

AMERICAN SOKOL

GYMNASTIC AND
CULTURAL EVENTS



PRAGUE:
Golden Lane
Zlatá ulička
See story, p. 3

AMERICAN SOKOL

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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, neobložené, pravdymilovné a spravedlivé —
lidé silní, krásní a dobří — to je cíl sokolské výchovy."

FUTURE SOKOL LEADERS FUND OCTOBER 1991

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Joseph Sotka and George Becvar
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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 LIBRARY & ARCHIVES FUND

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RENATA TYRSOVA

By Vladislav Slavik

A short study of the life
of the daughter of Jindrich
Fuegner
and wife of Dr. Miroslav
Tyrš,
founders of the SOKOL
movement.

dedicated to Sokol Prazsky

The soft cry of a new-born child pierced the serene calm of a beautiful summer day. It was the last day of July, 1854, as this girl was born into the Prague patrician family of Jindrich and Katerina Fuegner. Jindrich Fuegner was a prominent member of a fast emerging circle of Prague well-to-do citizens who, although speaking German, considered themselves part of the old Prague heritage. Most of them had stood on barricades in the spring of 1848 when the fresh wind of revolution manifested itself in the half-armed resistance to the absolute monarchies. Some of them knew very little of the purpose of their resolute stand but on the other hand, a good many felt that the time was ripe for involvement in Austrian politics.

Fuegner was only 26 years old, yet he was well versed in political affairs. When he was a mere 18, his father, a Prague merchant, sent him to Italy to study world commerce. Young and curious, Jindrich learned all there was to learn about Italian business, and much more. With great interest he followed Garibaldi's

attempts to unify Italy and became his ardent admirer. (Garibaldi's red shirt, introduced by Fuegner at the first Sokol social gathering, became a part of the Sokol uniform.) Another learning experience came in London a year later. This turned him into a true liberal on the inside and a flamboyant westerner on the outside. Western clothing became his trademark.

But it was not the dress that impressed him the most. More important, he compared the uplifting way of life in London and Milan with the drabby, always controlled and spiritless life of Prague or Vienna. Fuegner, and other similarly thinking patricians, unwittingly became the carriers of such moral powers that change the old structures while at the same time promote free thinking with new ideas and new visions. Fuegner realized that there could not be any real progress without total personal freedom. That led him to believe that like the Western nations, Czechs must stand up for their natural and historical inalienable rights. While still single, Fuegner set out to help attain those goals. In 1852, the year he married Katerina Turecka, Fuegner was one of Prague's most influential citizens. As his reputation grew, he was readily accepted into the inner circle of the Czech leadership. In 1858 Fuegner became an exclusive agent of the well-known Italian insurance company, Nuova Societa Commerciale di Assicurazione. His office of more than 40 employees bristled with unusual activities. Contrary to ancient Habsburg business procedures, Fuegner introduced shorthand and English bookkeeping. For several years Fuegner was also the first president of the Prague Shorthand Society.

Unlike most business people of his days, Fuegner had a soft heart, sensitive to any wrong doing or injustice. When he learned that the orphan Zdenka, Karel Havlicek's teenage daughter, was actually destitute, he devised a lottery to pay for her schooling. Similarly, he secretly supported Joseph Barak, one of the outspoken Czech patriots who had spent many years in Austrian jails. Although Fuegner was not the only Prague burgess to transform into a Czech patriot, he was certainly the most important one.

In October 1860 the young Emperor, Franz Josef, dismissed Bach, his Prime Minister, a "persona non grata" among all Austrian Slavs. The Emperor then proclaimed his October Manifest, which set forth, among other changes, a municipal election. By now Jindrich Fuegner was so popular that Prague property owning citizens, the only ones allowed to vote in those days, elected him to the City council. Realizing that as a Czech representative his Czech language was not adequate, Fuegner hired the well-known publicist, Josef Novotny, to teach him Czech language and history. At that point in 1861 Fuegner seemed to reach a glowing zenith of his life. Little did he know that his most important task was yet to come.

His wife, Katerine Fuegner, on the other hand, needed no teaching. She came from a family where Czech language was preferred over German. Katerina was an excellent homemaker, remarkable hostess, yet she did not hesitate to participate in Prague social and political life. At the unfurling of the first Sokol flag in June 1862, Katerina affectionately served as a godmother of this symbol of a new national movement. In 1867 Tyrš organized a Ladies Sokol unit (Telocvicny spolek pani a divek). When he asked Katerina Fuegnerova to serve as a temporary chairlady, she readily accepted. She considered

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it her moral duty to head or organize women's Sokol unit. For one, it was an honest tribute to her late husband, who was the first Sokol president. Also, Katerina Fuegner, far ahead of her time, truly believed in equality of men and women. Despite the patriarchal society prevailing in those days, she recognized that women would play a decisive role in the oncoming Czech struggle for independence.

Given the moral character and reputation of her parents, it was apparent that their little girl would receive all possible care that would shape her intellect. Right from her early youth Renata was exposed to the fierce struggle of Czech patriots to resurrect their nation. Like most children of patrician families, she was educated at home. Her teachers themselves were strong nationalists, at times missing several classes while sitting in Austrian jail. The same journalist, Josef Novotny, who tutored her father, also taught Renata. Josef Manes, Kalina, Safarovic and Miroslav Tyrs were among her teachers.

Renata was one of the first gymnasts of the Musil's Gymnastic Institute for Boys and Girls, which was actually a part of Tyrs's Sokol Prazsky. She progressed so quickly that at the age of 16, Klemena Hanusova, the renowned director of Sokol women, asked Renata to be her assistant. By then Tyrs took over the teaching duties of a rapidly maturing Renata Fuegnerova. She had an unusual talent for languages being fluent in German, French and English, as well as Latin, and so was able to help Tyrs with translations. Gradually, as Renata showed an extraordinary interest in fine arts, the subtle bond between the teacher and his student grew even closer and stronger. As they later conceded, they both believed that it wasn't the common work but the predestined set of circumstances that had drawn them together. After the death of Fuegner, his best friend, Tyrs appeared to find himself in a fatalistic void that only Fuegner's daughter could fill. At the time Renata perceived in Tyrs her father's image and reflections of his qualities. However intellectual, Renata, still a teenager, admired Tyrs' accomplishments, his position of leadership and she envisioned him as a man fulfilling her romantic dreams. He was her heroic knight.

