

AMERICAN SOKOL

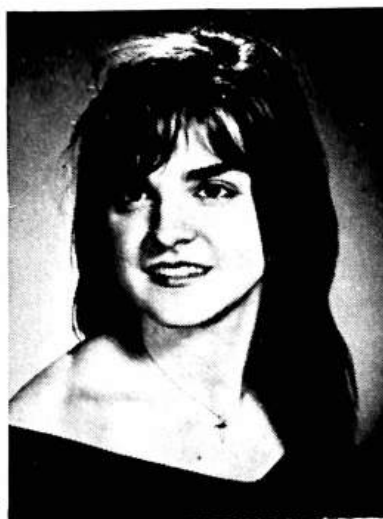
GYMNASTIC AND
CULTURAL EVENTS



AMERICAN SOKOL ORGANIZATION MERIT AWARD FOR 1991



*Jessica Obannon
Karel Havlicek
Borovsky
Southern District
Texas A & M
University*



*Jeannette Smith
Sokol Little Ferry
Eastern District
Seton Hall University*



*Nancy Mattas
Sokol Tabor
Central District
Concordia University*



*John W. Becker
Sokol Slavsky
Central District
Purdue University*



*Douglas G. Veselsky, Jr.
Sokol Greater Cleveland
Northeastern District
Ohio State University*

AMERICAN SOKOL

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Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____
Name _____
Old address _____ Zip _____
New address _____ Zip _____

Our Sokol Credo:

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

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



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



Sister's Cities International Conference in Chicago Prague booth participants Sis. Jane Sterba ,left, and Annette Schabowski with the ASO Slet Posters from 1932 & 1925, part of our historical artifacts.

Once again our educational department members have rallied to help advertise our Sokol ideals before the public. This time, as part of over 50 booths covering information from Banking to Travel, the American Sokol was shining in the front booth of the exposition hall of the Palmer House Hotel in downtown Chicago for five days.

Chicago's Sisters Cities Program played host to over 2,000 delegates from participating cities from all over the world. Prague, Czechoslovakia is Chicago's sister city so it was an extra special occasion for us. The art representative for the Prague committee here in Chicago visited our offices and was overwhelmed by the choices to display in their booth. She was so impressed with Sis. Annette Schabowski's efforts with cataloging our library and artifacts, that she asked us to help set up the booth and also display these posters as an attestation to the Czechoslovak/American community in the Chicagoland area. We also gave out many trifolds during the five days.

Sis. Jane Sterba originally volunteered to work on the Chicago committee as a representative of the Czechoslovak American Congress, however, when she noticed the Prague booth was unmanned during the day, she gave her efforts for two whole days to the booth. We appreciate Sis. Annette and Jane for their efforts to bring Sokol into the public view.



ASO National Office office newly painted, framed items cleaned & repaired.

**BROTHER WILLIAM F. VRBA
1919-1991**

Bereaved Family, Friends, Sisters and Brothers,

Ni Zisk--Ni Slavu--neither profit nor glory was the credo by which Brother Vrba worked in our Sokol.

He and Sister Violet became members of Sokol Stickney in January 1955. After an internship of Sokol for 3 years, Bill was elected president of Sokol Stickney in 1958.

As president, he was a vibrant and energetic leader. He led not by decree, but by example. If work was required in the Sokol hall, he was the motivator of the members to "pitch in", and he was the first to do so. Bill was a doer and his attitude was "let's get it done".

During his 14 years as president he was engaged in many projects and fund raisers. Deeply interested in young people, he attended the various gym classes to see how the instructors were progressing and helped out when necessary. A reflection of his interest were the fund raising activities put forth to enable the young people of Sokol Stickney to attend and participate in Sokol functions around the country.

Bill knew how to cajole and push the members of Sokol Stickney into the many committees and projects undertaken and he was always the first to lend a hand. How many Sokols were introduced to the paradise of Hawaii by one of Stickney's fund raising tours. Who on those tours could not forget Br. Bill with his infectious smile and good humor that added to the memory of the trip. It was under his leadership that bingo was introduced. These funds were used to renovate the front of the building, the stage, washrooms and lower hall.

Brother William Vrba was an inspiration to all who knew him. His fiery leadership, his energetic assistance, his infectious smile and his warm friendship.....

His influence went beyond the unit to the 1960 convention where he was elected to the national board and served a total of ten years. During this twenty year span he also was the unit delegate for three conventions and served on various National Slet committees.

He was born in the "old neighborhood" in Chicago, Il. Some 50 years ago he met Violet Cech at Kubal's Ballroom on 31st and Central Park. Their marriage was celebrated at Sokol Stickney on Sept. 27, 1941. He served in the Navy from 1942-1944. He was employed at the Western Electric Hawthorne Works for 36 years. After retirement, Bill and Vi moved to their farm in Sharon, Wisconsin raising poultry, ducks, geese, some sheep, rabbits and some vegetables. Bill loved his farm and enjoyed his retired life to it's fullest.

He is survived by his wife, Violet, son Bill and wife Barbara, sons Richard and Victor and grandchildren Tracy, Travis, Christy and Victor.

Br. Roy Zitny

**BOHUMIL SAMEC
1930 - 1991**

The sudden loss of our unit president and Sokol brother, Bohumil Samec, is unbelievable for all of us. Especially since it was only a few short weeks ago that he stood among us in the ranks of gymnasts on the field at the Northeastern District Exhibition of June 2, 1991.

Br. Bohumil, or Bob, as most of us knew him, was a Sokol in heart and soul. He believed in the Sokol ideals and goals without reservations. He embraced those beliefs with great enthusiasm and practiced them in his daily life. He served Sokol, both in the gymnastic and organizational functions of first, Sokol Nova Vlast, and in the last fifteen years, Sokol Greater Cleveland. A ready smile, kind and pleasant words were his trademark. These were the qualities which made everyone who knew him, like him.

