

AMERICAN SOKOL



TGM



THE LEGACY

What does Masaryk and Tyrs mean to us in 1992?

In our modern history, the idea of independence and freedom seemed to be a utopia. This idea prevails, nourished by education and leadership. Education by enthusiastic teachers and Sokol instructors, leadership of people like Tyrs, Masaryk, Stefanik, Benes and recently the new president of Czechoslovakia, Vaclav Havel..

Their legacy seems to be this:

*Believe in your strength, physical as well as moral.
Keep educating yourself and the young people as well.*

Speak the truth and only the truth.

Have a strong will, make your ideas come true.

Love your people and love your country.

Ideas must be followed by deeds.

Even in this respect let us follow our leaders' examples.

Jiri Liska

Masaryk and SOKOL, page 3

AMERICAN SOKOL

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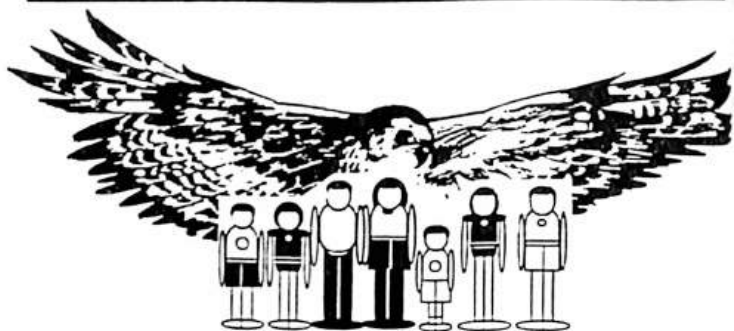
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Ladislav Voris	Nancy Pajeau
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Meetings: 4th Tuesday - except July and August,
at ASO Office - 7:30 P.M.

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FUTURE SOKOL LEADERS FUND JANUARY 1992

IN MEMORY OF:

Vincent Pleva	
George & Rose Vytlačil	\$ 10.00
Jerry Schultz	
Central District Volleyball Teams	106.00
Ethyl Zaviska, member Sokol Town of Lake	
Sokol Town of Lake	25.00
Anton Smunt	25.00
Joseph Sotka, member Sokol Tabor	
Mary Balsanek	25.00

PURPOSE

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

Our Sokol Credo:

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

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



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

T.G. MASARYK - A SALUTE TO A GREAT THINKER AND A GREAT LEADER.

T.G. Masaryk and SOKOL
by Jiri Liska

(From the author - Jiri Liska of Sokol Los Angeles. "This is a lecture I had at the Czechoslovak Society of Arts and Sciences Congress in 1977. Since this article has never been published, it seems to be in place now, at the time when our hopes of a free Czechoslovakia came true and the birthday anniversary of T.G. Masaryk is near. The period of 1975-1987 brought me the opportunity to sit, talk and cooperate with sister Marie Provaznikova, and this article was one of the products of the unforgettable hours spent with the Sokol First Lady.")

Today we will discuss the lives of two men who contributed so much to achieve the liberation of Czechoslovakia, President Masaryk and Miroslav Tyrs - founder of the SOKOL movement. When we talk about Tyrs, we should keep in mind the innumerable Sokol members, men and women, known as well as unknown, who helped to fulfill the same task.

First, what do we know about the personal relationship between Masaryk and Tyrs? At the time when SOKOL, founded in 1862, was expanding so surprisingly fast during its first 25 years, both men were teaching at the Prague University, knew each other, had some discussions, but their contacts with one another did not last too long. Masaryk came to Prague in 1882, and Tyrs died in 1884.

They both had deep knowledge of philosophy, and as philosophers, they had different views concerning the way people live and work for society. Masaryk, although a critic of the Czech political scene of that time, was an outspoken optimist. He liked to cite Jesus Christ, "seek the kingdom of God first, and all other things will be given you."

Tyrs, before he became professor of the history of arts, was preparing to become professor of philosophy. His favorite author was Schopenhauer, the representative of pessimism. And pessimism was the way of thinking Masaryk strongly rejected. In his conversations with Karel Capek, Masaryk did not mention Tyrs among his good friends of that time.

These different positions may have resulted from the men's mental and physical dispositions. They differ even in their personal fate. Masaryk enjoyed the glorious results of his struggle; Tyrs saw his organization weaken and he died in the waters of a Swiss torrent.

On the other hand, more than one hundred years after Tyrs' death, we should consider that had he been a total pessimist he would not have initiated such an enormous task - the liberation of the nation by the strength of ideas and muscles. Such a task was, at his time, very unrealistic. There were no indications that there would be any way to be freed of the Habsburg rule.

Nevertheless, he established this dream as a goal and it came true when the circumstances were favorable. Is this not an example for us who are now in the same position?

Masaryk, being optimistic and realistic at the same time, intended to preserve the Austrian monarchy as long as he could hope it would be just to all of its nations, not only to the Germans and Hungarians. When he decided to fight the monarchy, he found the Tyrs followers to be his best helpers. The impact of Tyrs' work, embodied by the SOKOL organization, altered the character and physical appearance of the majority of the nation and prepared it to become independent.

Summing up, we can say that in their results, the work of Masaryk and Tyrs was identical, in spite of their philosophical differences.

In his work "Ceska otazka", issued in 1895, Masaryk criticized the era when Sokol was founded and wrote, "In the questions of nationality, a shortsighted nationalism prevailed. It can be excused - to a certain extent - by the fact that it was provoked by the same sort of behavior of our national enemies, the Germans." A little farther, he says: "As in Kollar's time, we took ideas and national institutions from Germany. The best example is the Sokol movement. A purely German idea, it was transplanted to us by a man of German origin, and embellished by the national eclecticism."

Now let us consider this: A kip in Sokol gymnastics has the same function as a brick in architecture. Tyrs used these bricks to create an excellent building;

to physical education he added education in morality, social equality, democracy. He provided it with a program with one goal: the fight for liberty. In addition, he created a unique system of gymnastics and elaborated a scientific method which is perhaps even now unique, gave the movement a good organizational structure and effective by-laws.

And Masaryk? He repealed the words we read in "Ceska otazka", and we know how much he esteemed the impact of Sokol on the nation.

As far as Tyrs' German origin is concerned, we know that German was spoken in both Tyrs and Fugner families. Such was often the case at that time (it happens in the Czech families in America that English prevails), but these people whose ancestors had been germanized during the three hundred years of Habsburg rule gradually became aware of their Czech origin. The national consciousness was growing, and they became Czech again.

About the co-founder of SOKOL - Jindrich Fugner - who dedicated literally his life and fortune to the SOKOL movement, Masaryk wrote: "It is the idealists who forge the character of the world's history, and one of them is, indeed, the co-founder of SOKOL."

Masaryk himself became a Sokol member when he was teaching in Prague and took part in the gymnastic classes. He enjoyed the life in the gymnasium and was very interested in psychological and social consequences of the Sokol brotherhood. He was aware of the fact that Sokol offers an important opportunity even to people who are not especially talented. It makes them more self-confident and their mental capacity improves with their improved physical fitness. As a result, they become more successful, both in their private life and in their jobs.

All Masaryk's children took part in Sokol classes. Alice Masaryk, long after her father's death, carried a correspondence with Marie Provaznikova, the famous director of Sokol women, and she often repeated in her letters, "Our Dad used to tell us, 'Keep studying Tyrs and stick to him.' I would squeeze everything possible out of his work."

Masaryk was aware that Sokol offers an important opportunity to all people - It makes them more self-confident and improves their mental capacity while improving their physical fitness and as a result they become more successful in everyday life.

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BOARD OF GOVERNORS Minutes of December 15, 1991

The meeting was called to order by Bro. Borvansky at 9:30 a.m.

Members present in the office were Bro. Borvansky, Voris, Slavik, Masek and Laznovsky and Sis. Pros, Kourim, Wojcik, Pajeau and Basta. Bro. Zelenka was on teleconferencing. Bro. Michalek, Milan and Dalton were guests.

Bro. Masek moved to approve minutes, as corrected, seconded and passed.

Sis. Basta moved to take a quarter page holiday advertisement in the Denni Hlasatel for \$90.00 and to promote the 1993 Slet, seconded and passed.

Bro. Masek moved to inform the remaining members of Sokol Newark that they may join T.J. Masaryk or just subscribe to the publication; or they will be dropped from the membership, seconded and passed. Bro. Slavik will talk to the members and Sis. Pros will send them a letter.

Sokol Omaha report was given by Bro. Dalton. The hall will stay open and the fire marshall will give them a reprieve to stay open for at least another year. Bro. Masek also gave a brief report.

Bro. Borvansky reported that the property in Seattle is for sale.

Bro. Slavik appealed to the inactive units to help the national organization with the upcoming 1993 Slet.

Sis. Pros reported the financial situation of the organization. Because of additional expenses, for example the increase of the Merit Award, the Future Sokol Leaders Fund is going down. Sis. Pros recommended that the \$.50 allocated to the Special Assessment Fund from the Future Sokol Leaders Fund be cancelled. All the members present spoke to the question and after a long debate, Sis. Basta moved that the \$.50 per \$1.00 from the Future Sokol Leaders Fund to the Special Assessment Fund be suspended for 1992 and the situation reviewed at the next Board of Governors meeting, seconded and passed.