When Tyrs vacationed with the Fuegners in Munich, he asked Renata to marry him. Joyfully, 18 year old Renata readily consented. Katerina Fuegner was aware of their affectioned relationship and wished them well, but other family members objected not so much to their age difference but mostly to Tyrs' seeming inability to support a family. Young, yet stubbornly resolute, when she wanted to be, Renata was not at all prepared to give up her dreams. One by one, she convinced all her skeptical relatives. The wedding took place at sv. Stepan church (St. Steven) on August 26, 1872. Tomas Cerny and Edward Gregr acted as witnesses.

Miroslav and Renata were both idealists by nature, even though Renata seemed to possess some sense of practical

pragmatism. Tyrs, of course, was anything but pragmatic. He would go for weeks without any money, except perhaps when it came to food, while Renata knew that even idealism has its limits. Still, there were no arguments or disputes between them. No one, be it a historian or biographer, ever detected any discord. Even though he was much older, Tyrs was not the head of the family. They lived by mutual respect and admiration for each other. Renata stopped gyming mostly because in those days, once married, Sokol women generally did not gym anymore. Married women involved themselves in administration, social or other work of the unit.

Renata dedicated herself to writing and helping Tyrs with his scholarly work. She organized his papers, researched all material for his books and articles and still found time for her own improvement. Within a year after their marriage, Renata made her own introduction with a long article in Narodni Listy (National Papers), reviewing the Jaroslav Cermak exhibition of the famous painting "Wounded Montenegro". She praised the Czech artist in a style of an experienced critic. Some Czech journalists thought that it

was Tyrs' writing with Renata's signature. These doubting Thomases had to swallow their doubts when long after Tyrs was gone, Renata wrote many articles, studies and several books. To be sure, their style did tend to be similar. Renata accepted Tyrs' penmanship as to form and choice of words. In her later years Renata developed a lighter kind of

Miroslav and Renata lived
by mutual respect and
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writing, more descriptive as she involved herself in folklore and education of women and left fine arts to other critics. Nevertheless, Renata adhered to everything that Tyrs' taught her. In that sense she never wavered. She kept her faith even in her late years when the Czechoslovak Sokol Union, led by Tyrs' chosen successor, Joseph Scheiner, had to conform to a new Czechoslovak lifestyle of the roaring Twenties and the war-threatening-Thirties. Renata repudiated almost all diversions, allowing only the most unavoidable changes. Tyrs' profound thoughts and writings, his program and his visionary concept of the Sokol idea in all its purity steadfastly remained with her to the end.

When her father died, Renata was only eleven; hardly an age to be fully aware of her loss. Fuegner's death was a shocking affair. He died within three days of being put in a sick bed. Renata must have felt a deep pain. Yet it seemed to her that his spirit lived within another man, Miroslav Tyrs'. That is why Tyrs' death was a devastating blow. Obviously, Renata suffered greatly. Perhaps because Tyrs' death has always remained shrouded in mystery, Renata never revealed anything about his last days in Prague, Oetz or the content of a letter he wrote to her and never mailed, as Renata was to have come to Oetz the next morning and did arrive on Saturday, August 9, 1884. In the end this letter was part of a huge collection of correspondence and writings that Renata bequeathed to the COS. Most of these valuable papers

fell into Nazi hands during World War II and were destroyed. Two or three letters of this correspondence might suggest that Renata, more than Tyrs, wished greatly and sincerely, that he would become a professor. When the time came to choose between Sokol leadership or the chair of esthetics at Charles University, Renata urged her husband to accept the honorable offer of the university to fully dedicate himself solely to the fine arts. Renata earnestly, and quite correctly, believed that Sokol was so deeply entrenched in the Czech nation that it could vigorously grow even without Tyrs. On the other hand she reasoned that the nation needed scholars and educators to define the road to independence and lead the education of the masses. Finally, Renata quite plainly believed that after years of self-imposed sacrifices, Tyrs just simply deserved to be a professor at one of the oldest institutions of higher education. Her advice to Tyrs was the decisive element in resigning his post of director of men and editor of Vestník (Sokol monthly) of Sokol Prazsky.

For Renata, Tyrs' death was heart-breaking, certainly the most tragic ordeal of her young life. Renata was only 30 years. Her few days in Oetz were full of self-searching, desperate hopes turned into chilling reality. She returned to be with her mother not to seek a soul healing refuge, she was too strong for that, but rather to escape the Sokol hall where Tyrs' spirit breathed from every corner. After Tyrs' funeral in November 1884, Renata did return to their old apartment in the Sokol hall. She felt that she was to finish his work.

After Tyrs' death Renata filled the first ten years with writings on fine arts. Prague publishers recognized her talent and readily published her work, which brilliantly filled the void caused by Tyrs' departure. Like her husband, Renata urged Czech artists to stay true to the Czech spirit. She paid the highest honor to the painter, Josef Manes, and the sculptor, Vaclav Myslbek, as founders of a truly Czech school of fine arts. As an advocate of the so called "Generation of the National Theatre", she succeeded in keeping the talent of many artists at home. She exhorted cities, organizations and Czech nobility to employ artists and reward them for their talents. She herself had a wonderful talent for sensing successful career of many young artists. Ottov Naucny Slovník (Otta's Encyclopedia) paid her a topmost tribute by asking her to contribute to the encyclopedia's section on Czech modern art. In that section letters A, B, C, L and M are her work.

Admired as a dignified and gracious lady by many, Renata could still raise her voice when she thought that a rebuke was needed. She vehemently protested when the Narodni museum displayed too many busts of foreigners, however distinguished. Her critical voice came too late. Renata was more fortunate in saving The Old Prague. At the

turn of the century she stood firmly against destroying many beautiful historical monuments and houses to make way for modern buildings. To that end Renata organized a group of distinguished citizens called The Old Prague who successfully repelled most efforts to demolish these treasures, especially those located on the Old Town Square (Staromestske namesti).

As the years went by and new art critics appeared, Renata gradually shifted her attention and her sharp pen to one of her great loves - folklore. Renata always knew the ancient truth - that it is plain folk, the people, who safeguard the basic values so well knit into a colorful mosaic of a daily life. On those values, rests the character of a nation. One hundred years ago it was the Czech and Slovak peasants, freed from centuries of fiefdom who were the core of the national revival. Renata spent many years of her fruitful life uncovering the vitality of old time living in the many charismatic villages and subdued hamlets. She wrote

several books and studies, not so much about the peasants life, but rather of reflections on their folksongs and folk-stories, describing their joys and trials, desires and frustrations, their lifestyles and customs. Most important was her unique role in applying the Czech folklore to prevailing ways of life in cities and towns.