When he became our president in January, 1991, it was evident that he considered it a great honor, and he undertook his position and responsibilities seriously. He sought to insure the successful future of Sokol, incorporating the Czech heritage into today's changing times. His belief and knowledge of the Sokol ideals assured that during his tenure as president of our unit we would continue to grow, prosper and succeed. Unfortunately, he wasn't allowed to fulfill his goals and dreams.

He was active in the gym classes as instructor and gymnast; and his love of the Czech language and music attracted him to the stage. He played many roles with the "Vcelky", our drama group.

All who worked with Bob through the many years loved him as a good person, good friend and brother Sokol. We shall cherish his memory as we go forward holding the Sokol flag into the future.

Bob and his wife, Helen, raised their daughter, Linda, and son, Robbie, in the traditions of Sokol, thus insuring the transference of these ideals from generation to generation.

It is with great heaviness in our hearts that we say our final "Nazdar" to Bob. We thank him for everything he gave to us as a Sokol brother and he shall remain forever in our thoughts and heart.

Br. Frank Turchan, President Sokol Detroit.

HOPE

I am not an optimist, because I am not sure that everything ends well. Nor am I a pessimist, because I am not sure that everything ends badly. I just carry hope in my heart. Hope is a feeling that life and work have a meaning. You either have it or you don't. Life without hope is an empty, boring and useless life. I cannot imagine that I could strive for something if I did not carry hope in me. I am thankful to God for this gift.. Vaclav Havel, President, Czechoslovakia

**SOKOL KAREL HAVLICEK BOROVSKY
ENTERS SISTER SOKOL RELATIONSHIP**

Ennis, Texas. - At our August 18th monthly membership meeting I was pleased to announce that we had an official response to our attempt to enter into a *Sister Sokol* agreement with Sokol Havlicek Brod in Czechoslovakia.

They were pleased to hear that there was a Sokol in the USA with our unit name and, "with pleasure", they would like to be our *Sister Sokol*.

Their correspondence to us indicates they had a strong unit up to 1948. They owned a large yard and two buildings. (While in Czechoslovakia in the summer of 1990 I did visit the location.) In the fall of 1990, after 42 years, a small circle of 12 persons began work and on February 28, 1991 at their "main meeting", they had 88 members present. They were officially registered on the 5th of March, 1991. On the 31st of July they had 160 members and 40 children. They currently lease a small building. In June they participated in a festival in their city on the occasion of the first president, Thomas G. Masaryk Sculpture renewing. They were there with their Sokol flag and historic suits. The unit made their first contacts at the COS meeting in Prague in January 1991, and there they were very happy to hear of the references of Sokol life in America and the world.

Sokol Havlicek Borovsky is making plans for their association with their new *Sister Sokol*. First on the agenda is a pen pal program to get acquainted. We have already shared with them information about our new facility. We will be exchanging pictures of our activities. Plans are also being made to develop a certificate to be signed by the presidents of both units.

Our *Sister Sokol* experiences a "new beginning" just as we, too, are experiencing the beginning of a new era in our history.

Nazdar! Sylvia J. Laznovsky
Educational Director, Sokol Karel Havlicek Borovsky

**A FIFTY YEAR MEMBER REMINDS US OF
SPORTSMANSHIP**

Dear Brothers and Sisters,

Nazdar! On Thursday, April 4, 1991, Dale Kotlan presented me with my 50 year Sokol pin. You cannot imagine how touched I was and with what pride I accepted the Sokol pin. (My hands shook so I could not open the pin nor could I see for the tears in my eyes.) All those wonderful memories came rushing forth of friends I made and kept throughout these years as a Sokolka.

Memories of the first exhibition I was in at the age of 4, when Sister Pliska taught us *Sla Naninka do Zela* and *Cerveny Shatecku* (two little dances performed with red bandanas) and the pride of my parents and grandmother as they watched from the audience. Memories on into adulthood when I taught the little girls, and the fun and excitement of

competition in Chicago, Detroit and Cleveland; and then those wonderful exhibitions for which we worked so hard in preparing for.

Oh, the pride and excitement we all felt when the band started to play and we all marched onto the field or the stadium. I'm sure you all have experienced that feeling of pride and accomplishment. To this day I still get goose bumps and a lump in my throat when I hear a good march.

So, Sokols young and old alike, be proud of your heritage, practice the principles of our Sokol organization, and above all, continue to practice good sportsmanship. Honor those who excel in competition for they have earned it, and encourage and support those who try their best, but don't quite make the grade. They are all winners as long as good sportsmanship prevails.

Nazdar! Sister Gladys Smejsik
Sokol Ceska Sin, Cleveland, Ohio Newsletter, June 1991

SOKOLS

Heroes of old Slav folk stories and epics were usually called "Sokols", after the falcon which is held to be a symbol of watchfulness, alertness and courage. It is a free-spirited bird who, by its swiftness and energy, symbolizes the active, vigorous, strenuous, real Spartan life which is the ideal of Sokol organizations. The falcon is a high flying bird ever protective of its domain. It is with this in mind that our forefathers founded this organization, hoping to train the people to physical perfection, to educate them to nobleness and morality, to virile manhood and ideal womanhood, to pure democracy and good citizenship.

Sokol Minnesota's Slovo Newsletter, June, 1991

**XVII SLET COMMITTEE
SEEKS LOGO DESIGN**

The executive board and the 1993 Slet committee are preparing the ground work for the upcoming XVII Slet to be held in the Chicagoland area, June 23-26, 1993.

At this time we are requesting the talents of our members for ideas to create a theme and design for a Slet logo and the appropriate art work. The art work should be basically red and blue on white stock. The logo, theme and accompanying art work should be coordinated.

Please submit ideas to the attention of the American Sokol secretary, Nancy Pajeau, at the ASO office in Berwyn. and include the name of the designer and unit affiliation.

