

american **SOKOL**

Volume CXIII, Number 5

MAY 1992



CN Tower

The World's Tallest Freestanding Structure

When you're in Toronto next month for the Sokol Canada Slet, try to find some time to explore this fascinating city.

Toronto is Canada's largest English-speaking town, population 3.5 million.

It has clean streets, safe subways, ethnic harmony, flourishing theater and superb restaruants. Toronto's geography is easy to grasp (see map on page 5) and you'll be able to get around by foot or public transportation with little trouble. Yonge Street, a principal north-south artery claiming to be the longest street in the world, keeps going north and then west for 1,100 miles, ending at the Ontario-Minnesota border. But the heart of Toronto is a tidy rectangle just over 1 mile wide and roughly 2 miles deep.

Continued on Page 4-5

ENJOY TORONTO!

American Sokol

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Meeting: 4th Tuesday (except July/August)
at the A.S.O. Office, 7:30 p.m.

| | |
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EDITOR - PATRICIA SATEK

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708-863-7978

Copy for publication must be received by the
10th of the month prior to published month.

CALENDAR

of EVENTS

MAY

- 4 Sokol Milwaukee Competition
- 6 Sokol Greater Cleveland Spring Card Party
- 9 Sokol Minnesota Workers' Appreciation Dinner
- 9 Sokol New York Gymnastic Exhibition
- 17 Sokol Greater Cleveland Band Concert
- 17 Sokol Minnesota Pancake Breakfast
- 22 Sokol Milwaukee Exhibition & Awards Program

JUNE

- 7 Sokol Los Angeles Public Exhibition
- 21 Sokol Detroit Summer Gym. Exhibition at Sokol Camp
- 26-28 Sokol Canada Slet - Toronto

JULY

- 17-26 ASO Instructors' Course at Sokol South Omaha

DISTRICT EVENTS

MAY

- 2 Central Dist. Girls' Competition
- 4 Western District Children's Competition, Crete, NE
- 9 Central District Boys' Competition
- 9 NE District Comp., Detroit
- 16 Central District Slet & Girls', Junior, Senior Competition
- 17 Central District Awards Picnic
- 31 NE District Exhibition, Oddfellows Fresh Air Camp, Glenwillow, OH

SPECIAL ANNIVERSARY DATES

- May 3 Sokol Chicago 100th Anniversary
- October 13 Sokol New York 125th Anniversary
- November 15 Delnicky Americky Sokol 100th Anniv.

A.S.O. FAX: 708-795-0539

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.*



*"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."*

From Your Editor...

Response to the April issue has been enthusiastic, with every person's favorite adjective being "beautiful!" I'm happy that my desired objective — to make the magazine inviting and exciting — was realized. I now face the challenge of maintaining that standard. You can help, by

continuing to submit your news and information on a regular basis. Happy Mother's Day to all Sokol moms.

NA ZDARI!

Sls. Patricia Satek
1922 S. 57th Avenue
Cicero, IL 60650-2143

*The world is a
book, and those
who do not travel,
read only a page.
❖ St. Augustine*



FOR THE RECORD

Minutes of the March 24, 1992 meeting
of the A.S.O. Executive Board

The meeting was called to order by Bro. Borvansky at 7:37 p.m. and the pledge to the flag was recited. Members present were Bros. Borvansky, Babka, Dalton, Kalat, Lebloch, Masek, Michalek and Satek and Sis. Dalton, Filipello, Kalat, Kourim, Pajeau, Pros, Satek and Wojcik. Sis. Sedlacek and Bros. Milan and Podhrasky were excused.

The minutes of the previous meeting were approved with the corrections that the BOI report should have Bro. Hintnaus as the Men's Director of the Pacific District and the third to last paragraph should have the word annuity spelled correctly. Sis. Pros moved to approve the minutes; seconded and passed.

The office has received the Eastern District Newsletter, Central District minutes and Sokol New York Annual Report.

Sis. Pros moved to take a white full-page ad in the DA Sokol 100th Anniv. Book for \$125; seconded and passed. Bro. Satek moved to send Bro. Borvansky and his wife to the DA Sokol 100th Anniv. banquet on Sunday, November 15, 1992 and also to Sokol Chicago's 100th Anniv. banquet; seconded and passed.

