

MARCH 1991 — VOL. CXII - No. 3

# AMERICAN SOKOL

Publication of the American Sokol  
Educational & Physical Culture Organization



# AMERICAN SOKOL

ISSN: 0003-1259

Published Monthly  
(Except Bi-Monthly July and August)  
by the

**AMERICAN SOKOL ORGANIZATION**  
6424 West Cermak Road, Berwyn, Illinois 60402

Telephone: 708-795-6671

Subscription \$4.00 per year

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at ASO Office - 7:30 P.M.

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

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



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## FUTURE SOKOL LEADERS FUND

February and March

In Memory of Jacob B. Pesek from Sokol town of Lake	\$ 25.00
In Memory of Joseph Janecka from Sokol Brookfield	50.00
In Memory of Vlasta Vojta from Jerome A Vojta	25.00

*Correction : The January issue F S L F should read  
In memory of Jacob B Pesek , not James Pesek.*

## GENERAL FUND DONATIONS

February and March

Frank Broz	\$ 5.00
In Memory of Joseph Hanecka from Elmer & Helen Jezek	15.00

## Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
Berwyn, IL 60402

Sokol \_\_\_\_\_

Name \_\_\_\_\_

Old address \_\_\_\_\_

Zip \_\_\_\_\_

New address \_\_\_\_\_

Zip \_\_\_\_\_

## COPY FOR PUBLICATION

MUST BE RECEIVED BY THE 10TH  
OF THE PREVIOUS MONTH

### *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."*

## **DALLAS/BRNO SISTER CITIES PROGRAM**

**Dallas/Ennis/Abbott - Sunday, April 7 1 p.m. to 6:30 p.m. Location: SPJST #84 2625 Floyd St Dallas, Tx.**

Excitement is building as the fundraiser for this noteworthy program builds momentum in the Dallas area!

Events include childrens games, horse races, bingo, raffle, country store, cake/pastry walk. Food menu includes Gumbo and Klobase sandwiches. Fundraiser ticket purchase: Two complimentary American Airlines round-trip tickets from DFW to Frankfurt, Germany, good for one year. Tickets available from all 15 societies and organizations.

A reception honoring Czech Ambassador to the United States - Her Excellency Rita Klimova is planned at 7 pm until 10:30 pm at the SPJST with events including a Welcome and speeches, Czech pastries, the Dallas Czech Singers, a parade of Czech costumes, little dancers, Czech music from the University of North Texas, dancing music by the Dallas Czech Concert Orchestra and a drawing for two American Airlines tickets to Frankfurt, Germany.

If you wish to become a member of this exchange program please contact the Dallas Czech Community Sister Cities Exchange Program at 3110 Hood Street Dallas, Tx 75219 (214) 559 4474 Fax (214) 559-3033. The program members include the Sokol Athletic Club and is a chartered nonprofit corporation.

## **THE C O S CONVENTION PRAHA JANUARY 24-27, 1991**

By Br. Vladislav Slavik

It was truly a heart warming feeling to see that the presidium of the COS occupies that wing of the Tyrsov Dum that had traditionally been considered the center of all Sokol administration. Here several officers spend most of their time in an effort to regain Sokol buildings and rejuvenate Sokol programs.

On Wednesday, January 23 I met Bro Borivoj Petrak, the president of COS and Bro Boris Uher, the Educator. I reiterated that the American Sokol Organization must receive all correspondence regarding oncoming events in plenty of time to secure the most advantageous travel arrangements. The COS BOI again offered to send a professional calisthenics composer to the United States and Canada for several weeks to compose calisthenics exercises for all classes. The cost would be minimal: economy fare and a stay in one of our familys' home. Also, a piano in a Sokol hall.

Regarding the mailing of all literature to the United States, Bro Petrak and I agreed to propose to the ASO and the six districts that the COS would air-mail three copies to the ASO Berwyn office and two copies to each district of all magazines and other important literature published by COS. In particular it would include Sokolsky Vestnik, Vzdelavatel, Cvicital, etc.

The January 25th meeting of COS and Sokol Abroad took all day and Sokol Abroad decided not to merge with COS at this time. However, although non-members, they insisted that eleven of their delegates receive a right to vote at the convention. The convention agreed. The delegates appreciated those who for 42 years carried the Sokol Flag in all corners of the world.

The credentials committee announced that there were 469 delegates, 11 delegates from Sokol Abroad and one guest from the ASO. As each unit was entitled to one delegate for 499 members, a great majority of units were represented by only one delegate. Yet, there were several units represented by 3 or more delegates (Hradec Kralove had seven delegates). Each district was represented by only one delegate.

This was the first convention since 1947. For this reason the convention was quite open. There was no chairman of the convention as we know it. The three vice-presidents acted as chair.

The general discussion followed the reports of officers. Most delegates spoke of many difficulties they encounter as they try to regain the halls or start Sokol programs. None of them complained about their fate of the last 42 years, all of them longed for a better future for their children and grandchildren.

The Sunday session started at 8 am. The election of a president and the 120 member executive committee took place. The executive committee meets twice a year. The twenty-two member presidium (officers) is elected on the first meeting of this body. The leadership presented its slate. Bro Borivoj was nominated. The five Prague districts proposed Bro Karel Syrový, president of Sokol Smichov I. Bro Petrak won the election with some 320 votes, while Bro Syrový received 92, almost all coming from Prague. Next came the election of the 120 members of the Executive Board.

While the nomination committee was recounting the vote, the chair asked the American brother to comment on the procedures. I readily stepped to the rostrum to describe my personal feelings. I stressed that even though the convention is the highest body of any organization and it may change laws to its liking, there are certain inalienable rights, called human rights, that cannot be denied to anyone. For a right to vote, to vote secretly, many of those delegates went to jail, many had to seek refuge abroad. I followed with remarks on the rules that even the chair cannot change. Concluding, I thanked the delegates for having me and reiterated that American Sokols were ready to help them keep the freedom and liberty well and alive in the country which we all consider the cradle of Sokol. Surprisingly, many delegates praised my criticism, noting that 42 years of Communism devastated their minds more than they thought. Somehow, somewhere, deep among the 500 delegates, someone started *Spejme dal* and in a second the entire hall resounded with the two verses of the Sokol battle hymn.

I thank the Executive Board for sending me to represent you at this convention. It was an emotional affair which despite its shortcomings and even wrongdoings, certainly advanced our cause. Sokol in Czechoslovakia shall succeed!

## CALENDER OF EVENTS

### Unit Exhibitions

- May 18 Sokol Baltimore Competition/Exhibition  
 May 19 Sokol St Louis at Sokol Hall  
 June 23 Sokol Detroit at Sokol Camp, South Lyon

### District Events

- Mar 24 Memorial Service for Sis Marie Provaznikova  
 Sokol Hall New York, N Y Eastern Dist  
 Apr 20 Central D Sp # Competition/Exhibition  
 May 11 Central D Boys', Jr Boys' and Mens' Gym  
 nastic Competition at West Suburban Darien  
 May 11 Central D Girls Gymnastic Competition at  
 Naperville E/R level, 1st and 2nd classes  
 May 18 Central D Jr & Women Gymnastic Com-  
 petition all levels plus levels 2-7 for 1st &  
 2nd classes at Riverside-Brookfield  
 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

\*Note NEW Slet date for 1991. Traditional date was 2nd week-  
 end in June.