Bro. Masek reported on the Foundation Fund. The total in the fund as of December 12, 1991 was \$ 16,085.14 and \$15,000.00 was moved to a CD to earn more interest. Bro. Masek recommended that the dues be raised \$1.00 and given to the Foundation Fund to build up the account. The district presidents will see if units within their district would be willing to add \$1.00 per member at the end of 1992 for the Foundation Fund. The Foundation Fund is to contact larger corporations and outside organizations for donations. The records of the account are now being sent to the national office. Since two members have resigned Bro. Masek is looking for two new members for the Foundation Fund committee. Bro. Masek as an officer is bonded.

Bro. Voris moved that two more people from the national office in Berwyn be added to the bank account, seconded and passed.

We needed an interpretation of the wording of the by-laws as far as government and federally insured funds. Bro.

Riha and Bro. Hybnar, both lawyers, stated that they mean the same thing, one is just old terminology.

Bro. Zelenka asked to be excused.

Bro. Zelenka spoke to the problems in Czechoslovakia and the Sokol units that are regaining their land and buildings. We must keep close ties with the units in Czechoslovakia, because a strong COS will only help ASO. We must promote the 1993 Slet and attend the Canada Slet in 1992 with the idea of being better in 1993 and in Prague in 1994.

The Executive Director was the next item of business. Bro. Masek spoke for the committee that interviewed the three candidates. A list of questions was formulated and all candidates were asked the same questions. The committee was formed by Br. Masek, Borvansky and Laznovsky and Sis. Kourim. They interviewed one candidate in Texas, one by phone and one in the Sokol office. The committee recommended Sis. Lynda Filipello. After a long discussion, Bro. Laznovsky moved to offer the position to Sis. Filipello, seconded and the motion did not pass as there were six against and three in favor of the motion.

Sis. Wojcik moved to offer the position to Jeffrey Jones of Houston, TX, seconded and did not pass as there were seven against and two in favor.

There was another long discussion about the position and the guidelines. Bro. Masek moved to offer the position to Sis. Filipello with the stipulation that she would resign as editor of the American Sokol Publication and that she understand that fund raising was the primary objective of the position and that she accept all conditions, seconded and passed with seven voting in favor and two against.

Bro. Voris moved that the next Board of Governors meeting allow more time and reports of the different committees and offices be presented, seconded and passed.

The board needs to make a list of the qualifications of people that can be honorary members of Sokol.

Meetings adjourned at 1:15 p.m.

Sis. Nancy Pajeau, Secretary

ASO ANNOUNCES THE NEW EXECUTIVE DIRECTOR

We are on the grow with a new position created by the XV Convention. The Board of Governors announce that Sis. Lynda Filipello has been selected as the first Executive Director of the American Sokol Organization.

She has served as editor for the past five years. Sis. Filipello is the founder of Sokol Naperville and is presently the District Director of the Central District's Board of Instructors.

Her new position will require research into grants, foundation and corporate funding and other funding resources for our programs.

Sis. Filipello will bring the same sense of purpose that has generated her enthusiasm for the Sokol philosophy to this position. Letters of congratulations from members have been received by her and are appreciated.

EXECUTIVE BOARD MINUTES
January 28, 1992

The meeting was called to order by Pres. Borvansky at 7:43 p.m. and the pledge to the flag given.

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

The minutes of the previous meeting were approved with correction.

Minutes of Central District annual meeting and January meeting have been received and December B.O.I. Directors Newsletter.

Income from seals continues to be reported. All unit and district rosters have not been received and some are not using the proper form nor are they completed correctly. All information is printed in the March publication and must be accurate.

Sis. Somolik resigned her position as alternate to the Executive Board as she has moved out of the state.

COMBINED B.O.I. REPORT - Sis. Kalat: Bro. Babka moved that special assessments funds for the Eastern District be deferred to next month when all the proper papers are in the office, seconded and passed. Sis. Pros moved to pay the special assessment request of the Northeastern District for seven students attending the instructors course for a total of \$2,926.00, seconded and passed. Bro. Babka tabled the request for the District Directors Conference until the budget could be analyzed. The Executive Board will look into new flag carriers and poles. Also, we need to look into a Sokol emblem for the top of the staff. Sokol Greater Cleveland is writing a Folk Dance for the 1993 Slet. The new junior girl uniform may be in place by June, 1992. An instructor's school will take place in Omaha, July 17-26, 1992.

Bro. Satek moved to secure a safety deposit box for offsite storage of computer file backups, no second. Sis. Pros will keep a file at her home.

MEMBERSHIP REPORT - Sis. Sedlacek: She sent in a written report. Congratulatory letters being sent to units acknowledging new members. She request that quarterly reports be sent in a timely manner so that records can be updated as quickly as possible. She has also found many units around the country that are no longer members of the ASO and the board decided that she should contact them with the idea of re-joining the organization.

EDUCATION REPORT - Br. Lebloch: Bro. Stanley Barcal's History of American Sokol is ready to be printed. He moved to print 100 covers and text and 300 copies of the photographs, seconded and passed. He also moved to renew our subscription to Czech Life in English, seconded and passed.

PUBLIC RELATIONS - Br. Milan: He reported that he attended the Board of Governors mtg., helped Sokol Greater Cleveland with the Sister Sokol program and mailed out the Public Relations Handbook. Br. Babka moved to reproduce

the PR Handbook to all districts and units, seconded and passed.

EDITOR - Sis. Filipello: Still looking for an editor as agreed by the Board of Governors. Also, contacting our advertisers regarding the increased rates of January, 1991. Bro. Milan moved that the Gymnast portion of the publication have more technical information related to the 1993 Slet and Slet activities from now until the 1993 Slet, seconded and passed.

FINANCIAL SECRETARY - Sis. Pros: reported that some unit fourth quarter dues are delinquent. Audit by officers will be in second week of February and Selden Fox audit will be April 9-15.

TREASURER - Sis. Wojcik: reported that a CD matured on January 4 and turned over to a Money Market account. Sis. Vondra presented a five year budget analysis. The Board will discuss with Sis. Vondra, copies will be mailed out to other members and discussed next month.

2ND VICE PRESIDENT - Br. Masek: Bro. Babka moved to print cards to acknowledge donation to Foundation Fund and to list donors in the publication, seconded and passed with one opposed. Bro. Masek recommended Sis. Joyce Sokol as a new member of the Foundation Fund Committee. Br. Babka moved to accept Sis. Sokol, seconded and passed. The Western District will donate \$100.00 toward a Fax machine as will Southern District and Bro. Milan. Bro. Masek spoke to the question of handicapped assessibility. Each unit that has a building should be aware of the new laws and have a plan to remodel their building. Bro. Satek moved that the five members of the Board of Governors that are in the Chicago area meet with a representative of the John Hancock Insurance Company to discuss ways of donating money to the Foundation Fund, seconded and passed.

PRESIDENT - Bro. Borvansky: attended the Board of Governors meeting and Christmas party along with attending to the office duties.

EXECUTIVE DIRECTOR - Sis. Filipello: reported research file started on corporations and foundations, will be attending a two day workshop on proposal writing through the Donors Forum in February. Discussion with board members on her new responsibilities. A letter of introduction was sent to all districts in December regarding the new position. (See Board of Directors minutes).

OTHER BUSINESS: Bro. Lebloch moved to approve the by-laws of Sokol South Omaha that have been approved by the by-laws committee, seconded and passed.

A request from Sokol San Francisco to loan them money to help with building repairs. Bro. Satek moved to deny loan because we do not have the available funds and we are not in the business of loaning money, seconded and passed.

The president and secretary will send letters to the units to fill the alternate position left vacant by Sis. Somolik's resignation.

Br. Kalat moved to have the District Directors conference in Detroit in October, 1992, seconded and passed with three opposing.