Western District has invited an Executive Board member to their annual Slet and will pay expenses. Sis. Pros moved to send Bro. Borvansky and his wife; seconded and passed.

Bro. Babka moved to sent \$15 donation to Senator Judy Baar Topinka's Polka Party; seconded

and passed. Sis. Pros moved to take a full-page silver ad in the Sokol New York 125th Anniv. book; seconded and passed.

The unit financial reports have not been coming in as they should and this will be discussed at the Board of Governors meeting in July.

Bro. Michalek and Sis. Kalat have met at the office but there was no official meeting of the BOI the past month. The BOI will hold the District Director's Conference in Detroit on October 23-25, 1992. Bro. Lebloch moved to send Bro. Benak to the USGF Clinic on new routines in Oklahoma on June 5-7, 1992 and pay registration fee, per diem and travel expenses as per the By-Laws; seconded and passed. Bro. Kalat moved to pay Eastern District \$275 Special Assessment fee for five students attending USGF Safety Course; seconded and passed. A discussion about an after Slet booklet with pictorial highlights of the events received a positive response from the board.

Bro. Lebloch reported for the Educational Committee. They have reviewed correspondence and taken care of all. Some Sokol Detroit members will tour headquarters on Friday, March 27, 1992. Would like to have a Sokol art contest in conjunction with the 1993 Slet.

It was recommended that Sis. Sedlacek's membership report be published in the American Sokol magazine after a few details are checked for accuracy. Acting Editor

Sis. Satek has April issue complete and is learning about the publication with Sis. Filipello's help.

Sis. Pros reported that the office will be in need of a new copy machine before the Slet. Bro. Babka moved to take repair insurance on the old machine; seconded and passed. Sokol New York is being audited and Sis. Vondra and Sis. Pros have had to give them some information.

Discussion about John Hancock and the handling of the annuity funds for the Foundation Fund. Sis. Kourim moved that we follow the original plan with John Hancock and stop all phone calls, seconded and withdrawn. Bro. Babka moved that we write to the John Hancock Company and outline how the program is to be run, where authority lies and what should be done; seconded and passed.

Sis. Kourim reported that uniform orders are busy. She has been sewing blouses at the office. She asked if light bulbs could be replaced in the office to relieve eye strain.

Bro. Borvansky has been able to attend all Central District exhibitions so far and participate in his own unit's.

Sis. Filipello reported that the fund raising dinner for Sen. Judy Baar Topinka is progressing. It will be held on Friday, October 23, 1992 at the Lexington House at a cost of \$100 per person. Sen. Topinka will be sending out 3,000 invitations. Looking into entertainment and a

Continued on page 10

TORONTO!

Some of Toronto's most popular tourist attractions are CN Tower, The Sky Dome, Eaton Centre, Casa Loma and Fort York.

At 1,815 feet tall (nearly two times as tall as the Eiffel Tower), CN Tower (301 Front Street W.) is the world's tallest free-standing structure. It's Space Deck, at 1,465 feet high, is the highest public observation gallery on earth. On clear days, the mist from Niagara Falls (50 miles away) is visible. The tower contains a communications tower, sightseeing platform, a revolving restaurant, a nightclub and in the basement, a space game for kids and adults called tour of the universe.

The Sky Dome (277 Front Street W.) is home to the Toronto Blue Jays. It has a 4-panel, fully convertible roof which covers eight acres. There are 65,000 seats at maximum configuration. At one end there is a 115' wide video screen framed by 70 hotel rooms and assorted bars and restaurants, all looking down on the playing field. The Sky Dome contains concrete enough to build a sidewalk from Toronto to Montreal (about 350 miles) and the are 12.8 km. of zippers fastening the astroturf.

The futuristic, glass arcade 4-level Eaton Centre shopping mall at Yonge and Dundas Streets houses some 300 shops, 65 restaurants and 17 movie theaters and connects with a 4-mile long subterranean network of a thousand shops.

