to remain the same.

District Directors framed scrolls listing all directors since the beginning were presented. Presidents Recognition awards were presented to Br. John Satek and Sis. EllenJeanne Schnabl.

Officers elected were: President Sis. Ann Basta, 1st V. President John Satek, 2nd Vice President Sis. Marie Vachata, Secretary Sis. Nancy Borvansky, Treasurer Sis. Linda Modes, Fin. Secretary Br. George Lacina. Board Members elected were Ed. Director Br. Vaclac Zenisek, Pub. Rel. Br. Jerry Rabas, Properties Br. Elmer Jezek, Slet Treasurer Sis. Mildred Pinc and Dist. Rep. to Czech-American Congress Sis. Jane Sterba.

# GYMNAST

FEBRUARY 1991

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

## INSIDE EXERCISE

by Victor Katch, Ed.D. and Frank Katch, Ed.D.

### Your Heart's Under Attack

It's called middle-aged spread, and it seems inevitable. Once a woman reaches about 32 years old, she starts gaining one-half to one pound each year. A man starts gaining weight around age 35. Surprisingly, this extra body weight doesn't occur because you're eating more. Instead, the fat accumulates because of a dramatic decrease in energy expenditure. In other words, you stop exercising.

Lack of exercise affects more than just your body weight. Many scientists now believe that this reduction in physical activity is directly related to the largest sustained epidemic that the human race has ever experienced--coronary heart disease (CHD). Of course, other factors are also associated with this previously unknown plague, such as increased consumption of saturated fats, increased mental and emotional stress and tension, and cigarette smoking. CHD is not a simple problem that can be solved by simple or single solutions. But evidence is rapidly linking a sedentary lifestyle with increased CHD.

CHD is the biggest single cause of death in the United States: Between 600,000 to 700,000 women and men die from a heart attack (also called myocardial infarction) each year. For half of these people, the first indication of illness is the heart attack. Half of those who suffer heart attacks will die within three hours. Of those experiencing their first heart attack, 25 percent die within three hours and another 10 percent within seven days.

This "sudden death" is not so sudden, however. Coronary arteries (blood vessels that carry blood within the heart itself) are narrowed by the process called atherosclerosis, which occurs when fatty substances such as cholesterol are deposited beneath the lining of arteries. These fatty deposits are called plaques. The narrowed arteries reduce the blood flow in the heart, which is known as ischemia. As the condition develops, the oxygen supply to the heart is restricted, work capacity declines and the risk of heart attack increases.

Atherosclerosis probably begins when a single, smooth muscle cell in the innermost layer of the arterial wall begins to proliferate, so that extra cells accumulate. Then, lipoproteins, which carry cholesterol in the blood, infiltrate the region. Debris from dead cells joins the growing plaque. A fibrous cap covers the debris of the plaque as it grows and narrows arterial passageway.

What causes the smooth muscle cell to mutate and develop into a plaque? No one is quite sure how this process starts or why it continues. Whatever the cause, the plaque grows until either it ruptures or the artery clogs and the flow of blood and oxygen to the heart muscle is blocked, causing a heart attack.

A number of factors are directly, or indirectly, associated with the development of CHD. These "CHD risk factors" include increased levels of blood fats (cholesterol, triglycerides), high blood pressure, cigarette smoking, incidence of diabetes, genetic influences and obesity. A person who has two or more of these risk factors is "coronary prone". Not surprisingly, these different risk factors are interrelated. Moreover, each is under the direct influence of physical activity.

There is no question that the incidence of heart-related problems is dramatically reduced in those who exercise regularly. As little as 20 minutes of walking (equivalent to 100 calories) reduces the risk of CHD by approximately 30 percent. Increase daily exercise energy expenditure to 200 to 300 calories per day and your risk is reduced by 64 percent. There are those who believe that more exercise will provide even greater protection from heart disease.

That exercise alone provides CHD protection seems doubtful. Rather, those who are regular exercisers probably choose a lifestyle that is particularly healthy. Nevertheless, it's exercise that motivates a person toward a healthy lifestyle. A commitment to exercise is the first step you should take to improve the quality of your life. The chart below shows how exercise—or lack of exercise—affects your cardiovascular system. It's easy to see that exercise is vital to protect your heart against disease.

### How exercise affects your heart

#### exercise decreases:

serum cholesterol and triglycerides  
glucose intolerance  
obesity, adiposity  
platelet stickiness  
arterial blood pressure  
heart rate  
vulnerability to dysrhythmias  
overreaction to hormones  
psychic stress

#### exercise increases:

number of coronary blood vessels  
blood vessel size  
efficiency of the heart  
efficiency of peripheral blood distribution and return  
electron transport  
fibrinolytic (clot dissolving) capability  
arterial oxygen content  
red blood cells and blood volume  
thyroid function  
growth hormone production  
tolerance to stress

Victor Katch, Ed.D. is professor of kinesiology and associate professor of medicine in the division of pediatric cardiology at the University of Michigan at Ann Arbor.