Continuing her folklore efforts in Vojta Naprstek's Czech Industrial Museum, Renata added a section "Work of Our Mothers", which included many different ways of dress and costume sewing, lace making, embroidering and weaving. Similarly, with the ever

helpful Alois Jirasek, the nestor of Czech writers, Renata was instrumental in bringing the entire Czech cottage to the eye-opening Prague Exposition. That year she also published a book "Nauka o kroji" (Teaching of National Customs), which for many years was a guiding light of folklore in all-girls schools.

Her deep interest in women's education brought her an appointment to the directorship of Prague Girls' Industrial School, a forerunner of what is today a school of home economics. By not coming through the ranks, Renata brought with her a fresh and new vision that women's work is just as important as men's work. She wanted her graduates to become independent seamstresses, milliners, chefs and homemakers. She asked them to go abroad to gain experience but then return home to improve the lot of Czech people. After four highly successful years the Austrian government asked her to serve as an inspector of all-girls schools in Austrian Slav lands. Despite her anti-Habsburg background, this appointment was still another tribute to Renata's work in the field of women's work. For all her efforts, Renata was an important and most valuable ally of women and men struggling for equal rights of all women.

(part two continued next month)

CALENDER OF EVENTS

DINNER/THEATRE'91 SOKOL STYLE

UNIT EVENTS

- Oct 20 Sokol So. Omaha Annual Craft Festival and Pancake Breakfast
Oct 26 Sokol Tabor 125th Anniversary Banquet Dinolfo's in McCook, Il.
Oct 26 Sokol Baltimore Vinobrani Dance 8-12 p.m.
Oct 30 Sokol Omaha Red Cross Blood Drive
Nov 1-2 Sokol Minnesota Holiday Boutique & Luncheon Bake Sale
Nov 2-3 Sokol Greater Cleveland Holiday Fair
Nov 2 Sokol Baltimore EthnicFest at Essex College
Nov 2 Sokol Ennis The Czech Band Budvarka
Nov 6 Sokol St. Louis Concert & Dinner Budweiser Band 7:30 p.m.
Nov 9 Sokol Detroit Dance /Budweiser Band
Nov 9 Sokol Havlicek Tyrs Annual Dinner Dance Slovak Hall Berwyn, Il.
Nov 16 Sokol Ennis Arts & Craft Show
Nov 24 Sokol Stickney Bohemian American Concertina Band Dinner served at Noon, Dancing 3-8 p.m.
Nov 24 Sokol St. Louis Dramatic Club Dinner/Theatre Nov. 24 12:45 p.m.*
Nov 24 Sokol Milwaukee Holiday Folk Fair
Dec 1 Sokol Greater Cleveland Annual Mtg.
Dec 1 Sokol Detroit Czechoslovak Dinner Party
Dec 7 Greater Cleveland "Mikulasska" St. Nick's Dance
Dec 7 Sokol Minnesota Annual Mtg & Christmas Party
Dec 7 Sokol Stickney Spaghetti Dinner
Dec 8 Sokol Ennis Annual Christmas Program and Party with Chili Supper
Dec 8 Sokol New York Christmas Party
Dec 31 Sokol Detroit New Year's Eve Dance
Dec 31 Sokol Stickney New Year's Eve Party
Feb 16 Sokol Stickney Pancake Breakfast
March 21 Sokol Stickney Exhibition, Pavek Center

District Events

- Nov 9 Central District Combined B.O.I. Meeting
Nov 10 Central District Annual Meeting
Nov 16,17 Central - Progressions Clinic
Nov 23 Central -Rhythmic Gymnastic Meet at Berwyn
Dec 14 Central - Boys & Men Gymnastic competition

SPECIAL ANNIVERSARY DATES

- May 3, 1992 Sokol Chicago's 100th Anniversary
Oct 13, 1992 Sokol New York's 125th Anniversary

Sokol St. Louis will once again hold a benefit for their Sokol Camp with an elegant dinner/theatre package on Sunday, November 24th.

The "Chicken and the Egg", a short skit with a cast of over 20 children, is directed by Donna Newcomer with Laurie Bourisaw as prompter.

"Pepik & Pupik" continues the adventures of two old friends, written and directed by Dan Sulz and Stephen Sulz.

"Happily Never After" is a full length play directed by Jasmine Hevia, Inge Whyte and Joe Sulz with Judy Goedeker as prompter.

Sokol Camp activities include hiking, swimming, pinata bursting, duck dancing, Tshirt painting, bubble making, crazy olympics and a bunny hunt, to name a few.

A talent show serves as a showplace for members and their children's diversified abilities such as tumbling, acting, singing, joke telling and even a nose whistler.

A king and queen for each of the two weeks of camp are selected.

Members of Sokol St. Louis have a tradition that they are proud of and want to continue for future generations. Your participation in the Dinner/Theatre event is one of many ways to assure the camp for that future.

Contact Mary Ann Sulz in St. Louis at 832-3744 for tickets.

NEWS, NEWS AND MORE NEWS

If you enjoy reading about the many activities our units sponsor across the nation and would like more details than this publication can provide, please contact the units' secretary. The March issue annually lists our units' addresses and officers. Most unit newsletters are published monthly and many contain historical information about Czechoslovakia, past and present. A small donation should be included to cover mailing costs.

If you do not have a March copy, perhaps a fellow member or officer does. Otherwise, contact this editor.

SOKOL GREATER CLEVELAND MEMBER NAMED ADMINISTRATOR AT UNIVERSITY

Alice Khol was named associate athletic director and senior women's administrator at Cleveland State University. She will relinquish her position as women's basketball coach after 11 seasons, retiring sighting 12 knee operations and an artificial knee replacement operation. She was named Ohio division I coach of the year in 1983 and 1984.