Casa Loma, Toronto's "House on the Hill" is a magnificent 98-room castle. It's Great Hall has a 60-foot high beamed ceiling. It is truly a masterpiece of architecture and imagination.

Historic Fort York (Garrison Road at Fleet Street) has the largest collection of 1812 building in Canada. Costumed staff recreate daily life at an early 19th century British garrison.

But Toronto is full of other surprises. The city claims to have 5,000 restaurants. On Front Street, between Yonge and Church, there are mid-19th century warehouses restored as pubs, jazz clubs and boutiques. Yorkville a one-time hippie hangout and now an upscale community of fashionable shops, art galleries and

restaurants covers 12 blocks near the intersection of Bloor and Bay. Situated at the edge of Yorkville is the Royal Ontario Museum (100 Queen's Park at Bloor Street W.), a blend of old and new architectural styles spread over three buildings. Its collections, among the most unusual in North America, are displayed in 32 themed areas. The Royal Ontario is Canada's largest museum.

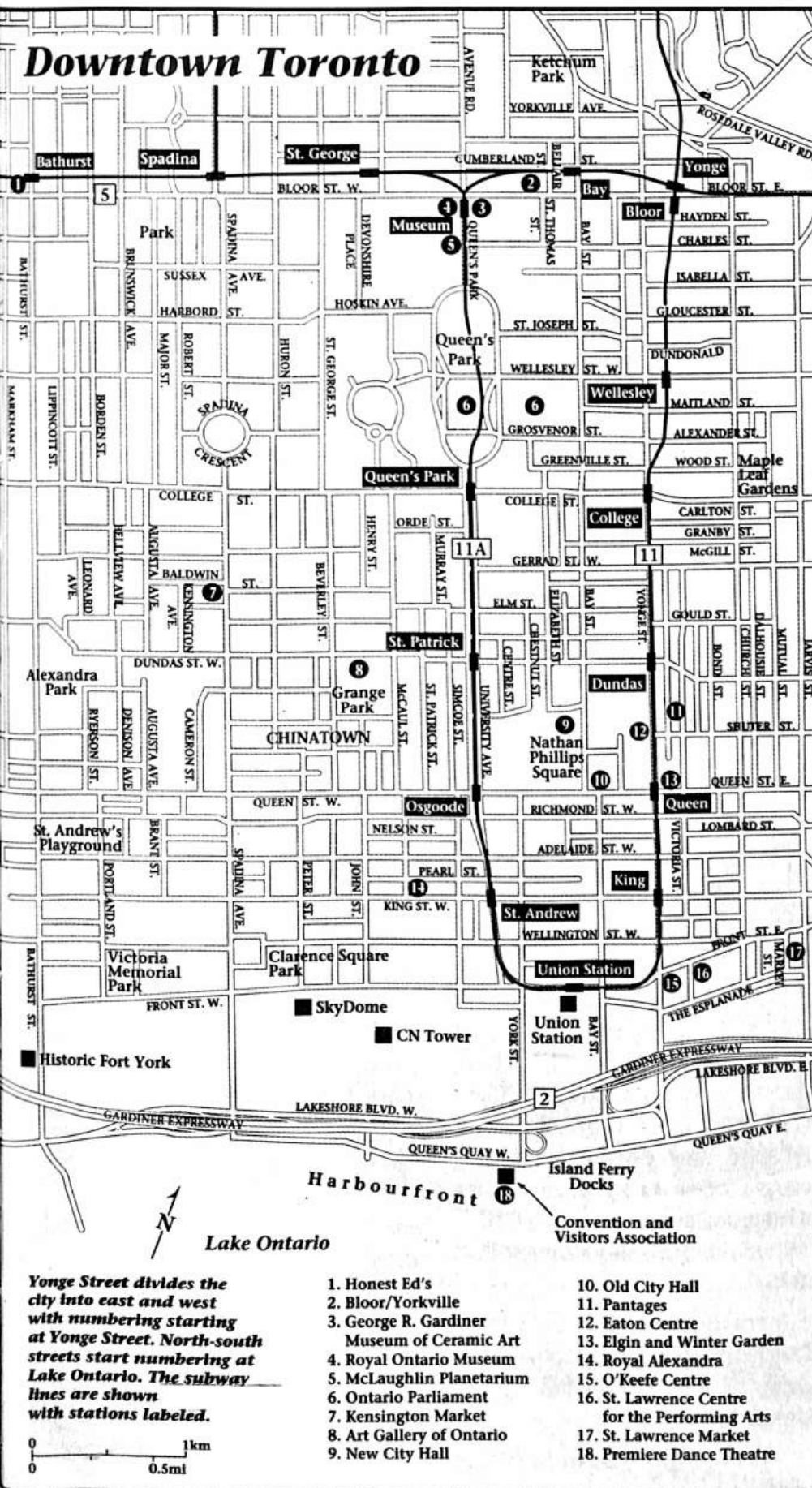
Seven miles from downtown Toronto is the Ontario Science Centre (770 Don Mills Road at Eglinton Avenue), one of Toronto's most innovative buildings. The Centre is built on the edge of a ravine, which visitors can view as they ride the glass-enclosed escalator down the ravine on their way to one of the exhibit areas.