"He Touched Many Lives"

**FUTURE SOKOL LEADERS FUND
AUGUST 1991**

In memory of Joseph Sotka, member Sokol Tabor and
Sokol Town of Lake

Agnes D. Sotka and Family	\$ 100.00
Charles J. Vyzral	50.00
Kurt & Carin Kofron	50.00
Maynard D. Luetgert and Sons	50.00
Mahoney and Mc Clure	30.00
The Stephen Brodt Family	25.00
Frank and Judy Schoell	20.00
Richard and Susan Foster	25.00

SEPTEMBER 1991

In Memory of Richard "Teach" Molcar who taught
gymnastics at Sokol Omaha for many years.
from Officers and Members
of Sokol Omaha

\$ 100.00

In Memory of Joseph Sotka
Sokol Townites Social Club

25.00

In Memory of Christine & Louis Horak
Marion L and Robert H. Kulaas

25.00

In Memory of Maximillian Waclov Younger
Arthur V. and Florence D. Younger

10.00

PURPOSE

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

DONATIONS TO GENERAL FUND

In Memory of
Joseph Sotka
George and Ann Basta

\$ 20.00

Sokol Ceska Sin, family and friends were deeply saddened by the death of Kenny Buccier, age 20, who died of cancer in his home on July 26 with his family at his bedside. Ken was the oldest son of Diane and Ralph Buccier, with brothers Michael, Joseph and Daniel, and sisters, Karen and Pamela.

Kenny was named St. Ignatius High School's "Man of the Year" and given the school's Brendan Cary Award in 1989 when he was a senior. He was admired by other students for the inspirational leadership he provided in fighting cancer since 1987. The Rev. Daniel F. Schlegel, of St. Leo the Great Catholic Church, said that Ken was a youth group leader and helped lead retreats. "He touched many lives". Ken was a Plain Dealer carrier for five years until he graduated from high school. He completed his second year at Oberlin College this year, where he had aspired to study medicine and become a pediatric specialist. Ken was also an active member of Sokol Ceska Sin from kindergarten through his freshman year of high school.

He will be greatly missed.

Sis. Doris Kotlan, Sokol Ceska Sin

Editor note: This past July, I attended the Sisters Cities Convention here in Chicago where I had the opportunity to meet people from Europe and other parts of the world. One of the most interesting person I met was a woman from Chicago who started an organization called *Love Letters*, "for the sole purpose of providing emotional support to children with catastrophic illnesses in the form of monthly newsletters, post cards, banners, gifts, cheerful correspondence to brighten a child's day, all written by our volunteer staff."

Linda Bremner lost her son, Andy, to lymphoma at the age of twelve. Devastated, she was angry for a long time after his death. When she finally began to go through his belongings, she found an address book listing names of twenty children he had met at a summer camp for cancer patients and decided to send each child a note. This was a major undertaking for one who didn't even get through her Christmas card list, "but when you have a terribly sick child, you devote almost all your life to that child. I thought writing twenty letters might start the healing process and give me a new direction."

What was meant as an ending for Linda turned into a new beginning. She received many answers to those first letters. The first boy wrote " Thank you, thank you for writing to me, I never get any mail. I didn't think anyone knew about me. Thank you!"

Articles on this program have been featured in the Feb. 5, 1991 Woman's Day and on the Chicago TV News programs. For information on *Love Letters* please address your letter to P.O. Box 416875 Chicago Il. 60641; or phone 708-267-6185.



AMERICAN SOKOL ORGANIZATION

GYMNAST

SEPTEMBER 1991



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

AMERICAN SOKOL ORGANIZATION MERIT AWARD FOR 1991

Upon the recommendation of the Merit Award Committee which had met and thoroughly examined all applications of applicants, the following Merit Awards have been approved by the Executive Board to be paid from the Sokol Future Leaders Fund. Those applicants not awarded should re-apply next year.

Renewals

*Heather Flatau
Sokol St. Louis
Central District
Loyola University*

*Sheila Bauer
Sokol Stickney
Central District
Illinois Wesleyan
University*

*Vojmir Benak, Jr.
Sokol South Omaha
Western District
University of Nebraska
at Omaha*

*Lisa Lynn Laznovsky
Sokol Karel Havlicek-Borovsky
Southern District
Texas A & M University*

*Joaquim Arimborgo
Sokol New York
Eastern District
State University of New York
at Cortland*

MERIT AWARD COMMITTEE

Chairperson Eva N. Balas, Janet Kalat, Frank Michalek, Anne Halik, Paul Lebloch, Charles Borvansky

WHAT SOKOL MEANS TO ME

My Sokol home is Karel Havlicek Borovsky-Ennis. The reason I call it my home is because I feel that the Sokol Organization as a whole is a part of my family. The Sokol in Ennis has assisted in my upbringing for over 14 years, and has instilled certain values that will remain with me for the rest of my life.

Although I am not of Czech heritage, I feel that a part of me is Czech. I have learned a great deal about the Czech heritage, and I appreciate and honor those sacrifices that the Brothers and Sisters in Czechoslovakia went through to gain their freedom.

What does Sokol mean to me? Sokol stands as a reminder that people need to unite for freedom and enjoy the rewards of being a free nation. Sokol also stands for the physical fitness that keeps people healthy and strong. I would not trade one sweaty work-out, or B.O.I. meetings that last 4 hours, or one screaming Tot for anything because I love being a part of such a great, productive, giving organization.

Jessica Obannon Sokol Karel Havlicek-Borovsky Southern District 1991 ASO Merit Award Recipient

INSTRUCTORS COURSES

This summer two instructors courses were conducted. One was held immediately following the XXI Sokol USA Slet in Indianapolis, Indiana, and that course was conducted at Slippery Rock University, Pennsylvania, the other was held in the Southern District of the American Sokol Organization in Ennis, Texas at the newly dedicated Sokol Karel Havlicek Borovsky gym. Twenty-eight students enrolled for the ASO school. Eleven from the Northeastern District, sixteen from the Southern District, and one from the Central District.

This is a summary of the attendance by districts at these two courses:

Course	Central	Eastern	NEastern	Pacific	Southern	Western
Slippery Rock	4	1	0	0	0	10
Ennis,Tx	1	0	11	0	16	0

It takes a lot of organization and effort to host and direct one of these instructors courses. Hosting districts and units must make all the arrangements, such as advance publicity, letters and applications sent out, arrange for the cooks, course secretary, and obtain a qualified staff that can find time in their busy schedule to come and teach courses.

