

AMERICAN SOKOL



THE AMERICAN SOKOL FOUNDATION FUND

for the future,
for your children,
and their children,
and their children's children.



In today's world, more so now than ever before,
there is a tremendous need for the Sokol Movement to survive.

Over the last 126 years our organization has provided an environment of healthy activities for tens of thousands through the generous efforts of dedicated individuals like you. Today's challenges loom large, but what of the challenges our forefathers faced a hundred years ago. They must have seemed insurmountable, just as the ones we face today seem.

We have been handed a golden opportunity, with a glorious past, that we must perpetuate for future generations.

We can. We will. We must succeed in our efforts.

continued on page 3

AMERICAN SOKOL

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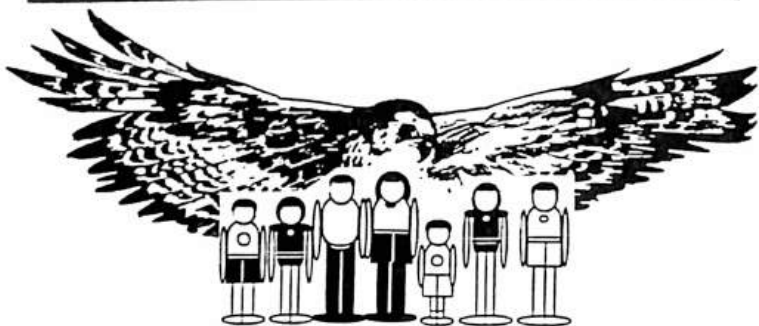
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HAVE YOU KEPT YOUR DUES CURRENT
WITH YOUR UNIT?

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OF THE PREVIOUS MONTH

436

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."

AMERICAN SOKOL FOUNDATION FUND

Updating your will or trust

Many Sokol members have remembered the organization by including a provision for a bequest in their wills or living trusts.

Now is a good time to consider whether to update your will or trust to include the **American Sokol Foundation** established at the 1990 A.S.O. National Convention.

An example of a bequest would include a statement similar to the following:

"I give, devise and bequeath the sum of \$ _____ to the **American Sokol Organization Foundation Fund.**"

For many, it would be better financially to consider a different way of making this bequest. For most people, greater tax advantages can be derived by taking lifetime charitable deductions against income tax instead of deductions after death against the estate tax.

The problem for many is that they do not want to give up the income that the amount of the donation would earn during their lifetime. This problem can be overcome by using a charitable trust. In it, a person can immediately deduct the value of their donation on their income tax return. The **American Sokol Foundation** would invest that contribution in an annuity and agree to pay the donor earnings of the contribution during the donor's lifetime. Upon death, the balance of the annuity remains with the **American Sokol Foundation** to guarantee the future of Sokol ideals in the United States.

Each individual situation is unique. We recommend that you consult with your attorney before making any decisions about estate planning. If you would like more information about charitable trusts, please contact the -

American Sokol Foundation

Bro. Gary J. Masek, Chairman, 5114 South 13th Street Omaha, Nebraska, 68107.

A LETTER FROM THE SOUTHERN DISTRICT'S PRESIDENT

(continued from the cover)

How can you help?

I know most of you have served Sokol in various capacities over the years and continue to support in every way possible. The American Sokol Foundation was established at the XV National Convention. This fund is intended only to be used to fund approved expenditures. This foundation provides a way for us to insure the perpetuation of our worthwhile organization for generations yet to come. Not all of us are in a position to make large contributions, but please consider the objectives of such an effort. We need every member's help to realize this goal, a most worthy cause.

Br. Larry Laznovsky

**SISTER UNIT PROGRAM REESTABLISHED
WITH SOKOL NEW YORK &
SOKOL KUTNA HORA**

In spring, 1991, not long after Br. Jerry Milan, the national public relations chairman, encouraged the units of the A.S.O. to develop a *Sister Sokol Program* with Czechoslovak counterparts, (see January 1991 issue), an unexpected letter was received by Sokol New York. The letter was sent by the recently refounded Sokol Kutna Hora, from the ancient Bohemian town of the same name (founded in the 13th century, with its historical roots in the 10th century). It simply stated: "After the Velvet Revolution in Czechoslovakia, an old banner made in New York has been returned to our Sokol Unit by the Dolansky family, who had hidden it in their home from the Nazis and Communists. This banner dates back to 1864...." Then, a question followed: "Does Sokol New York possess a banner which was sent to New York by Sokol Kutna Hora in the seventies of the last century?"

When we started to examine this mystery, the following story began to unfold: Yes, indeed, in 1864 a banner was sent to Sokol Kutna Hora (founded in 1862) by a club called *Sharp Shooters Svornost* (transl. *Concord*) of New York. Some of the members were obviously immigrants and probably Sokols from Kutna Hora. It is our assumption that the club *Svornost* probably formed a nucleus of *Sokol Svornost* in Morrisania, Bronx, N.Y. (founded in 1867, i.e. in the same year of the origin of Sokol New York in Manhattan). Finally, it is also our belief, but yet unexplored, that the two Sokol units, *Svornost* and New York, fused into one unit of the present name Sokol New York.

These historical traces are not just speculation, because there exist two solid evidences in the archives of Sokol New York, recently discovered by sis. Irene and bro. Stanley Mergl: (a) an old embosser with the seal which reads *Sokol Svornost - Morrisania - New York - Founded in April 1867*; (b) the banner made in Kutna Hora for Sokol New York, sent here between the years 1877 - 80 (which regrettably was partly damaged during the fire at our Sokol hall in 1971); and (c) the third evidence (provided to us by the archivist of Sokol Kutna Hora) consists of copies of two letters which describe the problems with the delivery of the patriotic Sokol banner to New York during the Austria-Hungary Monarchy. The letters were dated May 8, 1877 and March 22, 1880 addressed to Sokol New York.