AMERICAN SOKOL ORGANIZATION

GYMNAST

OCTOBER 1991

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



PHYSICAL CONDITIONING

This article prepared by "Wade Garrett" of Sokol Fort Worth

Conditioning implies the acquisition of a desired physical state. *Conditioning* is the process by which one attempts to improve physiological functions such as strength, flexibility and endurance. Conditioning is fundamentally important to the development of an individual gymnast. Strength, flexibility and endurance can be developed through several types of exercise. *Isotonic exercise* is exercise in which there is movement and a change in the length of the muscle being exercised. Isotonic exercises includes such activities as calisthenics and weight lifting. Another type of Isotonic that develops strength is called *miometric exercise*. This type of exercise is identified by the flexion of a muscle group i.e. sit-ups and push-ups. *Isometric exercise* refer to a muscle contraction where there is no change in the length of a muscle and where the muscle exerts a constant tension. Isometrics develop strength in a muscle at a given angle in the range of a joint. Isometric exercises are useful because they increase strength quickly. The disadvantages of isometrics are that they do not strengthen through a range of motion or increase flexibility. A good gymnastics conditioning program should develop (to extraordinary levels) strength, flexibility, power, and local muscular endurance of the entire musculo-skeletal system. — but especially in the "spring apparatus" (ankles and knees); in the hip extensors and flexors (kip action and snap up action); and in the shoulder extensors and flexors (manna position and planche press action). Conditioning should be thought of as an ongoing and ever escalating preparation program. Some benefits to a properly designed conditioning program are as follows:

1. reduced incidence of injuries and muscle soreness
2. more sustained, intense and prolonged participation
3. more rapid recovery from fatigue
4. generation of greater reaction forces for air time and rotation
5. faster and more correct skill acquisition
6. immediately increased skill repertoire (strength and flexibility).

I. FLEXIBILITY

Flexibility is defined as the range of motion about a joint. There are two major stretching techniques used in gymnastics that promote the needed ROM (range of motion) required to perform the dynamic skills encountered in gymnastics. *Range of motion* is the amount of normal movement of a particular joint. *Static stretching* involves stretching a muscle or group of muscles by holding the muscle in a stretched position for at least 20 seconds then repeating the stretch gradually increasing the depth of the stretch. *PNF stretching* (Proprioceptive neuromuscular facilitation) involves the application of

concentric¹ and eccentric² muscle contractions combined with static stretching techniques to a muscle or group of muscles being stretched. The advantage of the PNF technique is that it is more effective than static (hold) stretching. Some disadvantages are that the PNF technique requires more time per class to effectively administer and a partner who is receptive to the individual being stretched. Communication between the partner and the gymnast being stretched is essential if PNF stretching is to be done safely. There is a third type of stretching that is used in gymnastics but it should not be used in the development of flexibility itself. This type of stretching is called ballistic

stretching. *Ballistic stretching* utilizes body momentum to force the muscle groups into as much flexion as can be tolerated. Ballistic type stretches are utilized mainly in preparation for an actual skills or progressions for skills.

II. STRENGTH

Strength is defined as the maximum force a muscle can exert. There are only two ways to increase strength:

1. Load the muscle maximally or near maximally.
2. Alter the weight of the body.

IV. POWER

Power is defined as the rate of applying force. Power is the result of two components: strength to produce force and speed to increase the rate of force applied. Power is increased by developing strength. *Plyometrics* are exercises that develop dynamic leg power. Plyometric conditioning invokes a dynamic stretch reflex which causes the muscle to contract. This reflex is coupled with a concentric muscle contraction producing increased muscle power output. Plyometrics involves jumping from a prescribed height and upon landing, jumping back up to the same height.

III. LOCAL MUSCULAR ENDURANCE

Local muscular endurance (LME) refers to the ability of a group of muscles to exert and sustain high levels of energy over a given period of time, using only the energy stored locally in the muscle tissue itself. A gymnast's LME can be increased by extending a prescribed exercise to the point of failure. Local muscular endurance conditioning can benefit a gymnast best when they are applied by using actual gymnastics skills.

IV. CONDITIONING SKILLS

BIOMECHANICS DEFINITIONS

1. **AMPLITUDE:** The greater one's amplitude, the greater one's potential for realizing maximum execution of the skill.

A. **EXTERNAL AMPLITUDE:** Used to describe the range through which the total body unit moves relative to ground or apparatus.

B. **INTERNAL AMPLITUDE:** Focuses upon range of motion within the joints of the body.

C. Just as **POWER** is the hidden component underlying external amplitude, joint range of motion or flexibility is the key factor for obtaining maximum internal amplitude.

II. **SEGMENTATION:** As skill proficiency increases, the number of segmental body parts in its execution decreases.

III. **CLOSURE:** As skill proficiency increases, use of the maximum tolerance limits of closure also increases.

IV. **PEAKING:** As skill proficiency increases, the use of peaking techniques correspondingly increases.

V. **INTERNAL SWING:** The greater the amplitude in the descent phase, the greater the potential for increased amplitude in the resulting ascent phase.

VI. RADIUS OF ROTATION

1. STARTING HEIGHT

2. **DISTANCE:** Distance between the body's mass center located at waist and the axis of rotation.

VII. **RADIUS DISTANCE:** Whenever the radius distance of a rotating body is decreased, its turning velocity is proportionately and simultaneously increased and vice versa.

VIII. **BOTTOMING EFFECTS OF SWING:** Refers to the interaction between the performer and her axis of rotation (bar rail).

AMPLITUDE: Refers to the range through which a body moves.

RANGE OF MOTION: Distance through which a joint may pass.

SEGMENTATION: Any body shape that forms a symmetrical line can be called a segment.

CLOSURE: Refers to the degree to which a performer alters body shape in the execution of a skill.

PEAKING: A technique of timing accuracy used to achieve the maximum execution tolerance limits of a skill.

SWING: A form of rotary (angular) motion defined as the circular movement of an object about some axial line in a fashion such that all parts of the object travel through the same angle, in the same direction.

FORCE: the greater the amount of force applied, the greater will be its effect.

IMPACT: Refers to the interaction of one object colliding with another and the effects of such a collision.