Everyone knows that at the beginning of the SOKOL season, units are scrambling to find instructors, and especially instructors that are not only available, but know the SOKOL SYSTEM of teaching and have attended and completed an instructors school. Constantly we hear from mens and womens directors and boards of instructors that they cannot find competent and qualified instructors. The shame is that many of these very same units are not sending any of their juniors or older second class gymnasts who show interest and potential to instructors schools.

It seems apparent in many instances that there is a direct correlation. Districts that repeatedly send many of their gymnasts to instructors courses and then immediately put these members to work as instructors, assisting and teaching classes have good programs. It is the responsibility of unit mens and womens directors to start grooming young interested gymnasts who have a desire to teach and demonstrate a natural ability to work with the tots and beginning level age groups by giving these people a chance to demonstrate these qualities and sending them to instructors courses.

Some of the older experienced instructors must also know when to select, and who to select, to start assisting them with conducting classes. In order to perpetuate good programs, this ongoing process must continuously be nurtured. I hope that some of the units make a self evaluation of their programs and take heed of the facts and figures above that speak for themselves. The largest district in the ASO with ten active units sent only five people to two courses, and those five people came from two of the units. The money spent to send these gymnasts to courses is well spent. Even if only 10 or 20 percent of those enrolled in the courses become actively involved as

instructors it behoves us to make concerted efforts to spend necessary time taking these young people under our wing guiding and encouraging them and obtaining support from their parents, so that when the time comes to enlist their cooperation in sending them to instructors schools they are prepared for it. Many directors give no thought in selecting children and send someone on the spur of the moment. They must know what they are getting into and any advance training, instruction and guidance is well needed. The future of our organization is dependent on quality instructors. If you look around the country at some of the units who have highly successful programs you will see well organized programs, with quality instruction, and an ongoing process of training new instructors, for in many instances young instructors leave and go away to college, some get married, and some take full time jobs out of state, and in cities where we do not have SOKOL programs. Remember the future of the American Sokol Organization is dependent on our future leaders. Support this process by taking the time to carefully select your future instructors. Its a process that really works. And when you are on a board, executive board, board of instructors, etc. do your part by supporting both financially and through your personal efforts the propagation of instructors. Perhaps some of the districts that have never hosted a course can make a concerted effort to do so. It may strengthen your organization. And those of you who have been remiss in not sending these young adults to courses ought to start doing so. **THE FUTURE OF SOKOL IS IN YOUR HANDS.**

Frank H. Michalek

POST SLET INSTRUCTORS SCHOOL 1991

The American Sokol Organization and Sokol USA conducted a combined Instructors course at Slippery Rock State University from June 30 to July 11, 1991. Thirty-two students attended the twelve day course, with three advanced, eleven intermediate, and eighteen beginners. Fifteen students were from the ASO, ten from Sokol USA, and seven from DA Sokols.

The teaching staff consisted of bro's Stephen Banjak, Bud Benak, (Sis.)Kimberly Hamilla, Robert Liptak, Frank Michalek, Bryan Pracko, and student instructor Peter Lattanzio. Course secretary was (Sis.) Barbara Banjak.

The outstanding advanced student was Chris Berka of ASO-Sokol South Omaha. The top intermediate student was Nadia Nakonecznyj of ASO-Ceska Sin. The top beginner student was Suzanne Hengl DA Sokol New York.

After orientation on Sunday night, four teams were formed and competition was performed for the next twelve days in team name, calisthenics, marching, pyramids, special numbers scavenger hunts, talent show, volleyball, singing, and campfire skits.

The Western District, ASO sent 10 students, eight from Sokol South Omaha, and two from Sokol Crete. The Central

cont'd to page 132

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)

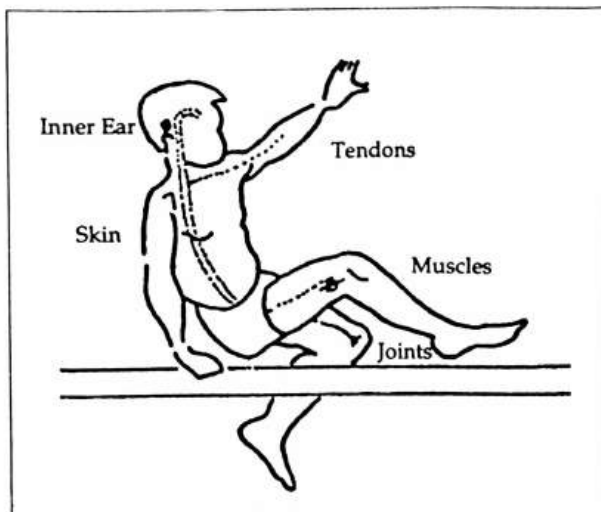


Figure 1 - Internal Sensors

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)

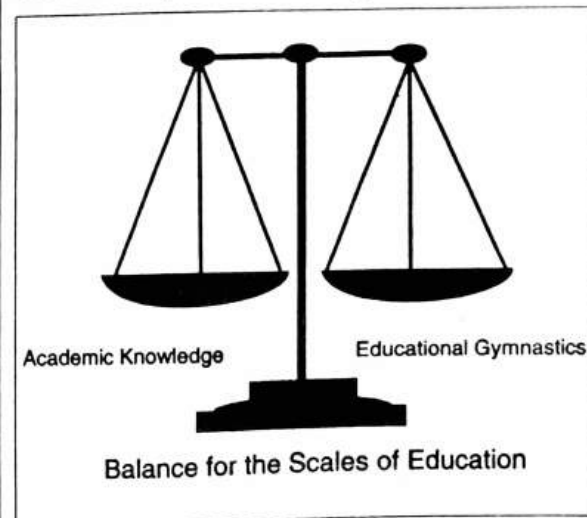


Figure 2

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

District sent four with three from Ceska Sin and one from Sokol West Suburban. The Eastern District sent one from Sokol New York. No students came from the Northeastern District, Pacific District, and Southern District.