Sis. Nancy Pajeau, Secretary

CALENDER OF EVENTS

UNIT EVENTS

- Mar 8 Sokol West Suburban Exhibition
 Mar 14 Sokol Tabor Exhibition
 Mar 15 Sokol Slavsky Exhibition Morton East 2pm
 Mar 21 Sokol Stickney Exhibition, Pavak Center
 Mar 20 Sokol Naperville Exhibition Central HS 7p:30
 Mar 21 South Omaha Gym Club Dance
 Mar 22 Sokol Minnesota Jaternice Dinner
 Mar 28 Sokol Berwyn Exhibition at Sokol Hall
 Mar 28 Sokol USA Lodge 306 Exhibition
 Apr 11 Sokol Minnesota Spring Fling
 Apr 25 Sokol Berwyn Concertina Club
 Apr 26 " " Sing-A-Long
 Apr 29- Minnesota Festival of Nations at Civic
 -May 3 Center, St. Paul, Minn.
 May 4 Sokol Milwaukee judged competition
 May 9 Sokol Minn. Workers Appreciation Dinner
 May 17 Sokol Minn. Pancake Breakfast
 May 22 Sokol Milwaukee Exhibition & Awards
 Program
 June 14 Sokol Greater Cleveland Cesky Den DTJ
 Farm, Taborville, OH

District Events

- May 2 Central - Girls Artistic Gymnastic
 competition, Levels E/R & 2 at Naperville
 Central High School 7 a.m. to 4 p.m.
 May 9 Central - Boys gymnastic competition at
 Sokol West Suburban 8 a.m. to 2 p.m.
 May 16 Central - Artistic Gymnastic Competition
 Girls Levels 4,5 6 & 7 and Juniors & Seniors
 - all Levels at Riverside/Brookfield High
 School 7 a.m. to 2 p.m.
 May 16 Central District Slet
 "DISCOVER SOKOL - 1992"
 Rehearsals start 3 p.m. Slet Program 7 p.m.
 Riverside/Brookfield High School
 May 17 Central - "Competitors Awards Picnic"
 June 7 Northeastern District Exhibition

JUNE 24-28 SOKOL CANADA SLET -TORONTO

SPECIAL ANNIVERSARY DATES

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

To The Central District Mens Volleyball Teams,

My sincerest thanks for your donation in Jerry "Fip" Schultz's name. It means a lot as Fip was so involved with volleyball and enjoyed playing to much.

Thanks again, Mrs. Jerry "Fip" Schultz

SOKOL NEW YORK ☆

125th



1867

October 2, 3, & 4
1992

SOKOL NEW YORK PLANS A SOKOL HOMECOMING AND GALA CELEBRATION

A Planning Committee for the celebration of Sokol New Yorks' 125th Anniversary has been established and has met regularly since October, 1991. The task before the committee is a major one but they're all pulling together with unbounded Sokol enthusiasm.

Plans have not been finalized but tentatively what they are striving for is a three day celebration consisting of cultural, social and gymnastic events.

A historical display will be exhibited in the Sokol Library during the entire weekend - if you have any items to donate please notify them.

An informal social get-together perhaps with a nostalgic trip through a Sokol class is being considered for Friday, a cocktail party, dinner dance and cultural program on Saturday, and a Gymnastic Program and Farewell Brunch on Sunday.

Mark your calenders now to join Sokol New York October 2 - 4, 1992. If you are not a member but would like to be included on the celebration news list, please send your name and address to *125th Anniversary, Sokol New York, 420 East 71st St., New York, NY 10021.*

LIBRARY & ARCHIVES FUND

IN MEMORY OF:

Miles Toman

Lorene & Joan Sedlacek

\$ 25.00

Sis. Georgiana Toula

Bro. Paul Sturman

Sis. Lida Brodenova

Sis. Anastasie Neumann

Bro. Richard Molcar, A great teacher

Mildred Barcal

125.00

THINK GLOBALLY - ACT LOCALLY



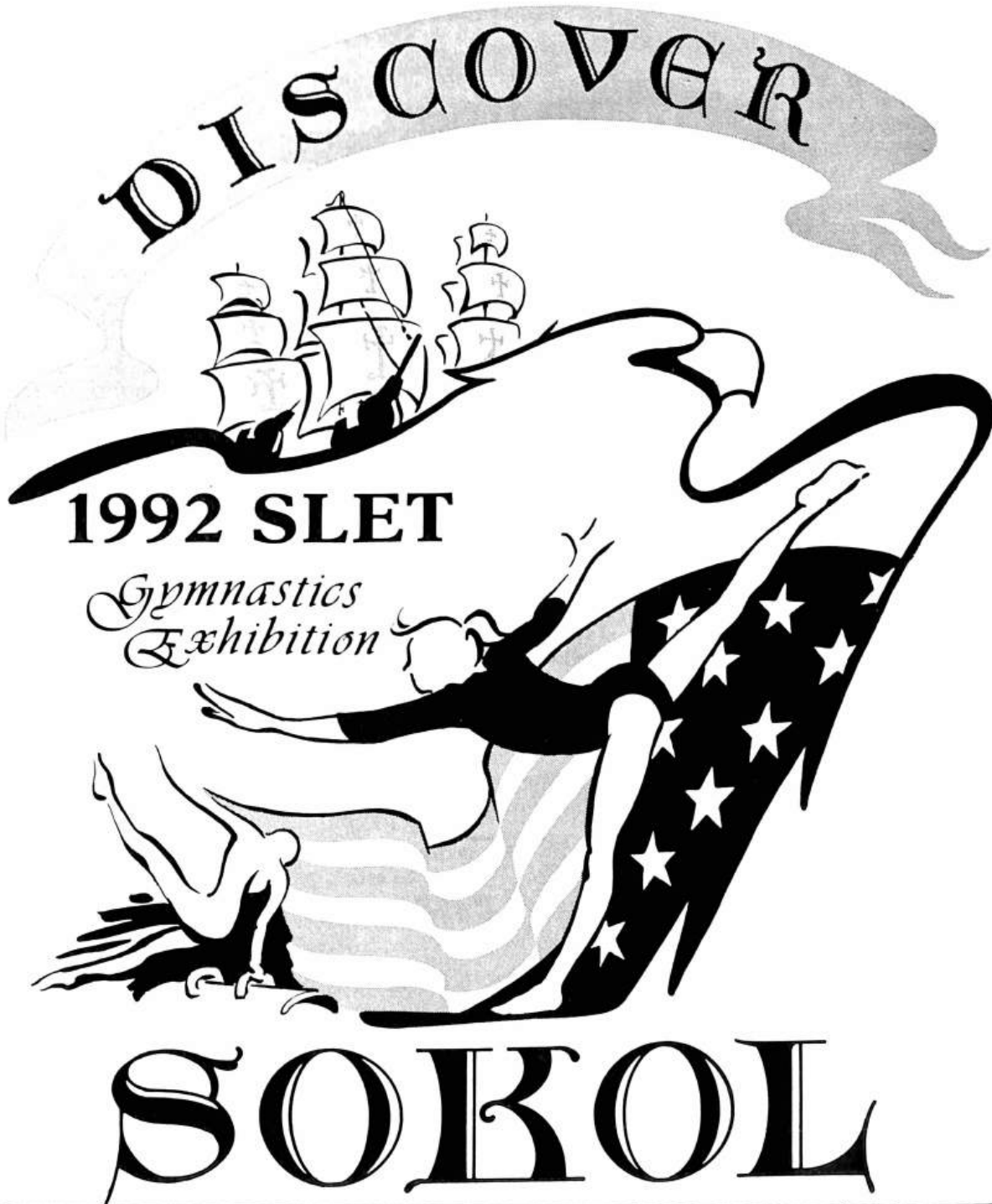
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GYMNAST

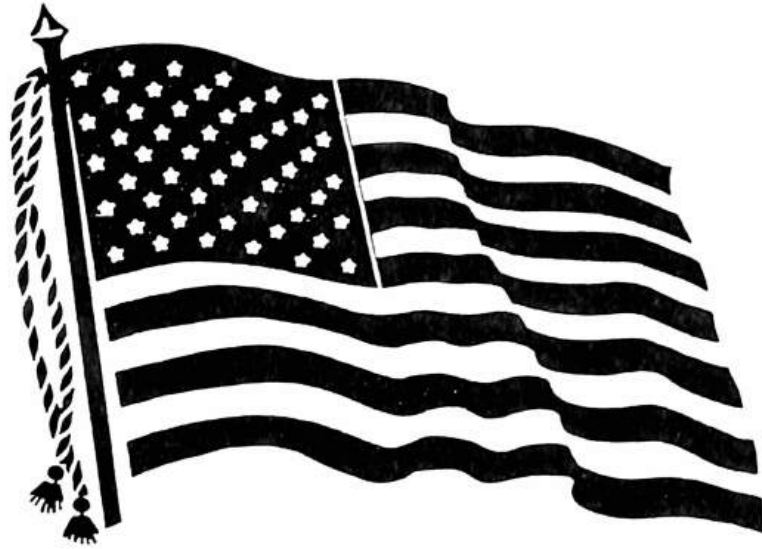
FEBRUARY, 1992



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



Central District Sokols have adopted this theme for their 1992 District to be held at Riverside Brookfield High School, May 16th. Posters and T-Shirts will carry this message throughout the year advertising class registration for the 1992-93 season. The 1993 American Sokol Slet will be held in the Central District and class membership is a top priority. For information on all district Slets and related events see the Calender of Events on page 6.



THE AMERICAN FLAG AND IT'S PRESENTATION

by Sis. Mary Moravec

That which we hold so dear - the American Flag - is constantly beset by insults, degradation, affrontery and careless mishandling. The violations of prideful display of Old Glory happens mostly when we would not want anything of the sort to occur; during a flag presentation ("presentation of colors") at our Exhibitions and Slets.

1. We 'dip' the American Flag, when her pike is to always remain tall;
2. We forget she always goes first in line, no matter how many flags or banners are facing the same direction.