Thus, returning to the letter received earlier this year from Kutna Hora, we in Sokol New York had a very good reason to establish, or rather to reestablish, the old *Sister Sokol Unit Program* between the two units. This eventually happened on October 12, 1991, when the author of this article visited Sokol Kutna Hora, Czechoslovakia, as an official delegate of Sokol New York. This joyous, historical event restored the old friendship and established the new *Sister Sokol Program* between the two units.

I hardly find appropriate words to describe the wonderful, sincere, brotherly, and in some moments, touching

atmosphere of my welcome by Kutnohorian Sokols. From the very first moment when I entered their Sokol hall with my wife, I felt that I am among the real old-young Sokols. After the official welcome by the President of Sokol Kutna Hora, bro. Jaroslav Krivsky and the secretary bro. Miroslav Pechr, we were offered the traditional Czech custom of bread and salt, (improved with tasty sausages and Kutnohorian beer). Of course, we had no objections to such delicious improvement of the old Czech tradition. In warm discussion with many older, faithful members, I found it especially encouraging that there were young members, too. Also, I was told that Sokol Kutna Hora enjoys an increasing number of new juniors in their unit, which is the best guarantee of their future.

The next day a group of sisters and brothers took us for a tour through the ancient town of Kutna Hora, led by a professional guide, sis. Nemeckova. Incidentally, have you ever been in Kutna Hora? You should go there to see some of the architectural gems of Central Europe. For example, the five-nave gothic cathedral St. Barbara, or the *Italian Court* (once the residence of Bohemian Kings), the museum of ancient coins, minted here since the 13th century for the Czech Kingdom, such as the *Prague Silver Groschen*, located not far from the silver mines. Would you like to visit the birthplace of the creator of the Czech national anthem Josef Kajetan Tyl, or the Court of Justice, where the Czech patriot Karel Havlicek Borovsky was on trial? It was also here in Kutna Hora where the historical *Decree of Kutna Hora*, proposed by Masters Jan Hus and Jeronym of Prague, was signed by King Vaclav IV, allowing the Czech scholars a fair electoral vote in the third oldest university in Europe, Charles University of Prague (founded in 1348 by the Czech King and Ruler of the Holy Roman Empire, Charles IV).

It may seem to you, sisters and brothers in America, that I am functioning as a paid travel agent for Kutna Hora. Not at all; I was born in Smichov, Prague, and baptized by Staropramen beer. However, I honestly have to state that the city of Kutna Hora is an historical gem of Central Europe. You may have an opportunity to come and see it during the XII All Sokol Slet in Prague, Czechoslovakia, July 1994. Be there!

My story on the old-new *Sister Sokol Unit Program* between Sokol New York and Sokol Kutna Hora can be concluded by a statement, which we wrote and signed together with the Kutnohorians in their chronicle on October 13, 1991: "It is of general notion that silver was mined in Kutna Hora for ages. Today, however, a precious gem of sincere friendship was found in Kutna Hora, which originated from Sokol brotherhood and love of our predecessors in New York and Kutna Hora, some 110-120 years ago. May this Sokol gem be passed onto future generations of Kutnohorians and New Yorkers, too!"

Nazdar!

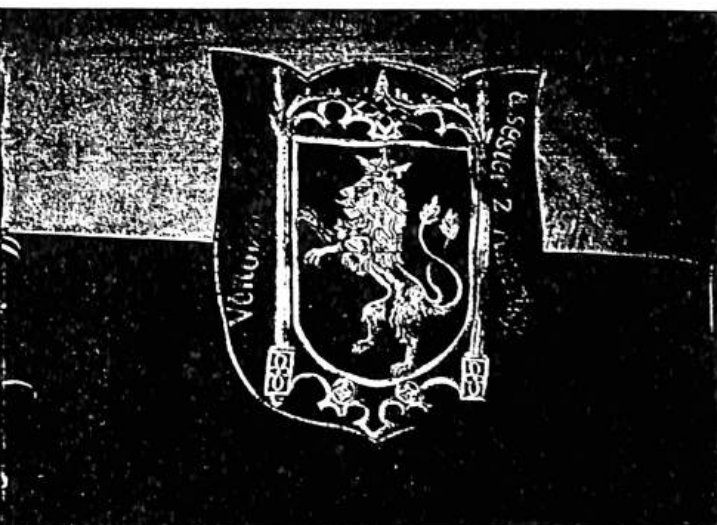
Jaroslav Krivsky, President
Miroslav Pechar, Secretary
Sokol Kutna Hora