Slippery Rock State University provided a scenic setting for the course, with excellent rooming accommodations and a nutritious variety of well balanced meals. If anyone went hungry it was their own fault. The campus cafeteria though crowded at all times provided good food. The University was hosting many other groups, such as basketball, football, soccer, wrestling, cheerleading, seminars, and other special interest groups, therefore we had to share the facilities, and did not have the extreme privacy we have when conducting a course in a unit or lodge hall. Some of the usual customs and traditions had to be foregone or eliminated, such as flag raising and lowering, singing for mail, etc. On the other hand athletic trainers were available at our disposal to treat simple and minor injuries, and a large pool was available to fit in an occasional recreational swim here and there.

The students received much practice marching as the distance from the dormitory to the gymnastic gym was over one-half mile one way, and this round trip was made two or

three times a day. All students had opportunities to prepare written lesson plans, and then teach them to a group while being evaluated by the instructors. In addition to that assignment, the advanced and intermediate students were given the opportunity to compose and write in correct terminology, calisthenics, special numbers, marching, and pyramid numbers. Singing was conducted every evening before supper with students learning many singing and marching songs in both Czech and English. All students attended classes taught by one of the Slippery Rock athletic trainer staff.

All in all the enthusiasm of the students was great, and this was reflected by outstanding performances in students preparations for competitions in calisthenics, marching, special numbers, etc. It was very apparent that schools conducted immediately following a National Slet regardless of what organization host it, results in a level of Sokol spirit, with much motivation, enthusiasm, brotherly and sisterly love. All students completing the school were anxious to return to their lodges and units to put forth in practice everything they had learned. On Thursday July 11, 1991, there was a brief graduation program with Pyramids, tumbling, calisthenics, marching and singing.

Frank H. Michalek
Men's National Director

cont'd from previous page

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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BOJ SOKOLA O SVŮJ MAJETEK

VLADISLAV SLAVÍK

pro Československý týdeník

Na sportovní stránce tohoto časopisu ze dne 15. 8. 1991 v článku „Léto, nikoliv okurkové...“ zmiňuje se redaktor Jaroslav Pomp o „bojích Sokola (mnohde reprezentovaného hrstkou starců) o majetek s fungujícími tělovýchovnými jednotami.“ Tato věta jistě potřebuje vysvětlení. O jaký boj zde jde?

Do února 1948 patřily všechny sokolovny v ČSR sokolským jednotám. Sokolové si je postavili ze svých vlastních prostředků, většinou pomocí darů svých členů. Stát či obce nepřispěly ani jedním haléřem. Protože sokolové vždy patřili k upřímným demokratům a vlastencům, v červnu 1948 na svém XI. sletu ukázali Gottwaldovi, co si o něm a jeho diktatuře myslí. Podobně jako jeho vzor Adolf Hitler, Klement Gottwald Sokol rozpustil a sokolské vůdce, kteří se nechtěli poddat jeho diktatuře, vláčel z kriminálu do kriminálu. Řada sokolů zaplatila za svoje vlastenectví i svými životy, stovky dalších hledali útočiště v exilu. Komunisty ukradené sokolovny byly pak předány tzv. Jednotné tělovýchově, či jejím jednotám.

Není pochyb o tom, že mnohé tyto jednoty byly vedeny bývalými sokoly. Jejich sokolovny se staly ostrovy demokracie v totalitním moři. Čest takovým jednotám! O těchto jednotách redaktor Pomp správně referuje, že „bez sporů a osočování“ přešly do obnovujících se sokolských jednot.

Jsou ovšem ještě dnes v ČSFR tělovýchovné jednoty, které sokolům ukradený majetek nechtějí vrátit s poukazem na to, že ustavující se sokolské jednoty jsou vedeny „hrstkou starců“ (jak by se asi tomuto výrazu zasmál bývalý prezident Reagan anebo T. G. Masaryk!).

At' se to „Jednotné tělovýchově“ líbí

nebo ne, majetek se musí vrátit původním majitelům právě z těchto důvodů:

1. Především proto, že právo je na straně sokolů. Restituční zákon č. 167/90 a jeho doplňky to potvrzují.
2. Jednotná tělovýchova i sportovní redaktori by si měli uvědomit, že sokolové nepostavili své sokolovny jen pro udržování zdatného těla, ale také pro získání uvědomělého a ušlechtilého ducha. Sokolování znamená všeobecný tělocvik nejen pro špičkové závodníky, ale hlavně pro všechny děti i dospělé. A navíc, sokolování je také vzdělávací činnost, výchova ducha; přednášky nejruznějšího druhu, divadlo i loutkové, zpěv a různé podniky společenské (Šibřinky i jiné zábavy, oslavy státních svátků a pod.). Bohatá činnost sportovní, včetně táboření a turistiky, zaokrouhluje širokou sokolskou činnost.

3. Žádná sokolská jednota nebrání vstupu tělovýchovných jednot do Sokola, at' už jde o jednotlivce či celé odbory. Sám náčelník Československé Obce Sokolské, br. Žižka, je bývalý náčelník ZRTV a byl hybnou pákou mnohých spartakiád. Pokud se nejedná o lidské stvůry typu Štěpána, či Jakeše a podobné křly v plotě, v Sokole je každý vítán, kdo se podrobí sokolské myšlence Miroslava Tyrše.

Po dlouhé době nesvobody bude trvat několik let, než si Sokol vybuduje své cvičitelské a sportovní sbory. Takové jaké Sokol měl v roce 1948, kdy sokolské ženy vyhrály zlatou medaili na londýnských olympijských hrách. I muži tam tenkrát obsadili třetí místo.

(Jak se umístila čs. družstva v gymnastice na poslední olympiádě, za vedení Jednotné tělovýchovy? Pro nízkou úroveň mužům nebylo vůbec dovoleno závodit v družstvu a ženy se umístily, tuším, na 9. místě.)