Frank Katch, Ed.D. is professor and chairman of the department of exercise science at the University of Massachusetts at Amherst.

reprinted from Shape, February 1985

## RECOGNIZING RISK

by Gene Wettstone

There is a risk involved in every facet of our lives; driving cars, flight in aircraft, crossing the street. This is ordinary risk, and is a part of our current style of living.

Whenever there is a desire for growth or progress or to meet challenges, another type of risk is often involved, extraordinary risk. Examples range from our pioneers crossing the Rockies to landing a man on the moon. Regardless of the type of risk involved, it is essentially the individual choice of the informed risk-taker that determines how safe he will be accomplishing his goals.

Risk is part of men's gymnastics in the following ways:  
Methods of performing moves.

As bonus points - usually 0.2 out of 10.0 with a maximum of 0.3 out of 10.0.

In some higher difficulty moves.

In certain combinations of moves.

We all want our sport to grow safely. Much of the growth in gymnastics during the last ten years has been due to ordinary risk. Some it, however, has been due to extraordinary risk. Gymnasts often have a way of expressing themselves beyond existing rules. As an example, in the late sixties and early seventies, the Japanese gymnasts had risk in their exercises far beyond the possible awards that the system could give. The rules then, as well as now, provide for safe growth and expression. High scores are possible without extraordinary risk.

The gymnast and his coach must keep in mind that the differences between ordinary risk and extraordinary risk can be relative. A round-off, flip-flop, full-twisting back salto may be ordinary risk for one gymnast, but extraordinary risk for another. The extraordinary risk double-twisting back salto (floor exercise) of twenty years ago is now considered to be ordinary risk.

It is not the constructive and thoughtful use of risk that causes injuries, but the misguided and abusive uses of risk that causes mishaps.

### The Basic Law

The difficulty of an exercise must never be increased at the cost of proper form and technically correct execution. An exercise must be adapted to the ability of the gymnast. Complete body control, assurance and elegance are the chief characteristics of gymnastics.

### Enforcement

An unenforced law is no law at all. The "Basic Law" is directly enforced by the following:

1. There is no mitigation for execution faults incurred in performing risky or difficult moves. A 0.3 deduction is the same for a single or a double salto. This rule has been in effect for over 10 years.
2. If a risky move is done poorly, i.e. obvious lack of control, (0.3 or more in deductions), then no bonus points for risk can be given.
3. Difficulty does not necessarily mean risk. Doing more

difficult moves does not mean that risk will be awarded. For example, a back salto to a splits is a C difficulty skill, but is not given risk. A press to a one arm handstand (floor exercise) is valued at 2C's, but no risk.

4. Not allowing the gymnast to remount, after falling from the apparatus, after 30 seconds.

5. In the United States, our judges have been instructed to deduct up to 0.4 for "working in an unsafe manner", under the combination - spiritual expression category as delineated in our latest Rules Interpretations Publication.

### The Alternatives

There are alternatives to getting a maximum 10.0 score or near that by minimizing extraordinary risk.

1. Try originality. A base score of 9.4 can be enhanced as follows:

|               |            |            |
|---------------|------------|------------|
| Base score    | 9.4        | 9.4        |
| Originality   | 0.3        | 0.3        |
| Virtuosity    | 0.2        | 0.2        |
| Risk          | <u>0.1</u> | <u>---</u> |
| Max. possible | 10.0       | 9.9        |

It is possible to score a 9.9 maximum, with no bonus risk or 10.0 with a small bonus risk.

2. Choose risk wisely. Many moves are risky because missing them does not mean injury, but loss of points, i.e. risk-skill-thought is involved rather than risk-gamble-pray. Some examples are double layout saltos or a salto with a triple twist. Also, what is risky for one gymnast may not be so for another. Know your gymnast. Avoid short cuts. Use cautious progressions.

3. Work on control and virtuosity. Even with no bonus points for risk or originality, a 9.6 maximum is possible.

4. If coaches find that certain moves show "absolute extraordinary risk" and are beyond the abilities of their best gymnasts, using the best equipment and latest techniques, then it makes common sense to simply not do them. It is counter-productive; there are other ways. If this common-sense approach still does not work, then the coaches through their association should submit a list of agreed-upon "hazardous moves" to the NGJA and these will not be counted when performed in the USA. Further, if the feeling is strong enough, it will be brought to the attention of FIG. O

## KNOW YOUR SPORT

Each month the Gymnast reprints articles from experts in the field of gymnastics. As a gymnast, instructor and/or parent, it is important to know what the latest techniques of application are.

The article on Understanding a Gymnastics Score with the basic requirements should help the non-instructor understand the sport enough to sit through an event and appreciate the efforts of each gymnast at any level, just as the article on Recognizing Risk reminds us of our responsibility to each gymnast.

We welcome your comments and suggestions. Please address all to the Gymnast editor, address on Gymnast cover page.

## VIRTUOSITY IN COMPULSORY EXERCISE

by Ken Allen

Is a "peach" (felge) to handstand considered virtuous as the compulsory movement on parallel bars? How about a shoot (felge) handstand before lowering to straddle support on rings? Since we are allowed to mitigate up to .3 for especially virtuous parts and/or exercises both of these parts might have fallen into that category...But only if they were performed virtuously!?!