Many of us know the Stars and Stripes belongs on the right (which "right"?) but then we cross other flags in front of her as she hangs her head (at a 30 degree angle) waiting for the others to be seated in floor stands.

Definitely our guard personnel lack "military bearing"; let's not couch sloppiness and lack of "snap" in a "Well, we're gymnasts, how are we suppose to know" answer. If precision and snap exist in calisthenics and a "stuck" final routine pose, they can and should exist in our flag presentations.

Flag bearers should *rehearse a prepared* drill which; 1. has eliminated all flag violations, 2. posts colors in a quick, efficient manner, 3. maintains military bearing at all times, and 4. hopefully, looks sharp because the preceding criteria have been met.

Some Rules

Any flag or banner passing in front of the flag may do so but must be dipped and carriers are expected to salute (hand over heart in our case); eyes are to remain fixed on American Flag until completely passed; normal carry posture may be resumed.

Normal carry posture for flag pikes is straight up; the light-weight aluminum poles and leather waist belt holster makes this easy. The lower abdomen holster really doesn't do a good job at all.

All eagles and spears atop pikes need to be aligned straight front.

The American Flag should always be the highest (or all completely even, which is very hard to accomplish), so the tallest bearer should probably be assigned the American Flag to eliminate height problems.

It's o.k. if the sight of our flag brings tears to the eyes but those tears should not be caused by seeing the red, white and blue drooped, bowed down, walked in front of and ignored.

Turning a Weakness Into a Strength

By BOB HOPPENSTEDT

College of DuPage
Glen Ellyn, Illinois

Often we find ourselves making excuses for why we cannot accomplish something . . . Excuses such as: I am too old, I am too young, I am too short, too tall, too skinny, too fat, or I am too poor, I have too many responsibilities, or I don't have a college education, etc. The list is endless. The story that follows is about turning a weakness into a strength. We simply have to keep an open mind, be creative and be willing to work hard toward our desired goal.

Several years ago, a young family was in a serious car accident. Tragically, the couple's five year old son lost his left arm as a result of the accident. The boy's parents, as well as the young child, experienced a myriad of emotions for the next several years. The father, especially, felt cheated and somewhat responsible that his son could not participate in sports with his young friends. He felt that his son was missing the fun and socialization that sports provide. He felt that his son was being denied the feeling of success that comes with mastering the skills of each sport. Dad realized that correct execution of a newly learned skill would, through repetition, lead to success and a feeling of self-confidence which would enhance his son's self-image. By way of the father's own experiences in athletics, he had come to realize that a person's self-image precedes and predicts performance in everything we do.

Shortly after the boy turned twelve years old, the dad suggested to the boy that he register him in a Karate school. He, of course, thought that the experience would help the boy's self-confidence and provide a healthy release of physical energy. The boy agreed to the suggestion and they earmarked the following Saturday, as the day they would find the best school to meet their needs. When Saturday arrived, the young boy and his father eagerly started on their search for the best teacher and mentor. The first school they went to told them they didn't work with the physically handicapped. The second school said that they only worked with students who were physically complete. The third school said that they didn't work with youngsters who were physically disadvantaged. The scenario went on for a good portion of the day. Needless to say, both the boy and the father were becoming discouraged. Finally, they entered a Karate school that had a totally different aura to it. The headmaster was a very kind and confident man, whom they immediately felt comfortable with. The master was a very straightforward individual. He told the father and boy that he would be pleased to have the boy attend his school. He also told the pair that because of his handicap the boy would never be able to earn a black belt. He also told him that he would eventually be able to defeat black belts; however, he would never be able to have one himself.

Both the father and the boy were delighted and immediately enrolled the boy. The next day he promptly appeared for his first lesson. (Well, I need to disgress for just a moment.) If you have seen "Karate Kid I," you can imagine what the boy was asked to do. If you recall in the movie, Daniel's mentor, Mr. Miyagi, used various activities to teach Daniel the required moves . . . activities that allowed Daniel to accomplish something while practicing a basic portion

of a move. Let me give you an example of what I am referring to. In order to learn one defensive move, Daniel would put wax on Mr. Miyagi's car with the same repetitive movement. Wax on, wax off, wax on, wax off for several hours at a time. Mr. Miyagi taught another move by having Daniel paint a fence. Up and down, up and down, paint on, paint off, paint on, paint off for hours. He would practice these moves until they became automatic. O.K., you've got the picture.

The young boy's first week was spent in a like manner. The second week the master added a little more and then constant repetition. Each week, a little more was added. After a year and a half of learning basic defensive moves and this one offensive move, the boy was becoming rather frustrated and discouraged. One day he approached his teacher. He shared his feelings of frustration. The master told the boy that he was doing well and that he was proud of his work habits. He told the boy that there was a tournament coming up in a few months, and that he would like that boy to enter the tournament. The boy agreed, but he thought he might stop taking lessons after that time.

For the next three months the boy worked very hard on his defensive moves and his one offensive move. Finally, the day of the tournament arrived. The boy was somewhat apprehensive, but his teacher continued to tell him that he thought he was ready. Well, to everyone's amazement, the young boy won his first match against a blue belt and his second match against a red belt. In each encounter, he would maintain a defensive posture until there was an opening for his one move. And then like lightning, he would strike. His next three matches were all against black belts and even though he was being beaten soundly, when the opening presented itself, he would explode and win the match. He now found himself in the finals of the tournament against the defending champion. By this time, his mom and dad had called other relatives and friends to come and watch the finals. Well, once again the boy found himself being defeated soundly, until a small opening presented itself for the boy's one move. And low and behold, he won the final match. Everyone was very excited, congratulating the boy on his accomplishment. After a few minutes the boy went over to his teacher and asked how it was possible for him to defeat black belts when he only knew one offensive move. The master asked him if he remembered their first meeting when he told him that he would never be able to earn a black belt, but that he would be able to defeat black belts. The boy said he remembered. The master then went on to tell him that there were two things that he never told him about his one move. One was that it was one of the most advanced moves in all of Karate, and the other was that the only defense for the move was to trap the opponent's left arm.

Openmindedness and creativity, the ability to see a thing, person or situation in a new and improved way. When we focus on our strengths with an open mind we have the opportunity to grow. When we focus on our weaknesses, we only have lost opportunities.

JUCO REVIEW - FEBRUARY, 1992

Summary of Report

USGF Developmental Workshops in General Gymnastics

Locations:

Indianapolis, Aug. 2-4, 1991

Ft. Worth, Aug. 9-11, 1991

Leaders:

Gun Ståhl, Kajsa Murmark, Sweden

Terry Exner, USA

Coordinator:

Steve Whitlock, USGF

Indianapolis

The course hall at the USGF National Training Center was very different from usual halls for General Gymnastics (GG) in Sweden. The Training Center was a large gym fully equipped for artistic gymnastics training. None of the usual GG apparatus were available, such as benches, cases, etc. We had to improvise a lot, using available apparatus to attempt to show our thoughts and way of working.

During the first day we had the opportunity to visit the National Institute of Fitness and Sport (NIFS), where there was a special training room with many apparatus of colorful foam-rubber, eg. wedges, trapezoids and other interesting shapes. We also visited the USGF national office.

The participants of the Indianapolis Workshop included 35 women and 2 men — most of whom worked at or owned private gymnastics clubs. Their usual teaching situations were in small groups of 6-8 children.

We started the Workshop by providing information about the Swedish Gymnastics Federation and its system for leader (instructor) education. The philosophy of the basic course with "children in the center" was fully explained. We provided demonstration exercises for the participants that showed how the philosophy is applied in a practical way. During each "break," Steve Whitlock showed videos from the Amsterdam Gymnaestrada. These videos generated great interest as well as the lessons themselves.

We soon found that the word "gymnastics" does not mean the same in the USA as in Sweden. In the U.S., it refers to artistic gymnastics. "Physical education" is not included in the programs of most gyms. We learned that the children's parents carry high expectations that their children become good artistic gymnasts.

Ft. Worth

Our host in Ft. Worth was Mr. Jerry Milan from Sokol Ft. Worth. Here the hall was more like ours, even though it included apparatus for artistic gymnastics. There were a number of the usual apparatus available, as well as foam rubber apparatus and mats. Half of the floor area was an open wooden floor, and the other half was matted for the apparatus and floor exercise mat — quite suitable for our needs!

There were not as many artistic coaches in attendance as in Indianapolis, but more teachers (school teachers and general gymnastics coaches). One third of the participants were male. In the sessions, we emphasized the same main concepts as in Indianapolis, but the different conditions and audience led to different discussions. The participants were very enthusiastic.

We found the Sokol concept to be similar to ours. Jerry Milan had attended the Gymnaestrada in Herning — this, together with Steve's videos, gave a very positive picture of GG. The attitude of the elementary physical education teachers towards gymnastics and child development seems to correspond more to the objectives of GG for children than that of the club gymnastics coaches.

The day before the Ft. Worth Workshop, we were given the opportunity to visit and give a few lessons at an instructor's school for the Sokol organization in Ennis, Texas.

