

# AMERICAN SOKOL

GYMNASTIC AND  
CULTURAL EVENTS



*SOKOL KAREL HAVLICEK BOROVSKY*

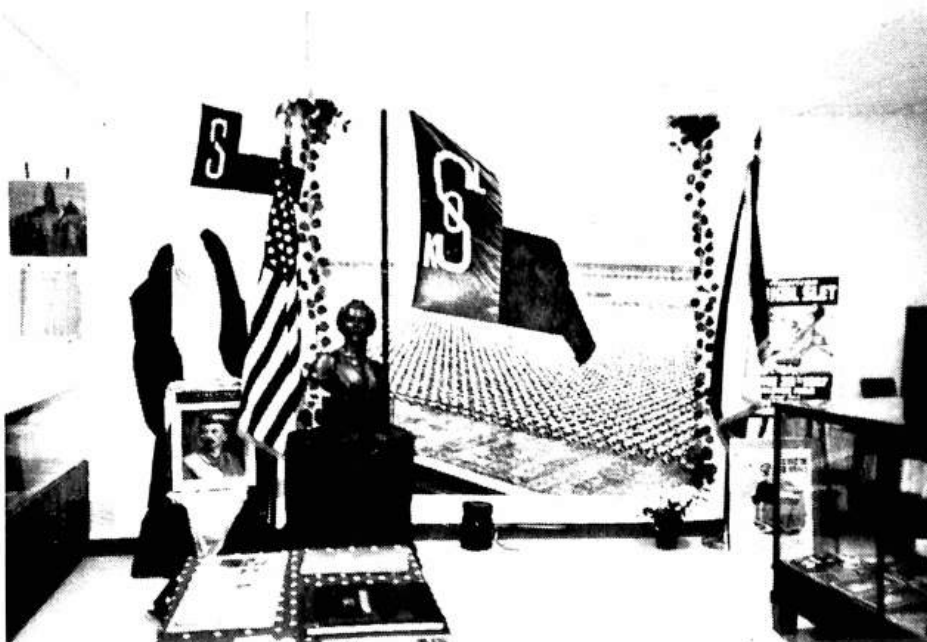


*THE*

*SPIRIT*

*REMAINS*

*STRONG!*



# AMERICAN SOKOL

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## FUTURE SOKOL LEADERS FUND JUNE 1991

From Sokol Slavsky for  
three 55 year members \$ 15.00  
Mildred Cermak  
Vlasta Schlehofer  
Lad Zak

From Joseph and Agnes Sotka  
In memory of  
Mrs. Anezka Fischl 10.00  
(correction from last month)

## PURPOSE

To train and educate young people to assure able  
administrators, the best of idealistic instructors and  
educational directors for Sokol units and Districts.

## Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
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Sokol \_\_\_\_\_  
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Old address \_\_\_\_\_ Zip \_\_\_\_\_  
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## 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."

# SOKOL KAREL HAVLICEK BOROVSKY GRAND OPENING CEREMONIES

PHOTOS BY SIS. ROSE STEINMAN



## Sokol Karel Havlicek Borovsky Hosts Grand Opening of New Facility

The April 19-21, 1991 Grand Opening of the Sokol Activity Center, home of Sokol Karel Havlicek, is now history. Our new 32,000 square foot facility is the result of 15 months of intense planning and dedication by the membership as they lived the motto of "The Spirit Remains Strong". The building committee met almost daily in planning a facility of which we are all proud.

Representatives from Sokol units and districts from across the country came to Ennis to share the joy of opening our new facility. Their support and assistance are appreciated. American Sokol Executive Board members attending were: Bro. Charles Borvansky, President; Sis. Jackie Kourim, 1st V. President; Bro. Frank Michalek, Director of Men; Sis. Jan Kalat, Director of Women; Sis. Joan Sedlacek, Membership Chairperson; Bro. Bob Podhrasky, By-Laws Chairperson; Bro. Jerry Milan, Public Relations; and Board Members: Sis. Jolene Dalton, Bro. Mickey Dalton, and Bro. Chuck Kalat. The D.A. Sokol was represented by Bro. Bob Liptak, Director of Men. Among units represented were: Sokols Zizka, Dallas, Corpus Christi, Houston, West, Ft. Worth, Baltimore, Stickney, West Suburban, St. Paul, Los Angeles, South Omaha, Omaha, and Racine.

On Friday evening, hundreds of local and out-of-town visitors enjoyed viewing the new facility and partaking in a hamburger supper. A popular attraction was the museum which exhibited many Sokol and historical memorabilia on loan from Sokol members. Donations of items will continue to be welcome as we continue to build our collection of artifacts.

On Saturday evening, over 300 people enjoyed a steak dinner banquet. Following a social hour, the banquet ceremonies began with a welcome by Bro. Larry Laznovsky, President of Sokol Karel Havlicek Borovsky. The National Anthems were sung by John M. Mensik. Local gymnast and instructor, Lori Laznovsky, led the pledge of allegiance. Bro. Chuck Kalat, chairman of the Grand Opening Committee, presented each member of the building committee a gift in recognition of their hard work in planning and directing the completion of our new home. He further recognized their wives for their understanding and cooperation. Members of the building committee are: Bros. Larry Laznovsky, Jerry Wester, Bill Snodgrass, Mark Kelley, Louis Green, and Sammy Pleiner. Bro. Charles Borvansky gave the toast. Lezlee Wester, local gymnast, gave the blessing first in Czech and then in English. Following the delicious meal, guests were introduced. Dolphie Hrabina, Mayor Pro-Tem of Ennis, welcomed everyone to the city.