That may sound like double talk but I have been frustrated as a judge these past few years to see the same gymnasts, meet after meet, struggle to a handstand in an attempt to receive an extra .1 or so. What has usually happened instead is they have lost between .1 and .3 for poor execution. The common faults in a felge (either peach or shoot) are remaining very piked and catching in a low position and pressing or kipping to the handstand. If these things occur, the essential quality of the felge is lost and, by definition, virtuosity should be the ultimate in the quality of a particular stunt.

Most of our movements involve rotation. After all, the word "Turner" is used to describe our gymnasts who spend most of their time "turning" about various axes. Much of the rotation is created naturally, i.e. the axis is a piece of apparatus and the force is the effect of gravity. The gymnast must direct this rotational force in order to move the body, as a unit, vertically. We sometimes call this process "blocking". The gymnast does this by exercising proper timing of the "blocking" action and by exerting force of his own in order to maintain as much of the natural momentum as possible. His potential then for any stunt is determined by (1) his utilization of natural forces, (2) his timing, and (3) his strength.

There is one more variable which must be considered and that is the gymnast's constant awareness of these other variables. On a day to day basis the gymnast must realize his level of achievement with regard to these variables and must seek to improve with training. But he must also attempt to be aware of the operation of these variables during competition so that he might alter one or more to compensate for the lack of another.

Using the felge on parallel bars as an example we will look at the requirements for no deductions. The gymnast must arrive in a position at least horizontal with locked arms and hips stretched (no more than 5 degrees or so flexion) without too much traveling (certainly less than an arms length). He must also be in good form with respect to the other joints of the body. If the gymnast were to arrive at 45 degrees with all other elements intact he would be approaching a virtuous felge. If he arrived in the handstand and moved immediately out of it he would deserve a good .1 for his effort. If, however, he committed errors in some of the other requirements in order to react the handstand he would have to receive deductions.

His first objective then should be to meet the requirements because these make up the quality of the part. The key to virtuosity is being able to move the center of gravity of the body higher than required without disturbing the swing

quality. In this particular movement the performer should be aware of the momentum he has as well as the amount of rotation he has. When he is no longer capable of moving the body vertically without appearing to use a great deal of strength then he should discontinue the "blocking" action and settle on a slightly lower position. This same procedure can be used to "save" a lot of stunts if the gymnast has spent the time to study them. Below are parts of the present compulsories which usually receive consideration for virtuosity. The list is not conclusive so there is room for more ideas. As a judge I certainly want to see virtuous exercises but I'll be happy to judge technically correct ones also.

- |                 |  |
|-----------------|--|
| Free Exercise   | Height in tumbling, strong display of proper rhythm while executing technically correct.   |
| Pommel Horse    | Stretch and height of circles and scissors throughout an exercise or during any sequence of parts.   |
| Still Rings     | <u>Pass through</u> handstand with or without straight arms on mount, dislocates well above rings (possibly through handstand) while maintaining essence of part (i.e. with out strain or other compensations which disturb essential quality), back uprise well above horizontal, back kip resembling a peach hand or free hip handstand, dismount showing strong "Whippet" action with height on release, strong pike and subsequent stretch before landing.   |
| Vaulting        | Preflight angle is important but it is some times better to sacrifice that, in order to accomplish rotation without an extreme amount of pike and still be able to stand up.   |
| Parallel Bars   | Peach through handstand if continuing to move fairly quickly, completing back stutz high and very stretched, stutz to vertical but immediately moving out of it, high stretched front uprise, second peach can be done to a handstand also but one to a 45 degree with locked arms would certainly have to be considered virtuous especially with a glide to follow (don't sacrifice a fall or poor glide for perhaps an extra .1 on the peach), the dismount can be virtuous if the hand releases very early and there is sufficient momentum to take the body towards the vertical <u>during</u> the <u>flanking</u> action. |
| Horizontal Bars | Start can be to handstand, stemme to straddle must be below 45 degrees, straddle cut can be high with strong rotation, kip with half turn can be to the vertical, vault with height and stretched body, kip to vertical, turns at vertical, stoop after vertical, jam to vertical, high stretched dismount. ○  |

## Understanding a Gymnastics Score

To obtain the maximum score on an event, a routine must satisfy the following requirements:

**3.4 Difficulty:** A routine is composed of 11 principal parts

4 - A parts - worth .2 each - easy skills

5 - B parts - worth .4 each - medium difficulty

1 - C part - worth .6 each - superior difficulty

one other part of value - A,B,C

**4.4 Execution and Form:** Incorrect position of feet, legs, body - bent knees and legs apart. Technical execution of the skills - body position.

**1.6 Basic requirements:** Each event has specific requirements.

### Basic Requirements

#### Floor Exercise

A. Balance B. Hold C. Strength (press handstand)  
D. Leaps and Jumps E. Kips and Handsprings F. Tumbling Movements G. Exercise must cover the available floor space  
H. A swinging "C" requirement (example: full twist)

#### Pommel Horse

A. Leg circles of one or both legs B. Forward scissors  
C. Reverse scissors D. Two successive scissors E. Use of all three parts of the horse F. Double leg movements must predominate

#### Still Rings

A. Strength part (s) commensurate with the difficulty of the routine B. One handstand executed with swing C. One handstand executed with strength D. Swing must be predominate.