Both of the USGF GG workshops were extremely well organized in every respect. The FIG should be commended for providing the opportunity to assist the growth of General Gymnastics in the United States. We believe that the USGF will continue this kind of workshop as well as produce course material of their own.

Steve promoted General Gymnastics and pointed out that many different activities of GG are already available in the U.S. He also pointed out the similarities that exist between the two approaches — despite the fact that the objectives are a little different.

For us personally, the U.S. trip proved to be very interesting and educational. We hope that we were able to contribute to the development of General Gymnastics in the USA and wish them good luck for the future.

Kajsa Murmark
Gun Ståhl
Swedish Gymnastics
Federation
(translated by
O. Kihlmark, FIG)



DIRECTORY OF THE AMERICAN SOKOL ORGANIZATION

1992

Meetings 4th Tuesday, 6424 W. Cermak Rd. Berwyn, IL 60402.

President, Charles Borvansky, 4542 Hawthorne, Lyons, IL 60534.

1st Vice-President, Jackie Kourim, 388 Shenstone Rd., Riverside, IL 60546.

2nd Vice-President, Gary Masek, 5114 S. 13th St. Omaha, NE 68107.

Secretary, Nancy Pajeau, 4421 S. Maple Ave., Stickney, IL 60402.

NATIONAL EXECUTIVE BOARD

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Director of Men, Frank Michalek, 10 S020 Lorraine Dr. Hinsdale, IL 60521.

Education Director, Paul Lebloch, 512 Redondo Dr., Unit #107, Downers Grove, IL 60516.

Public Relations, Jerry Milan, 6208 Lakeside Dr., Ft. Worth, TX 76135.

By-Laws Chrman, Robert Podhrasky, 9110 Summer Glen, Dallas, TX 75243.

Central District - Brookfield, IL

Mtgs., 3rd Wednesday monthly, no mtgs held in July, August, December, at Sokol Brookfield, 3909 Prairie Ave., Brookfield, IL 60513. **Pres.**, Ann Basta, 2629 Maple Ave., Brookfield, IL 60513. **Sec'y.**, Mildred Pinc, 3629 S. 57th Ave. Cicero, IL 60650. **Fin. Sec'y.**, George Lacina, 3233 Clarence Ave., Berwyn, IL 60402. **Dir Women**, Lynda Filipello, 4401 Fender Rd., Lisle, IL 60532. **Dir. Men**, John Satek, 212 Memory Lane #1 Westmont, IL 60559. **Ed. Dir.**, Vaclav Zenisek 2422 S. Lathrop, No. Riverside, IL 60546. **By-Laws Chrmm**, Edward Schnabl.

Eastern District - New York, NY

Mtgs., according to needs of District, at Sokol Hall 420 E. 71st St. New York, NY 10021. 212-861-8206. **Pres.**, Vladislav Slavik, 58-03 Lawrence St., Flushing, NY 11355. **Sec'y.**, Vratislav Zbuzek, 100 Manhattan Ave, #1314, Union City, NJ 07087-5246. **Dir. Women**, Melissa Bellehsen, 140 W. Englewood Av., B2, Teaneck, NJ 07666. **Dir. Men**, Steve Frolo, 2675 Forsund Ct., Yorktown Hts., NY 10598. **Ed. Dir.**, Irene Mergl, 1278 First Ave., N.Y., NY 10021. **By-Laws Chrmm**, Henry Vrzalek.

Northeastern District - Cleveland, OH

Mtgs., quarterly 4th Monday at Bohemian National Hall, 4939 Broadway, Cleveland, OH 44127. 216-883-0675. **Pres.**, Roger Martanovic, 42 Satin, Cr., Bedford, OH 44146. **Sec'y.**, Karen Berg, 14900 Kennerdown Ave., Maple Hts., OH 44137. **Dir. Women**, Maryann Fiordelis, 31680 Norfolk, Livonia, MI 48152. **Dir. Men ***. **Ed. Dir.**, Helen Samec, 1756 Justo Ln., Seven Hills, OH 44131. **By-Laws Chrmm**, Betty Hosticka.

Pacific District - Los Angeles, CA

Mtgs., three per year, location varies (rotating). 500 N. Western Ave., Los Angeles, CA 90041. **Pres.**, Joseph Zelenka, 10350 Montgomery Ave., Granada Hills, CA 91344. **Sec'y.**, Jiri Liska 540 Racquet Club Ln., Thousand Oaks, CA 91360. **Treas.**, Libby Pelc, 1330 N. Lima St., Burbank, CA 91505. **Dir. Women**, Cheri Riddle, 113 2nd St., Clovis, CA 93612. **Dir. Men**, Lubos Hintnaus, 24701 Charlton Dr., Laguna Hills, CA 92653. **Ed. Dir.**, Blanche Duffy, 249 W. Poplar Ave., San Mateo, CA 94402. **By-Laws Chrmm**, Jerry Spinka.

Southern District - Texas

Mtgs. rotate between units every odd numbered month. **Pres.**, Larry Laznovsky, Rt. 7, Box 48, Ennis, TX 75119. **Sec'y.**, Rhonda Liska, P.O. Box 103, Ennis, TX 75120. **Fin. Sec'y.**, Bernice Hamilton, Rt 1, Box 146-A, Italy, TX 76651. **Dir. Women**, Sylvia Laznovsky, Rt. 7 Box 47, Ennis, TX 75119. **Dir. Men**, Rome Milan, 8894 Random Rd., Ft. Worth, TX 76135. **Ed. Dir.**, Chuck Kalat, 2401 Bluebonnet Dr., Richardson, TX 75082. **By-Laws Chrmm**, Robert Podrasky.

Western District - Nebraska

Mtgs. as directed at Annual and Semi-Annual meeting. **Pres.**, Gary Masek, 5114 So. 13 St., Omaha, NE 68107. **Sec'y.**, Jackie Berka, 4315 Frances St., Suite 101, Omaha, NE 68105. **Dir. Women**, Sandra Benak, 5919 So. 15 St., Omaha, NE 68107. **Dir. Men**, Bud (Vajmir) Benak, 5919 So. 15 St., Omaha, NE 68107. **By-Laws Chrmm**, Mickey Dalton.

DIRECTORY OF UNITS

Central District

Sokol Berwyn - Mtgs. 2nd Thur. at 6445 W. 27th Pl., Berwyn, IL 60402. **Pres.**, Fred Kala, 6512 W. 27th St., Berwyn, 60402. **Sec'y.**, Marie Knez, 6513 W. 27th Pl., Berwyn, 60402. **Fin. Sec'y.**, Anne Dusek 256 W. Butterfield Rd., Elmhurst, IL 60126. **Dir. Women**, Deborah Shrofe, 1541 Evers, Westchester, IL 60153. **Ed. Dir.**, Simon Stolarik, 6516 W. 16th St. Berwyn, 60402.

Sokol Brookfield - Mtgs. 1st Wed. month except Jul. & Aug. at 3909 Prairie Ave., Brookfield, IL 60513. **Pres.**, Roy Zitny, 574 Revere Ave., Westmont, IL 60559. **Sec'y.**, Doris Barda, 3436 Arden Ave., Brookfield, 60513. **Fin. Sec'y.**, Frank Ludicky, 1013 Community Dr., LaGrange Pk., IL 60525. **Dir. Women**, Geri Umlauf, 5706 Longview Dr., Countryside, IL 60525. **Ed. Dir.**, Irene Marek 109 Brewster Ln., LaGrange Pk., IL 60525.

Sokol Cechie - Mtgs. 1st Sunday in Mar/June/Sept/ Dec. at Old Prague in Cicero, IL. **Pres.**, Otto Glasser, 587 E. Parkway Rd., Riverside, IL 60546. **Sec'y.**, Roselyn Bergman, 2141 Ridge Ave., Evanston, IL 60201.

Sokol Ceska Sin - Mtgs. 2nd Mon. at 4314 Clark Ave., Cleveland, OH 44109. **Pres.**, Dale Kotlan, 4314 Clark Ave., Cleveland, 44109. **Sec'y.**, Doris Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. **Fin. Sec'y.**, Ron Chernel, 6769 Neff Rd., Medina, OH 44256. **Dir. Women**, Doris Kotlan, see sec'y. **Dir. Men**, Don Kotlan, 1451 Wagar Ave Lakewood, OH 44107. **Ed. Dir.**, Joe Bachna, 3113 Ralph Ave., Cleveland, 44109.

Sokol Chicago - 3rd Mon. monthly at Sokol Berwyn. **Pres.**, Stanley Barcal, 2437 Harvey Ave., Berwyn, IL 60402. **Sec'y.**, Charles Zdenek, 9709 S. Mason Ave., Oak Lawn, IL 60453. **Fin. Sec'y.**, Joanne Schultz, 204 Olmstead Rd., Riverside, IL 60546. **Ed. Dir.**, Stanley Barcal (see above).

Sokol Fuegner - Mtgs. 3rd Friday monthly at 10756 Greenbay, Chicago, IL 60617. **Pres.**, Jerry Blackwell, 10232 Ave. "L", Chicago, 60617. **Sec'y.**, Frank Van Autreve 10748 Ave. "O", Chicago, 60617. **Fin. Sec'y.**, Boris Bogojevich, 10232 Ave. "L", Chicago, 60617.