Such Sokol halls became islands of democracy in the sea of dictatorship. We all respected these units. Editor Pomp quite correctly writes that "these units merged into the newly re-established Sokol units without any disputes or accusations".

There are, however, some units of the United Physical Fitness that refuse to return Sokol halls and other property on the grounds that Sokol organizations are led by a handful of old men. (Wouldn't such a remark induce a smile on the face of Ronald Reagan or T. G. Masaryk?)

Whether the United Physical Fitness likes it or not, Sokol property must be returned to the original owners for these reasons:

1. The law is on Sokol's side. The Law of Restitution 167/90 and its supplements of May 1991 confirm it.

2. The United Physical Fitness and Czechoslovak sport editors should finally learn that Sokol did not build their Sokol halls for mere physical fitness of few gifted individuals, but rather for physical fitness of all, children and adults alike. Sokol means not only to care for the human body, but for the mind as well. In addition, Sokol promotes many educational activities; lectures, theatres, (even puppets), singing and numerous social activities (Sibirky and other dances, commemorative affairs, etc.) Rich sports activities including hiking and camping, encompass a diverse Sokol life.

3. Sokol units welcome any individual or entire sport club or units applying for Sokol membership. The director of men of the COS, Br. Zizka, formerly a director of men of the United Physical Fitness, was a moving force behind several Spartakiads. As long as their are no monsters, such as Stepan (who ordered special police to fire against peacefully demonstrating students on Nov 17, 1989) or Jakes (head of the party), Sokol welcomes everybody who is willing to follow the ideas of Miroslav Tyrš.

After more than four decades of dictatorship it will take several years before Sokol builds its boards of instructors and sport sections. It will be difficult but not impossible to reach the same level as in 1948 when the Sokol women representing Czechoslovakia took a gold medal in gymnastics at the London Olympics; while Sokol men placed third. (How did the Czechoslovak gymnasts do under the leadership of the United Physical Fitness in the last Olympics? On account of their inferior level, the mens' team was not accepted for the competition and the women placed, I think, way down at 9th place. —

SOKOL FIGHTS FOR ITS PROPERTY

by Br. Walter Slavik
Sokol New York

In the August 15, 1991 issue of this newspaper in the article "Summer-Not a Dull Season..." the sports editor Jaroslav Pomp writes about " fights between Sokol (frequently represented by a handful of old men) and functioning physical fitness units." This sentence needs some explanation. What fights is the editor referring to?

Until February, 1948, all Sokol halls in Czechoslovakia belonged to Sokol units. Sokols built them with their own money, usually from donations of their members. State or municipalities did not contribute at all. Because Sokols were always sincere democrats and fierce patriots, during the XIth Sokol Slet they showed Klement Gottwald (leader of the Communist coup in Feb. 1948) what they thought of him and his dictatorship. Just like another dictator, Adolf Hitler, Gottwald disbanded Sokol. Sokol leaders who would not submit to his dictatorship were dragged from one jail to another. Many Sokols paid for their patriotism with their lives, while hundreds of others sought refuge in exile. Their Sokol halls, stolen by Communists, were given to the United Physical Fitness or its units. There is no doubt that some of these units were led by former Sokols.

**QUARTERLY FINANCIAL
REPORT
April, May, June, 1991**

Receipts

Dues	\$17,702.00
Convention Fund 4th qtr	4.00
Special Assessment Fund 4th qtr	2.00
Dividends/Interest	306.05
Advertisers/Subscribers	62.00
Resale Jewelry	1,308.00
T.G.Masaryk Dues	15.00
Souvenirs	299.35
Educational Booklets	68.50
ASO Seals	43.00
Tyrs suv Dum	50.00
Address Labels	77.10
BOI Patches/Tapes	138.65
Uniform Dept Salaries,taxes	572.00
Uniform Dept.Rent/phone	260.74
Postage/UPS	25.87
Tyrs Bust So.Omaha Museum	1,450.00
Total	\$22,384.26

Disbursements

Administrative Dept.	
Salaries Apr-June	\$ 1,725.05
FICA/Medicare Mar-May	343.30
FWT Mar-May	112.00
IWT	61.60
Petty Cash,Sec,Fin Sec.	200.40
Office Supplies/printing	445.95
Janitor Serv/Supl.	62.25
CPA fee	375.00
Ill. Bell	447.10
Electric	204.14
Rent	2,331.00
Advertising/donations	125.00
Subscriptions	85.20
Travel	774.65
Postage	56.00
Insurance	249.00
Service Fire Exting.	53.00
Cermak Road Bus.Asso.fee	38.50
Annual Audit,1990	1,025.00
TOTAL	\$ 8,714.14

Board of Instructors	
Salaries Apr-June	\$ 1,468.27
FICA/Medicare Mar-May	271.74
FWT Mar-May	35.00
IWT	42.10
Petty Cash	47.42
Illinois Bell	296.18
Editor "Gymnast"	90.00
Printing "Gymnast"	262.50
USAIGC membership fee	100.00
Skills Program Patches	470.09
TOTAL	\$ 3,083.30

Education	
Salaries April-June	\$ 80.41
FICA Mar-May	14.94
IWT	6.15
Supplies/Cabinets	60.35
TOTAL	\$ 161.85

Publication	
Salaries (Mailing) Apr-June	\$ 500.19

FICA/Medicare Mar-May	58.96
FWT Mar-May	2.00
IWT	13.35
Editor Apr-June	450.00
Printing Apr-June	4,574.30
Postage " "	2,156.09
Additional Postage Re:Post office	200.00
Address Changes Charges	28.44
Supplies	399.36
TOTALS	\$ 8,382.69

Uniform Dept.	
Salaries Apr-June	\$ 1,086.24
FICA/Medicare Mar-May	222.14
FWT Mar-May	84.00
IWT	42.75
Illinois Bell	63.10
Loan	500.00
Rent Apr-June	735.00
TOTALS	\$ 2,733.23

Miscellaneous	
Special Assessment Eastern	\$ 882.30
Special " Central	275.00
Printing/Ship By-Laws	3,214.32
Foundation Fund Print/postage	1,679.03
Membership pins	810.51
Public Relations/USGF booth	312.50
Tyrs Bust to S.Omaha Museum	1,460.00
TOTALS	\$ 8,633.66

Balance Brought forward	
Checking	\$16,610.45
Receipts	+22,384.26
	38,994.71

Disbursements	-31,708.87
<u>Balance Checking 6/30/91</u>	<u>\$ 7,285.84</u>

Sokol Brookfield announces new officers for 1991-1992

The monthly meeting has been changed to the first Wednesday of every month Sept. - June at 7 p.m..
President - Roy Zitny, V. Pres. - Martin Umlauf, Fin. Sec. Frank Ludicky.