#### Parallel Bars

A. Hold part B. Swing and flight must predominate C. One move of at least B value with simultaneous release and regrasp either above or below bars D. A "C" value swing part  
E. No more than 3 stops

#### Horizontal Bar

A. (Giants) forward B. (Giants) backward C. Variations such as in-bar work D. Change in direction on the bar E. Movement performed with dorsal suspension or cubital grip (360 degrees) F. A movement in which both hands simultaneously release and regrasp the bar

.6 Originality and virtuosity

.2 for originality - skill not commonly seen in the State

.4 for virtuosity - exemplifies the ultimate in both technique and execution

10.0 A perfect routine!

## MENS EVENTS

### Floor Exercise

Floor exercise routines consist of dynamic tumbling skills that only a few years ago were performed solely on the trampoline. Multiple saltos and twists are extremely common. Each routine should combine this difficult tumbling with transitional skills utilizing balance, flexibility, and strength. The

entire floor area must be used during the exercise. Judges pay attention to the height of all saltos (at least head height) as well as good rhythm, technical execution and precise form.

### POMMEL HORSE

This is considered by many to be the most difficult of all men's gymnastics events. Each exercise is accomplished by complex hand placements and body positions. The difficulty stems from two factors. First, the gymnast is performing moves that differ from the swinging and tumbling skills of the other five events. Second, he spends much of each routine on only one arm, as the free hand reaches for another part of the horse to begin the next skill.

Look for a long series of moves with the hands reaching behind the back or when both hands are on a single pommel. The hand placements should be quick and rhythmic as the gymnast moves around the horse making sure he has covered all three parts (the middle and both ends). The legs and feet - so much a part of pommel horse execution - should always be straight and pointed, especially during the required scissors.

The pommel horse is undergoing a transition which began when Kurt Thomas introduced the "Thomas Flair" in international competition in 1976. More world class gymnasts are using the flair to perform normal double leg skills as well as to move smoothly into and out of handstands, a basic gymnastic skill that, until the past two or three years, was never even remotely related to the pommel horse event.

### STILL RINGS

The rings are the least stable of the men's apparatus. Stillness is paramount, and those with the best command of the event will display extraordinary skill in arriving at all holds with absolute precision. The rings shouldn't wobble or swing, the body shouldn't sag or twist, and the arms shouldn't waver or shake.

Watch for the gymnast to perform at least two handstands - one using swing and the other done slowly, with strength. Look for confidence in the strength parts. The gymnast should move into his cross or planche and stop securely for a clear 2 seconds and then move easily into the next part. It is a requirement to do this additional strength part.

On the swinging elements, watch for stretched body positions and straight handstands. Giant swings on rings have evolved to the point where they are almost identical to giants on the horizontal bar when performed by the best gymnasts.

### VAULT

While each individual vault is categorized in the Code of Points, the official text giving the relevant value of each skill performed, the gymnast is required to pass through minimum height and distance requirements on every vault. During the pre-flight, from the springboard to the horse, the body must rise quickly to the proper angle of contact by the time his hands reach the horse. During the second flight, from the horse to the landing, the gymnast's body must rise at least one meter above the height of the horse and travel at least two meters from the end of the horse before hitting the mat. The landing should be firm, without extra steps, and in line with the horse, springboard and runway. (continued next month)

Executive Board Minutes  
November 27, 1990

The meeting was called to order by President Charles Borvansky. The pledge to flag given.

Members present: Bro. Babka, Satek, Lebloch, Sis. Kourim, Pajeau, Pros, Wojcik, and Filipello in office and Bro. Milan, Podhrasky, Masek, and Sis. Dalton on teleconference.

October minutes approved. Central District minutes reviewed.

Correspondence receiving attention: Br. Satek moved we take a half page in the Czechoslovak National Council of America at the rate of \$ 50, seconded and approved.

Bro. Slavik will be asked to attend reception in Washington D.C. in place of Br. Borvansky.

Sis. Filipello moved we approve purchase of three parking permits for the three office employees at \$ 50.00 each and to write a letter of protest to the city, seconded and approved.

Br. Lebloch moved to charge Sokol Karl Jonas \$1.00 per member for the fourth quarter convention fund, but any delegate or representative to the convention must be paid for by the unit, seconded and approved.

Br. Borvansky will contact Br. Riha regarding selling the Sokol Seattle property.

Br. Babka moved to dissolve the women's auxillary of Sokol Fuegner and return all their dues paid so far on the recommendation of the Central District and Sokol Fuegner men; they must re-apply for membership through their unit and district, seconded and approved.

Sis. Filipello reported that she purchased a new computer for \$1,868.00 and will try to return the First Publisher software as she needs the Pagemaker software for the publication. Also, checking into postal re-classification for reduced rate.