Vratislav Zbuzek
Sokol New York
Sec, Eastern District ASO

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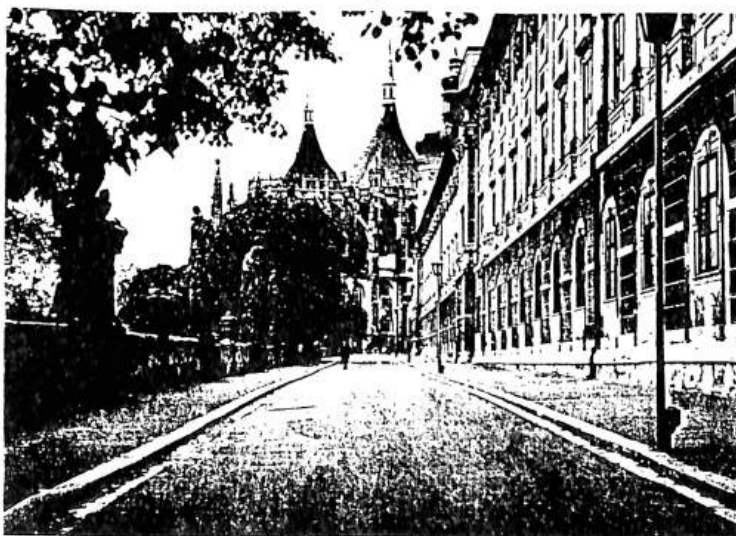
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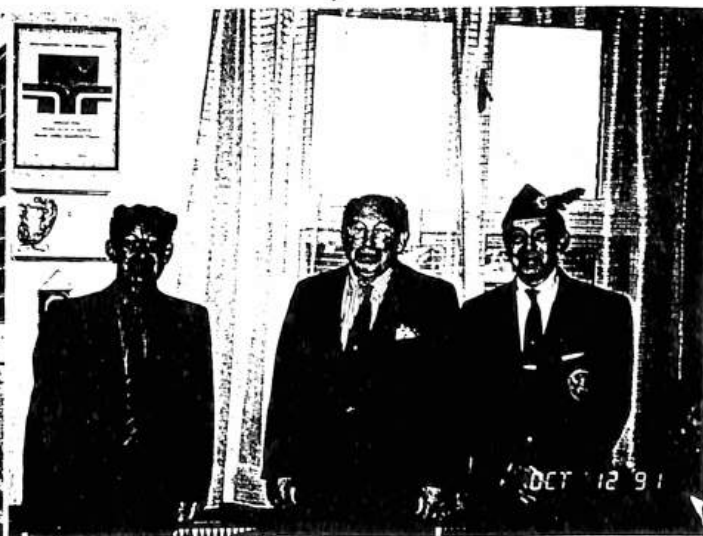
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Figs. 1a & 1b: front and back of the banner sent to Sokol Kutna Hora in 1864. Figs. 2a & 2b: Front and back of the banner sent to Sokol New York in 1877. Fig. 3: Statue terrace (left), gothic cathedral St. Barbara (back) and Jesuitic College (right). Fig. 4: From the left: Miroslav Pechr (secretary), Jaroslav Krivsky (president) of Sokol Kutna Hora and Vratislav Zbuzek, representing Sokol New York.

GET INVOLVED!

We celebrate the end of the calendar year 1991 by welcoming in the new calendar year - 1992!

This past fall season many units were busy with gymnastics skills testing and evaluations, track & field competitions, rhythmic gymnastic and artistic gymnastic competitions and our season is only one-third completed! Doesn't it always amaze you just how much we do accomplish in the course of a season? The energy level of the class instructors, directors and administrative officers and members and gymnasts is a lesson in going the full course - like a thoroughbred. We're always ready to go the extra lap!

Reading through your many fine newsletters makes me think that some of us don't do enough to help our unit and district grow, but then I realize that if each of us does a little, consistently with a purpose towards the whole, then we are helping our units and districts grow. Growth is the key that opens many doors. The more children that join and find fulfillment in our classes brings more growth through their friends and family. The more parents that volunteer to help in class, or with fund-raisers or with good-will brings more growth to our units and district through funds to support our programs.

Many Sokol units are working closely with their Juniors to develop the travel fund so these young gymnasts can travel to Canada this summer to compete and perform with our Canadian Sokol brothers and sisters. If you have not started your travel fund as yet, there is still time to have a sockhop, wash cars, collect aluminum cans/newspapers, sell candy/candles/popcorn/wristwatches/T-shirts/Jackets/warm-up suits/raffle tickets/ads in your Exhibition's program book. Sponsor a 10K Walk/cartwheel-a-thon/adult push-up-a-thon/dance marathon (oldies, but goodies), Spaghetti Dinner, Pork Dinner, Oriental Food dinner, Pancake breakfast, after the exhibition dance, Candlelight Bowl, bingo night, roller skating/ice skating/swim party, once a week Physical Fitness Workout at the Gym with the Family Day.... the list goes on and on.

Find events you and your friends like to do and sponsor it with all proceeds marked for your travel fund. Get those juniors and seniors involved and resolved to be a big part of your unit's activities.

Go the extra lap, be a thoroughbred. Remember, winners are doers first. You win just for being a part of the whole.

Nazdar! Lynda [editor]



National officers of WFLA: Top (l to r) Sec. Howard J. Wolfe, V.P. Philip Torticill, & Field Mgr./Treas Jay Kacena. Pres. Raymond Miller and Chrmn of the Brd Robert Hoida

WESTERN FRATERNAL CONTINUES ITS SPONSORSHIP OF AMERICAN SOKOL

Dear President Borvansky,

The delegation at the National Convention, held in Grand Rapids, Michigan, voted to continue their sponsorship of the American Sokol Organization.

The delegates to the convention represent the membership of the lodges of Western Fraternal Life Association. This fraternal insurance company began nearly a century ago to benefit the ethnic, social and benevolent needs of people of Czech descent.

Today, Western Fraternal has diversified to include people from all nationalities. Our benefit programs include orphans benefits, a matching funds program for members in need due to illness, accident or natural disaster, as well as an active lodge system.

Western Fraternal is proud to be a sponsor of the American Sokol. We believe the benefits of improving the mind and body, and keeping Czech heritage alive are important for our organization as well as for the Sokols.

Best wishes to the American Sokol in your continued efforts to help our young people.

Sincerely,
Terri Bronner, Fraternal Department

**GREAT THINGS ARE DONE
WITH A SENSE OF PURPOSE**



AMERICAN SOKOL ORGANIZATION

GYMNAST

JANUARY 1992

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



USGF Safety Manual, 2nd Edition

3. GYMNASTICS MATS

by John Salvo and Dan Copeland

Over the past decade the gymnastics community, both nationally and internationally, has seen the skill development levels of both male and female gymnasts of all ages increase dramatically. During this growth, the demands placed on gymnastics equipment and mat manufacturers have been two-fold and somewhat contradictory: (1) to design and produce gymnastics apparatus that will allow each gymnast to maximize his/her full potential with regard to their individual skill development levels; and (2) to design and construct gymnastics mats that will "ideally" allow each gymnast to perform these skills without fear of injury. In essence, the gymnastics community has asked that gymnastics equipment and mat manufacturers produce apparatus and mats that will allow gymnasts to maximize the degree of difficulty of the skills being performed, while also eliminating the risk of injury of the gymnasts.

While the design of and modifications to gymnastics apparatus have been very effective in allowing gymnasts to reach their full potential regarding individual skill development, the ability of mat manufacturers to design and construct fail-safe gymnastics mats remains a physical impossibility.