Program entertainment included a "Salute to Sokol" by Bro. Wade Garrett of Sokol Ft. Worth; hand balancing by Bro. Joe Vrzalik and Sis. Annette Conlon of Sokol Baltimore; and rhythmic gymnastics by Sis. Sandy Frizzell of Sokol Ft. Worth. Dr. Mary McCabe, President of the Gymnastics Association of Texas, presented Sokol in Ennis a plaque acknowledging 80 years of gymnastics in the Ennis community, indicating that Sokol in Ennis is known for the beginning of gymnastics in Texas. The plaque was originally presented at the association's banquet in Austin three years ago. Bro. Jerry Milan, the American Sokol's representative to the United States Gymnastics Federation, on behalf of Mike Jacki of the USGF, presented a clock/plaque acknowledging the unit's dedication to gymnastics. Bro. Milan further presented a huge gavel to Bro. Laznovsky in recognition of his leadership as chairman of the 1990 American Sokol Convention in Ft. Worth. Bro. Howard Lesikar, President of the Supreme Lodge SPJST, and Bro. Sid Pokladnik, District III SPJST Director and Chairman of the Board, presented the Southern District with their annual donation of \$ 1500 as mandated by the SPJST Convention. Dancing followed the meal and program.

Dedication and ribbon cutting ceremonies under the direction of the Ennis Chamber of Commerce were held on Sunday. U.S. Congressman Joe Barton of Ennis spoke, relating events in Sokol Ennis history to events in the history of our country. During the noon meal, entertainment was provided by the Dallas Czech Singers and the West Czech Dancers. The afternoon program began with the Grand Assembly of all gymnasts. Anthems were led by John M. Mensik. Bro. Larry Laznovsky welcomed those present and introduced guests. Bro. Borvansky extended his congratulations from the American Sokol. Dolphie Hrabina, Mayor Pro-tem, welcomed everyone and read the proclamation issued by the Mayor of the city proclaiming April 19-21, 1991 as Sokol Days in Ennis. Bro. Laznovsky then announced the members receiving awards for 5, 10, 15, 20, 25, 30, 35, 40, 45, 50 and 55 years of membership for the years of 1990 and 1991. Presentations were made by Bro. Jerry Wester, unit 1st V. President, assisted by Sis. Sylvia Laznovsky, unit membership chairman, and Sis. Joan Sedlacek, A.S.O. membership chairperson.

The gymnastic exhibition under the direction of Bro. Robert Toth, director of men and Sis. Rhonda Liska, director of women, followed. All classes participated with the tots dancing, apparatus by all classes, junior special number, floor exercises, rhythmic, twirling and hand balancing. The final number was the Senior Calisthenics with many units represented. Sis. Jackie Kourim, A.S.O. 1st V.P. led the singing of "God Bless America" during the finale. Dancing concluded the festivities.

Words cannot adequately express our unit's appreciation for the moral and financial support given by our many concerned Brother and Sister Sokols and friends of Sokol. Without their encouragement our accomplishment would not have been possible.

Nazdar!

Sylvia Laznovsky, Publicity Chairman



**Executive Board Minutes**  
**May 28, 1991**

The meeting was called to order at 7:09 p.m. by Bro. Borvansky and pledge to flag given.

Members present were Bro. Babka and Sis. Pajeau, Wojcik and Kourim in office and on teleconferencing: Sis. Kalat, Dalton, Sedlacek and Bros. Dalton, Kalat, Milan and Podhrasky. Sis. Vondra was a guest.

Members excused were Sis. Somolik and Pros and Bros. Lebloch, Michalek and Masek.

Minutes of previous meeting approved on motion from Bro. Babka.

The Sokol Women of Little Ferry sent an annual report to the office for file.

The secretary has been sending By-Laws books as requested. Letters have been answered. A letter from the Slovak Sokol inviting the A.S.O. to a Forum to held the Sunday after the Slet in Indianapolis. Sis. Kalat will represent the Women's B.O.I. and Bro. Michalek or his representative will be there for the Men's B.O.I.

The office was notified that Bro. Bob Pesak of Sokol St. Louis had a heart attack, but he is doing fine.

Combined B.O.I.: the board asked for approval of a final special assessment fund form for the Eastern District at a total of \$257.12 on motion by Bro. Babka, seconded and passed. Also, request for expenses to be reimbursed for district that will host the next District Directors Conference. This would include the B.O.I. secretary and directors for meals and housing and additional expenses. On motion from Sis. Dalton to approve expenses, seconded and passed with two opposed. Schedule and sites for 1993 Slet presented. On motion by Sis. Wojcik, seconded and passed to accept recommendations of B.O.I. Sis. Kalat will attend the Western District Slet on June 1-2, 1991. There will be an instructors course after the Indianapolis Slet at Slippery Rock, PA. July 1-12th, cost - \$265.00 per. More info will be sent by Sokol U.S.A.

Membership: Sis. Sedlacek reported that Sokol Stickney answered her membership letter. She sent letters to all units that increased their membership and is waiting for next print-out.

Br. Lebloch was excused.