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

### Unit Events

- Apr 7 Sokol Baltimore Bull Roast 1-6 pm \$17  
 Apr 19 Sokol Greater Cleveland Fish Fry 5-7 pm  
 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-Card Party  
 Noon-Mid America Bldg 59th Cermak Rd  
 May 1 Greater Cleveland Card Party-Luncheon  
 May 11 Sokol Baltimore Sibrinky-Dozvuky Dance  
 8-12 pm \$10.00  
 May 11 Sokol Slavsky Pork, Dumpling and Sauer  
 kraut Dinner at Piper House 34th Grove  
 5-8 pm Contact the Babkas' or C Rocush  
 May 17 Greater Cleveland Fish Fry 5-7 pm  
 May 18 Sokol Baltimore Spaghetti Dinner/  
 Awards Night  
 June 9 Sokol Gr Cl Cesky Den-DTJ Taborville  
 June 10 Greater Cleveland Gen Membership mtg  
 July 4 Sokol Detroit Picnic at Sokol Camp  
 July 12-14 Sokol Detroit Czechoslovak American  
 Festival at Yack Arena, Wyandotte, Mi  
 Sept 8 Sokol Detroit Grape Festival  
 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  
 at Slovak Hall 6215 W 26th Berwyn, Il

### National Events

- June 26-29 SOKOL USA NATIONAL SLET  
 Indianapolis. Competitions in artistic &  
 rhythmic gymnastics for girls and women,  
 gymnastics for boys and men, volleyball.  
 Calisthenics for all ages performed at the Slet.  
 Entertainment includes "Do the Zoo" for all  
 competitors, a Golf Outing, Victory Dance,  
 and a Banquet.  
 Contact your unit's Board of instructors for  
 details!  
 Oct 26-28 American Sokol District Directors'  
 Conference in the Central District  
 June 23-27, 1993 ASO National Slet in the Central District

### BOI Video Tape Library

- 125th Anniversary Banquet  
 12-12-88 Prague Spring  
 100th Birthday Marie Provoznikova  
 1987 Gymnaestrada  
 1988 Progressions Clinic (2 tapes)  
 1990 USGF Gymnaestrada routines from Coaches Congress  
 1985 ASO Slet with Special Number Competition  
 Paris Slet & Prague gathering, Jan 7, 1990 Czechoslovakia  
 1938, 1953, 1957 ASO Slets  
 1941 ASO Slet  
 1948 ASO Slet  
 1938 Slet Competitions, Parade, & Prostnas  
 1989 ASO Slet & Special Numbers, Competition  
 Gymnastic Safety First, Second and Always  
 Skill Builder -R. Pendergast 1988

For information, please contact  
 American Sokol  
 Frances Malina, BOI Secretary

### Instructors Courses Offered this Summer

Sokol USA is planning a National Instructors Course  
 immediately following their Indianapolis Slet. Instructors for the  
 ten day course include many of your favorites from USA, D  
 Sokol, and our own American Sokol. The location has been  
 deferred due to renovations at Slippery Rock University. Informa-  
 tion will be forwarded to our units as soon as possible.

The Board of Instructors of the Southern District will  
 hold an instructors course for their district August 2-11 at the new  
 Sokol Activity Center, Home of Sokol Karel Havlicek Borovski.

The District Director, Sylvia Laznovsky, has extended  
 an invitation to other districts' members and gymnasts providing  
 approval is given by that district's director.

This is not a National Instructors Course. For further  
 information call - 214-875-3091.

Plan your summer now. Learn to be a Sokol instructor  
 while you enjoy performing your favorite sport - Gymnastics!

**DIRECTORY 1991**  
**AMERICAN SOKOL ORGANIZATION**

**American Sokol Executive Board**

Meetings 4th Tuesday at 6424 W. Cermak Rd.,  
Berwyn, Il. 60402 708-795-6671

**President - Charles Borvansky**

4542 Hawthorne Lyons, Il. 60534

**Ist Vice President - Jackie Kourim**

388 Shenstone Rd. Riverside, Il. 60546

**II Vice President - Gary Masek**

5114 S. 13th St. Omaha, Ne. 68107

**Secretary - Nancy Pajeau**

4421 Maple Av. Stickney, Il. 60402

**Treasurer - Patricia Wojcik**

4138 Home Av. Stickney, Il. 60402

**Financial Secretary - June Pros**

1606 East Av. Berwyn, Il. 60402

**Director of Women - Janet Kalat**

2401 Bluebonnet Dr. Richardson, Tx. 75082

**Director of Men - Frank Michalek**

10 S 020 Lorraine Dr. Hinsdale, Il. 60521

**Educational Director - Paul Lebloch ,#107,**

512 Redondo Dr. Downers Grove, Il. 60515

**Public Relations - Jerry Milan**

6208 Lakeside Dr. Ft. Worth, Tx. 76135

**By-Laws Chairman - Robert Podhrasky**

9110 Summer Green Dallas, Tx. 75243

**Central District - Brookfield, Ill.**

Meetings 3rd Wed 7:30 pm, expt Jul, Aug  
Dec, 3909 Prairie Av Brookfield, Il 60513.  
Pres Ann Basta 2629 Maple Av Brookfield,  
Il 60513. IVP John Satek 212 Memory  
Lane #1 Westmont, Il 60559. 2VP Marie  
Vachata 8030 W46th St Lyons, Il 60534.  
Sec and Corres Sec Nancy Borvansky 4542  
Hawthorne Lyons, Il 60534. FinSec George  
Lacina 3233 Clarence Av Berwyn, Il 60402.  
Treas Linda Modes 3629 57th Av Cicero, Il  
60650. Ed Dir Vaclav Zenisek 2422 Lathrop  
No. Riverside, Il 60546. Czech PR Jaroslav  
Rabas 1647 Euclid Av Berwyn, Il 60402.  
Eng PR Evelyn Klein 3639 57th Av Cicero,  
Il 60650. Women's Dir Lynda Filipello  
4401 Fender Lisle, Il 60532. Men's Direc-  
tor Edward Schnabl 2503 Harvey Berwyn,  
Il 60402.

**Eastern District, Little Ferry, N.J.**

Meetings according to needs of district.  
Sokol Hall 420 East 71st St New York, NY  
10021. Pres Vladislav Slavik 58-03 Law-  
rence St Flushing, NY 11355. VPres Stanley  
Mergl 1278 First Av New York NY 10021.  
IIVP Henry Vrzalik. Sec Beatrice Cihak  
1540 York Av New York, NY 10028. Dir  
of Men Steve Frolo 520 E 81st St New  
York, NY 10028. Dir of Women Audrey  
Benda 34 Brandt St Little Ferry, NJ 07643.  
Ed Dir Irene Mergl.