In the past fifteen years, gymnastics mat manufacturers have indeed made advancements in the design and construction of safer and more effective gymnastics mats. **However, to assume that a mat manufacturer can design, construct and provide a fail-safe mat that eliminates the possibility of serious injury to the gymnast is both incorrect and dangerous.** This assumption virtually ignores literally hundreds of other factors that must be considered when correctly accessing the aspect of gymnastics safety.

Gymnastics mats are, and must remain, only one of the many elements involved when analyzing gymnastics safety. Other key factors that must be taken into consideration include: (1) the competency of the gymnastics coach/instructor, (2) the amount, degree and quality of supervision being exercised over those students participating in the gymnastics activity, (3) the nature and conditions of the area or facility in which the activities are being performed, (4) the nature and condition of the apparatus on which the skills are being performed, (5) the

readiness of the performer, (6) the level of skill difficulty, and (7) the conduct of those individuals participating in the activities. All of these factors must be taken into consideration including an assortment of other conditions that can arise in each unique situation in which gymnastics activities occur.

Professional instructors and coaches are charged with the responsibility of safely teaching young athletes the skills necessary for active participation in the discipline of Artistic Gymnastics. There is a single precept that must be indelibly impressed upon every instructor:

CATASTROPHIC INJURY, PARALYSIS OR EVEN DEATH CAN RESULT FROM IMPROPER CONDUCT OF A GYMNASTICS ACTIVITY.

While acting in the capacity of instructor, do not allow a situation to either be initiated or to develop that could place an athlete at undue risk. Always strive to be a prudent, prepared and professional instructor, and note that it is paramount to achieving an acceptable level of safety that the gymnastics activity be conducted in an environmentally prepared area that meets the risk requirements of that activity.

To synchronize environmental factors with the safe conduct of an activity, one must include a proper utilization of gymnastics matting. Moreover, in order for such a proper utilization to occur, one must first have a clear understanding of the categories of gymnastics matting as well as a grasp of the characteristics of the various mats in those categories.

Design Characteristics of Gymnastics Mats: Resiliency vs. Shock Absorption

In general, mats have one of two potential characteristics. They will either be primarily **resilient** which means they will return quickly to their original position after compression (sometimes referred to as "memory"), or they will be primarily **shock absorbent**. The mat material itself, to a large extent, determines its characteristic quality. An example of this difference can be seen in the use of a closed-cell foam in basic mats to provide a resilient floor covering as opposed to open-cell foam used in landing mats and skill cushions. While both types of foams are similar in that they incorporate thousands of small cells filled with air, their differences lie in each cell's

ability to either hold air or allow it to escape when compressed. The closed-cell foam does not allow the air trapped in each cell to escape. Therefore, its ability to be compressed is limited and, as such, is quick to return to its original position (similar to the compression of a new tennis ball). The use of this closed-cell foam in basic mats creates a firm, resilient working surface. In contrast to closed-cell foam, the open-cell foam used in landing mats and skill cushions does allow the air trapped in each cell to escape when compressed (similar to the compression of a sponge). Therefore, the use of the open-cell foam in these mats creates a softer, absorbent working surface. Obviously, most mat materials will have characteristics of both resilience and shock absorbency. However, materials vary to the degree that they are either resilient or shock absorbent.

Gymnastics Mat Categories

1. **General Activity Mats:**
 - a. Strip tumbling and basic apparatus mats.
 - b. Stretching, dance and beginner activity mats.
2. **Floor Exercise Systems and Mat**
 - a. Competition floor exercise systems.
 - b. Floor exercise top mat section only.
3. **Competition Landing Mats:**
 - a. Single unit, non-layered mat systems.
 - b. Multiple unit layered mat systems.
4. **Developmental and Training Mats:**
 - a. Soft training mats.
 - b. Soft portable pit mats.
5. **Apparatus Specific Matting:**
 - a. Fitted platform mats for apparatus.

Category Description

1. General Activity Basic (Base) Mats:

Basic mats are constructed of a single layer of firm closed-cell resilient foam, ranging in thickness from one to two inches. By design, basic mats are constructed to provide a resilient floor covering. The intended uses of these mats are: (1) to provide a resilient working surface on which floor exercise and tumbling skills can be performed and (2) to be used underneath landing mats to provide an additional layer of cushioning material between the landing mat and floor.

Because of the lack of shock absorbent qualities, basic mats, when used solely as landing mats, do not adequately protect the gymnast against injury from vaults over, dismounts or falls from the apparatus. The use of these mats for any purpose other than their intended use can result in serious or catastrophic injuries or even death.

2. Floor Exercise Systems:

The floor exercise area must perform various tasks for the athlete, the primary of which is to provide a

resilient, firm and non-slip tumbling surface that will assist in amplifying the height of the athlete's acrobatic motion. In concert with this amplification of height, the floor exercise area must also absorb the shock levels to a sufficient measure so as to reduce stress loads placed upon appendage joint articulations and spinal column disk compressions.

The floor exercise area accomplishes its above-referenced dual mission by virtue of its modern engineering design. The harmonious working of the multiple layers of rebound material, hardwood and resilient matting provide a reasonable accomplishment in functionality.

The bottom of the system is constructed using a plywood platform under which the rebound materials (which can be steel coil springs, foam rubber cubes or other such elastic materials) are securely fastened. This bottom section must offer a level and absolutely even rebound platform when assembled.

The top section and surface of the floor exercise system is fundamentally a large uniform tumbling mat carpeted or covered in vinyl non-slip material. Naturally, the surface must also be absolutely even and level and totally devoid of cracks or depressions.

3. Competition Landing Mats:

Competition landing mats are the basic staple of a gymnastics matting program. These mats are fabricated utilizing both a resilient foam and a foam designed to continue and absorb shock. The firm, resilient foam is placed on top of the other, and therefore creates a level top area for the mat. The softer, shock-absorbing foam placed underneath the resilient foam provides the mat with its shock-forgiving quality. Both levels of foam are encased in a vinyl-coated nylon material to create the mat.