**A reminder to all units:
Please send your new officers names, addresses and telephone numbers to the ASO office.**

**SOKOL SOUTH OMAHA TO
HOST THE "BUDWEISER
BRASS BAND"**

Members and guest will enjoy a concert and dance presented by this band from Ceske Budejovice, Czechoslovakia on October 26th. Doors open at 7 p.m.

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Sokol USA is offering the following items for purchase:

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5. A two hour tape of the reception for L. Mravec, banquet and Chorus Zora concert excerpts. **\$20.00 + 2.50**
6. All four tapes **\$80.00 + 10.00**

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The band members are direct descendants of "Telem i dusi", body and soul, South Bohemian country musicians, carrying on the tradition made famous by their fathers and grandfathers.

An experienced, well-traveled group, their wide repertoire of traditional Czech polkas, waltzes, folk songs and melodies along with their spontaneous, perky style has found many fans at home and internationally. Members of the band have been friends for years and each play several instruments.

Call 556-1590 for local info.

THE EDUCATOR

THE SOKOL AND ITS ROOTS

by Ivan Dubovicky
Sokol Minnesota Slovo

As early as 4000 B.C. the oldest civilization of the world - China, India and later Japan - recognized the importance of physical training. But it was the old Greeks who reached the highest development of physical development of physical education putting it on an organizational and scientific level. At the very beginning it served as a way of improvement of physical capabilities of people so that they could defend their independence. Soon, the sophisticated Greeks recognized ethic values of such training; not only health, strength and perseverance, but also some moral qualities such as patience, diligence, modesty, as well as confinement of necessities of life and bravery could be enforced by this form of education. The Greeks were also the first to create an ideal of man as it was expressed by words of "health, strength, beauty and goodness. This harmony of soul with body, so called "kalokagathia", was of such importance for them that it was codified by laws, especially during the era of a lawmaker, Solon, in the 7th century B.C. From the age of seven children had to attend physical training lessons up to age 18 when boys joined the military service. The importance of sport was also expressed by organizing the great celebrations every four years, the olympic games, the oldest of which took place in 776 B.C. Unfortunately, later this mass form of physical education turned into athletics that became a domain of a limited number of professionals.

Christianity was not in favor of physical education. It could not accept the Greek rationale as well as their forms of education. The church of those times considered physical training as pagan behavior or even the devil's implement. Only a soul could become a part of eternal life, so there was no reason to take care of a body that turned to dust. Thus, the theology resulted in the middle age asceticism that not only did not develop the physical capabilities, but even kept them back. It was not until the crusade wars when practical needs led to revitalization of physical drill. Thus, the new social group, the knights came into being. Riding horses, swimming, shooting from the cross-bow, attacking, fighting as well as dancing were those arts in which the knights were suppose to improve themselves. Their tournaments penetrated from Western Europe to Bohemia during the 13th century, but as a result of the introduction of shooting guns, their importance began to decline. Later the inhabitants of cities became the lovers of physical drill; especially swordsmanship that resulted in establishment of special guilds, so called "Fraternities of St. Marcus". Again the church opposed such activities, but reformers such as Luther and Zwingli recommended physical training as a convenient part of children's education. The most famous Czech humanist, Johann Amos Comenius (Komensky),

renewed the ideal of harmonic development of a soul and body. His statement "A healthy soul in a healthy body" later became the basic rule of the Sokol movement.

In the 18th century J.J. Rousseau tried to show that physical training was one of the most important educational implements. His thoughts were brought into practice by two Germans, J.B. Basedow and Ch. G. Salzmann. They established special institutes, so called "philanthropins", in which they put strong emphasis on sport activity. Among the teachers of these institutes, J.Ch. GutsMuts became well known as an author of the first book on physical training. The Swiss J. Pestalozzi was the author of a simple gymnastic drill, and he also introduced it to schools. But both these men as well as their followers focused only on children until F.L. Jahn (grandson of a Czech exile in Germany) attracted the attention of adults. He founded the first modern gymnastic hall in 1811 in Berlin and also invented all the modern apparatus. Jahn was the first to connect the gymnastic drill with national spirit. This increased the popularity of newly opened "Turnvereins" at the time of national awakening. The idea of these clubs soon penetrated throughout Europe.

Gymnastic apparatus was introduced to Bohemia in 1842 by R. Stefani, a teacher at the gymnastic institute in Prague. Similar institutes were founded by his two students, J. Malypetr and F. Schmidt. Here, the idea of the first sport-club in Prague was born. The revival of national, cultural as well as political activities among the Czechs in the 1860's led to increasing popularity of gymnastics, so the two institutes became insufficient. In spite of the original intention, the Czechs decided to establish their own club as opposed to that of the Germans. On February 16, 1862 its first general assembly was held. Jindrich Fugner was elected as the first president and Miroslav Tyrs as a vice-president. While Fugner was focused more on practical problems, Tyrs -the lover of hellenistic ideas - brought the Greek ideals to their organization. Suggested by Tonner, the new organization soon accepted the name Sokol (falcon), by which he wanted to express the qualities of this bird as the highest ideal of the members and, at the same time, an opposition against the official Hapsburg emblem - the eagle. On March 5, 1862 the first drill was held at the Malypetr's institute; but only after the building of their own hall in 1863 could the organization fully develop.