**Central District**

**Sokol Berwyn - Mtgs 2nd Thursday 6445**  
W 27th Pl Berwyn, Il 60402. Sec Marie  
Knez 6513 W 27th Pl Berwyn, Il 60402.  
FinSec Anne Dusek 256 W Butterfield Rd  
Elmhurst, Il 60126. Dir of Women Ellen-  
Jeanne Schnabl 2503 Harvey Av Berwyn,  
Il 60402. EdDir Simon Stolarik 6516 W  
16th St Berwyn, Il 60402.

**Sokol Brookfield - Mtgs 1st Friday except**  
July. 3909 Prairie Brookfield, Il 60513.

**DISTRICTS**

**Northeastern District - Cleveland, Ohio**

Meetings quarterly on 4th monday at Bohe-  
mian Hall 4939 Broadway Av Cleveland,  
Oh 44127. Annual mtg 3rd Sun in Jan.  
Pres Lad Voris 4250 Bexley Blvd South  
Euclid, Oh 44121. IVP Henry Siedlik 5651  
Argyle Dearborn, Mi 48126. IIVP Roger  
Martanovic 42 Satin Cr Bedford, Oh 44146.  
RecSec Rose Psenicka 3696 Rocky River  
Dr Cleveland, Oh 44111. Treas Edward  
Wutsch 6701 Karen Dr Seven Hills, Oh  
44131. EdDir Helen Samec 1756 Justo Ln  
Seven Hills, Oh 44131. Women's Dir  
Maryann Fiordelis 31680 Norfolk Livonia,  
Mi 48152. Men's Dir Richard Rejna 7525  
Beverly Independence, Oh 44131.

**Pacific District - Los Angeles, Ca.**

Annual mtg November. Pres Joe Zelenka  
10350 Montgomery Av Granada Hills, Ca  
91364. VP Blanche Duffy 249 W Poplar Av  
San Mateo, Ca 94402. Sec Jiri Liska 1857  
Burning Tree Dr Thousand Oaks, Ca 91362.  
FinSec Libby Pelc 1330 N Lima St Bur-  
bank, Ca 91505. Ed Dir Louise Nekuda  
2653 Hartland Cr Westlake Village, Ca  
91361

**Southern District - Dallas, Tx.**

Meetings rotated every odd month. Nov  
annual mtg. Pres Larry Laznovsky Rt 7 Box  
48 Ennis, Tx 75119. IVP Robert Podhrasky  
9110 Summer Glen Dallas, Tx 75243. IIVP  
Charlie Petrzelka 2506 Beall Houston, Tx  
77008. Sec Rhonda K. Liska POBox 103  
Ennis, Tx 75120. FinSec & Treas Bernice  
Hamilton Rt1 Box 146-A Italy, Tx 76651.  
EdDir Chuck Kalat 2401 Bluebonnet Dr  
Richardson, Tx 75082. Mem Dir Jack  
McClure 1423 Lebanon Dallas, Tx 75208.  
PR Jerry Milan 6208 Lakeside Dr Ft  
Worth, Tx 76135. Women's Dir Sylvia  
Laznovsky Rt1 Box 47 Ennis, Tx 75119.  
Men's Dir Rome Milan 8894 Random Ft  
Worth, Tx 76179.

**Western District - Omaha, Ne.**

October annual mtg and semi-annual mtgs  
determine other meetings. Pres Gary Masek  
5114 S13th St Omaha, Ne 68107. IVP Joe  
Berka 3329 N 59th St Omaha, Ne 68104.  
Sec Jackie Berka 3329 N 59th St Omaha, Ne  
68104. Treas Richard Awender 207 Or-  
chard Dr Bellevue, Ne 68005. EdDir Bob  
Vanyo 446 Bay St StPaul, Mn 55102.  
MemDir Joan Sedlacek 630 S Lexington  
Pkwy StPaul, Mn 55166. Women's Dir  
Sandra Benak 5919 S 15th St Omaha, Ne  
68107. Men's Dir Bud Benak 5919 S 15th  
St Omaha, Ne 68107.

**UNITS**

Pres Robert Michalek 9103 W Sherman  
Brookfield, Il 60513. IVP Roy Zitny 574  
Revere Av Westmont, Il 60559. Sec Doris  
Barda 3436 Arden Av Brookfield, Il 60513.  
FinSec Frank Ludicky 1013 Community Dr  
La Grange Pk Il 60525. Treas Mildred  
Ludicky. Ed Dir Irene Marek 109 Brewster  
Ln La Grange Pk, Il 60525. PR Sue Kozelka  
4524 Madison Av Brookfield, Il 60513.  
Women's Dir Geri Umlauf 5706 Longview

Dr Countryside, Il 60525.

**Sokol Cechie - mtgs 1st Sunday in Mar,**  
June, Sept, Dec, Old Prague Restaurant,  
Cicero, Il. Pres Otto Glasser 587 E Park-  
way Rd Riverside, Il 60546. VP Anton  
Hanuska 1614 S 61st Ct Cicero, Il 60650.  
Sec Roselyn J Bergman 2141 Ridge Av  
Evanston, Il 60201. Treas Emil Meskan  
1126 Algonquin Rd Lake in the Hills, Il  
60102.

**Ceska Sin** - 4314 Clark Av Cleveland, Oh 44109. Mtg 2nd Mon, annual mtg Dec. Pres Dale Kotlan 4314 Clark Av Clv, Oh 44109. IVP Rich Smetana 6754 Wolf Rd Medina, Oh 44256. IIVP Don Kotlan 1451 Wagar Av Lakewood, Oh 44107. RecSec Carol Siekaniec 3601 Buechner Av Clv, Oh 44109. CorrSec Doris Kotlan. Treas Ron Chernek 15330 Trisket Rd Clv, Oh 44111. MemDir Betty Rospotynski 3602 Cypress Av Clv, Oh 44109. PR Ken Howard 9835 Memphis #6 Brooklyn, Oh 44144. Women's Dir Doris Kotlan, Mens Dir Don Kotlan.

**Chicago** - Mtg 3rd Mon, annual mtg Dec at Sokol Berwyn. Pres Stanley Barcal 2437 Harvey Berwyn, Il 60402. IVP Jerry Hruska 9302 Bayberry Ln Tinley Pk, Il 60477. Sec Charles Zdenek 9709 Mason Av Oaklawn, Il 60453. FinSec Joanne Schultz 204 Olmstead Rd River-side, Il 60546. Treas Robert Drake 3201 Cuy-ler Av Berwyn, Il 60402. EdDir Stanley Barcal.

**Fuegner** - 10756 Greenbay Av Chicago, Il 60617. Dec annual mtg. Pres Al Swick 10550 Av J Chgo, Il 60617. VP Jerry Blackwell 10232 Av L Chgo, Il 60617. Rec Sec Boris Bogojevich 10232 Av L Chgo, Il 60617. Treas John Pastor 10740 Green Bay Av Chgo, Il 60617. FinSec Kenneth Luebee 1231 121st Whiting, In 46394.