Giant Swing on Parallel Bars

A progression for the Giant Swing on Parallel Bars

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

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

Common Mistakes:

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

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

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

Coaching Tips:

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

Focus Points:

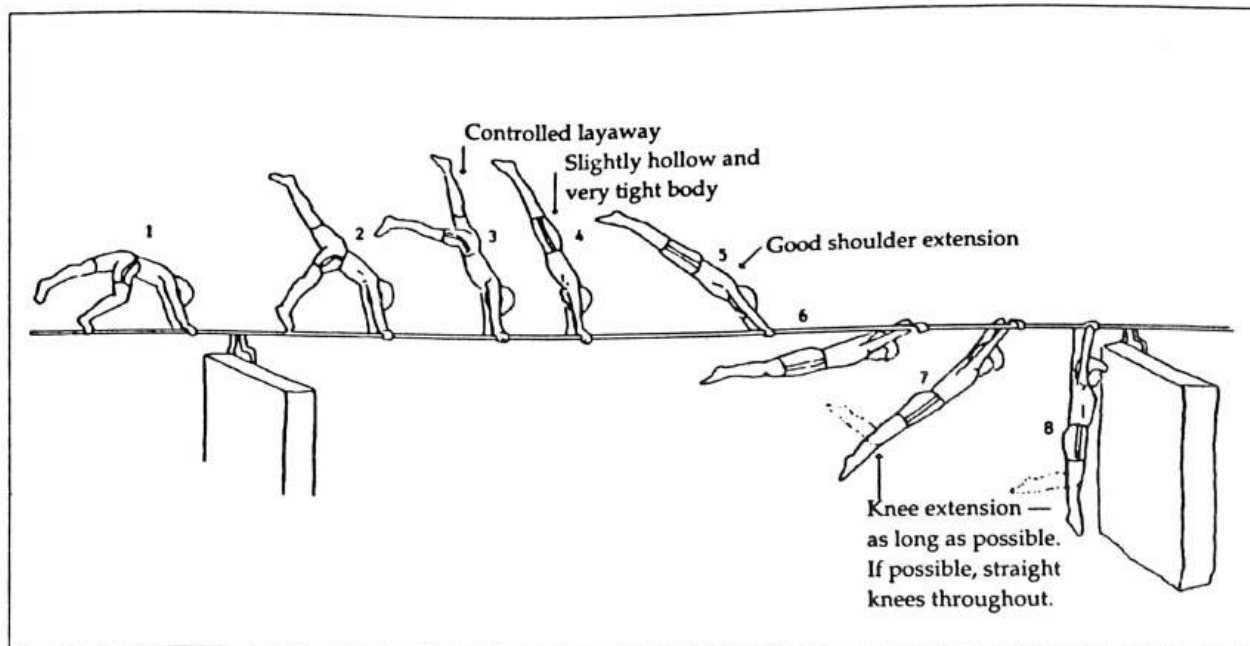
1. Initiate the downward swing with total body extension, slightly hollowed and tight.
2. Promote knee bending as late in the downward swing as possible. If the gymnast is short enough, keep the legs straight.

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

Recommendation:

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

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



Obtaining Maximum Height in Jumps

Exceptional vertical displacement (height) is a desirable quality when associated with the performance of various jumps. On the other hand, a jump executed with minimal vertical height is often linked with mediocrity. For example, a low straddle jump detracts from performance and is less exciting or exemplary, no matter how spectacular the position of body segments assumed during flight. It is quite possible to be unable to reach an exceptional jumping height even though a gymnast possesses superior strength, flexibility, reaction time, and kinesthetic awareness (sense of location). Jumping height will be greatly reduced without the implementation of related mechanical principles. There are several mechanical principles that will guide the gymnast toward improved jumping height.

Important Mechanical Principles

1. Maximum lift is near the bottom of an arm swing.
2. The center of gravity (CG) should be as high as possible at the point of takeoff.
3. The projection angle should be at the vertical line.

Lift

The point in the arm swing where the greatest lift force is generated is at, or near, the bottom where the arms pass below the shoulders (Hinricks & Cornelius, 1986; Knight, Wilson, & Hay, 1978). Newton's Third Law of Motion is particularly relevant in describing why lift is best generated at the bottom of the arm swing. The Law indicated that for every action there is an equal and opposite reaction (Kreighbaum and Barthels, 1990). The arm swing effectively presses the feet into the floor at the bottom point in the angular path of the arms. This results in an external force acting as a reaction force. It is sometimes argued that the top of the arm swing is where the greatest lift is generated. Rather than creating maximum force at a point near the top of the arm swing, the arms negatively accelerate resulting in reduced lift force.

Center of Gravity

A gymnast can project their body the greatest vertical distance from support when the CG is at its highest point at takeoff. The CG or the center of mass represents the entire body and can be adjusted during performance while the body is in contact with support. A gymnast's CG is raised approximately four inches when the arms are moved from the sides to an extended position above the head. After takeoff, however, the path of the CG can not be adjusted. The only adjustment or change in the center of mass resulting after takeoff is in the position of individual body

parts about the CG (Kreighbaum and Barthels, 1990). Position of the CG at takeoff relative to the support is an important consideration in determining the effectiveness of vertical displacement in a jump. In fact, the path (trajectory) of the CG is determined at takeoff. Consequently, the last phase of the arm swing can best raise the CG when the arms are fully extended above the head at takeoff.

Angle of Projection

Another mechanical consideration in determining the most effective technique for achieving the greatest possible vertical displacement during a jump lies in the angle at which the body is projected into space. When the resultant (net) force component is directed perpendicular to the ground, the external force exerted from the ground passes through the CG creating linear motion in a vertical line. Linear translation of the gymnast results best when skeletal alignment is truly vertical with the pelvis, head, and arms on the vertical line that passes from the base of support through the CG. All extraneous body movements that detract from body alignment must be minimized. Therefore, the force transmitted from the support to the body is in a direction that will provide the greatest vertical displacement. Linear displacement results best when a ground reaction force passes through the CG. An increased angle at takeoff, depicting a backward lean in leaving the support surface, will reduce the vertical force component, while adding to the horizontal force component, resulting in less vertical displacement.

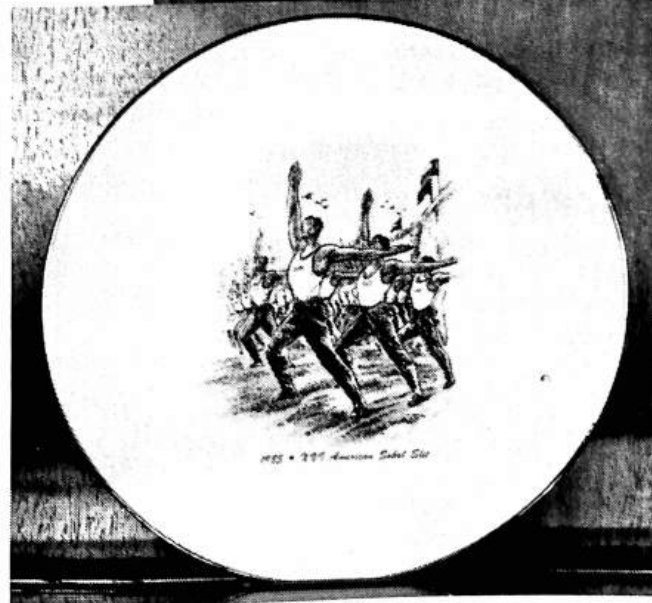
Summary

Extraordinary vertical displacement is an essential ingredient in accomplishing the artistic gymnastics performance. Implementing the use of mechanical principles in order to improve gymnastics jumps can help to maximize vertical height and the desired outcome. Minimizing the importance of understanding the effects of mechanical principles on improving technical execution, with little regard for virtuosity, will likely reduce desired performance.