Harbourfront (235 Queen's Quay W.) is a hundred-acre complex on Lake Ontario offering restaurants, shopping and entertainment.

Black Creek Pioneer Village (1000 Murray Ross Pkwy., Downsview, Ontario) is a "living history" museum with costumed guides representing Upper Canada between 1816 and 1867.

Toronto's ethnicity is a marvel of style and harmony, with 70 nationalities speaking more than 100 languages. You can explore Chinatown, the heart of which lies at the intersection of Spadina and Dundas. It bustles with noodle shops, herbal stores, trading companies, fortune cookie makers and oriental restaurants. In the middle of Chinatown you will also find the Art Gallery of Ontario, home to one of Canada's leading collections of paintings and

Downtown Toronto



Yonge Street divides the city into east and west with numbering starting at Yonge Street. North-south streets start numbering at Lake Ontario. The subway lines are shown with stations labeled.

- | | |
|---|---|
| 1. Honest Ed's | 10. Old City Hall |
| 2. Bloor/Yorkville | 11. Pantages |
| 3. George R. Gardiner Museum of Ceramic Art | 12. Eaton Centre |
| 4. Royal Ontario Museum | 13. Elgin and Winter Garden |
| 5. McLaughlin Planetarium | 14. Royal Alexandra |
| 6. Ontario Parliament | 15. O'Keefe Centre |
| 7. Kensington Market | 16. St. Lawrence Centre for the Performing Arts |
| 8. Art Gallery of Ontario | 17. St. Lawrence Market |
| 9. New City Hall | 18. Premiere Dance Theatre |

sculptures (some 10,700 pieces). The Art Gallery of Ontario dominates a block of Dundas Street West, between McCaul and Beverly streets. Toronto's 400,000 Italians have their own enclave, Little Italy, which is three miles northwest of Chinatown on St. Clair Avenue. A 20-minute drive southeast brings you to the Greek neighborhood, called the Danforth, for its thoroughfare.

And don't forget the George R. Gardiner Museum of Ceramic Art (111 Queen's Park), the McLaughlin Planetarium (100 Queen's Park), High Park (Parkside Drive between Bloor Street and the Queensway), Metropolitan Toronto Zoo (Hwy. 401 at Medowvale Road), Ontario Place (955 Lakeshore Blvd. W.), Toronto Islands (ferries depart from Harbour Castle Westin Hotel at the foot of Bay Street), Honest Ed's (581 Bloor Street W. at Bathurst Street), Kensington Market (Kensington Avenue and Baldwin Street), St. Lawrence Market (95 Front Street E. at Jarvis Street).