**Havlicek-Tyrs** - Mtg 4th Monday, annual mtg Dec, 6445 W 27th St Berwyn, Il 60402. Pres/Eng PR Ann Basta 2629 Maple Av Brookfield, Il 60513. IVP Jerry Rabas 1647 Euclid Av Berwyn, Il 60402. IIVP Charles Capek 1105 N Mill St #324 Naperville, Il 60563. RecSec Louise Kmen 2529 S Harding Chgo, Il 60623. CorrSec Elsie Cerny 4140 Ridgeland Berwyn, Il 60402. FinSec Vaclav Zenisek 2422 Lathrop N Riverside, Il 60546. Treas George Basta. CzechPR Jerry Rabas 1647 Euclid Av Berwyn, Il 60402.

**Milwaukee** - mtg 1st Thurs, annual mtg Nov, Int'l Institute 2810 W Highland Blvd Milw, Wi 53208. Pres Earl Haertlein 7333 W Medford Av Milw, Wi 53218. IVP Jerry Zelenka Sr 10012 W Vera Av Milw, Wi 53224. Sec Tom Boehm 10466 W Woodward Av Wauwatosa, Wi 53222. FinSec Charles Renaud 8631 N Servite Dr#113 Milw, Wi 53223. Treas James Klimt 5141 N 64th St Milw, Wi 53218. Men's Dir Jerry Zelenka 10012 W Vera Av Milw, Wi 53224.

**Sokolice Milwaukee** - as above, Pres Carole Lukas 4210 S 65th St Milw, Wi 53220. IVP Emily Renaud 8631 N Servite Dr#113 Milw, Wi 53223. Sec Alice Haertlein. FinSec Helen Pilger 7979 W Glenbrook Rd Apt 2011 Milw, Wi 53223. Treas Gerlinde

Hruzek 6167 W Howard Av Milw, Wi 53220. Women's Dir Christine Hron 1543 W Denis Av Milw, Wi 53221.

**Naperville** - mail all correspondence to 4401 Fender Rd Lisle, Il 60532. Women's Dir and Treas Lynda Filipello. Men's Dir Frank Acquaviva 2425 Brockton Naperville, Il 60565. FinSec Julie Vaughn.

**Racine** - Mtg 3rd Friday. Pres Helen Lexa 2016 Marquette Racine, Wi 53403. VP Alma Christensen 1834 Polaris Av Racine, Wi 53404. Sec Alice Larson 5301 6 Mile Rd Racine, Wi 53402. Treas Betty Smerchek.

**St. Louis** - American Czech Educational Center 4690 Lansdowne St Louis, Mo 63116. Mtg 4th Monday, annual mtg Feb. Pres Charles D Jerabek 5732 Goener St Louis, Mo 63116. VP Steve R. Jerabek 6211 Murdoch St StLouis, Mo 63109. RecSec Bernadette Sieli 4732 Varrelmann Av St Louis, Mo 63116. CorrSec Jean Stanly 6420 Bishops Pl StLouis, Mo 63109. FinSec Larry Ryll 3709 S Spring StLouis, Mo 63116. Treas Robert Pesek #1 Heather Dr StLouis, Mo 63123. EdDir Frank Richa 9901 Arthur Ln StLouis, Mo 63128. MemChrm Joe Sulz 5438 Winona StLouis, Mo 63109. Women's Dir Marla Breidenbach 4937 Trailside Ct StLouis, Mo 63128. Men's Dir Paul Lat 9246 Lawndale Dr StLouis, Mo 63126.

**Slavsky** - Mtg 1st Wed 8 pm, annual mtg June. First United Methodist Church 3409 Grove Av Berwyn, Il 60402. Pres Bernard Babka 339 Lawton Riverside, Il 60546. IVP Rudy Ondrovic 1633 S 61st Av Cicero, Il 60650. IIVP Anton Novy 4745 Florence Av Downers Grove, Il 60515. Sec Susan E Anderson 7961 Knottingham Cr Darien, Il 60559. FinSec Agnes Drozd 1611 S 57th St Cicero, Il 60650. Treas Mildred Pinc 3629 S 57th Av Cicero, Il 60650. Ed Dir Libbie Krivanek 392 Nutall Rd Riverside, Il 60546. PR Blanche Wostratzky 4116 Home Av Stickney, Il 60402. Women'sDir Karen Kratochvil 328 Des Plaines Av Forest Park, Il 60130. Men's Dir John Satek 212 Memory Ln Westmont, Il 60559.

**Stickney** - mail to Sec. add - Mtg 1st Wed 4131 Home Stickney, Il 60402. Annual mtg June. Pres Marie Vachata 8030 W 46th St Lyons, Il 60534. IVP Richard Vachata, Sr. IIVP Joanne Rak 8100 W 45th St Lyons, Il 60534. Sec, EdDir, Czech PR Jane Sterba 6624 Windsor Av Berwyn, Il 60402. FinSec Robert Hoskin 4101 Home Av Stickney Il 60402. Treas Nancy Borvansky 4542 Hawthorne Lyons, Il 60534. Mem Dir

Charles Borvansky. PR Eng Joseph Vitek 6634 Windsor Av Apt 8 Berwyn, Il 60402. Women's Dir Kim Karovic 1341 Scoville Berwyn, Il 60402. Men'sDir Greg Vondra 6601 W 31st St Berwyn, Il 60402.

**Tabor** - 1602 Clarence Av Berwyn, Il 60402. Mtgs 1st Friday, annual mtg Dec. Pres/Mens Dir Joseph Moravec Jr 1346 Kenilworth Berywn, Il 60402. IVP George D Kulhanek 4207 Edgewater Hillside, Il 60162. IIVP Joseph Sotka 1516 Cuyler Berwyn, Il 60402. FinSec Len Navratil 8609 W 144th Pl Orland Park, Il 60462. Treas Leo Pajer 2823 Maple Berwyn, Il 60402. EdDir Kennan Seda 3406 Harvey Berwyn, Il 60402. MemDir Paul Hall 2717 Ravinia Ln Woodridge, Il 60517.

**Sokolice Tabor** - Mtgs and add same as above. Pres Lillian Prihoda 1819 Euclid Berwyn, Il 60402. IVP Jane Jurew 710 Humphrey Oak Park, Il 60304. IIVP Joyce Kress 1824 Wesley Av Berwyn, Il 60402. Sec Mildred Homolka 2513 60th Ct Cicero. Il 60650. FinSec Val Husak 2633 Home Av Berwyn, Il 60402. Treas Vera Hahlbeck Apt 220 17 W 716 Butterfield Rd OakBrook Terrace, Il 60181. EdDir Blanche Kos 1530 Marengo Forest Park, Il 60130. MemDir Mae Linhart 1820 Ridgeland Av Berwyn, Il 60402. PR Czech Vlasta Matela 1840 57th Ct Cicero, Il 60650. PR Eng Ann Napolitano 327 Clayton Rd Hillside, Il 60162. Women's Dirs Jenny Smith 1837 Harvey Berwyn, Il 60402 and Helen Onni.