There are three standard heights used in competition landing mats: a) four inch, b) twelve centimeter and c) twenty centimeter. All three thicknesses use a top, resilient foam of approximately 1 1/4 inches, and the resultant difference in overall height comes from the thickness of the bottom, shock-absorbing foam. While the four inch landing mats must be used in conjunction with base mats, the twelve centimeter and twenty centimeter landing mats do not require base mats to be used underneath them.

With regard to shock-absorbing and shock-continuation foam, note that they can be distinguished by their ILD number (Impact Load Deflection Factor) and Density Pound Factors, both of which vary between manufacturers. These two properties of foam affect the firmness, longevity and cost of a competition landing mat, and an instructor or coach should inquire concerning these properties in specific mats and understand their relevance.

To be continued.

NATIONAL BOI REPORT NOVEMBER 1991

Bills: \$ 2.50 postage, \$85.70 audio equipment supplies.

Special Assessment Requests:

Northeastern District: 3 students to instructors course \$1,344.00, Women's Director USGF membership \$60.00.

Central District: 3 students to Sokol USA Instructors Course \$397.50, one person to USGF Rhythmic Clinic \$488.00, and 14 persons to USAIGC Clinic \$490.00.

Sue Kozelka and Dave Harlan will be the BOI representatives on the Corporate Sponsorship Guidelines Committee.

District Directors Conference held October 25-27, 1991. All districts were represented. Also attending were representatives of Sokol USA, DA Sokol and Sokol Canada. Below are important issues from the conference submitted for executive board consideration and approval as necessary.

All districts reported on their activities. All seemed to be quite active but most units are experiencing declines in participation especially in the junior and senior classes. The attendance figures compiled by the statistician bear out that problem.

An unofficial BOI budget summary analysis for the period 7/90-6/91 showed that the BOI expenses are tracking very closely with the projected BOI budget compiled at the 1990 ASO Convention.

It was decided not to have another American Sokol booth at the USGF Congress unless the opportunity arises again where it will be open to the public and not just congress attendees.

The tentative 1993 Slet schedule and facilities were discussed and more or less approved. Childrens, Juniors, Seniors and Silver Seniors Calisthenics exercises have been selected and are being distributed to outside districts for testing. The Central District is working out a non-calisthenics type number for the Tots. USGF competition routines were selected where available and others are awaiting new USGF routines to be released in Spring/Summer 1992.

It was decided to utilize USGF judges for all USGF competitive exercises used. Preliminary contact indicates that USGF judges are available in the area. Sokol member USGF judges are also being sought.

The special number event during the opening ceremonies will be for demonstration only and not a competitive event.

A childrens competition will be held in conjunction with the Slet with some limitation on number of participants.

A marching competition will be held in conjunction with the Slet, parameters to be defined.

Br. Satek is investigating local computer services for tabulating.

The general consensus was that competitor entry fees should be kept as low as possible and not intended to be profitable.

Corporate sponsorship should be sought for all aspects of the slet.

Consideration is being given to using the Sokol Stickney "Potpourri" with modification for less active seniors as a Special number for the 1993 slet.

A Slet commemorative book is being planned for sale before and during the Slet and distribution sometime after the slet. It would contain names and pictures of competitors, teams, winners and other activities.

A standard generic medal is being planned and created for introduction at the 1993 Slet.

The judging development program has been dropped since most districts seem to feel they can get judges training through USGF.

It was decided to change the Junior girls uniform to a more up-to-date, better fitting style. The BOI and women's directors are working with the uniform division. New uniforms to be in place for the 1993 Slet. New and/or modifications to the girls and boys uniforms and the Junior boys and mens shirts are also under consideration for a later date.

It is recommended that the ASO begin some type of offsite storage and achiving backups of computer information kept in the office.

It was decided to continue the American Sokol's current affiliation with the United States Gymnastic Federation.

Concerning the 1994 COS Slet, it was recommended that a Junior Dress parade uniform be investigated. Also it was recommended that thought be given to preparing a special number in conjunction with Sokol USA, DA Sokol and Sokol Canada for 1994.

It was recommended that the next District Directors Conference be held in the Fall, 1992 to be hosted by the Northeastern District in Detroit, Michigan. The ASO must be sure of its committment to this conference before approval since once before the conference was awarded to Detroit and then later cancelled after preparations had already been made by the hosts. Perhaps it would be appropriate to postpone consideration of this recommendation until after the Board of Governors meeting in December.

Controlling aging

10 ways to help retain youth and prolong the onset of aging.

1 Muscle mass: Americans tend to lose 6.6 pounds of lean body mass each year, with the rate accelerating after 45. **Control factor:** exercise

2 Strength: The average person loses 30 percent of his muscles and nerves between age 20 and 70. Strength and size of remaining cells can be increased. **Control factor:** more exercise

3 Calories: At age 70 a person needs 500 fewer calories per day to maintain body weight. **Control factor:** reduce calorie intake

4 Body fat: The average 65-year-old sedentary woman's body is 43 percent fat compared to 25 percent at age 25. **Control factor:** convert fat into muscle by exercising.

5 Blood pressure: Most Americans show an increase of blood pressure with age. **Control factor:** Exercise.

6 Blood-sugar tolerance: Some diabetes cases caused by an increase in body fat and loss of muscle mass. **Control factors:** Exercise; diet.

7 Cholesterol: Bad cholesterol leads to heart disease, good cholesterol helps protect against it. **Control factors:** Low fat diet; exercise.

8 Temperature: The body's ability to regulate temperature declines with age. **Control factors:** Regular exercise; diet.

9 Bone density: Bones lose mineral content and become weaker with age. **Control factors:** Proper calcium; stress exercises.

10 Aerobic capacity: The body's efficient use of oxygen declines by 30-40 percent by age 65. **Control factor:** Aerobic exercise.

Source: "Biomarkers" by William Evans, Ph.D. and Irwin H. Roenbergs, M.D.