Public Relations: Bro. Milan reported that he will be in Indianapolis for the USGF Board meeting and again for the Slet. The USGF will hold a course for Pre-School instructors in Ft. Worth Aug. 8-11. Bro. Benak questioned payment for transportation and hotel at the Congress of Coaches booth in September. The project was to be all volunteer.

Editor: Sis. Filipello absent. Members that heard Br. Schnabl's speech at Bohemian National Cemetary on Monday May 27 recommended that it be published in the publication.

Financial Sec: Sis. Pros was absent but sent her report. She will be sending letters to all units and districts about the \$ 2.00 fee to accompany new and reinstated members.

Treasurer: Sis. Wojcik reported that there are CD's coming due in July and rates are not very good now.

2nd V. President: Bro. Masek reported that the Foundation Fund received \$2,760.00 in donations and there is a total of \$6,042.98 in the account. He would like to have a vice-president from each unit and district in charge of one fund raiser for their unit to go to the Foundation Fund.

1st V. President: Sis. Kourim attended the Memorial Day services at the Bohemian National Cemetary in Chicago and expressed disappointment in the appearance of some uniforms on the marchers. There will probably be an increase in uniforms with the August update.

President: Bro. Borvansky attended Central District Slet and picnic, Memorial Day parade, and answered letters that came into office.

Request from Sokol Tabor to take a page ad in their 125th anniversary book. Bro. Babka moved to take a full page ad, seconded and passed.

Sis. Pajeau requested that we start working on the annual seal design. We would like to send out the seals by the end of October. Anyone wishing to submit a design should do so by August 15, 1991.

Bro. Borvansky and other membes of the Board of Governors interviewed Bro. Brad Durham for the position of Executive Director when they were in Ennis, TX. They plan to interview a few more candidates.

The executive board will look into new flag holders and three flags will be taken to Indianapolis for the Slet.

After a long discussion about a Fax machine, Bro. Babka moved to look into the purchase of a machine, the phone hook-up and supplies not to exceed \$750.00, seconded and passed with three against. Bro. Milan would send a \$100.00 donation toward the purchase.

Sis. Pajeau moved to approve Sis. Kourim as Slet Chairperson, seconded and passed.

Meeting adjourned at 8:47p.m.. Next meeting Tuesday, June 25th at 7 p.m.

Mr. Bob Seldon of Seldon Fox discussed the recent audit with the members in the office.

Sis. Nancy Pajeau, Secretary

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OF THE PREVIOUS MONTH

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AMERICAN SOKOL ORGANIZATION

# GYMNAST

June 1991

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



## HALL of FAME Has Come Alive



**T**HE national and international reputation for excellence held by the sport of gymnastics is in large part a result of the innovative, imaginative and spectacular performances of the gymnasts themselves.

In a unique way these great performers have made the sport into one appreciated by viewers from all walks of life. Many specific skills carry the names of the gymnasts who

first performed those movements, and yet outside their homeland many of them are virtually unknown. A gymnastics HALL of FAME is clearly needed to recognize and preserve the accomplishments of the great performers of our sport.

It was my pleasure some years ago to come to Oceanside, Calif., to act as Master of Ceremonies for the dedication of the International Gymnastics HALL of FAME (IGHOF).

The process of developing the HALL of FAME has been gradual except in the specialized area of material gathering. Thanks to the years of publication of *International GYMNAST* magazine, the availability of periodicals, books and photos has been almost unlimited. Now, the HALL of FAME is a reality, with fully 50 percent of the space allocated open to the public.

The business I have been involved in for the past seven years has slowed considerably, so I took a leave of absence to come to Oceanside to help with the work on the building. It has been fun to go through the publications, paint the walls, frame posters and cover the walls in special areas with photos of gymnasts from the past and present. It brought back pleasant memories from the years of watching gymnasts grow and become champions.

I believe each of you who come to Oceanside and walk through the HALL of FAME will have that same feeling. To see the collection of various items, photos, records, paintings and trophies that all are meaningful to the sport is a real thrill. I hope the entire gymnastics community will support this HALL of FAME in both a financial and practical way. The museum side of the HALL of FAME needs significant items ... that perhaps many of you have at home and would like to donate or loan to the collection.

Gymnastics has deserved a HALL of FAME for a long time ... now it has one.

—Frank Bare  
Former Executive Director/USGF

**I**T was about this time 35 years ago we were taking photos, gathering material and contacting gymnastics organizations, coaches, officials and gymnasts for their reactions to our plans to publish a gymnastics magazine.

There was both interest and skepticism, and what began as a hobby turned into a lot of ups and downs. But recording the history and growth of our beautiful and exciting sport has been a very rewarding personal experience. Gymnastics has grown world-wide since then, and despite some rough times, continued inflation, increased printing and postal costs, *IG* has grown and survived through the years ... thanks to you, our subscribers, our many contributors, and a dedicated and hard-working staff.