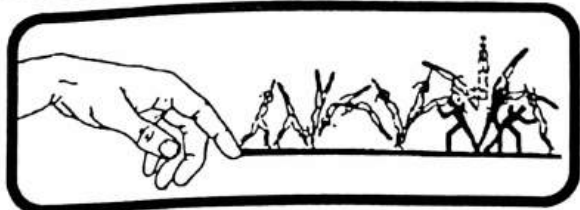
**Town of Lake** - Mtgs 2nd Wed Jan, Mar, Jun, Sep & Nov at Palos Hills Comm Center. Pres George Vytlacil 12515 Harold Av Palos Hghts, Il 60463. VP Curt Mentzer 11358 S Hamlin Av Chicago, Il 60655. Sec Mildred Mentzer. FinSec Vlasta Stribrny 12639 Timberlane Dr Palos Park, Il 60464. Treas Agnes Sotka 1516 Cuyler Berwyn, Il 60402. EdDir Robert Smunt 2635 Sunnyside Av Westchester, Il 60153.

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## GYMNAST

MARCH 1991

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



## DIFFICULTY - GO FOR IT!

Gerald S. George, Ph.D.  
USGF Director of Safety

Most experts will agree that "difficulty" is one of the most important factors to success in competitive gymnastics. All of the great gymnasts possess "difficult" routines. And that's how it should be. However coaches must be very careful and very selective as their gymnasts climb the ladder of difficulty, otherwise serious injury could surely raise its ugly head. Let's take a closer look at some important guidelines to help insure a safer environment as we embark upon the Big Climb.

1. **To insure maximum progress-rate, the difficulty level of the task should be commensurate with the experience and ability level of the performer.**

How often, in blind aspiration for short-cut success, do coaches and athletes fall prey to the misuse of this most important learning principle? How often do they mistakenly employ task-complexity techniques rather than task-execution techniques in search for the spectacular? Are difficulty levels being prematurely advanced at the expense of execution, natural mechanical progressions and the totality of experiences in basic movement patterns and sequences?

2. **Task mastery of the essential basic movement patterns is the single most important criterion for prediction of future success.**

The degree of ultimate success in terms of performance is predicated upon the degree of basic-to-complex task mastery. In the final analysis, skipping over critical stages of learning serve not only to reduce a performer's ultimate potential, but also it can be quite dangerous. As Shakespeare so aptly stated, "it will return to plague the inventor"...

3. **Task mastery of the basic level skills prior to increasing the difficulty level will significantly facilitate acquisition of the ultimately desired performance.**

Coaches should always remember that the "concept of difficulty" is a direct function of the degree of task complexity as perceived by the performer. Consequently coaches should guard against the tendency to evaluate skill difficulty based solely on the ascribed F.I.G. Code of Points. Rather it would be wise to consider the relative difficulty level of task progressions in terms of the experience and ability level of each individual performer.

Following these basic guidelines provides a number of noteworthy advantages. Most important is the fact that they will serve to reduce the potential of injuries. Injuries, even minor ones, consume potential at a rate similar to that of fire consuming fuel. Not one of us can deny that injuries are of paramount concern in terms of both safety and success.

All too often we have heard it said, "she would have been a great one. . . too bad she's a bandaid gymnast. . . comes apart too easily." Let's stop for a moment and ask ourselves, "Why"? Why does she come apart so easily? In the majority of all instances the reason can be found in poor training methodology rather than in some anatomical deficiency.

Applying these guidelines will significantly increase the degree of performer consistency. At every level, implications relative to this fact are obvious. Consistency should become a learned trait initially and not finally. Consistency is then no longer a problem, rather it becomes an asset. There's an old Chinese saying, "It's never too early to start winning". . . think about it.

Following these suggestions will also serve to insure efficient productive use of time. A review of psychological readiness precepts and critical learning periods support the theory that quality learning is largely dependent upon maturational readiness. Why then should coaches persist in the untimely pursuit of difficulty at the expense of technical excellence?

Always remember that inappropriate training methodology, rather than any other conceived causation, is the major limiting factor relative to ultimate success.

So I say to all of you, "best of success and go for it", BUT ONLY WHEN THE ODDS ARE OVERWHELMINGLY IN YOUR FAVOR.

# Gymnastics at its Best

The true value of gymnastics as a fundamental part of education is not yet understood by either the public or the educational community. Socrates, the founder of modern education, said that to become educated one must "Know Thyself." Self understanding provides balance to knowledge. Knowledge without self understanding has no perspective and loses direction. Yet today's educational systems emphasize test scores and knowledge without the least consideration for a child's self understanding. This oversight might well account for a large portion of the 25% school drop out rate and for student loss of interest in school subjects.

## Kinesthetic Receptors

The basis for self understanding stems from the bodies own input to the mind. The body is full of sensory mechanisms sending information to the brain. Nerve endings in the skin, muscles, joints, tendons, and inner ear represent the prime sources of kinesthetic sensation. And these mediate and enhance the minds awareness of the bodies emotions and feelings. (See Figure 1)

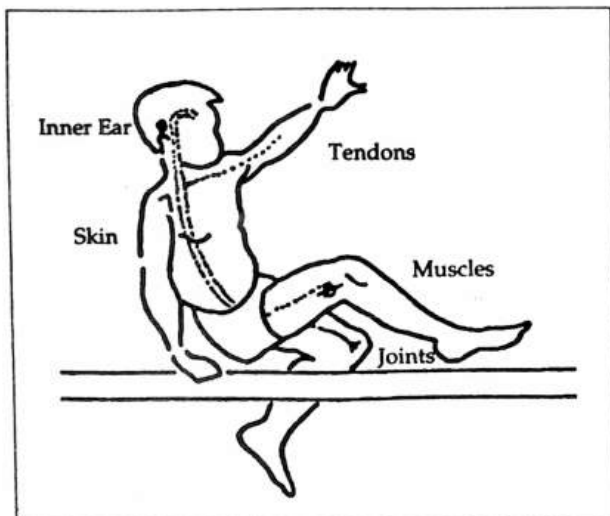


Figure 1 - Internal Sensors

This sensory input fills the brain with information, but unless the mind uses this information and pays attention to these signals, kinesthetic input is soon disregarded. In this way the primary source of self understanding becomes neglected and ignored. Many in our society are unaware of their own tensions and emotions and never develop a refined awareness of body and self.

## Gymnastics — Balance to Knowledge

Even a minimal effort to learn gymnastics will greatly stimulate the bodies kinesthetic system and send torrents of sensation from the body into the brain. The very essence of gymnastics is self awareness and self control. Every gymnast is in a constant search for control of the body and awareness of its balance, tension and orientation in space.