COMBINED B.O.I. REPORT: Sis. Kalat reported. Final report forms for USGF Congress of Coaches from the Western District for \$ 2,010.48 and from the Central District for \$482.81; from the Central District for the national instructors course \$4,163.00. Sis. Dalton moved to approve payment on final report forms contingent on payment of third quarter dues, seconded and approved. Br. Babka moved that up to \$100 be used as a working fund to formulate a judges development program, seconded and passed. Sis. Pros moved to approve October 26-28, 1991 for a District Directors Conference in the Chicago area, seconded and approved. June 23-27, 1993 are the tentative dates for the next national Slet to be held in the Chicago area. Br. Lebloch and Sis. Pros volunteered to be on the Slet site committee representing the executive board.

All members have received the guidelines for the Future Leaders fund. Please bring ideas or suggestions to January meeting.

EDUCATION COMMITTEE: Br. Lebloch reported that Br. Rabas will translate letters received in this office from Czech to English. Sis. Pros moved that all booklet prices be raised to \$2.50, effective now, seconded and passed. Sis. Pros moved to charge \$4.00 for the 125th anniversary book, seconded and passed.

Br. Milan will send pins and charms as soon as available.

He attended the USGF Board of Directors meeting.

Sis. Pros reported that the Auditing committee met on Oct. 16 and found all books in order. The questions sent to Omaha about the last Slet have been answered and file is now closed. The profit from the 125th Anniversary will be around \$7,500.00.

Br. Masek attended the banquet and the board of governors meeting.

Sis. Kourim attended the banquet and the board of governors meetings. Also uniform division-shoes are on low supply.

Br. Borvansky reported that he also attended the banquet, governors meeting, sent letters to Sokol Fresno, WFLA, and helped with the Christmas Seals mailing.

The Board of Governors meeting primarily set guidelines about the executive director position and put an advertisement into five publications.

The Foundations Fund set a goal of \$1,000,000.00 and a chart will be printed in the publication to show the level of contributions. Br. Slavik withdrew his name of the list of alternatives to the board. Bro. Slavik and Milan will represent the ASO at the Czechoslovak Sokol's First Convention in Prague on January 24-27, 1991. A letter will be sent to them confirming this and an official greeting.

Copies of the new by-laws are in the hands of the committee and waiting for their response.

Each unit that has a newsletter should let their educational director know to advise the national committee so that a list can be developed.

Sis. Nancy Pajeau, Secretary.

There was no meeting in December.

January 22, 1991

The meeting was called to order by Br. Charles Borvansky. A moment of silence was observed for the recent death of Sis. Marie Provaznikova.

Members excused: Sis. Filipello and Somolik.

Corrections to the November minutes: the judging development program is for the women's division at this time; each unit newsletter should be sent to the district educational director.

Northeastern district minutes received.

Br. Michalek and Sis. Kalat presented the BOI report. A special number may be submitted to the Slovak Slet committee. The 1993 Slet committee is starting to look for locations for various events. Final reports forms submitted: Eastern District Progressions clinic \$886.65, national instructors course participants \$363.50, and Progressions clinic \$625.18. Br. Satek moved to pay these bills when all the fourth quarter dues are paid by all the Eastern Districts units and all proper receipts are received by this office for expenses, seconded and passed.

Br. Babka moved that all future incomplete report forms be returned to the originator for proper receipts, seconded and passed. The BOI requested travel expense reimbursement for Sis. Zabka \$311.41 and Br. Dusek \$336.00 for attending the school board meeting to come out of BOI account.

Board of Governors to be advised that school board expenses should come from Future Leaders fund.

Membership: Sis. Sedlacek will be in contact with membership chairpersons from each district and unit for ideas on increasing membership.

Education: Br. Lebloch reported on this committee meeting. A reproduction of the Sokol postage stamp can be made into a pin. Sis. Pros moved to have 25 pins made from these stamps to be available through the office, seconded and passed. Br. Lebloch read Br. Slavik's letter to be presented at the CSO Convention in Europe. This will appear in a future publication, once translated.

Financial Secretary: Twenty-three units in arrears for fourth quarter. Sokol Fuegner Auxillary members have been refunded all their dues money. Received Sokol charms and stick pin from Texas. Br. Lebloch moved that the charm sell for \$ 3.00 and the pin \$2.00, seconded and passed.

Treasurer: Sis. Wojcik is looking into various types of accounts. We cannot open a Choice account, also per by-laws account must be federally insured. Br. Babka moved that we roll over the CD that will mature on Feb. 2 to a short term CD, seconded and passed.

Br. Masek reported that Br. John Kocourek is also on the Foundation Fund account passbook. A donation of \$ 500.00 brought the total to \$3,250.86 as of this date. Br. Babka suggested the board review the sample brochure presented and suggest any changes later, seconded and passed. Br. Masek asked Br. Borvansky to design a certificate to be given with a donation of \$ 100.00 or more.

Sis. Kourim reported that it took four and one half months to get a supply of shoes in the uniform division. Because of the conditions in the world at this time it will be difficult to get uniforms on time. The uniform for the special hoop number must be ordered early and the price of hats have gone up \$5.00, but we will try to keep our price the same.