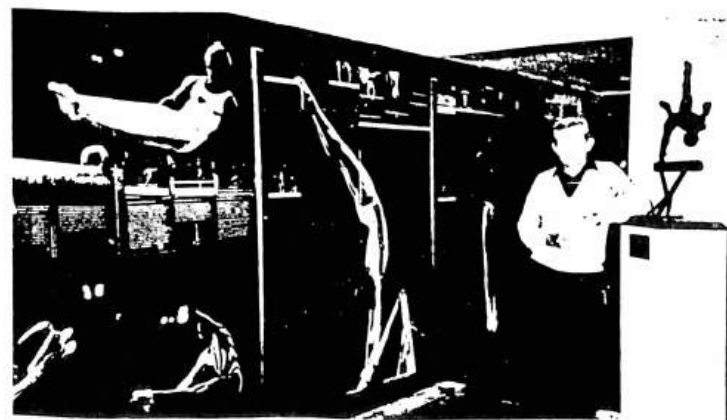
Why did we start a gymnastics magazine? ... Because there was a need! ... And nobody else was doing it!



Entrance Hall display      The Research Library, filled with publications from around the world



The Video Theater      One of many display cases



Frank Bare stands by the wall of gymnastics transparencies

International GYMNAST May 1991

Which brings us to the present and another point to ponder. Why, when we moved the magazine to Oceanside, did we decide to develop an International Gymnastics HALL of FAME & Museum? You guessed it! Because there was a need and nobody else did it!

There were almost a hundred sports Halls of Fame in the U.S., but none for one of the oldest Olympic sports until our IGHOFF Dedication Day in September 1987. Most Halls of Fame are not commercial business ventures, but non-profit foundations funded by grants and donations. And the IGHOFF is no exception ... Our sincere thanks to all of the clubs that have participated in the annual IGHOFF Cartwheel-a-thons, and also to those individuals who have made donations.

Although we still have a long way to go, the GOOD NEWS is that we are now far enough to open the Entry Room, Gift Shop (T-shirts, posters, pins, etc.), USA Hall, Library and Mini-Video Theatre on a limited schedule. As funding permits, we will be working on completing the FIG International Hall, Seminar Hall with Art Gallery, Special Events Room (Rope Climbing, Indian Clubs, Sports Acro, etc.), Memorial Sculpture Garden, Reflection Pool Exhibition & Apparatus Museum, as well as a gymnastics mural facing the freeway.

With the support of the gymnastics community—in the U.S. and around the world—and with some hoped-for city, state and corporate funding, we should be able to complete the project in the next couple of years. We hope you will be able to join this funding effort, or even have contacts with a national corporation that would be proud to have its name associated with the International Gymnastics HALL of FAME.

We also want to thank Frank Bare (USGF Executive Director, 1963-81) for taking a leave of absence from his work in Tucson to come to Oceanside to develop a financial

## Professional Development

# HOW DO COACHES LEARN THEIR TRADE?

By Dave Moskovitz

**A**s the USGF faces the Challenges of the 1990's, the role of coaches' education and/or accreditation will become more prominent. Parents expect every coach to be highly qualified and competent, even for Little League baseball! As gymnastics professionals, besides mastering basic coaching knowledge and teaching skills, we need to be prepared to also deal with parental concerns, a demanding community and an uneducated public relative to our sport. The time is at hand when we must verify our gymnastics knowledge—prove ourselves to the local community and our clients. This will be accomplished through the accreditation (to give credit, supply with credentials or

authority) process within the structure of the Professional Development Program.

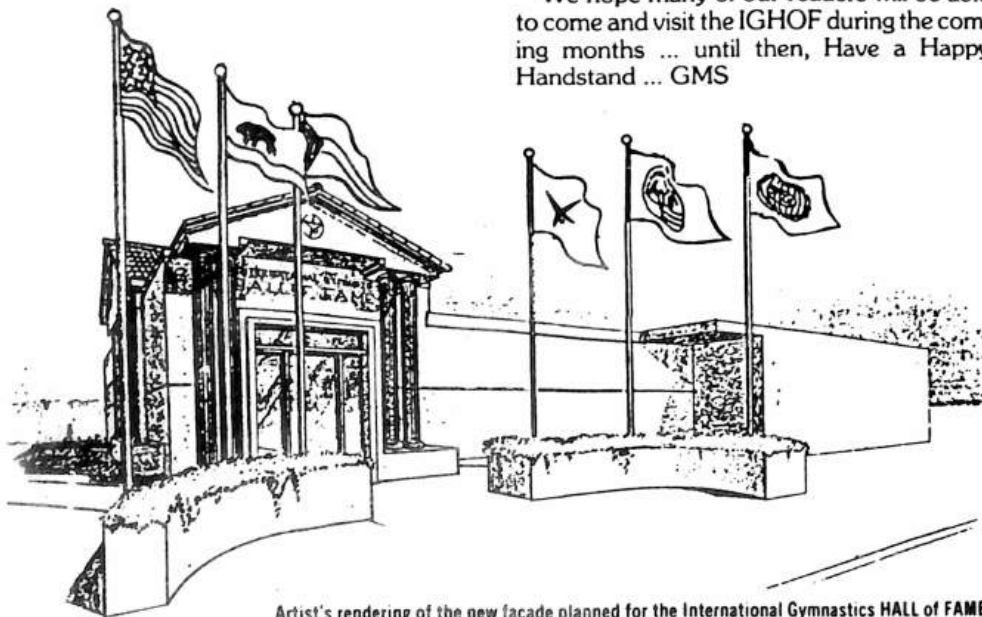
Parents ask many questions when they bring their children to gymnastics clubs for instruction. Some questions are easy to answer. How much do the lessons cost? How much do the uniforms cost? Other questions are more difficult to answer. What type of education have your instructors received? Are all your coaches Safety Certified? Are your coaches certified or approved to teach gymnastics? What is your educational background in gymnastics? Think about the answers to these questions. Now, what can you actually show the parents to prove what you have said.