References

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- Knight, S.A., Wilson, B.D., & Hay, J.G. (March 1978). Biomechanical determinants of success in performing a front somersault. *International Gymnast* 20(3):54-56.
- Kreighbaum, E., Barthels, K.M. (1990). *Biomechanics: A Qualitative Approach for Studying Human Movement* (3rd Ed.). New York: Macmillan Publishing Co.

1993 AMERICAN SOKOL SLET



SLET PLATES

We would like your help in making a decision. 1993 will be a Slet year for our organization. In the past, since 1977, we have issued a memorial plate as part of our souvenir program. It has been brought to our attention that the enthusiasm for these plates has been waning. In evidence is the remainder of plates sitting on our shelves from the past Slets. Many ordered their plates, but even after several reminders to pick them up, they are still part of our stock.

Needless to say, this is an expensive item to have dormant on our shelves. Sending several reminders can also become expensive. It would be greatly appreciated if you would all think this over and let us know your opinion. Should we go ahead with another series of plates for this 1993 Slet or should we discontinue to the series? We would like to hear from you before the end of November.

Please send your replies to the A.S.O. office 6424 West Cermak Road, Berwyn, Il. 60402, attention Jackie Kourim.

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.

EXECUTIVE BOARD MINUTES August 27, 1991

The meeting was called to order by Pres. Charles Borvansky at 7:30 p.m. and the pledge to the flag given.

Members present were Bros. Borvansky, Lebloch, Satek and Michalek, and Sis. Kourim, Pros, Pajeau and Filipello in the office and Bro. Masek, Dalton, Milan, Podhrasky and Kalat and Sis. Dalton and Kalat on teleconference. Sis. Laznovsky was a guest.

Members excused were Bro. Babka and Sis. Wojcik.

Minutes of the previous meeting were approved on motion by Sis. Kourim, seconded and passed.

District minutes received were from the Western, Eastern and Northwestern Districts.

Invitation from Sokol Tabor to attend their 125th anniversary in October. On motion by Sis. Pros to send Pres. Borvansky and his wife to the event, seconded and passed.

Br. Masek moved to take a full page ad in the United Moravian program book for \$500.000 and to promote our 1993 Slet, seconded and passed.

COMBINED B.O.I. REPORT - Br. Michalek and Sis. Kalat: Br. Michalek submitted a detailed report of his teaching at the national school following the Slovak Slet in Indianapolis and the District school held in Ennis, Tx.

Br. Lebloch moved to pay the bill submitted by Sis. Panakia for \$ 6.32 for phone calls to USGF about General Gymnastic Number, seconded and passed.

Br. Lebloch moved to pay \$3,409.64 from Special Assessment account to the Southern District for course, if and when Sokol Ziska pays their second quarter installment, seconded and passed.

Br. Lebloch moved to pay Western District \$1,750.00 from Special Assessment for student sent to course, if and when Sokol South Omaha Men and Sokol Caldwell pay their last quarter installment, seconded and passed.

Sis. Pros moved to pay one nights lodging for person setting up booth at USGF, not to exceed \$100.00, seconded and passed.

The Merit Award committee submitted the names of new and renewed applicants. Br. Lebloch moved to accept the committee's recommendations, seconded and passed.

Sis. Filipello moved to approve a Director's handbook and to have it distributed at the Conference, seconded and defeated. Sis. Dalton moved to approve the Director's handbook and mail to District Directors before their 1991 annual meetings, seconded and passed.

Boi requested \$400.00 to produce and mail out handbooks. After discussion it was decided to go ahead with project trying to keep cost down.

Br. Michalek had a new concept for a tri-fold. Sis. Filipello will type original on publication program and make copies for the office. It was suggested to add phone number and address to ASO trifold in future printings.

Br. Michalek reported the Gymnastic Skills for boys has been video taped will be available to units.

The 1992 Slet in Canada will use the calisthenics from 1991 and the 1989 Halik Senior Drill as a special number.

EDUCATION COMMITTEE - Br. Lebloch: Br. Lebloch participated in the Sokol USA Slet and designed greeting for the Sokol Tabor anniversary program book. Reviewed correspondence from Europe and reported that there are now 550 Sokol units in Czechoslovakia, all Sokol halls will be returned by the end of the year and they are preparing for the 1984 Slet.

PUBLIC RELATIONS - Br. Milan: Reported that the Sokol booth at the USGF Congress is ready.

EDITOR - Sis. Filipello: participated in the Sister Cities program in Chicago. Sis. Sterba of Sokol Stickney greeted visitors at the Czechoslovak booth during this convention.

FINANCIAL SECRETARY- Sis. Pros: reported that there was \$12,492.70 in the Foundation Fund account. Don Barnes has increased our monthly and year end fees. The office has been trying new copy machines, but they are too expensive. They will keep looking with the 1993 Slet and 1995 Convention in mind.

1ST VICE PRESIDENT - Sis. Kourim: Sokol office was painted and the women in the office cleaned. Uniform division is ready for the new Sokol year to start. New price lists were sent to all units.

PRESIDENT -Br. Borvansky: attended the Sokol USA Slet and Round Table discussions.

SLET COMMITTEE: Sis Kourim reported that letters were sent to all districts and units looking for a logo and theme. A letter was sent to Central District, the host district, looking for volunteers. Hopefully, this Slet will be a financial success. Sis. Pros reported on the hotels in the area. Br. Satek moved to use the Oakbrook Marriot for the Slet Headquarters, banquet and awards night, seconded and passed. Morton High School West will be used for the opening ceremonies and the Slet. Slet updates will appear in the publication. All reports should be sent to Sis. Filipello.

OLD BUSINESS: Letter received about property in Abie, NE. that sustained fire damage. Our records indicate we do not have any claim to this property and Bro. Riha, a lawyer in NE. will take care of this matter.