At first glance it looks like the Sokol was purely derived from German examples. But there were some important differences between German, basically military oriented Turnvereins, and the Sokol. What was the main idea of the Sokol as it was expressed by Tyrs?

cont'd to page 11

CALENDER OF EVENTS

District Events

- Oct 13 Houby Day Parade Cicero & Berwyn II
 Oct 19 Central - boys Track & Field competition
 Nov 9 Central - Annual BOI combined
 Nov 10 Central - Annual meeting
 Nov 16,17 Central - Gymnastic Progressions Clinic
 at Sokol Brookfield ages 10 and up
 Dec 14 Central - Boys & Men Gymnastic Compet.

Unit Events

- Oct 13 Sokol Minnesota Ethnic Pork Roast Dinner
 Oct 18-19 Sokol Minn. Nat'l Genealogy Conference
 Oct 20 Sokol So. Omaha Annual Craft Festival and
 Pancake Breakfast
 Oct 26 Sokol Tabor 125th Anniversary Dinolfo's
 McCook, Il.
 Oct 26 Sokol Baltimore Vinobrani Dance - Music by
 Al Matousek Joy 8-12 p.m.
 Oct 30 Sokol Omaha Red Cross Blood Drive
 Nov 1-2 Sokol Minn Holiday Boutique & Luncheon
 Bake Sale
 Nov 2-3 Sokol Greater Cleveland Holiday Fair
 Nov 9 Sokol Havlicek-Tyrs Annual Dinner Dance
 Slovak Hall 6215 W 26th Berwyn Il.
 Dec 1 Greater Cleveland Annual Meeting
 Dec 1 Sokol Detroit Czechoslovak Dinner Party
 Dec 7 Gr. Cleveland "Mikulasska" St Nick's Dance
 Dec 7 Sokol Minn Annual Mtg & Christmas Party
 Dec 31 Sokol Detroit New Year's Eve Dance

National Events

- Oct 26-28 District Directors Conference
 June 23-27 1993 National Slet - Host - Central District

1993 Slet Tentative Schedule

- June 23 Wed. afternoon Coaches meeting at
 headquarters hotel
 June 24 Thursday - all day and evening - Gymnastics
 Competitions Naperville Central H. S.
 June 25 Friday all day Volleyball Tournament &
 Rhythmic Gym. Competitions in a.m. all
 at Naperville Central H.S.
 June 26 Sat. a.m. Volleyball Finals at Naperville
 followed by Gymnastic and Rhythmic Gym
 Championship Optionals in afternoon.
 June 27 Sunday - Slet rehearsal and afternoon Slet
 outdoors at Morton West H.S. Berwyn.

Czechoslovak Life Magazine

Editor-Eva Meisnerova

Publisher: Editorial office 46, Vinohradska; Prague 2

or - agent: Pavel Faltysek Skabova 3057

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BOI Video Tape Library

- 125th Anniversary Banquet
 12-12-88 Prague Spring
 100th Birthday Marie Provoznik
 1987 Gymnaestrada
 1988 Progressions Clinic (2 tapes)
 1990 USGF Gymnaestrada routines USGF Congress
 1985 ASO Slet with Special Number Competition
 Paris Slet & Prague Gathering, Jan 7, 1990 Czech.
 1938, 1953, 1957 ASO Slets
 1941 ASO Slet
 1948 ASO Slet
 1938 Slet Competitions, Parade & Protnas
 1989 ASO Slet & Special Number Competition
 1988 R. Pendergast - Gymnastic Safety First, Second &
 Always

CZECH HOLIDAY FAIR TO LIGHTEN SPIRITS OF CLEVELAND COMMUNITY

A Czech Holiday Fair, sponsored by Sokol Greater Cleveland, will be held at Bohemian National Hall, 4939 Broadway Ave. on Saturday Nov 2nd from 11 a.m. to 8 p.m. and Sunday Nov. 3rd from 11 a.m. until 5 p.m. Admission is free and open to the public.

Czech imports offered will include garnet and costume jewelry, glassware, crystal, porcelain, pottery, records and cassettes and Christmas ornaments. Czech-inspired hand-crafted giftware, such as costumed dolls, toys, woodcraft and embroidered items will also be available. A large selection of books has been assembled covering cookery, fine arts and other Czech related subjects.

Ethnic food, featuring such Czech favorites as pork, dumplings and sauerkraut, tripe soup, potato pancakes, parky (Czech hot dogs), sulc (jellied veal), chlebicky, (open-faced sandwiches), stuffed cabbage and bakery will be served all day, both days.

The bake sale will offer a large selection of delicious home-baked pastries, cookies, cakes and breads. The Country Store will feature many Czech culinary needs, a variety of Czech smoked meat specialties, round rye bread and Christmas vanocka.

Tyrs, having thought about the history of mankind and nature concluded that all which was unable to live its specific life had to die out. Similarly, the nation that is weak, poor, inactive and not useful for mankind sooner or later has to disappear. Therefore, the nation, in order to avoid such a death, must prove its capability to contribute to the world. Especially the small nations should reach even higher spiritual qualities, so that they could survive in competition with larger nations. Therefore, the education must be the highest point of the nation's endeavors because that's the only way to secure world progress. But, as Tyrs stated, the education itself is not sufficient if the nation is physically weak and morally destroyed. The Czech nation of the 1860's was politically awakened, had a high national consciousness as well as a good educational level. The only thing the Czech's needed, Tyrs concluded, was better physical capability and ethic values, and they both could be reached by gymnastic drill. Although not only individuals, but the Czech nation as a whole must undergo this drill, i.e., there is no place for racial, class, religious or political differences. This democratic spirit of equality of members was also expressed by the very fact that they called themselves "brother" and "sister". Of course, the Sokol helps to develop individuals, but its final aim was suppose to improve the nation as a whole, so individuals must subordinate themselves to the will of the majority. It is good if two people do the same, but it is much better if thousands do the same - have you ever seen the harmony during the Sokol performance?

(This article was reproduced from the Slovo. The author thanked Karleen Chott Sheppard for editing this English version)

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