Support for gymnastics coaches' education has been documented within the USGF Professional membership. A recent study of elite women's coaches by Dr. Bill Sands (1990) showed overwhelming support not only for a structured system, but also for a national center for coaches' education. In a survey by the USGF Department of Educational Services, more than 90% of those responding indicated that they felt coaches' education was very important; approximately the same number said that they would participate in a program if one existed. These results indicate that a system must be put in place now. Also, the United States Olympic Committee has identified coaches' education as a top priority for the next two quadrenniums. As the National Governing Body for our sport, it is the United States Gymnastics Federation's duty and responsibility to develop and institute this program.

In the health profession, doctors attend medical school. In the legal

plan and funding program for the IGHOFF. (For almost 15 years Frank and I worked together publishing programs, books and awards with the IG as the unofficial magazine for the USGF.)

We hope many of our readers will be able to come and visit the IGHOFF during the coming months ... until then, Have a Happy Handstand ... GMS



Artist's rendering of the new facade planned for the International Gymnastics HALL of FAME

# Three Legendary Ladies...

system, lawyers go to law school. At this time the gymnastics professional has little or no opportunity to validate his/her knowledge or position in his/her chosen profession. The USGF program will utilize a multi-level structure that will progressively increase the gymnastics professional's credentials and provide for continuing education experiences. The first stage in the development of this program has commenced. Your response to future editorials and articles written on coaches' education will influence the creation of the program. It is anticipated that two introductory levels of the program will be introduced in 1992. The Professional Development Program, through the process of accreditation, will be the educational system for gymnastics coaches.

This multi-level system will accommodate individuals from the beginning level instructor all the way up to the elite international coach. It is the goal of the USGF to have all gymnastics coaches and instructors participate. The program will be progressive, using every possible opportunity for state-of-the-art teaching methods and materials. Participation in the program will be a demonstration of your commitment to excellence as a gymnastics professional. Accreditation will be accomplished through a combination of self-study/self-testing, video tape presentations, lecture/demonstrations and clinic and workshop attendance.

Mike Jacki, USGF executive director, and the USGF Board of Directors have established the Professional Development Program as a central objective of the United States Gymnastics Federation. Its success and effectiveness depend on the enthusiastic support of the entire gymnastics community. Indeed, to meet the Challenges of the 1990's...and beyond, we need to continue to strive toward a higher level of knowledge and education. If we meet these demands and challenges, our sport will grow, our businesses will prosper and our athletes will be better prepared to participate, succeed and enjoy the sport.

*Written by Dave Moskovitz, Assistant to the Director, Department of Educational Services*



Marie Provaznik



Dr. Margaret Brown



Eva Bosakova helps a young student

In less than a year we have witnessed the passing of three important figures in the history of women's gymnastics. One will be recalled by some as a Czech heroine, another as a pioneer in movement education, while the third has been one of the last world champions at twice the age of contemporary counterparts.

Each of these women was a successful physical educator with credentials in teacher education. Two have the additional honor of being the subjects of graduate dissertations.<sup>1 2</sup>

Marie Provaznik (1891-1991) contributed to physical education and gymnastics in her native Czechoslovakia and in the U.S. where she took refuge after the 1948 Olympics. She was invited to teach at Panzer College by none other than Margaret Brown, who is the second of the trio of ladies honored here. Dusek<sup>3</sup> writes that his research was undertaken in "appreciation of a woman who has been ... an exemplar of loyalty to her country, vocation, family, students and friends; untiring leader in the field of physical education and the Sokol movement."

More than other ethnic gymnastics organizations in the U.S., the Sokols have asserted that physical education for all is more important than the glory of competition for the few. Mrs. Provaznik helped preserve this view.

We in the field should never forget Provaznik's more global contributions, which include the introduction of exercise elements for the uneven bars in the 1936 Olympics.<sup>4</sup> Although the uneven bars were first used by boys before the turn of the century in Germany, the Swedish boom apparatus led the Czechs to an innovation where two booms were used at different heights. The precursor of present-day uneven bars was finally adopted by the FIG and first appeared as a competitive event at the 1952 Olympics.

Dr. Margaret Brown (1891-1990) was a pioneer in gymnastics for women in the U.S. In addition to arranging the first venue for a U.S. competition leading to the selection of the first U.S. women's Olympic team in 1936, she served as a U.S. official in three Olympiads

(Berlin, London, Helsinki). Dr. Brown also represented the AAU at the Prague World Championships and attended the 10th Slet. Knowing of the marvelous work of Provaznik, she eagerly hired her as a physical education/gymnastics instructor upon arriving in the U.S. Brown was elected to the Helms Gymnastics Hall of Fame in 1976. She was the second rector of Panzer College, having assumed the presidency in 1932 after the death of Henry Panzer (for whom the original state normal school of physical education was renamed in 1920). Her work for the profession gained her an AAHPER Anderson Award. George Nissen is the only other Helms honoree to have received this award.