If Educational Gymnastics were to become a basic part of every child's education then children would quite literally "know themselves" better. Children cannot express their feelings and emotions accurately unless they are in touch with those feelings and emotions. They cannot know themselves unless they pay close attention to the sensations and information coming in through the kinesthetic receptors. One cannot use academic information with purpose unless that information is balanced against its meaning in terms of human experience. (See Figure 2)

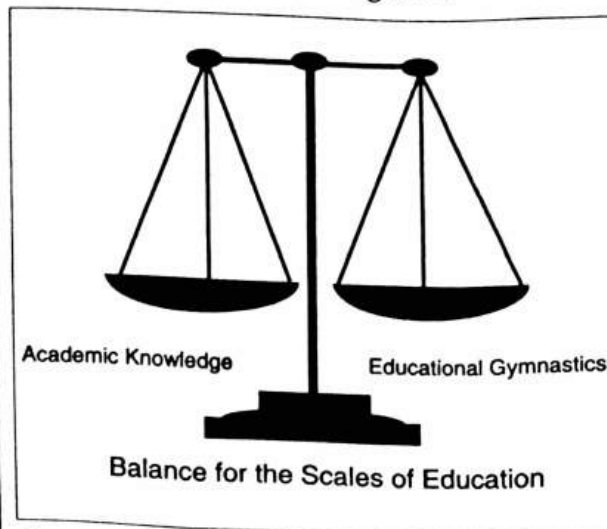


Figure 2

## Acknowledgment from the Sciences

Studies of right and left brain function show that the two halves of the brain process different types of information. The left brain processes language and logical step by step analytical functions (associated with academic knowledge) while

Garland O'Quinn  
Jr. Ph.D.  
USGF Education S  
Comm

the right brain processes spatial and tactical functions (associated with kinesthetic and perceptual input). Roger Sperry of the California Institute of Technology says that "...our educational system tends to neglect the nonverbal form of intellect... modern society discriminates against the right hemisphere." (7)

Numerous other sources associate human creativity with the right brain hemisphere which gets a large portion of its input from the kinesthetic sensations of movement and body control.

## Educational Gymnastics

Educational Gymnastics is mankind's richest source of kinesthetic input and, as such, makes a major contribution to a child's self understanding and creative abilities. The results of implementing Educational gymnastics as a regular part of our children's education would be immediate and far reaching. We could expect that there would be a great improvement in self awareness and self understanding. Children, becoming more aware of their own feelings and emotions would have better person to person communication. Better communication would lead to a reduction in conflict. Educational Gymnastics would literally lead to a richer, fuller and more balanced education.

Those of us intimately involved with gymnastics can be assured that no activity does so much to help a child "know thyself." Educational gymnastics provides the "agility" for an agile mind, the "coordination" for coordinated thought, and the "balance" for a balanced education.

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## Scoring Form for Junior "B" Testing - Dance (Floor and Beam)

- Objective:** To develop excellence through application of correct technique.
- Evaluation:** To be based on total performance (not individual elements or connections).  
Ex. Gymnast scores "good" in all six applicable categories =  $10.0 - (2 \times 6) = 8.8$  points.
- Note:** 1st fall on Dance Beam will receive not penalty. Additional fall will receive 0.5 deduction in addition to appropriate penalties in the specific categories.  
Scoring is based on TOTAL PERFORMANCE.

Category rating scale:		Body Alignment/ Posture	Amplitude/Footwork/ Free leg positions	Artistic Quality/Focus Dynamic Presentation	Flexibility	Rhythm/Coordination/ Flow/Ease of Movement	Balance/Control	Falls/ Neutral Deductions	Total Deductions	10.0 minus Tot. Ded.	10.0 minus Tot. Ded.	Final Avg. Dance
Excellent	-0.0									Floor Score	Beam Score	
Very Good	-0.1											
Good	-0.2											
Fair	-0.4											
Poor	-0.6											
GYMNAST'S NAME												
	BB											
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# Giant Swing on Parallel Bars

## A progression for the Giant Swing on Parallel Bars

The Giant Swing on parallel bars has become a major element in the composition of routines during the past several years. Therefore, a strong emphasis has been placed on the technical execution of the Giant Swing at all levels of the age group Skills Testing Program. However, there remains little evidence of progress in the performance of this skill with sound technique among our Junior Gymnasts.

Critical and yet common technical errors were found, particularly in the younger age groups, which suggest a lack of sound technical development and poor basic training.

### Common Mistakes:

1. Poor control in either the initial handstand position or the layaway to long-hang position.
2. Excessive shoulder angle in the downward swing phase.
3. Bending of the knees too early in the downward swing phase.
4. Applying the beat action too early.
5. Poor hand grip on the bars at the bottom of the swing.
6. Releasing the bars too early on the upward swing.

All of the above mistakes can be attributed to poor body extension (alignment) during the downward swing.

The following suggested progression, shown in Illustration I, would assist in promoting better technical execution of the downward swing.

### Coaching Tips:

Place a Skill Cushion (10"-12" thick) against the parallel bar upright as shown in the illustration. Practice the downward swing with a tight body position and good shoulder extension. The hands should be placed 3"-5" away from the Skill Cushion.

### Focus Points:

1. Initiate the downward swing with total body extension, slightly hollowed and tight.
2. Promote knee bending as late in the downward swing as possible. If the gymnast is short enough, keep the legs straight.

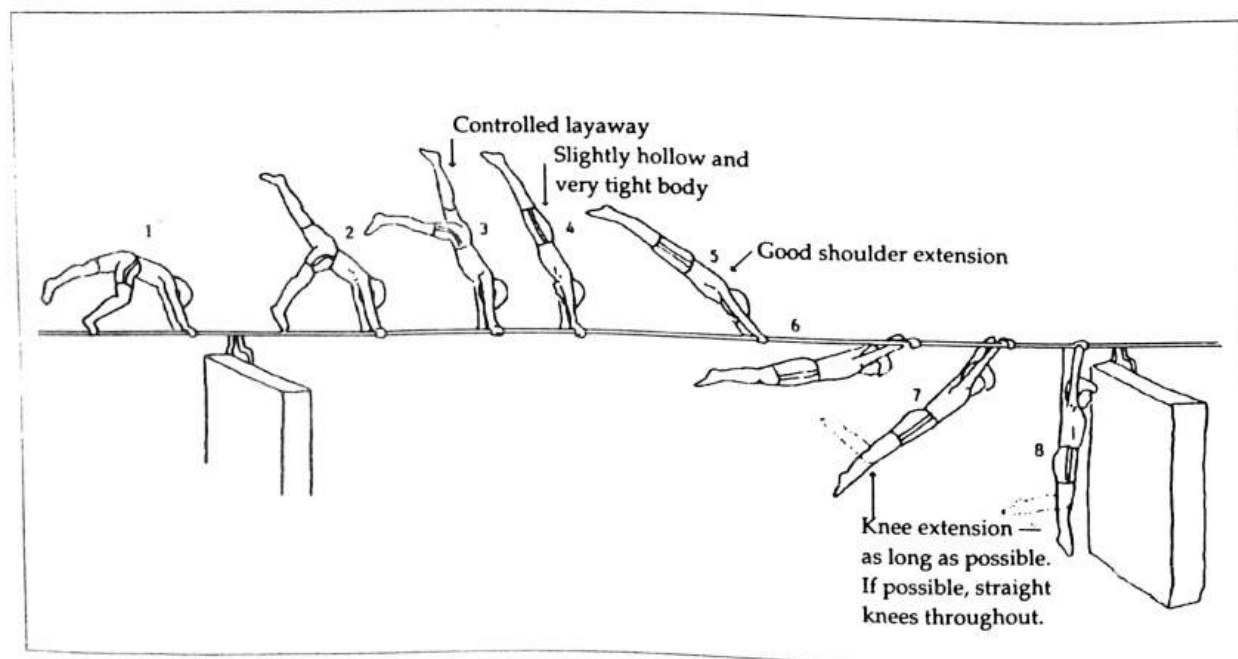
**Note:** It is important that the tempo of the downward swing be consistent and even. This will help to ensure control of the hand grasp at the bottom and help in creating greater upward swing.