Bro. Borvansky reported that he put notice about the Executive Director position in the various publications and the Board of Govenors will be meeting soon to make a decision. The letter for the position of alternate was sent to 57 units and there was a response from 31. Bro. Satek moved that the alternates with the two largest number of votes be accepted as alternates, seconded and passed. Bro. Charles Kalat and Bro. Mickey Dalton had the highest number of votes. Bro. Babka moved that we take this as a recommendation from the units and accept these new people as our new alternates, seconded and passed.

Bro. Roy Zitny sent in a report on the 125th Anniversary Banquet. The banquet saw a profit of \$7,602.93. Sis. Sedlacek asked that a letter of thank you be sent to Pancner's for finding and giving us the Sokol pins.

Sis. Dalton again requested Bro. Uher's speech be made available to units that would like a copy of the text.

Sis. Pajeau reported that the letter requesting new rosters was sent out on Dec. 4, 1990 and so far of six districts and

56 units only 3 districts and 38 units have sent in their new rosters. These will be published in the March issue of American Sokol and if no new names are recieved the old list will be printed. A total of 5310 letters were sent out for seals. So far we have had 711 responses for a total of \$5,328.00. Most comments have been favorable, but next year we must start sooner.

The annual Christmas party was enjoyed by all and The Dumpling House did an excellent job. There was general correspondence in and out of the office.

Bro. Larry Laznovsky reported that the grand reopening of Sokol Ennis will be the weekend of April 20-21, 1991. More information will be coming.

Next meeting will be Tuesday, February 26, 1991.

Meeting adjourned at 9:55 p.m.

Sis. Nancy Pajeau, Secretary

## PEACE CORP NEWS

The end of 1990 finds the first phase of *Czech One* in full swing with 22 volunteers enrolled in a 12 week intensive language and technical training in Podedbrady, Czechoslovakia. These volunteers are preparing to teach English and train English teachers at teacher training colleges in various parts of the country.

The surge in democracy around the world in the past year has resulted in a renewed interest in the Peace Corps.

For further information please contact: U.S. Peace Corp 1990 K Street N.W., Wash., D. C. 20526

## Pen A Letter or Two to Czechoslovakia

World Contacts Network is looking for Americans to be a part of a people-to-people project through letters. Hundreds of citizens from Czechoslovakia, young and adult, are eager to make friends with Americans through correspondence.

The Network would like to match correspondents of similar age and interest and ask American letter writers to briefly tell something about themselves such as age, family members, hobbies, profession, special interest, etc. A donation of \$ 4.00 for each contact is requested due to the time involved in this matching process.

Please send your information plus donation to: World Contacts Network 14370 Fairway Dr. Eden Prairie, Minn. 55344

## Articles Needed

The ASO publication is in need of articles of general interest to our wide membership. Subjects such as health and fitness for all ages, unit activities, gymnastic and other physical activities enjoyed by families and the unit, competitions and Slet news are always of interest to our many readers. This publication is also mailed to other Sokol organizations here and abroad. Please mail all to the editor. Nazdar!

**QUARTERLY FINANCIAL  
REPORT Oct,Nov,Dec 1990**

|                                |                    |
|--------------------------------|--------------------|
| <b>Receipts</b>                |                    |
| Dues                           | 19,017.50          |
| Convention fund 4th qtr        | 2,080.00           |
| Special Assessment 4th qtr     | 1,026.00           |
| Dividends/Interest             | 337.96             |
| Advertisers/Subscribers        | 695.00             |
| Resale Jewelry                 | 1,220.45           |
| T.G.Masaryk dues               | 320.00             |
| Souvenirs                      | 367.19             |
| Educational Booklets           | 42.25              |
| ASO Seals                      | 4,246.00           |
| Donations General Fund         | 365.00             |
| Donations TyrsvDum Fund        | 395.00             |
| ASO Instructors Course         | 355.19             |
| Uniform Dept. Salaries/Taxes   | 2,936.19           |
| Uniform Dept. rent/phone       | 824.54             |
| Christmas dinner               | 228.00             |
| Mailing labels                 | 9.50               |
| Check exchange                 | 318.00             |
| 125th Anniv.repayment advances | 1,547.70           |
| 125th Anniv. income            | 25,152.00          |
| Univ.Chgo.Course refund        | 325.00             |
| Closed acct.                   | 287.15             |
| Video tapes                    | 16.00              |
| F.S.L.F. loan                  | <u>11,004.49</u>   |
| <b>TOTAL</b>                   | <b>\$73,116.11</b> |