As reported in the March *IG*, Eva Bosakova (1931-1991) was also lost to the field, having been the victim of an unfortunate accident. Between 1954-62 she was a dominant figure in international gymnastics and won the balance beam gold at the Prague Worlds at age 31. She was the 1960 Olympic champion on beam and had been the silver medalist four years earlier. Shortly after her world title, an interview with Eva appeared in *MG* (*IG* used to be *MG*).<sup>5</sup> She recalled early training sessions with her father (family name Vecht), a former member of the Czech national team in 1936. After her competitive career ended in 1964 she trained young girls in Prague for the rest of her life.

—A.B. Frederick  
*IG* Education Editor

#### References

1. Dusek, Jr., Peter P., *Marie Provaznik: Her Life and Contributions to Physical Education*. U. of Utah. Unpublished doctoral dissertation, 1981. Note: The author has kindly donated a copy of his work to the Hall of Fame.
2. Napier, Anthony E., *The Contributions of Margaret Christina Brown to Teacher Education and Physical Education*. Penn State U. Unpublished master's thesis, 1963. Note: The author has kindly donated a copy of his work to the Hall of Fame.
3. Dusek, op. cit., p. 16.
4. Frederick, A.B., "A Visit to the Past" (Description of elements in the 1936 introductory exercises on the uneven parallel bars.) *Mademoiselle Gymnast*, March/April, 1971, pp. 14-15.
5. Anon, "World Beam Champion." Reprinted from *Sportovní Gymnastika* (Czech Gymnastics Federation) in *Modern Gymnast* (Nov./Dec., 1963, p. 40).

■ It's been a long, hard season, and I know you've been knocking yourself out trying to master new skills. But now you deserve a little break... throw on some comfy sweats and grab your colored pencils. Find a peaceful, shady spot and enjoy coloring this picture. Just try to relax and have fun, because next issue, it's back to work!  
—Lynn T. Wilton



International GYMNAST May 1991

## You Can Come Back I Did!

I did it, come back that is.

The fact that Sokol Tabor is celebrating its 125th year anniversary spurred me into wanting to take part. I was still part of Sokol (though not drilling).

Since starting Sokol 65 years ago, many innovations have been adapted, revised, and replaced but the gym classes still beckoned me.

Most drillers were younger but they were kind and considerate. I was accepted and treated the way they treated each other. My teacher, Jean Sivak, was super, patiently helping me, as was my partner Gerri Marsiagilo. It's true I was pushed and pulled in the Slovak Beseda, and in the calisthenics others whispered (and maybe even hissed) some directions. It was their kind of non-judgmental support that helped me develop confidence to deal with whatever life had sent my way.

"CO CECH to SOKOL" Sokol has long been a way of life. I married a champion and raised two. The primary purpose of Sokol is to enable people to participate and profit by physical exercise, it is also designed in mind for adult members.

When you finish a good workout, you don't simply feel better, you feel better about yourself.

**YOU, TOO, CAN DO IT.**

See you in Indianapolis at the Slovak Slet.

Blanche Kos

## "Tuzme se"

Almost everyone belongs to some type of an organized group. It may be as small as a two table card club, as large as the Masonic Order, or the military. They are all identified by name or other means that describes who they are, what they are, their ideals, their purpose. Many adopt slogans or mottos to attract and instill pride in those who belong to the respective organizations. "Be prepared" is immediately recognized as the Boys Scouts motto. "Semper Fidelus" perhaps the most well known and respected motto in our country belongs to the United States Marine Corp, the oldest branch of our Military.

Sokol also has acquired it's maxims. Miroslav Tyrš found Sokol in Prague, Czechoslovakia on Feb 16, 1862 and upon his proposal "Tuzme se" was adopted as the first motto of Sokol. "Tuzme se" means to harden, to become strong. Several other mottos have been added: two of which are "A sound mind and sound body" and "Neither gain nor glory".

Practicing the meaning of the motto in every day activities will benefit the individual and his organization.

"Forward, forward, backward not a step."

Louis B. Teichman, Sokol Detroit Educator

## Letters to the Editor

Have received the February and March issue of the ASO publication and I am delighted to find so many improvements. First off, what a pleasure to see the grand old Stars and Stripes without any mailing stamp to spoil the effect. Ditto on the Sokol design appearing on the March issue.

Also, the printing and format seems much pleasanter to read and the calender of events along with items of units and districts is GREAT!! The whole paper seems clearer and easier to read.

I am proud to have been on the committee with you at the convention and to see some of our decisions and suggestions being enforced.

Nazdar!

Sis. Mary Frances Meier Sokol San Francisco

### More corrections to Feb 1990 issue cover

The following was incorrectly stated "The Czechoslovak Declaration of Independence was formally signed by President Thomas G. Masaryk, on the steps of Independence Hall in Philadelphia, Pa. in October 1918.

It should read :

"The Washington Declaration or as called "The Czechoslovak Declaration of Independence" was written by T.G. Masaryk with the help of his local American friends in Washington D.C. dated "Paris, October 18, 1918". (the official seat of the Czechoslovak Provisional Government was in Paris at that time), and delivered through the Department of State to President Wilson.

The next day, October 19, 1918, the New York Times printed the full text of the Washington Declaration.

On the steps of Independence Hall in Philadelphia, Pa, President T.G. Masaryk read the Proclamation of Union of Middle European Nations regarding their futures.

Vojtech Nevlud-Duben

### Sokol Baltimore announces winner!

Sokol Baltimore would like to thank all the Sokol units that purchased 50-50 tickets. The drawing was held on Saturday, May 11th at our Sibrinky-Dozvuky dance. The winner was Mrs. Lillian Prihoda of Sokol Tabor.