Sokol Havlicek Tyrs - Mtgs. 4th Mon. monthly at Sokol Berwyn. **Pres.**, Anna Basta, 2629 S. Maple Ave., Brookfield, IL 60513 Harding Ave., Chicago, IL 60623.

Sec'y., (women) Elsie Cerny, 4140 Ridgeland Ave., Berwyn, IL 60402, (men) Vaclav Zenisek, 2422 Lathrop Ave., N. Riverside, IL 60546. **Ed. Dir.**, Vaclav Zenisek (see above).

Sokol Milwaukee - Mtgs 1st Tues., monthly. **Pres.**, Earl Haertlein, 7333 W. Medford Ave., Milwaukee, WI 53218. **Sec'y.**, Connie Sixty, 7408 W. Carmen Ave., Milwaukee, WI 53218. **Dir. Men**, Jerry Zelenka, 10012 W. Vera Av., Milwaukee, WI 53224.

Sokolice Milwaukee - Mtgs. 1st Tuesday monthly. **Pres.**, Carole Lukas, 4210 S. 64th St., Milwaukee, WI 53220. **Sec'y.**, Alice Haertlein, 7333 W. Medford Ave., Milwaukee, WI. 53218. **Fin. Sec'y.**, Helen Pilger, 7979 W. Glenbrook Rd. #2011, Milwaukee, WI., 53223. **Dir. Women**, Christine Hron, 4330 N. 94th St., Milwaukee, WI., 53222.

Sokol Naperville - Mtgs. quarterly. **Pres.**, Will Bujak, 743 74th, Downers Grove, IL 60516. **Fin. Sec'y.**, Tina Filipello 4401 Fender Rd., Lisle, IL 60532. **Dir. Women**, Lynda Filipello, 4401 Fender Rd., Lisle, IL 60532.

Sokol Racine - Mtgs. 3rd Thurs. **Pres.**, Helen Lexa, 2016 Marguette St., Racine, WI 53403. **Sec'y.**, Alice Larson, 1834 Polaris Ave., Racine, WI 53404. **Treas.**, Betty Smerchek, 5301 6 Mile Rd., Racine, WI 53402.

Sokol St. Louis - Mtgs. 4th Monday at American Czech Educational Center, 4690 Lansdowne, St. Louis, MO 63116. **Pres.**, Charles D. Jerabek, 5732 Goener, St. Louis, 63116. **Sec'y.**, Jean Stanley, 6420 Bishops Pl., St. Louis, 63109. **Fin. Sec'y.**, Marcella Milcic, 4422 S. 37th St., St. Louis, 63116. **Dir. Women**, Marla Breidenbach, 4937 Trailside Ct., St. Louis, 63128. **Dir. Men**, Robert Newcomer, 69 Montague, St. Louis, 63123. **Ed. Dir.**, Frank Richa, 9901 Arthur Ln., St. Louis, 63128.

Sokol Slavsky - Mtgs. 1st Wed. monthly at First United Methodist Church, 3409 Grove Ave., Berwyn, IL 60402. **Pres.**, Bernard Babka, 339 Lawton, Riverside, IL 60546. **Sec'y.**, Helen Sevcu, 2411 Elmwood Ave., Berwyn, IL 60402. **Fin. Sec'y.**, Dorothy Becker, 1808 Wisconsin Ave., Berwyn, IL 60402. **Dir. Women**, Colleen Rocush 1611 57th Ct., Cicero, IL 60650. **Dir. Men**, David Satek, 1922 57th Ave., Cicero, IL 60650. **Ed. Dir.**, Libbie Krivanek, 392 Nuttall Rd., Riverside, IL 60546.

Sokol Stickney - Mtgs. 1st Wed. monthly at 4131 Home Ave., Stickney, IL 60402. **Pres.**, Marie Vachata 8030 W. 46th St., Lyons, IL 60534. **Sec'y.**, Jane Sterba, 6624 Windsor Ave., Berwyn, IL 60402-3550. **Fin. Sec'y.**, Robert Hoskin, 4101 So. Home Ave., Stickney, IL 60402. **Dir. Women**, Kimberly Karovic, 3935 Clinton, Stickney, IL 60402. **Dir. Men**, Greg Vondra, 6601 W. 31st St., Berwyn, IL 60402. **Ed. Dir.**, Jane Sterba (same as sec'y.)

Sokol Tabor - Mtgs. 1st Fri. monthly at 1602 Clarence Ave., Berwyn, IL 60402. **Pres.**, Joe Moravek, 1346 Kenilworth Ave., Berwyn, 60402. **Sec'y.**, George Kulhanek Jr., 4207 Edgewater Ave., Hillside, IL 60162. **Fin. Sec'y.**, Len Navatil, 8609 W. 144th Pl., Orland Park, IL 60462. **Dir. Men**, Stan Kysela, 2509 Westover, No. Riverside, IL 60546. **Ed. Dir.**, Ken Sada.

Sokolice Tabor - Mtgs. 1st Friday monthly at 1602 Clarence Ave., Berwyn, IL 60402. **Pres.**, Mary Balsanek, 3636 Lombard Ave., Berwyn, 60402. **Sec'y.**, Mildred Homolka, 2513 60th Ct., Cicero, IL 60650. **Fin. Sec'y.**, Valentine Husak, 2633 Home Ave., Berwyn, 60402. **Dir. Women**, Helen Onni, 2444 First Ave., No. Riverside, IL 60546. **Ed. Dir.**, Mirka Donner, 2627 Highland, Berwyn, 60402.

Sokol Town of Lake - Mtgs. 5 yearly at Palos Hills Community Activity Center. **Pres.**, George Vytlacil, 12515 S. Harold Ave., Palos Hts., IL 60463. **Sec'y.**, Mildred Mentzer, 11358 S. Hamlin Ave., Chicago, IL 60655. **Fin. Sec'y.**, Vlasta Stribrny, 12639 Timberlane Dr., Palos Park, IL 60464. **Ed. Dir.**, Robert Smunt, 2635 Sunnyside Av., Westchester, IL 60153.

Sokol West Suburban - Mtgs. 1st Mon. monthly at St. John's Lutheran Church, 7214 Cass Av., Darien, IL 60559. **Pres.**, Eileen Stahulak, 11S281 Saratoga Av., Lemont, IL 60439. **Sec'y.** Millie Bruno, 307 W. Naperville Rd., Westmont, IL 60559. **Fin. Sec'y.**, Marilyn Moore, 753 Oakwood Dr., Westmont, IL 60559. **Dir. Women**, Sally Bukovsky, 135 N. Linden, Westmont, IL 60559. **Dir. Men**, Frank Michalek, 10S020 Lorraine Dr., Hinsdale, IL 60521.

Eastern District

Sokol Baltimore - Mtgs. 2nd Sunday monthly at American Sokol Center, 2931 E. Madison St., Baltimore, MD 21205. **Pres.**, David Cahlander, 3528 Pelham Av., Baltimore, 21213. **Sec'y.**, Betty Joy Kilian, 3068 Mayfield Av., Baltimore, 21213. **Fin.**

Sec'y., Frank Huber, 514 Sellrus Ct., Fallston, MD 21047. **Dir. Women and Men**, Peggy Shumate, 4021 Roland Av., Baltimore, 21211. **Ed. Dir.**, Anna Losovsky, 6800 Brentwood Av., Baltimore, 21222.

Sokol Belcamp - Mtgs. 2nd Sunday monthly. **Pres.**, Frank G. Novak, 241 Graceford Dr., Aberdeen, MD 21001. **Sec'y.**, Edward C. Kotras, 2905 Creswell Rd., Bel Air, MD 21015-6516. **Fin. Sec'y.**, Jerry F. Valcik, 711 Long Bar Harbor Rd., Abingdon, MD 21009.

Sokol Curtis Bay - Mtgs. 3rd. Thurs monthly. **Pres.**, Blanche Guilfooy, 4807 Pennington Av., Baltimore, MD 21226. **Sec'y.**, Helen Henne 206 10th Av., Baltimore, 21225. **Fin. Sec'y.**, Edward Henne, 206 10th Av., Baltimore, 21225.

Sokol Fuegner, Long Island. Mtgs. 4th Tues. Mar, May, Sept. **Fin. Sec'y.**, Jane A. Cerny, 26 Middleton Rd., Garden City, NY 11530.

Sokol Little Ferry Women - Mtgs. 3rd Tues., bi-monthly at 14 Garden St., Little Ferry, NJ 07601. **Pres.**, Nancy Cholonicki, 6 Pine Cone Ln., Sparta, NJ 07871. **Sec'y.**, Ellen Nyemesik, 214 Clinton Pl., Hackensack, NJ 07601. **Fin. Sec'y.**, same as pres. **Dir. Women**, Audrey Benda, 34 Brandt St., Little Ferry, NJ 07643. **Ed. Dir.**, Blanche Bidnik, 479 Grove St., Clifton, NJ 07013.