|                                  |                   |
|----------------------------------|-------------------|
| <b>Disbursements</b>             |                   |
| <b>Administrative Department</b> |                   |
| Salaries                         | 1,991.49          |
| FICA Sept-Nov                    | 337.10            |
| FWT Sept-Nov                     | 99.00             |
| IWT                              | 179.75            |
| Petty Cash Sec,Fin.Sec.          | 279.45            |
| 2nd class postage permit fee     | 60.00             |
| Office Supplies/printing         | 477.43            |
| Insurance/Officer bond           | 1,074.00          |
| Janitor Service/Supplies         | 62.25             |
| CPA fee                          | 475.00            |
| Illinois Bell Telephone          | 432.20            |
| Comm Edison/Electric             | 243.60            |
| Rent                             | 2,331.00          |
| Advertising/donations            | 390.00            |
| Parking permit                   | 50.00             |
| Czech National Council fee       | 120.00            |
| UPS fees                         | 163.84            |
| Awards Framing                   | 36.99             |
| Refund                           | 96.00             |
| Check exchange                   | <u>318.00</u>     |
| <b>TOTAL</b>                     | <b>\$9,217.10</b> |

|                             |                   |
|-----------------------------|-------------------|
| <b>Board of Instructors</b> |                   |
| Salaries                    | 1,559.86          |
| FICA Sept-Nov               | 270.92            |
| FWT Sept-Nov                | 47.00             |
| Petty cash                  | 93.90             |
| Illinois Bell Telephone     | 299.39            |
| Editor"Gymnast"             | 90.00             |
| Gymnast Printing            | 181.63            |
| USGF fees                   | 286.45            |
| Parking permit              | 50.00             |
| Skills program patches      | 198.62            |
| USGF Video                  | 35.96             |
| Travel                      | 50.00             |
| UPS charges                 | 187.70            |
| Directors newsletter        | <u>19.58</u>      |
| <b>TOTAL</b>                | <b>\$3,371.01</b> |

|                  |                 |
|------------------|-----------------|
| <b>Education</b> |                 |
| Salaries         | 137.10          |
| FICA Sept-Nov    | 34.32           |
| FWT Sept-Nov     | 10.00           |
| UPS charges      | <u>29.90</u>    |
| <b>TOTAL</b>     | <b>\$201.32</b> |

|                    |                   |
|--------------------|-------------------|
| <b>Publication</b> |                   |
| Salaries (mailing) | 421.69            |
| FICA Sept-Nov      | 49.32             |
| FWT Sept-Nov       | 10.00             |
| Editor             | 375.00            |
| Printing           | 3,267.46          |
| Postage            | 1,791.66          |
| Mailing labels     | 99.84             |
| Computer           | <u>1,868.00</u>   |
| <b>TOTAL</b>       | <b>\$7,882.97</b> |

|                         |                   |
|-------------------------|-------------------|
| <b>Uniform Dept.</b>    |                   |
| Salaries                | 1,099.72          |
| FICA Sept-Nov           | 199.84            |
| FWT Sept-Nov            | 69.00             |
| Illinois Bell telephone | 93.52             |
| Rent                    | 735.00            |
| Advance loan            | 3,000.00          |
| Parking permit          | <u>50.00</u>      |
| <b>TOTAL</b>            | <b>\$5,247.08</b> |

|                           |                    |
|---------------------------|--------------------|
| <b>Special Assessment</b> |                    |
| Eastern District          | 1,250.73           |
| Northeastern District     | 2,346.38           |
| Central District          | 4,646.29           |
| Western District          | 2,910.48           |
| Southern District         | 1,727.37           |
| Pacific District          | <u>1,118.00</u>    |
| <b>TOTAL</b>              | <b>\$13,999.25</b> |

|                  |                   |
|------------------|-------------------|
| <b>ASO Seals</b> |                   |
| Printing         | 581.01            |
| Supplies         | 332.90            |
| Postage          | <u>432.01</u>     |
| <b>TOTAL</b>     | <b>\$1,345.92</b> |

|                                  |                    |
|----------------------------------|--------------------|
| <b>125th Anniversary Banquet</b> |                    |
| Postage                          | 88.00              |
| from account                     | 6,003.00           |
| Printing program book            | 3,350.75           |
| Banquet                          | 13,263.70          |
| Music                            | 887.12             |
| Refunds                          | 882.00             |
| Miscellaneous                    | <u>228.49</u>      |
| <b>TOTAL</b>                     | <b>\$24,703.06</b> |

|  |          |
|--|----------|
| <b>Miscellaneous</b>                       |          |
| Future Sokol Leaders Fund                  | 5,004.49 |
| Christmas Dinner                           | 716.15   |
| Refund dues overpayment                    | 26.00    |
| Refund dues dissolved Unit XVII Convention | 702.00   |
|  | 254.44   |

|  |                    |
|--|--------------------|
| <b>Balance brought forward/checking Receipts</b> |                    |
|  | 2,626.05           |
|  | <u>73,116.11</u>   |
|  | <b>\$75,742.16</b> |

|                                     |              |
|-------------------------------------|--------------|
| <b>Disbursements returned check</b> |              |
|                                     | 72,670.79    |
|                                     | <u>-4.00</u> |

|                                  |                   |
|----------------------------------|-------------------|
| <b>Balance checking 12/31/90</b> | <b>\$3,067.37</b> |
|----------------------------------|-------------------|

**State of Ohio's New Governor is  
Member of Sokol Greater Cleveland**

Sokol Greater Cleveland is pleased to recognize and congratulate Brother George V. Voinovich on being elected 65th Governor of the State of Ohio. Governor Voinovich has been a member since 1972 and attends our functions as his schedule permits and has always supported our many endeavors. His daughter, Molly, was an active member of our girls classes until her untimely death. We are proud of this outstanding member.