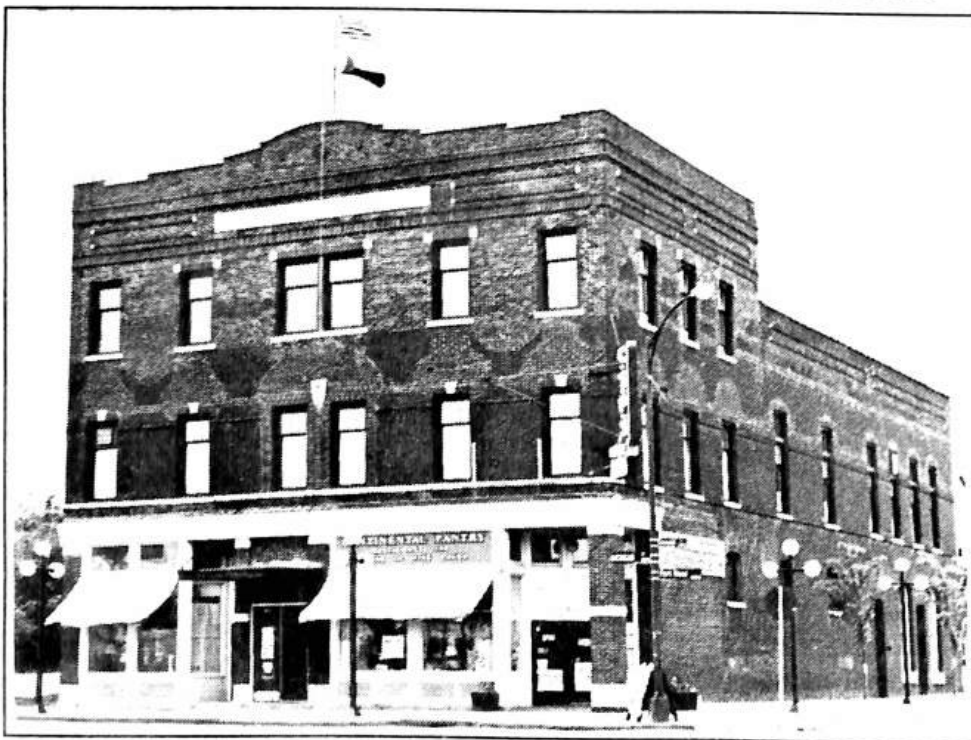
Getting Around

Walking is an excellent way to tour the downtown core and individual neighborhoods. To get from one area to another, take public transportation, which is clean, safe and efficient. Three connecting subway lines, combined with trolley and bus lines, link metropolitan Toronto (actually five cities and one borough). Rides require exact change or a token. Day passes are also available; special family fares take effect on Sundays and holidays.

Information compiled from *National Geographic Traveler*, July/August 1991 and *Travel-Holiday*, October 1987.

As our gymnasts prepare for the IX Sokol Canada Slet in Toronto, so are the officers of the American Sokol Executive Board, though not for any competition or mass calisthenics. As in the past after each Slet, officers or representatives of other Sokol organizations meet to discuss matters which concern us all. This year, Bro. V. Slavik, President of the Eastern District, has informed me that the new officers of the Czechoslovak Sokol Organization (COS) will be attending the Canadian Slet. Along with the officers of the American Sokol Organization, I am looking forward to the opportunity of meeting these leaders from the birthplace of Sokol.

Another GREAT Sokol Hall!



Sokol Minnesota CSPA Hall, 383 Michigan, St. Paul, Minnesota

The CSPA Hall, well-loved home of Czech and Slovak organizations, has stood in St. Paul, Minnesota since 1887.

Built on the bedrock of St. Paul's West End by the CSPA Lodge Cech #12, the Hall has been the continuous and continuing home of CSA (CSPA) Lodge #51 and Sokol Minnesota. It has also been home to Sbor Cechie #12 JCD, Spolek "Slovan" #3 CSDPJ, Sbor Hvezda Zapadu #45 Seterska Podpoujici Jednota and Lodge Melnik #161 CSPA.

Construction of the building began in March of 1887 and was completed in September. In 1917, the Hall had a third floor added and a second floor rearranged. It escaped demolition threats and was placed on the National register of Historic Sites in 1977. The CSPA Hall was sold to Sokol Minnesota in 1978.

Is there another Hall, built by a Czechoslovak organization and still occupied by them in the United States that is older?

~ Joan Sedlacek

Eastern District Clinic A Great Success!