Nazdar, Frank Huber, President

### Consider...

No matter how small the progressions, measure the desire. We needn't look for large jumps or obvious improvements. If we are perfectionists, we have a hard time accepting imperfections.

## Central District Education Contest Theme

### "What is the One Thing I Would Suggest to Improve My Unit" by Sis. Blanche Kos, Ed. Director, Sokolice Tabor, Berwyn, Il.

(Blanche listed over 25 ideas, these are excerpted)  
Listen to each other and cooperate with new ideas.

Cooperation and communication among the different sections of running a great Unit and Sokol.

More advertising of Sokol ideas to let young parents know what we are. More use of our money for gym equipment.

Ask for volunteers to help keep the building maintained.

Every class should learn some Sokol songs.

Older members should help with classes. Their wisdom and experience should be passed on to younger members. It is important to have a link with Sokols' past.

We need volunteers to assist in class. If everyone is so loyal to Sokol then they need to continue their support as in years past to the classes, not to rely on one or two people each year.

## YOUTH

Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of will, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.

Youth means a temperamental predominance of courage over timidity of the appetite, for adventure over the love of ease. This often exists in a man of sixty more than a boy of twenty. Nobody grows old merely by a number of years. We grow old by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spirit back to dust.

Whether sixty or sixteen, there is in every human being's heart the lure of wonder, the unfailing childlike appetite of what's next and the joy of the game of living. In the center of your heart and my heart there is a wireless station; so long as it receives messages of beauty, hope, cheer, courage and power from men and from the Infinite, so long are you young.

When the aerials are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you have grown old, even at twenty, but as long as your aerials are up, to catch waves of optimism, there is hope you may die young at ninety.

Samuel Ullman

## Prazska Klamovka... Entertaining Across the Country

This six-piece orchestra from Prague has toured the United States playing at the polka festival in Texas, Sokols Omaha, Minneapolis, Stickney, Owosso, Mi., Cleveland, Pittsburgh and New York.

In rural Bohemia, beer garden halls have a long and splendid tradition. They have been the center of the village social life, where most receptions for weddings, christenings, dances and ultimately receptions held following the funeral of a citizen of the community. On joyful occasions the core of the event was naturally music. Not so long ago folk musicians used to travel from village to village, enjoying the hospitality of the citizens and performing musical renditions. In today's modern times this neighborly atmosphere has been lost through television and the movies.

Some twenty years ago, a group of young friends regularly visited a pub in Prague called "Klamovka". They brought their musical instruments along and formed a band which proved to be an enjoyment to the residents residing within the suburb of Kosire, singing folk songs from yesteryear as well as bringing new American songs to those gathered. Since then, the group has performed in Austria, Germany, Switzerland and the U.S.A.

Sokol Stickney newsletter

### Czechoslovak American Festival

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**SATURDAY - July 13**  
4:00 p.m. - 12:30 a.m.  
JOE TOMES  
BRASS BAND  
4:00 p.m. - 8:00 p.m.  
KAROL BINOVEC &  
ORCHESTRA  
8:30 p.m. - 12:30 a.m.

**SUNDAY - July 14**  
1:00 p.m. - 9:30 p.m.  
KAROL BINOVEC &  
ORCHESTRA  
1:00 p.m. - 5:00 p.m.  
JOE BENO  
ORCHESTRA  
5:30 p.m. - 9:30 p.m.

## HONKERS AND WINDBREAKERS

### FACING THE WIND

Thanks to a subscriber for this great James T. Dawes adaptation.

The V shape of the migrating geese is designed to form a wall to block the wind and lessen the group's overall effort to fly through the air. The goose up front faces the wind head on, causing the wind to lessen in power and swirl less harshly around the other geese. Birds who fly behind the leader fight a lesser tide of air, enabling them to last longer and journey farther.

The leaders flying against the wind never have the energy to fly up front for the entire journey. A flock, needing to travel fast to survive, will easily wear out front-flyer after front-flyer. But the mass of birds see the worth of the volunteer "windbreakers" and use their secret method that helps the head goose stay in line longer...they honk!

The honking is not to catch the attention of humans, but is intended to express appreciation and encouragement to the one goose who is facing the wind on behalf of all. The louder they honk, the longer the leader will be inspired to keep facing the oncoming wind.

When the first leader finally wears out and drops back to assume a different role, then the old leader will honk to help new leaders who move out front. Together, Honkers and Windbreakers, the entire flock of birds fly on to destiny.

From our contributor: "It seems that this story of the geese in flight could be compared to the individual and group trials and tribulations we all face.

To survive means to adapt to circumstances and obstacles as they occur. All of us at some point in time are Honkers and Windbreakers. To survive, one is dependent upon the other in order to ensure our individual and team efforts are successful and fulfilling.

We must remember that to exercise leadership is to demonstrate the ability to "Honk" and be a "Windbreaker" as the situation demands. This is to be expected of us: To go out ahead, showing the way even when the course is unclear, difficult or dangerous."

Sokol Detroit newsletter

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### BUILDING PYRAMIDS

Sokol Greater Cleveland held their Bi-Annual Pyramid Building Contest in May.