Chicago Tribune

MERIT AWARD 1992

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

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

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

In order to qualify for the additional year, applicant must have maintained a "C" average or better for the course of study during the first year, and must submit a completed renewal application, including approval by the Unit and District Directors.

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

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

Renewal forms and transcripts are to be received at the American Sokol Organization c/o of Merit Award Committee by June 1, 1992.

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

1. Regular attendance in Sokol classes for at least three years prior to this application. Juniors may be included but must become adult members at age 17.
2. Successful completion of Sokol District or National Organization Instructor Schools.
3. Teaching or assisting in Sokol gym classes.
4. Service to Sokol unit, District or National Organization.
5. Recommendation of Physical Director of Sokol Unit.
6. Recommendation of District Physical Director.

Application Request Should Be Postmarked No Later Than May 1, 1992.

Merit Award Committee

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

UNIT DIRECTORS - PLEASE POST ON BULLETIN BOARD

AMERICAN SOKOL ORGANIZATION, c/o Merit Award Committee, 6424 West Cermak Rd., Berwyn, Illinois 60402

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

Signature of Sokol member: _____

Street address: _____

City: _____ State: _____ Zip Code: _____ Phone: area code _____ - _____

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

CALENDER OF EVENTS

UNIT EVENTS

- Jan 25 Sokol Ceska Sin Exhibition
Feb 1 Sokol Brookfield Spaghetti Dinner
Feb 1 Sokol Detroit Winter Gymnasticale
Feb - Sokol Greater Cleveland Winter Exhibition
Feb 1 Sokol St Louis Square Dance
Feb 7 Sokol Detroit Spaghetti Dinner
Feb 16 Sokol Stickney Pancake Breakfast
Feb 22 Sokol Minnesota Euchre Tournament
Feb 29 Sokol Women of Little Ferry Czechoslovak
Pork Dinner 5-8 p.m.
Feb 29 Sokol Minnesota Sibrinky
Feb 29 Sokol Brookfield Exhibition
Mar 8 Sokol West Suburban Exhibition
Mar 14 Sokol Tabor Exhibition
Mar 15 Sokol Slavsky Exhibition
Mar 21 Sokol Stickney Exhibition, Pavek Center
Mar 20 Sokol Naperville Exhibition
Mar 22 Sokol Minnesota Jaternice Dinner
Mar 28 Sokol Berwyn Exhibition
Mar 28 Sokol USA Lodge 306 Exhibition

District Events

- May 2 Central - Girls Artistic Gymnastic
competition
May 9 Central - Boys gymnastic competition
May 16 Central - Slet & Girls, Juniors & Seniors
Artistic Gymnastic Competition

SPECIAL ANNIVERSARY DATES

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

THE APPEALING FACTOR OF VOLUNTEERISM
IS IN THE NOBILITY OF THE CAUSE.



SOKOL SONGS PUBLISHED BY SOKOL FORT WORTH

Reprint from *Words of Note*, a publication of the School of Fine Arts, University of Texas at Austin.

Jeanette Stearns Keim (BM'59, MM'60) has compiled a collection of Czechoslovak music entitled *SOKOL Songs*. The volume includes nationalistic favorite songs with Czech and English lyrics, simple piano arrangements, with art and history provided by Jerry Milan (BS'58). Many of the selections have never been documented. The book and accompanying cassette, including violin and vocal arrangements, are produced by SOKOL Fort Worth.

SOKOL Songs is especially popular now in Czechoslovakia since the selections were outlawed in 1941 by Hitler and again silenced by the Communists in 1948.

Sokol Milwaukee has a banner year with Milwaukee's Holiday Folk Fair

Members and gymnasts had a great time at the annual Milwaukee event. Besides being actively involved in working for the Czechs at the Holiday Folk Fair in the International Cafe, International Marketplace, Coffee House, Young People's Matinee, The Folk Specitacle, Old Pabst Park and the Cultural Exhibits, many of Sokol Milwaukee's members and their families found the time and energy to volunteer in other areas to make the Holiday Folk Fair something special this year.

Sixty-one students from their gymnastics program took to the arena floor during the Young Peoples Matinee at the Holiday Folk Fair and it was a beautiful sight to see. Girls II and III did a ribbon drill while the Tots and Girls I did tumbling. The Boys I class performed on the pummel horse. As the red, white and blue ribbons twirled gracefully, the other gymnasts impressed the audience with their agility. When the routine was over an appreciative audience gave them a rousing round of applause.

Milwaukee's Holiday Folk Fair will celebrate its 50th anniversary in 1993.

Sokol Milwaukee's Newsletter

SOKOL WATCHES

Now you will have no reason to get to gymnastic classes late. Sokol watches are available through Sokol West Suburban for only \$25.00 in mens or womens style and have the Sokol Emblem and motto on the face. Please contact: Eileen Stahulak 11 So. 281 Saratoga, Lemont, IL. 60439. Add \$2.50 postage.



SOKOL TABOR CELEBRATES A 125TH ANNIVERSARY

The Sokol movement is strong and alive in Berwyn, IL.

During its 125 years, Sokol Tabor has been an innovator. The first *Tots* classes in the American

Sokol Organization were started by Sokol Tabor member Sis. Blanche Kos.

Sokol Tabor, made up of units that merged over 125 years, did not call Berwyn its home until 1926.

The organization has survived fires in 1892 and 1915 and many mergers to grow to the point where it is today.

A list of significant dates in Sokol Tabor history include:

1866 - Five years before the great Chicago Fire, founders Frank Hlavin, John Kallal, Frank Novak and Anton Jurka started *Telocvicna Jednota Sokol*. The new unit of 59 members of Czechoslovakian descent began drilling in a hall on Clinton Street near Van Buren Av. in Chicago.

1868 - *Telocvicna Jednota Sokol* merged with *Slovanska Lipa*, but financial difficulties caused conflicts. The groups split.

1875 - Several Sokol units cropped up in Chicago. A motion was made to combine these units, but a committee could not reach a conclusion.