It is always a pleasure to see a large group of our young Sokols in action. Over Presidents' weekend, February 15-17, more than 60 young gymnasts gathered for three rigorous days of Sokol activities that included warm-ups, self-improvement on all apparatus, games, races and lectures on Sokol history. Their instructors successfully molded all their activities under the umbrella of Tyrs' Sokol system. Bro. Steve Frolo, District and Unit Director, directed all activities. Sis. Pauline Reenock, Unit Director, was in charge of administration and food. Bro. Zdenek Kopriva, an instructor from Czechoslovakia, helped wherever he could. Sokol Baltimore instructors Peggy Shumate, Kristen Cahlander, Nancy and Joe also contributed enormously. Bro. Slavik addressed the gathering on behalf of the Eastern District and lectured on Sokol history. Sokol New York parents volunteered to man the makeshift kitchen. Chaperones had their hands full almost 20 hours a day! All of these people deserve our thanks for contributing their time and efforts to benefit our young Sokols, our future. *~ V. Slavik*



AMERICAN SOKOL ORGANIZATION

GYMNAST

MAY 1992

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

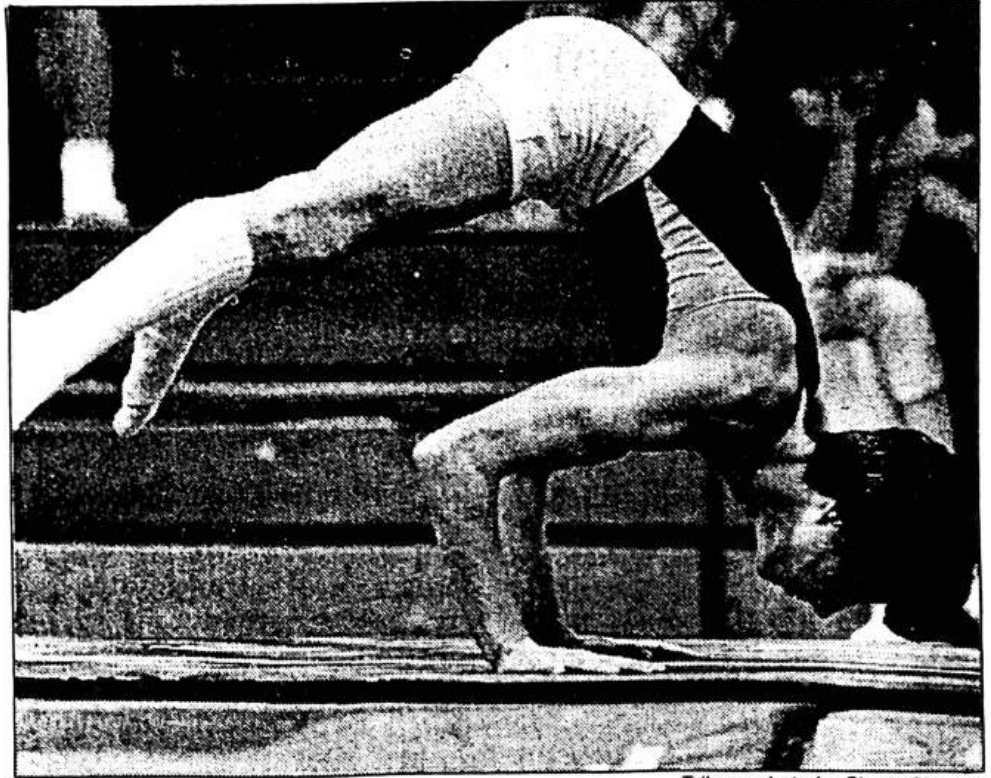


Back flips

Study finds gymnasts prone to spine degeneration

By Ron Kotulak
and Jon Van

Swedish researchers attending the annual meeting of the Radiological Society of North America held recently in Chicago presented a warning to young people who practice gymnastics: the sport can be harmful to the spine. A study of 25 elite level male gymnasts presented by Dr. Rickard Nyman of the university hospital in Uppsala, Sweden, said that all of these athletes, ages 18 to 25, had spinal degeneration to some extent. "The number of de



Tribune photo by Charis Cherney

Discoveries

generated discs among the gymnasts was comparable to that found in males at age 65," said Nyman. "Although this will require further investigation, intensive gymnastic training may prove to be seriously detrimental to the structure of the spine and contribute to significant back problems later in life."