Bro. Milan will look into having a Sokol emblem made for the top of the flagstaff. This would be available to districts and units.

Sis. Vondra and Wojcik are still looking into the unit financial statement. Sis. Vondra is also working on the budget review.

A letter from the Western District concerning the hiring of an Executive Director was discussed. Bro. Borvansky will work on this with the other members of the Board of Governors that are involved with the interviewing of candidates.

A thank you will be sent to WFLA for again granting a generous donation to the American Sokol Organization and a letter congratulating the new officers. We will ask for a picture of their officers to be published in our publication. The executive board will thank all Sokol members that

helped promote the Sokol ideals at the WFLA convention. Bro. Kalat moved that the ASO president and spouse be sent to the next WFLA convention in 1995, seconded and passed.

Sokol Omaha will cease operation of their hall as of December 31, 1991 because to renovate the building to meet the new handicapped codes would be beyond their financial means. They will probably sell their building as will Sokol Wilbur.

Br. Satek requested items for the district directors packets for the conference.

Western District asked to have their by-laws approved by the committee before their annual meeting.

Meeting adjourned 10:14 p.m.

EXECUTIVE BOARD MINUTES September 24, 1991

The meeting was called to order by First Vice-President Sis. Jackie Kourim at 7:30 p.m. and the pledge to the flag was recited. Br. Borvansky was excused for family reasons.

Members present were Bro. Satek, Michalek, Babka and Sis. Kourim, Pros, Pajeau, Wojcik and Filipello in office and Bro. Masek, Dalton, Milan and Kalat and Sis. Dalton and Kalat on teleconferencing.

Members excused were Bro. Borvansky, Lebloch and Podhrasky and Sis. Sedlacek.

Minutes of the previous meeting were approved on motion by Sis. Pros with correction on first page, last paragraph that Sis. Filipello moved to produce a Director's Handbook, seconded and passed.

District minutes received were from Pacific District.

COMBINED B.O.I. - Br. Michalek and Sis. Kalat: There was no meeting in September because of the USGF Congress of Coaches. A report was given about the Congress. The American Sokol booth was a huge success. This was an excellent place to get world exposure. A thank you goes to the Benak family for all their hard work. A full report was submitted by Sis. Benak. Articles and information will be shared through the publication and the Director's Newsletter. The directors Handbook is being sent out to Districts for their annual meetings. The children and senior calisthenics for the 1993 Slet will be chosen shortly. Bro. Borvansky will be invited to welcome delegates to the District Directors Conference. Sis. Kalat presented Sis. Satek as her first assistant, Sis. Harlan as her second assistant and Sis. Malina as her secretary. Bro. Babka moved to accept these recommendations, seconded and passed. Bro. Michalek will check about his reservation for the conference. Bro. Satek asked for items for packets.

Bro. Kalat moved to pay the rental of a car for Bro. Frolo instead of his room, up to \$25.00, at the District Directors conference, seconded and passed with six for and five against.

MEMBERSHIP - no report.

EDUCATION - no report.

PUBLICITY - no report.

Br. Milan attended the USGF Coaches Congress and talked to the team from Czechoslovakia. Some of the members were now or planned to join a Sokol unit.

EDITOR - no report.

Br. Babka asked for a report on the cost of the publication before and after the purchase of the new computer, software and printer.

FINANCIAL SECRETARY - Sis. Pros: August report is complete. Bro. Basta, Sis. Vondra and Pros met to correct accounting problems. All districts and units are paid for the third quarter. Bro. Babka asked for a read out against the budget and Sis. Vondra is working on this. She needs to meet with people that were on this committee at convention. We need copy of budget that was approved at convention, we only have a working copy. Sis. Dalton questioned some of the publication expenses. Sis. Wojcik and Vondra are working on unit and district financial statements. Bro. Masek moved to write to Bro. Riha for an interpretation of federally and government insured money, seconded and passed.

SECOND VICE-PRESIDENT - no report.

FIRST VICE-PRESIDENT - Sis. Kourim reported that all uniforms are in stock.

PRESIDENT - no report.

OLD BUSINESS - Sis. Pros to meet with Oakbrook Marriot representative about our needs for 1993 Slet.

The annual seals will be out shortly, may go with larger size.

The Western District is going to look into the property in Abie, NE. The building may be in better condition than originally reported. Bro. Riha will be reminded to try and sell the Seattle property. Sokol Omaha is recommending to sell their building, but keep the unit active.

Bro. Masek asked about the backdrops that were used at the 1989 Slet in Omaha. After a discussion it was decided that Bro. Milan would look at the panels and report on their condition at the next meeting.

The office computer has been acting up again. We may have to consider a new system.

Meeting adjourned at 9:15 p.m.

Next meeting October 22, 1991 at 7:30 p.m.

**SIS. LILLIAN SLUKA WILD
APRIL 1, 1991**

Sis. Lillian Sluka Wild passed away on April 1, 1991 after a short hospital stay. In 1985 she had a stroke which left her partially paralyzed on her left side, and she could no longer do the things she wanted to do as a devoted mother and grandmother. She left two daughters and three grandsons. She was a fifty year member of Sokol Fuegner. She was most active in the Sokol in the 1930's and 40's as a Sokolka, and also as secretary at the time the Sokol Fuegner by-laws were translated from Czech to English. She spent many hours of typing on this and other Sokol matters. Lillian was 74 when she died. Nazdar. Aldrich Wild, husband

**QUARTERLY FINANCIAL
REPORT
July, August, Sept, 1991**

Receipts

Dues	\$15,784.50
Convention Fund 4th qtr	40.00
Special Assessment Fund 4th qtr	10.00
Dividends/Interest	368.97
Advertisers/Subscribers	8.00
Resale Jewelry	170.50
Souvenirs	13.00
Educational Booklets	136.25
ASO Seals	5.00
General Fund Donation	20.00
BOI Patches/Tapes	5.00
Uniform Dept Salaries,taxes	1,452.00
Uniform Dept.Rent/phone	795.65
Postage/UPS	7.56
Closed Acct.125th Anniv to Checking	1,260.39
Refund Printing By-Laws (shipping overpmt)	191.00
Refund Souvenirs (overpmt)	493.70
From F.S.L.F., Merit Awards	7,500.00
Total	\$28,261.52

Disbursements

Administrative Dept.