**Our Members/Family in Military Service**

Ellen Komarek DeVall, daughter of Bro. Bill Komarek, was sent to Saudi Arabia around January 7th to serve as a nurse at Fleet Hospital 6, a 500 bed tent hospital which is set up in the desert. Ellen has been in the reserves for a long time and did serve our country during the Viet Nam War, too. Her home is in Springfield, Mo with her husband Bob. Sokol Slavsky, Berwyn Il..

Sokol Tabor's Gerhardt family reports that Capt. Michael Gerhardt is stationed in the Gulf. His address is S.S. # 359-58-4043/1302 USMC-MAG-50, S-4--ENGR. Unit/Ship: 5th MEB, DET-N Operation Desert Shield San Francisco, Ca. 96693-8539.

Sokol Baltimore's members Eddie Marquis and John Stafford are stationed in Saudi Arabia. Write to Eddie at: Sgt. Eddie Marquis 333 Rd. Field Artillery Headquarters Battery A.P.O. New York, N.Y. 09165  
No address available for John at this printing.

Sokol Brookfield reports Navy Chief Patrick McGuire is serving in the Gulf.

**CELEBRATES 85th!**

Jaroslav (Jerry) Srp, member of Sokol Havlicek-Tyrs since childhood, celebrated his 85th birthday last Nov. 28th. Br. Srp, former president of Lawndale National Bank in Ceska Kalifornie, resides at Allison Health Care, Room 219, 1660 Allison Street, Lakewood, Co. 80215.

He will be glad to hear from his old Sokol friends!

# MERIT AWARD 1991

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates at the XII American Sokol Convention, held in Detroit in June 1975, approved Merit Awards to be paid from the Sokol Future Leaders Fund.

The Merit Award Committee is accepting applications of students who are planning a course or program in an accredited two-year or four-year college. Although physical education will not be a criteria, more consideration will be given to those who are training in the physical education field.

The amount to be awarded is to be \$750.00 per year to one student per district which has under 1,500 members and an additional student per district which has over 1,500 members. A transcript of grades of the first year must be submitted to the American Sokol Merit Award Committee. A "C" average or better must have been maintained during the year. Failure to submit such a transcript will result in a request for repayment of award. This award is renewable for one additional year.

In order to qualify for the additional year, applicant must maintain a "C" average or better. After receipt of the transcript of grades of the first year, if applicant is eligible, the American Sokol Merit Award Committee will send applicant a Renewal Application to be filled out in full with the signatures of the Unit and District Directors designating approval or disapproval.

Unit and District Directors should also be responsible that application is complete otherwise application, if not properly completed, will not be considered. The letter of intent, the original application and the transcripts of grades will be reviewed.

The final selection is to be made by the Merit Award Committee, approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. When a renewal is granted, a transcript of grades after the second year must be submitted to the American Sokol Merit Award Committee as soon as possible. A "C" average or better must have been maintained during the second year. Failure to submit such a transcript will result in a request for repayment of the award.

Merit Awards will be reviewed in September of each year. If the quota for the District is not filled, a review of all Merit Award applications, not previously approved, will be made and any restrictions imposed may be removed for that year. Renewal forms and transcripts to be received at the American Sokol Organization c/o Merit Award Committee by August 1, 1991.

The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Should have attended Sokol classes regularly for at least three years prior to this application. Juniors may be included but must become adult members at age 17.
2. Must have attended and successfully completed one Sokol District or American Sokol Organization Instructors School.
3. Must have taught or assisted in Sokol gym classes.
4. Recommendation of Physical Director of Sokol Unit.
5. Recommendation of District Physical Directors.

**COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER THAN JUNE 1, 1991**

MERIT AWARD COMMITTEE:

Janet Kalat, Frank Michalek, Anne Halik, Charles Borvansky, Paul Lebloch, Eva N. Balas (Chairman)

**UNIT DIRECTORS — PLEASE POST ON BULLETIN BOARD**

AMERICAN SOKOL ORGANIZATION  
Merit Award Committee  
6424 West Cermak Road  
Berwyn, Illinois 60402

1991

I desire to make application for the American Sokol Organization Merit Award. Please mail application forms and all other instructions to:

Signature of Sokol member: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

My age is: \_\_\_\_\_ years. I am a member of Sokol \_\_\_\_\_  
of the \_\_\_\_\_ District.

60 YEAR CHARTER MEMBER HONORED



Br. Frank Veselka receiving his 60 year membership pin from Sis. Norma Chudej Baker, Vice President of Sokol Corpus Christi at their annual Christmas party at Sokol hall Dec. 9, 1990. Br. Frank is the only surviving charter member and according to Br. Jerry Elzner "a great Sokol". Entertainment included presentations by the Sokol gymnasts directed by Sandra Howard, the Youth club with Kay Majek in charge, and group singing led by the Czech Pioneer Singers.

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