Sokol Little Ferry - Mtgs. 2nd Mon. at 14 Garden St. Little Ferry, NJ 07643. **Pres.**, Richard Novotny, 12 Greenmeadows Rd., Fairfield, NJ, 07006.

Sokol Schenectady - **Pres.**, Emilie Valenta, 110 Wade Lupe Tower, Queens Dr., Schenectady, NY 12304. **Sec'y.**, Mary Prokop, 1005 6th St., Schenectady, 12303. **Fin. Sec'y.**, Caroline Jordan, 1302 Second Av., Schenectady, 12303.

Sokol Miami - Mtgs. every Mon. at Community Center 1215 N.E. 125 St. N. Miami, FL 33161. **Pres.**, Emilie Ruzicka, 1225 N.E. 124 St., No. Miami, 33161. **Sec'y** Blanche Zraly, 532 Briarwood Cr., Hollywood, FL 33024. **Fin. Sec'y.**, Lillian Sturdik, 2036 Sharon St., Boca Raton, FL 33486. **Ed. Dir.** (see pres.)

Sokol New York - Mtgs. last Thurs. monthly at 420 E. 71st St. New York, NY 10021. **Pres.**, Norma Zabka, 203 E. 72nd St., New York, 10021. **Sec'y.**, Antonie Ma-

honey 434 E. 72nd St., New York, 10021. **Fin. Sec'y.**, Mirka Jurnik, 338 E. 65th St., New York, 10021. **Dir. Women**, Pauline Reenock, 1274 First Av., New York, 10021. **Dir. Men**, Steve Frolo, 2675 Farsund Ct., Yorktown Height, NY 10598. **Ed. Dir.**, Irene Mergl, 1278 First Av., New York, 10021.

Sokol Rip - Mtgs. 3rd Thurs. **Pres.**, Wallace Schiffer, 2074 Fairlawn, Pittsburgh, PA 15237. **Sec'y.**, Louis Simek, 220 Elizabeth Av., Pittsburgh, 15112. **Fin. Sec'y.**, Robert Glock, 2254 Walters Rd., Allison Park, Pittsburgh, 15101.

Sokol Washington - Mtgs. 1st Wed. monthly. **Pres.**, Jaroslav Kaspar-Paty, 7112 Camp Alger Av., Falls Church, VA. 22042. **Sec'y.**, Vaclav Slovak, 11436 Encore Dr., Silver Spring, MD 20901. **Fin. Sec'y**, same as sec'y. **Dir. Men**, Antonin Bartos, 6067 Hollow Hill Lane, Springfield, VA 22152.

Northeastern District

Sokol Detroit - Mtgs. 1st Thurs. monthly at Sokol Cultural Center, 23600 W. Warren, Dearborn Hts. MI 48127. **Pres.**, Frank Turchan, Jr., 134 Berkley, Dearborn, MI 48091. **Sec'y.**, Johanna Seidel, 21701 Morley, Dearborn, 48124-2313. **Fin. Sec'y.**, men - Kenneth Seidel, 21701 Morley, Dearborn, 48124-2313, women - Carolyn Sabados, 43911 Orleans Ct., Canton, MI 48187. **Dir. Women**, Maryann Fiordelis, 31680 Norfolk, Livonia, MI 48152. **Dir. Men**, Martin Eisenstein, 48929 Territorial Rd., Plymouth, MI 48170. **Ed. Dir.**, Louis Teichman, 8977 Mannor, Allen Park, MI 48101.

Sokol Greater Cleveland - Mtgs. 2nd Mon, monthly at Bohemian National Hall, 4939 Broadway Ave., Cleveland, OH 44127-1168. **Pres.**, J.J. Vencel, 6613 Cheryl Ann Dr., Independence, OH 44131. **Sec'y.**, Sally McGowan, 13551 Prospect Rd., Strongsville, OH 44136. **Mem. Records Sec'y.**, Ruth Pokorny, 9302 Garfield Blvd., Garfield Hts., OH 44125. **Dir. Women** - Barbara Giulivo, 6210 Stanbury Rd., Parma, OH 44129. **Dir. Men** - Robert Samec, 16613 Raymond St., Maple Hts., OH 44137. **Ed. Dir.**, Helen Samec, 1756 Justo Lane, Seven Hills, OH 44131.

Pacific District

Sokol Fresno - **Pres.**, Barbara Lundeen, 2733 E. Garland Av., Fresno, CA 93726.

Sec'y., Jettie Filgas, 2587 Barstow, Clovis, CA 93612. **Dir. Women**, Cheri Riddle, 113 2nd St., Clovis, 93612. **Ed. Dir.**, Mary Falls, 8395 N. Peach, Clovis, 93612.

Sokol Los Angeles - Mtg. 2nd Mon. monthly at 500 No. Western Av., Los Angeles, CA 90004. **Pres.**, Joseph Zelenska, 10350 Montgomery Av., Granada Hills, CA 91344. **Sec'y.**, Louise Kis 10740 Rhodesia Av., Sunland, CA 91040. **Dir. Women**, Janelle Perez, 5218 Elmont St. P.O. Box 32361, Los Angeles, 90032. **Dir. Men**, Jiri Liska, 540 Racquet Club Ln, Thousand Oaks, CA 91360. **Ed. Dir.**, Florence Palas, 7823 E. Stewart & Gray Rd., Downey, CA 90241.

Sokol San Francisco - Gymnastic Assn. Sokol 847 San Mateo Dr., San Mateo, CA 94401. **Pres.**, Clifford Tucker, 43 Greenwood Dr., So. San Francisco, CA 94080. **Sec'y.**, Frank Dlask, 451 Santa Margarita Av., Menlo Park, CA 94025. **Fin. Sec'y.**, Elizabeth Bele, 11 Fairview Pl., Milbrae, CA 94030. **Dir. Women**, Vera Kilston, 651 Tennyson Av., Palo Alto, CA 94301. **Dir. Men**, Steven Kilston, same as Dir Wm..

Southern District

Sokol Corpus Christi - Mtgs. 2nd Tuesday monthly at SPJST - Sokol Hall 5502 Kostoryz Rd., Corpus Christi, TX 78467-7847. **Pres.**, Norma Baker, 2030 Frederick Dr., C.C., TX 78417. **Sec'y.**, Helen Pavelka, Rt. 4 Box 118, Robstown, TX 78380. **Fin. Sec'y.**, Anita Regmund, 1046 Vaky, C.C., TX 78404. **Ed. Dir.**, Jerry Sijansky, 414 Pleiades, C.C., Tx 78418.

Sokol Ft. Worth - Mtgs. 3rd Tuesday monthly. **Pres.**, Jerry Milan, 6208 Lakeside, Ft. Worth, TX 76135. **Sec'y.**, Gay Williams, 5012 Glade, Ft. Worth, 76114. **Fin. Sec'y.**, Jeanne Mason, 6020 Longhorn Ln., Ft. Worth, 76179. **Dir. Women**, Leslie Milan, 2801 A Skyline, Ft. Worth, 76114. **Dir. Men**, Rome Milan, 8894 Random Rd., Ft. Worth, 76135.

Sokol Karel Havlicek - Mtgs. 1st Sunday monthly at Rt. 3 Box 150, Yukon, OK 73099. **Pres.**, Alma Stejskal, Rt. 3 Box 73, Yukon, 73099. **Sec'y.**, Mary Polasek, 306 N. Johnson Way, Mustang, OK. **Fin. Sec'y.**, Bernice Moller, 1402 Allen, Yukon, 73099. **Dir. Women**, Mary Polasek, same as Sec'y. **Dir. Men**, Tony Stejskal, same as Pres. **Ed. Dir.**, La Verne Benda, 6804 N. Libby, Oklahoma City, 73132.

T.J. Sokol - Mtgs. 2nd Friday monthly at 1314 West Patton, Houston, TX 77009. **Pres.**, Charlie Petrzelka, 2506 Beall, Houston, TX 77008. **Sec'y.**, Patricia Silhan, 318 Saddle Horn, Houston, TX 77060. **Fin. Sec'y.**, John Chladek, 8226 Swiss, Houston, TX 77075. **Dir. Women**, Cindy Lehoski, 1302 Foxwood, Houston, TX 77008. **Dir. Men**, Patrick Lehoski, same as Dir. Women. **Ed. Dir.**, Louise Keyes, 6231 Lindyann Ln., Houston, TX 77008.

Sokol Karel Havlicek Borovsky - Mtgs. 3rd Thursday monthly at East Hwy 34, PO Box 205, Ennis, TX 75120. **Pres.**, Larry Laznovsky, Rt. 7 Box 48, Ennis, 75119. **Sec'y.**, Mayfair Mullican, Rt 1 Box 95B, Ferris, TX 75125. **Fin. Sec'y.**, Mike Liska, Rt 5 Box 60, Ennis, 75119. **Dir. Women**, Rhonda Liska, PO Box 103, Ennis, 75120. **Dir. Men**, Robert Toth, 2401 Yorks-town, #213, Ennis, 75119. **Ed. Dir.**, Sylvia Laznovsky, Rt 7 Box 47, Ennis, 75119.