Instructor Georgia arbitrarily divided the senior women into three groups. Each group received 11 pieces of hand apparatus of which 9 pieces had to be used. (Two balls, four Indian clubs, four pennants, and 1 hoop.) Instructions were given as to the commands that were to be used during the competition and then each group was given 15 minutes to work on their creation.

The moment of truth arrived and the judges had compiled their criteria. It was very interesting to see three different solutions to the same task. One of the requirements was that once the pyramid position or pose was executed there had to be eight measures of movement. The judges tallied their scores and the results were announced. Award ribbons were proudly worn by each team.

Sokol Greater Cleveland newsletter

### WOLF'S TEETH

Have you ever worn Wolf's Teeth? You have if you came from a little village on the Moravian-Slovak border called Ratiskovice; and worn a *kroh* with a black embroidered apron.

Recently, I passed a magazine counter where I noticed a magazine cover with beautiful Czech embroidery. It was Threads magazine and in it was an article about Czech aprons; the history, the colors and the significance of some of the symbols. Village women learned fine embroidery stitches sewing for noble families during the thirteenth century, later using their talents on church vestments and cloths. Later, when women had more time, they turned to embroidering their own clothes, puffed sleeves, lace frilled caps and beautiful aprons; their decorations suggesting designs from the Renaissance and Baroque eras.

An important feature of the aprons was an edging at the bottom and part way up the side that looked like ric-rac or small triangles, these are the Wolf's Teeth, which was considered a protective device and helped ward off evil spirits. Wolf's Teeth also appeared on sleeves and necks of women's clothes and men's shirts.

In addition, aprons showed stylized hearts, pomegranates, tulips, roses, carnations and a pattern called "penny rose", four or five hearts arranged to make a flower.

These aprons were labors of love and much treasured by the village women and brought a glint of warmth and beauty into the lives of hard-working peasant women.

Nancy J. Rericha

Sokol St. Louis newsletter

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### "LIBRI PROHIBITI" in Prague

A special new independent library was opened in Prague, Czechoslovakia called "Libri Prohibiti".

The former publisher of "Edice Petlice" Mr. Jiri Gruntorad, Oldrichova ulice 23, 128 00 Praha 2, would appreciate current Czech and Slovak publications and periodicals published outside Czechoslovakia.

He who criticizes is seldom forgiven; he who encourages is seldom forgotten.

## CALENDER OF EVENTS

### Unit Exhibitions

June 23 Sokol Detroit at Sokol Camp, South Lyon

### District Events

Aug 31-Sept 2 Pacific -Labor Day Camp at Hume Lake

### Unit Events

June 23 Sokol Slavsky "Fun Raiser" Picnic with Concertina Band

July 4 Sokol Detroit Picnic at Sokol Camp

July 12-14 Sokol Detroit Czechoslovak American Festival at Yack Arena, Wyandotte, Mi

July 28-Aug 4 Sokol Fresno Family Camp in Dinkey Creek

Sept 8 Sokol Detroit Grape Festival

Sept 15 Sokol Slavsky Picnic Grove # 1 Riverside

Sept 28 Sokol Gr Cleveland "250 Club" Dinner/Dance

Oct 26 Sokol Tabor's 125th Anniversary at Dinolfo's McCook, Il

Oct 26 Sokol Baltimore Vinobrani Dance - Music by Al Matousek "Joy" 8-12 p.m.

Nov 2&3 Sokol Gr Cleveland Holiday Fair

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

Dec 1 Gr. Cleveland Annual Meeting

Dec 1 Sokol Detroit Czechoslovak Dinner Party

Dec 7 "Mikulasska" ( St Nick's Dance ) Gr. Clvld.

Dec 31 Sokol Detroit New Year's Eve Dance

### 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  
Tentative Schedule is available

.....  
*Summer Gymnastics Programs - Central District  
 Sokols Berwyn, Naperville, Stickney and Tabor  
 Call your units for more information!*  
 .....

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

### 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, & Prostrnas  
 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 this ten day course include many of your favorites from USA, D A Sokol, and our own American Sokol. The location is at Slippery Rock University. Information has been sent to all units.

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 Borovsky.

The District Director, Sylvia Laznovsky, has extended an invitation to other districts' members and gymnasts

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!

.....

Sokol Tabor's 125th Anniversary info:  
 Display items of Tabor's history - contact Sis. June Pros 1606 East Av Berwyn, Il 60402 or Br. Ed Linhart at Tabor hall.

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JULY 24 - 28

## AMERICAN SOKOL PRICE LIST

EDUCATIONAL MATERIALS booklets	SOUVENIRS	MEMBERSHIP PINS & KIT
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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 songbook                      4.00	Sokol scarf                          7.50	55 years and over
Gymnastic Activities with Hand Apparatus                  6.00	Sokol flower postcard              .25	"Citation of Merit"              n/c
by Marie Provaznik & Norma Zabka plus shipping	1989 Festival "T" shirt adult    3.50	Membership Kit                      7.50
Sokol SLET Plates              \$ 22.00	Plastic Mug 1985 Slet              .75	for new members, includes
XV Slet, 1985, XVII Slet 1989 plus shipping	Sokol Charm "NEW"                3.00	Plain pin, By-Laws, Tri-fold, Parliamentary procedure, Sokol & Sokol Idea booklet, car decal
TYRS Bronze Bust              \$ 1,450.00	Sokol Stud "NEW"                2.00	
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