1890 - A group of Czech people living in a subdivision called *New Tabor* desired to start a Sokol. August Prochaska proposed the name *Sokol Tabor*, which was adopted.

1892 - A fire destroys its facility on 13th Street and Karlov Av. in Chicago.

1914 - Sokol Tabor merges with Sokol Slavonic Linden to make it the oldest Sokol unit in Chicago.

1915 - The unit's building on 13th & 41st Av. in Chicago destroyed by a fire. For the next ten years, members worked to secure funds for the building of a new home.

1926 - Sokol Tabor merges with Sokol Oak Park and moves into its current home at 16th and Clarence Ave.

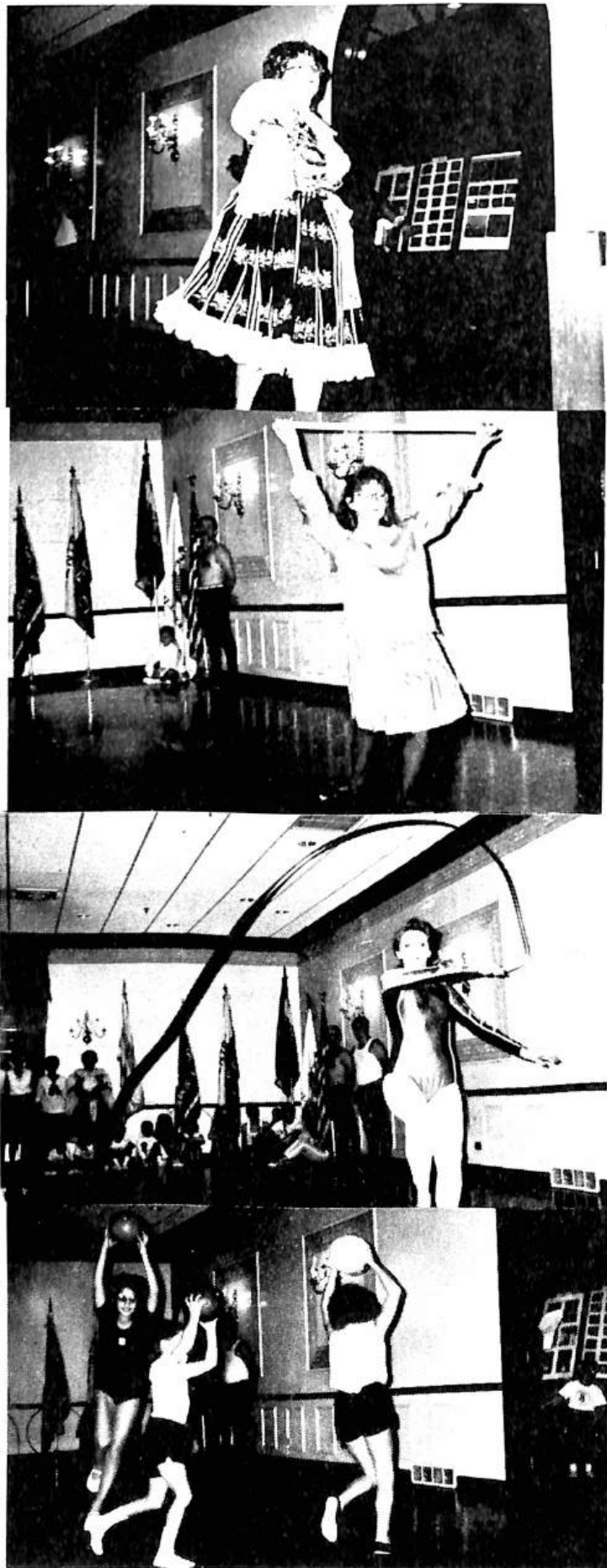
1961 - Sokol Tabor's Jerry Polacek was a national champion in the junior boys division, four years later he was a men's national champion.

1975 - Front extension addition completed.

Sokol Tabor's new logo *Striving Toward Greater Heights* has a Chicago skyline in the background to denote we haven't forgotten our Chicago roots! *Nazdar!*"

Lillian Prihoda, Publicity chairperson -
125th Anniversary

right -the Banquet featured demonstrations of the many activities offered through Sokol classes, past and present.



TOT'S CLASS BUSY WITH TRACK AND FIELD COMPETITION
by JUNE PROS

It isn't often that articles are written about our *Sokol Tot's Classes*, but here in the Central District, our Tot's are busy with events which their big brothers and sisters are doing. I would like to tell you about just one event held on November 23, 1991.

It is 9:00 a.m. on Saturday at Sokol Tabor, 16th & Clarence, Berwyn, IL., and forty-five Tots, ages 2 through 5 years of age have arrived to compete in Track & Field. They brought their parents along for moral support. This is an annual event for Sokol Tabor but this year Sokol Slavsky was invited to participate in this event, and they did with 10 Tots and their instructor, Sis. Terry Maskill and two helpers, Marilyn Lutha and Jeff Nail. Sokol Tabor had 35 Tot's and their instructors Sis. Julie Kysela, Kim Kalal, Nancy Mattas and Lee Fron.



The group was broken up according to ages, there were nine 2 yrs old, seven 3 yrs. old, twenty two 4 yrs. old and seven 5 yrs. old. They were set and raring to go. The parents sitting on the side lines were silent but anxious. Sis. Kysela gave the word and all teams went to their first event. The events were: Ball throw, Standing Broad Jump, Running Broad Jump, High Jump and 20 yard dash.

All Tots were orderly and well behaved. The competition went very smoothly, but before long everything was over. Now comes the placing with the awards given out in the regular gym class time.

Sokol Tot's are a vital part of the American Sokol Organization, as this is when not only the children are introduced to Sokol but the parents are also informed as to what Sokol can do, not only for the children but also for adults of all ages.