### Recommendation:

Initially, the coach should spot at slightly above bar height. As technique improves, gradually increase the height of the layaway position.

*I observed this particular coaching method being utilized by the Chinese coaches during my visit with the Chinese Gymnastics Federation last Spring. This progression was tested at various Junior Program clinics and Age Group Summer Camps — it received a very positive response.*

**Hideo Mizoguchi**  
Junior Men's Program  
Coordinator



### Eastern District

**Baltimore** - 2931 E Madison St Baltimore, Md 21205. Mtgs 2nd Sunday, annual mtg Sept. Pres Frank Huber 514 Sellrus Fallston, Md 21047. IVP David Cahlander 3528 Pelham Av Bltm, Md 21213. IIVP Debbie Tapper 8820 Tamar Dr Apt 101 Columbia, Md 21045. RecSec Dorothy Sanchez 3648 Kenyon Av Bltm, Md 21213. Corr Sec Betty Joy Kilian 3068 Mayfield Av Bltm, Md 21213. FinSec Mary Parizek 8236 Northview Rd Bltm, Md 21222. Treas Grace Cahlander. EdDir Anna Losovsky 6800 Brentwood Av Bltm, Md 21222. Czech PR Jaroslava Kasl Box 111 Forry's Acres Windsor, Pa 17366. PR Eng Betty Joy Kilian 3068 Mayfield Av Bltm, Md 21213. BOI Dir Debbie Tapper.

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**Karel Havlicek** - Yukon Czech Hall Rt 3 Box 150 Yukon, Ok 73099. Mtg 1st Sunday, annual mtg Sept. Pres Alma Stejskal Rt 3 Box 73 Ykn, Ok 73099. IVP Elma Nykl AMERICAN SOKOL page 8

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20th St Om, Ne 68107. CorrSec Scott Altic 313 Windsor Dr Papillion, Ne 68046. FinSec Mickey Dalton 5240 S 23 St Om, Ne 68107. Treas Fred Altic, Jr 2102 W St Om, Ne 68107. Men'sDir Bud Benak 5919 S 15th St Om, Ne 68107.

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Ed note: officers' addresses that shared the same name and residence were not repeated to save space.

## EXECUTIVE BOARD MINUTES FEBRUARY 26, 1991

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

The following persons were present either in person or through teleconferencing: Bro Borvansky, Masek, Lebloch, Satek, Podhrasky, Kalat and Dalton; Sis Pros, Kourim, Pajeau, Sedlacek, Dalton, Kalat, Filipello and Somolik. Members excused were Bro Michalek, Babka and Milan, and Sis Wojcik.

The minutes of the previous month were approved with the following corrections; Eastern District request should have been \$1,786.65, Dr Uher's speech to be printed in the publication and men are also developing a judging program, but have not asked for funds.

Western District annual minutes are in the office and available upon request. Central District annual minutes and January minutes were passed out to members present and will be sent to out of town members.

Motion by Sis Pros to take a full page ad in Sokol Ennis program book for their new building, seconded and passed.

Motion by Sis Pros to take a full page ad in the Slovak Sokol program book, seconded and passed.

Sis Kalat reported for the BOI. Br Satek moved to pay the Western District \$100.00 for a judging clinic, seconded and passed. The Slet site committee will meet March 6 to start looking into possible areas. The Sokol USA will hold an instructors' course after their Slet and Southern district will hold a course later in the summer. A budget for the National School Board was submitted and will be put on the Board of Governors' agenda.

Br Milan will handle an information booth at the USGF meet in Indiana. Sis Dalton moved to acquire the booth and pay half payment of \$312.50, seconded and passed.

Sis Sedlacek has sent letters to every unit membership director and has received one reply. Br Lebloch suggested to contact people that went on trip to Europe that did not belong to a unit. He suggested sending them a copy of the January publication and a membership form.

Br Lebloch shared copies of a new magazine, "Czechoslovak Life". Sis Pros moved that the office purchase a subscription to the publication, seconded and passed.

Sis Pros reported that Seldon-Fox will audit the books on March 11, she has re-organized file cards on all members, the computer keeps losing information and she will have to call a repairman, applied for a different mailing rate, and the teleconferencing bill was very high and the Board of Governors will discuss.

Sis Wojcik is still looking for the best rates for our funds. She rolled over one account and two more are coming to maturity in the next month.

Br Masek reported on the Foundation Fund. The pamphlets will go to the printer and he is looking into grants.

Sis Kourim is looking for some women interested in sewing the women's blouses.

Br Borvansky attended Brookfield's exhibition and will attend and participate in Stickney's.

Br Slavik sent a letter highlighting his trip to Praha and attendance at the COS convention. Br Lebloch moved to pay \$656.00 for his air fare since he was our representative, seconded and passed.

Br Borvansky and his wife will attend the opening of the new Sokol building in Ennis, Tx in April. Sis Pros moved for the ASO to pay their airfare and a per diem, seconded and passed.

On a sad note, it was reported that Br Janecka of Sokol Brookfield died February 24.

Sis Pros, Pajeau and Br Borvansky will form a committee to look into a possible Sokol Cruise in 1992.

Sis Filipello reported that the increase to advertisers should be corrected to reflect only the actual cost of publishing the ad because the increase is substantially more than the present billing. The new price is the first increase since 1982. Br Lebloch moved to accept her recommendations, seconded. After a long discussion a vote was taken and eight approved, five opposed.

Sis Filipello requested an increase in the remuneration she receives for preparing the publication, this will be taken up by the Board of Governors.

The financial report forms for the units will be decided by Sis Pros and Wojcik.

Br Podhrasky is waiting for approval of the by-laws from all the people that were sent copies. The next step after approval is to get them printed and then sent to all the districts and units.

Sis Kourim and Br Borvansky will talk to Br Riha about the property in the Pacific district that is for sale.

The Board of Governors will be meeting and will address many of the issues brought up at this meeting. They will also go over the guidelines for the Future Sokol Leaders Fund.

Sis Nancy Pajeau, Secretary

## SOKOLICE TABOR 70 YEAR MEMBER PASSED AWAY

Sis Hattie Watzl nee Ondracek, age 101 years a resident of the Bohemian Home in Chicago for the past 14 years, passed away on December 22, 1990.

Sis Hattie, who was born in Hodejice, Czechoslovakia, married Edward Watzl in 1909 in Chicago. She was a member of Sokolice Tabor since 1920.

Sis Prihoda, president of Sokolice Tabor, reports that on the Easter 1990 visit to the Bohemian Home she, Sis Vera Hahlbeck and Sophie Demiduk visited Sis Hattie with an Easter card signed by Sokolice Tabor's membership along with a gift of a lap robe.