Salaries	\$ 1,943.86
Vacation	294.34
FICA/Medicare	371.06
FWT June-Aug	108.00
IWT	60.60
Petty Cash,Sec,Fin Sec.	67.88
Office Supplies/printing	11.40
Janitor Serv/Supl.	67.81
CPA fee	395.00
Ill. Bell	175.41
Electric	393.75
Rent	2,331.00
GPN fee	5.00
UPS 11/3/90 -7/11/91	64.56
Insurance	337.00
TOTAL	\$ 6,626.67

Board of Instructors

Salaries Apr-June	\$ 1,552.98
Vacation	117.19
FICA/Medicare June-Aug	252.08
FWT June-Aug	32.00
IWT	50.25
Petty Cash	93.37
Illinois Bell	317.41
Editor "Gymnast"	90.00
Printing "Gymnast"	87.50
UPS 11/3/90-7/11/91	78.94
Rhythmic Materials	31.44
USGF Phone Call	6.32
Directors Conference Supplies	82.40
USGF Congress booth/perdiem/ph	113.98
USGF Congress Travel/Per Diem	758.00
TOTAL	\$ 3,663.86

Education

Salaries	\$ 128.40
Vacation	24.44
FICA June-Aug	31.00
IWT	2.70
UPS	9.37

Supplies/Cabinets	208.34
TOTAL	\$ 404.25

Publication

Salaries (mailing) Jul-Aug issue	150.28
FICA/Medicare June-Aug	74.44
Editor	450.00
Printing July/Aug issue	1,446.35
Postage " "	1,430.97
Supplies	11.41
TOTALS	\$ 3,563.45

Uniform Dept.

Salaries Apr-June	\$ 982.23
Vacation	192.90
FICA/Medicare June-Aug	198.56
FWT June-Aug	42.00
IWT	40.35
Illinois Bell	44.17
Loan	200.00
Rent Apr-June	735.00
TOTALS	\$ 2,435.21

Miscellaneous

Souvenirs	\$ 1,092.15
Cleaning Office Blinds	223.00
Painting Office	950.00
Foundation Fund Print/postage	124.79
UPS By-Laws	69.54
UPS postage 125th Anniv books	15.70
Public Relations/USGF Booth	140.00
Donation/Ads/Reservations	330.00
Merit Awards (10)	7,500.00
TOTALS	\$ 10,445.18

Balance Brought forward	
Checking	\$ 7,285.84
Receipts	+28,261.52
	35,547.36
Disbursements	- 27,138.62
<u>Balance Checking 9/30/91</u>	<u>\$ 8,408.74</u>

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

**SOKOL MINNESOTA
PRESIDENT AWARDED
1991 KING CHARLES AWARD**

Sokol Minnesota President Norman E. Sladek is the recipient of the 1991 King Charles Award given annually since 1969 by the Nebraska Czechs of Wilber. The award recognizes American men of Czech and Slovak ancestry whose accomplishments in one of the constructive fields of endeavor are nationally and/or internationally acknowledged and thus

bring honor to all Americans of Czech and Slovak heritage. Previous recipients include the astronaut, Eugene A. Cernan; former U.S. senator from Nebraska, Roman Hruska; polar explorer, Admiral George Dufek; astronomer and UFO expert, Dr. J. Allen Hynek; television producer, Cy Chermak; wildlife artist, Les Kouba; and Sokol and Olympic gymnast, Phil Cahoy.

The King Charles Award is named for King Charles IV, a fourteenth century Czech monarch whose legacy includes many of the great churches and cathedrals in Bohemia and Moravia, and the Charles Bridge and Charles University in Prague.

Brother Sladek, a professor of pharmacology at the University of Minnesota, was recognized for his contributions to science, specifically, his efforts in developing an understanding of the pharmacology / biochemistry /molecular biology of cancer chemotherapeutic and chemopreventive agents.

A native of Montgomery, Minn. and a resident of Edina along with his wife Joyce since 1970, Br. Sladek has taught and directed a research program at the University of Minnesota Medical School since 1968. He is the author of numerous professional articles, is a member of several professional societies, has lectured nationally and internationally, sits on a number of boards and committees, has served as a Czech consultant to a half-dozen cultural, ethnic and archival organizations, was the Czech-American representative to former Minnesota Governor Rudy Perpich's Commission on Eastern Europe, and is currently President of Sokol Minnesota and Business Manager of the Sokol Minnesota Slovo, the modern version of which he and his wife founded in 1977, as well as VicePresident of the Minnesota Czechoslovak Center, an organization whose aim is to foster cultural, educational and commercial exchange between the Upper Midwest and Czechoslovakia.

AMERICAN SOKOL PRICE LIST

EDUCATIONAL MATERIALS booklets	SOUVENIRS	MEMBERSHIP PINS & KIT
Sokol and the Sokol Idea \$ 2.50	Sokol Stick pin \$ 7.00	Plain (no year) \$ 5.00
Our Task, Aim and Goal 2.50	1989 Festival Coffee Mug 2.00	5,10,15,20 year 7.00
Dr. Miroslav Tyrs 2.50	Sokol Lucite clock 3.50	25 year 13.00
Dr. Josef Scheiner 2.50	Sokol coaster .10	30,40 year 8.00
Highlights of Czech History 2.50	Sokol felt tip pen 2.00	35,45 year 6.25
ASO 125th Anniversary Book 4.00	Sokol Stadium Cushion 4.50	50 year, gold filled 15.00
American Sokol Sings songbook 4.00	Sokol scarf 7.50	
	Sokol flower postcard .25	55 years and over
Gymnastic Activities with Hand Apparatus 6.00	1989 Festival "T" shirt adult 3.50	"Citation of Merit" n/c
by Marie Provaznik & Norma Zabka plus shipping	Plastic Mug 1985 Slet .75	
	Sokol Charm "NEW" 3.00	Membership Kit 7.50
	Sokol Stud "NEW" 2.00	for new members, includes
	Board of Instructors	Plain pin, By-Laws, Tri-fold, Parliamentary procedure, Sokol & Sokol Idea booklet, car decal
Sokol SLET Plates \$ 22.00	Gymnastic Skills Patches 1.00	
XV Slet, 1985, XVII Slet 1989 plus shipping	Gymnastic Skills Bars .50	
	NEWLY ADDED ITEM	
TYRS Bronze Bust \$ 1,450.00	ASO FALCON T SHIRT 8.00	
100-115 lbs plus shipping	(1990 PARIS SLET)	
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