We, of the Central District, who had begun their work with Sokol through the Tot's program, know the great feeling one gets when as the children grow they still remember their Tot's teacher. Working with the very young is a gratifying experience, one that remains with you for many years to come. As one of those teachers who began teaching Tot's in 1959 and continued teaching various classes until 1972, I know that feeling. Although I no longer teach, my devotion to Sokol remains. Wearing many hats over these many years I have had the privilege of working with many devoted Sokols and am proud being a member of the American Sokol Organization and Sokolice Tabor.

The family of Robert J. Barcal, ASO Treasurer at the time of his death, wishes to commemorate his dedicated years and service to Sokol and its ideas by donating a sum of money to the **American Sokol Foundation Fund**.

This sum of money (\$3,368.21) was donated to the Robert J. Barcal Educational Scholarship Fund by family, friends, Sokol brothers and sisters and Sokol Units. Since it is the goal of the **American Sokol Foundation Fund** to raise monies to guarantee the future of Sokol and Sokol ideals in the United States, it is felt that this donation in his name will best serve the perpetuation of Sokol and its ideals.

IN MEMORIUM

BRO. ROBERT J. BARCAL

Member
1932 Sokol Chicago 1990

Treasurer
1983 American Sokol Organization 1990

EXECUTIVE BOARD MINUTES
November 26, 1991

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

Members present were Bro. Borvansky, Satek, Babka, Michalek and Lebloch and Sis. Kourim, Wojcik, Filipello and Pros in the office; Bro. Masek, Milan, Kalat, Podhrasky and Dalton and Sis. Dalton and Kalat on teleconference. Sis. Pajeau and Sedlacek were excused. Guest present: Bro. Laznovsky.

Minutes of the previous meeting were approved on motion by Sis. Filipello, seconded and passed with the correction that the third to last paragraph state Sokol South Omaha.

The Western District minutes, District Director's Conference minutes and Director's Newsletter has been received as has the publication from Sokol in Czechoslovakia.

The secretary reported that the holiday seals have been sent out and the response has been good. Sending out holiday cards and new roster reports to all the districts and units. Waiting for responses to the annual holiday party and board of governors meeting.

Sis. Filipello moved to take a full page ad advertising our 1993 Slet in the Czech National Council 1992 Ball program book, seconded and passed.

Sis. Filipello moved to take a half-page ad in the SPJST 1992 Convention booklet, seconded and passed with three opposed.

Br. Lebloch will create the ad displays.

A motion was made to cancel the holiday ad in the Suburban Life and spend the money next year to advertise our 1993 Slet, seconded and passed.

It was recommended that we invite Mr. & Mrs. Charles Borvansky and Mr. & Mrs. Laddie Prines to the annual party because they put in more than eighty-six hours of work in getting the seals ready to be mailed. A big thank you to June and Fran in the office for getting the letters sorted and to the post office.

Auditing committee met and found the books in order with minor errors that have been corrected.

COMBINED B.O.I. REPORT: The text as prepared by Sis. Kalat will be published. Bills submitted by Br. Satek for the conference have been paid. Special assessment bills from Central and Northeastern district approved on motion by Sis. Filipello, seconded.

A discussion of the comparison of expenses against the budget was held. Sis. Filipello moved to have a budget analysis prepared and distributed by the January meeting, seconded and passed.

The Merit Award committee will meet on Wednesday, Dec. 11 at 7:30 p.m.

Br. Borvansky stated he would like to see a dress code enforced at Sokol meetings, i.e., the Director's Conference. Discussion followed.

MEMBERSHIP REPORT: Sis. Sedlacek sent letters of congratulations and printed an acknowledgment in last

month's publication of all unit's who increased membership.

EDUCATION COMMITTEE: Br. Lebloch recommended a video tape on Czechoslovakia that he observed, be purchased and made available for sale to our members. A motion made and seconded that we purchase one dozen tapes, seconded and passed.

PUBLIC RELATIONS: Br. Milan attended the USGF executive board meeting and will give information to the BOI. He is also working on an orientation video for Sokol.

EDITOR: Sis. Filipello reported that the Nov/Dec issue needed to be combined due to shortage of articles to publish. The postal rating change is still being negotiated. Printing costs have increased since last year due to larger dimensions of publication and cost increase from printer.

Western Fraternal Life Association sent a nice letter and pictures that will be published. They again made a very nice donation to the ASO.

FINANCIAL SECRETARY: Sis. Pros reported that the office computer broke down again. The repair would have cost \$450.00 and a new unit was \$950.00. Br. Borvansky and Sis. Pros considered the options and purchased a new monitor and upgraded computer.

TREASURER: Sis. Wojcik reported she made a monthly statement of our balances in all accounts and the unit and district financial report will be going out in January.

VICE PRESIDENT: Sis. Kourim attended the banquets of Sokol Tabor and Sokol Havlicek-Tyrs. She is assisting the BOI in their search for new Jr. girls leotard uniform.

PRESIDENT: Br. Borvansky attended banquets and took care of office business.

1993 SLET: The committee and the Central District are forming sub-committees. Still looking for ideas for Logo and motto.

Sokol Seattle property is on the market. After a long discussion, Bro. Masek moved to sign necessary papers and move to sell the property, seconded and passed.

The annual dinner for the holidays is on Sunday, Dec. 15 at Klas'.

The Board of Governors will meet on Sunday, Dec. 15 at the office at 9 a.m. Bro. Michalek asked if he may sit in as an observer, permission was given. Bro. Borvansky, Masek and Laznovsky and Sis. Kourim will interview candidates for the position of Executive Director on Dec. 13th and 14th.

Thank you to all the people who helped at this meeting in my absence. There were some parts of the tape that I could not hear, therefore, some items may be missing.

Sis. Nancy Pajeau, Secretary

NOTICE

Abraham George Hochner of Boynton Beach, FL., and a member of Sokol New York since 1931, passed away recently. He and his wife Lillian celebrated their 50th anniversary last May 31, 1991.

AMERICAN SOKOL PRICE LIST

EDUCATIONAL MATERIALS booklets

SOUVENIRS

MEMBERSHIP PINS & KIT

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