Sis Hattie was very perky, hair beautifully groomed, and she had just gotten through rinsing out her stockings in the bathroom. She said she was fine, but didn't appreciate be taken from the Home every month for a period of a week to Northwestern Hospital. Upon inquiry as to what was being done to her at the hospital - "Nothing", she stated "they are just poking me around wondering why I am living so long."

## BOHEMIAN HOME VISITORS

Members of Havlicek-Tyrs visit the residents of the Bohemian Home twice a year bringing refreshments, cash prizes for bingo, and a fruit package donation for each bingo player. Other units' members also continue the Sokol relationships through delegates to the Home's monthly board meetings, and visits on an individual basis.

The Central District participates in the annual Memorial Day service and parade organized by the National Cemetery Board every year. Buses are scheduled at one or two units to bring young and older members to participate in these services and the Sokol services honoring past Sokol national officers.

The Sokols, being community spirited, encourage all members to become involved in a project within your community in your own field of expertise. ○

## EASTER TRADITIONS

BY JANE STERBA

During the long winter months, following the Christmas and New Year's holidays, plans are formalized for the numerous folkloric festivals held throughout Czechoslovakia commemorating the Easter season and the coming of spring.

The Moravians begin celebrating the Easter holiday on Holy Thursday or "Zeleny Cvrtek". Good Friday is known as Velky Petek, Holy Saturday is Bila Sobota. Easter Sunday is Velikonocne and Holy Monday is Velikonocni Pondeli.

The young people of the village gather together late in the evening on Holy Saturday to make an effigy of straw. This feminine figure is called "Morena". Some of the villages have a "Dedek", an old man dressed in old shabby clothing as their effigy. Both of these straw figures represent the tradition of carrying out "Old Man Winter". The young people form a torchlight procession, usually led by the village priest. They walk through the village holding "Morena" aloft while singing a traditional farewell song. At the village river bank, the figure is torn into pieces and the remains are then scattered into the river.

The "Dedek" is also carried about the village but a more violent end awaits him. In front of the village church, the group gathers around "Dedek" chanting "How much shall we give him?" The reply "Twenty Five!" Then the "Dedek" receives a thrashing so violent that he is dismembered. The straw is then cut up and scattered into the village barnyard stalls so that the cattle can also participate in the festivities. This superstition supposedly keeps the cattle sound for the rest of the year.

Another tradition that the young people participate in takes place on Easter Monday. The boys chase the girls through the village and try to whip their legs with willow whips. This custom is called "Slehacka". To avoid receiving a whipping, the girls bribe the boys by giving them decorated Easter eggs. It is an old Slavic custom to decorate eggs before Easter to celebrate the holiday and present them as gifts.

The Czech word for a decorated Easter egg is "kraslice". It originally was an East Bohemian word meaning a red Easter egg when the Czech word for red was "krasny", although today the "kraslice" is used only in some parts of Bohemia.

Elsewhere, the eggs are given names in local dialects. In Moravia the colored eggs have designs made from straw (slama) glued onto the eggs in various designs. These are called "slamenky". Others have scratched patterns and in the neighborhood of Plzen and Chrudim (Bohemia) they are called "rejsky". The folk artists scratch their own original designs on the full hard-boiled eggs using the tip of a steel knife or razor blade. Large goose or duck eggs are often used because they offer the artist a larger surface on which to express his artistic ability.

### Decorated Easter Eggs Using Beeswax

Patterns on Easter eggs can be made by various methods. Hard boiled eggs can be used but it is customary to decorate eggs which have been pierced and the contents blown out. In Bohemia, they are called "vejducky" while in Moravia they are known as "vyfuky".

The simplest and easiest way to prepare kraslice is to use Easter egg dye to color previously blown raw eggs. Blow out white eggs by puncturing two small holes, one at each end, and carefully blow out the contents of the raw egg. Next, wash the egg shells in warm soda water to remove all oil and allow to dry. Use egg dye that is cool so as not to melt the wax. Melt beeswax and keep warm, but not hot so that it doesn't run. Make drying racks by slicing a raw potato in half for stand. Use matchsticks to hold drying eggs. With metal stylus or matchstick, apply design in warm wax and allow to dry. Dip in cool dye and allow to dry. Now warm wax on egg over candle flame or warm gas stove burner and wipe with cotton puffs.

Ed: We thank Sis Jane for her article and regret that it did not get published sooner. These decorated eggs can be purchased from a variety of ethnic stores for those of you who do not have artistic interests. They make wonderful additions to your spring centerpieces and can be used throughout the spring season. In the Chicago area, Pancner's in Berwyn & Cicero carry them. Maybe next year we can publish a list of stores in the USA and Sokol units that sell or demonstrate this craft.

Please contact the ASO education department with ideas for the education page. They welcome all ideas, especially if you prepare the article or supply an outline of your idea.



### WHERE HAVE ALL THE JUNIORS GONE?

A common lament heard throughout our units across the USA. Yes, where have they gone? After listening to many adult members point out why they think the teenagers have left our ranks, perhaps it is time to get serious about addressing this age group and their many options.

Adolescence is a unique period of life. Many instructors and teachers find this age group difficult to deal with on a daily or regular basis. They may be sarcastic, rebellious, prone to ridicule your methods of teaching or the subject matter. Many teachers and instructors have learned to go past the remarks and reach into the very essence of these youngsters, inspiring them to go beyond their self-imposed limits.

As Sokol class instructors, we need to consistently remind ourselves that we are here for all the children in our classes, each having an individual personality. We are here to help build character. We cannot change the personality of any human being, that is their own possession. It is what makes them who they are, not what they are. I believe that the young people of today are not different than the young people of 100 years ago or a thousand years ago.

It is important for us to continue our education through books, clinics, workshops, etc. so that we can continue to reach out to our young and adult members armed with knowledge and fueled by our desire to help all people reach their potential.

That, to me, IS the SOKOL SPIRIT!

Nazdar! Lynda

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EDUCATIONAL MATERIALS	SOUVENIRS	MEMBERSHIP PINS & KIT
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Sokol and the Sokol Idea 2.50	Sokol Stick pin \$ 7.00	Plain (no year) \$ 5.00
Our Task, Aim and Goal 2.50	1989 Festival Coffee Mug 2.00	5,10,15,20 year 7.00
Dr. Miroslav Tyrs 2.50	Sokol Lucite clock 3.50	25 year 13.00
Dr. Josef Scheiner 2.50	Sokol coaster .10	30,40 year 8.00
Highlights of Czech History 2.50	Sokol felt tip pen 2.00	35,45 year 6.25
ASO 125th Anniversary Book 4.00	Sokol Stadium Cushion 4.50	50 year, gold filled 15.00
American Sokol Sings 4.00	Sokol scarf 7.50	
songbook	Sokol flower postcard .25	55 years and over
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Gymnastic Activities with 6.00	Plastic Mug 1985 Slet .75	
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by Marie Provaznikova	Sokol Stud "NEW" 2.00	for new members,
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Sokol SLET Plates \$ 22.00	Gymnastic Skills Patches 1.00	Sokol & Sokol Idea booklet,
XV Slet, 1985, XVII Slet 1989	Gymnastic Skills Bars .50	car decal
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