Sokol Gymnastic Assoc. of West - Mtgs. 2nd Tuesday monthly at Lone Star Hall PO Box 124, West, TX 76691. **Pres.**, Daniel Moravec, Rt 1 Box 495, Axtell, TX 76624. **Sec'y.**, Pam Gajdosik, Rt 1 Box 226 H, West, 76691. **Fin. Sec'y.**, Carol Moravec, same as Pres. **Dir. Women**, Evelyn Pam Gajdosik, Rt 1 Box 226 H, West, 76691. **Fin. Sec'y.**, Carol Moravec, same as Pres. **Dir. Women**, Evelyn Cepak, Rt1, Box 24 A, Abbott, TX 76621. **Dir. Men**, Daniel Moravec (see pres.). **Ed. Dir.**, Raymond Matus, Rt 2 Box 172, West, TX 76671.

Sokol Zizka - Mtgs. 3rd Sunday monthly at 7448 Greenville Av., Dallas, TX 75231. **Pres.**, Robert Podhrasky, 9110 Summer glen, Dallas, 75243. **Sec'y.**, Pat Pate, 9043 Woodshore Cr., Dallas, TX. **Fin. Sec'y.**, Ray Favaitl, Jr., 4516 Glenview Ct., N. Richland Hills, TX 76180. **Dir. Women**, Marguerite Burtis, 6606 Northhaven Rd., Dallas, 75230. **Dir. Men**, Comer Caldwell, 405 Shadywood, Richardson, TX 75080.

Western District

Sokol Cedar Rapids - Mtgs. 1st Mon. at 417 3rd St. SE, Cedar Rapids, IA 52401. **Pres.**, Richard Kittrell, 1527 48th St. N.E., Cedar Rapids, 52402. **Sec'y.**, Jan Dostal, 80 22nd Av. S.W., Cedar Rapids, 52404. **Fin. Sec'y.**, Bessie Dugena, 508 2nd Av. S.W., Cedar Rapids, 52404. **Dir. Women**, Allison Gerber, 2112 N. Towne Ln., Cedar Rapids, 52404. **Dir. Men**, Matthew Dostal, 80 22nd Av. S.W., Cedar Rapids, 52404.

Sokol Crete - Mtgs. 1st Wed. monthly at 12th and Norman, Crete, NE 68333. **Sec'y.**, Gail August, 809 E. 2nd, Crete, 68333. **Fin. Sec'y.**, Earline Winkler, 1823 Kingwood., Crete, 68333. **Dir. Women**, Theresa Vernon Rt # 2, Crete, 68333. **Ed. Dir.**, Libbye Jiskra, 1233 Main, Crete, 68333.

T.J. Sokol - Mtgs 1st Wed. monthly at 130 W. 12th, Crete, NE 68333. **Pre.**, Steve Pomajzl, RR 2 Box 26, Crete, 68333. **Sec'y.**, Lester Bruns, 1705 Ivy, Crete, 68333. **Ed. and Dir. Men**, Henry Cerny, RR 1 Box 189, Crete, 68333.

Sokol Karel Jonas - Mtgs. first week of 3rd month. **Pres.**, Joe Sebesta, Rt. 1 Box 10, Wilson, KS 67490. **Sec'y/Fin. Sec'y.**, Alice Sula, P.O. Box 223, Wilson, KS 67490.

Sokol Minnesota - Mtgs 4th Fri. monthly at 383 Michigan St., St. Paul, MN 55102. **Pres.**, Norm Sladek, 5608 Gate Park Rd., Edina, MN 55436. **Sec'y.**, Marlene Hinshaw, 140 Prospect Blvd., St. Paul, 55107. **Fin. Sec'y.**, Don Drahota, 1076 Allen Av. W. St. Paul, 55118. **Dir. Women**, Bobbie Jo Chandler, 1012 Woodbridge St., St. Paul, 55117. **Ed. Dir.**, Joan Sedlacek, 630 S. Lexington Pkwy, St. Paul, 55116.

Sokol Omaha - Mtgs. 1st Mon. at 2234 S. 13th St., Omaha, NE 68108. **Pres.**, Everett VanCleave, 2812 S. 38th Av., Omaha, 68105. **Sec'y.**, Michelle Winger, 1011 Denver St., Bellevue, NE 68005. **Fin Sec'y.**, Bev Kilborn, 1505 Polk, Omaha, 68107. **Dir. Women & Men**, Michelle Winger, see sec'y.

Sokol South Omaha - Mtgs. 1st Mon. monthly at 2021 U St., Omaha, NE 68107. **Pres.**, James Riha, 4301 Woolworth Av., Omaha, 68105. **Sec'y.**, Charles Svagera, 4412 S. 20 St., Omaha, 68107. **Fin. Sec'y.**, Mickey Dalton, 5240 S. 23 St., Omaha, 68107. **Dir. Men & Ed. Dir.**, Vojmir Benak, 5919 S. 15 St., Omaha, 68107.

Sokolice So. Omaha - Mtgs. 1st Tues. monthly at 2021 U St., Omaha, NE 68107. **Pres.**, Anne Novotny, 12216 Signal Dr., Omaha, 68137. **Sec'y.**, Ruth Felner, 4527 S. 22 St., Omaha, 68107. **Fin. Sec'y.**, Doris Ettliln, 5213 S. 22 St., Omaha, 68107. **Dir. Women**, Sandra Benak, 5919 S. 15 St. Omaha, 68107. **Ed. Dir.**, Colleen Kenney, 4923 Grant, Omaha, 68104.

Sokol Wilber - Mtgs. 1st Mon. monthly at 317 S. Wilson, Wilber, NE 68465. **Pres.**, Irene Birkett, 415 N. Harris, Wilber, 68465.

Sec'y., Alice Maryska, RR 2 Box 96, Wilber, 68465. **Fin. Sec'y.**, Millie Ak-samit, 318 E. 3rd, Wilber, 68465. **Ed. Dir.**, Evelyn Schleis, 610 W. 6th, Wilber, 68465.

Masaryk and Sokol, cont'd from page 3

After the outbreak of World War I, Masaryk chose people he could rely upon in case he were jailed or went abroad. Among the men at home, he above all wanted to stay in close contact with Josef Scheiner, president of Sokol, because he so trusted the organization. Immediately after the outbreak of the war, Josef Scheiner, Thomas Masaryk and Premysl Samal formed the fundamental triumvirate of an underground organization whose goal was to bring liberty to the Czech and Slovak nations. When Masaryk decided to go abroad and organize the fight, he first went to see Scheiner, who gave him the first sizable contribution to the effort (part of the money was his and part was Sokols'), and promised complete Sokol support.

Seventy men, most of them members of the Sokol unit in Paris, France, enlisted voluntarily in the French army and became the fundamental part of the battalion called Rota Nazdar. This battalion was later fighting gloriously against the Germans. There were similar volunteers in the British, Russian, and later, Italian armies. The support of Masaryk by the Sokol Organization in the United States is very well known..

In one of his speeches after the war, Masaryk declared, "When we were organizing our legionaires in Russia, the legionaires whose merits you all so much appreciate, the Sokol idea was one of the components of which we were building our first Czechoslovak army. Together with the hussite and taborite tradition, it was the Sokol idea that was leading us, the Sokol discipline and order familiar to everyone and respected by every individual. These qualities became the nature of the legionaires. And so the Sokol movement identified itself with our victories.

The presence of Thomas Garigue Masaryk at the Sokol Festivals (SLETS) in 1920, 1926 and 1932 each time became a moving and immense manifestation for the democracy of Czechoslovakia. Masaryk was aware of the good reputation Sokol enjoyed abroad, thanks to the excellent results of Sokol gymnasts in International Competitions. He once came to take leave of the team departing to the United States

which had assembled at the Tyrsov dum. He said, "Whenever SOKOL performs, it must be a perfect performance, because SOKOL is our representative."

From all the SOKOL festivals, that of 1926 seems to be the most memorable. At the time of this slet, many political leaders criticized Masaryk because he was not willing to follow their tendency to restrain the fundamental democratic principal. They called for dictatorship, limiting his rights and attacked him publicly.

At the same time, during the Slet, the common citizens, Sokol members, coming from all parts of the country expressed spontaneously their opinion. Sick of political fighting, they favored their president and the Slet started a tremendous chain of events in favor of him. The next year, 1927, he was re-elected president. To us who were lucky enough to live in Masaryk's Czechoslovakia, this era remains the best part of our lives. When Masaryk died, the Sokols joined with President Benes oath, "We shall always remain true to your legacy, President Liberator."

Besides Jiri Liska's conversations with Sis. Provaznikova, he utilized the books of authors Ivan Herben and Krejci. Interested readers can order the books listed in the next column, do further research at a good resource library, and interview the senior members of their Sokol unit.

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by Dr. Tyrsv, Sokol Founder	
Dr. Miroslav Tyrsv	2.50
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(he carried out Tyrsv ideas)	
Highlights of Czech	
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A.S.O. 125th Anniv. Book	4.00
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