Danger: gymnastics may be harmful to the spine.

Bring a Friend to Sokol

Innovative Tumbling and Tramp for Preschoolers

Patti Komara

Patti's Gymnastics & Fitness Center
1530 Joliet St. (Rt. 30)
Dyer, IN 46311
(219) 865-2274

To be an effective tumbling teacher for preschoolers you must remember the **Ten Commandments for Teaching Tumbling**.

First you should look at what you teach. Do you have a progression sheet for your teachers to follow to keep the learning high and class organized? Mine is listed here. Note that I marked the age the skill **GENERALLY** should be introduced. This is just a guideline. Maturation level and mental capabilities certainly come into play.

Before you teach any tumbling skills the students must understand the major positions that are parts of every tumbling skill. Copied here is a hand-out sheet that I provide to my students for at-home practice. Once the young students understand the kinesthetic feeling of these positions, they are quicker to pick up the actual gymnastics skills.

Research shows repeated actions reinforce the best rate of success. Never is that more true than in preschool gymnastics. Children need repetition, but not boredom. They need to have parts of the class similar to feel comfortable, but change keeps them motivated. Every staff member must call all the skills the same and teach basically the same.

I want to expound on a few tumbling skills to emphasize my strong

support of visual cueing to teach younger gymnasts.

The cartwheel is a skill that needs to be taught in steps. First a bunny hop is taught. Both hands move forward on the floor and then both feet. Put a hoop to the side of the child. Ask them

the hand and footprints painted on the mat, exactly the distance for their hands and feet to be placed for a cartwheel. You can also use rubber footprints and rubber squares for hand and foot placement.

By giving the children a visual cue where to put their hands and feet we are physically manipulating them through these skills without spotting them constantly. Another cute idea for cartwheels is called the "Yellow Brick Rope". Put a jump rope in a snail-like fashion on the mat. Have them put their hands in the center of the circle and have them progressively kick their feet further and further out from the center. The continuously curled rope gives them again a visual cue of where to place their feet. "Stacking Snowman" is another trick for teaching cartwheels. Take a foam cube from your pit and have your student kick over it for cartwheel. Then stack two cubes, then three. Continually ask them if they think they can kick that high. They love it when the stack comes tumbling down. A stacked panel

Ten Commandments for Teaching Tumbling

1. You must move when you teach.
2. Must be organized with a progression program.
3. Should demonstrate or show the skills.
4. Get excited about the class and your job.
5. Keep safety in mind constantly
6. Make it fun.
7. Have the proper equipment.
8. Teach with visual cues.
9. R&R (reinforce and repeat).
10. Break skills into achievable parts.

to put their hands in the hoop and then jump both feet to the other side.

The next progression would be to ask them to put their hands in the hoop and kick one foot around at a time. Take the hoop away and use a Mancino cartwheel mat. This mat has

mat with a hoop on top works great also. Hands go in the hoop and kick the feet around. It really makes them kick up high and allows them air time in order to get their footing.

For backward rolls the students need to put their thumbs up, roll back,

push pizza into the mat, and lastly... kick their feet over their head. The action of the kicking over their head propels them over for a good squat landing. I like them to start on a trapezoid mat and roll back onto a declined mat.

There are a million ways to teach forward rolls to tots, but one of the easiest is on the incline mat. I like to connect two inclines together. One going up so the kids can bear walk up and then roll down the other side. Put a foam shape or bean bag under their chin to keep them looking at their belly-button. Sometimes we put masking tape numbers on a barrel. Have them kids roll the barrel softly. Whatever number lands up they do that many forward rolls for practice.

The most effective method to teach tumbling is to "cross-mat tumble"... meaning to line the children up along the mat and tumble together as a group. In preschool this is imperative. Keeping the students busy keeps them out of trouble. I recommend Mancino's rainbow-colored panel mats. I can tell

the kids to all get behind a red panel. They are automatically spread out.

As a treat during such special days as "Splash Week" or "Hawaiian Week" we have the kids use a beach towel as their visual cue. spread the towel out. Have them do a forward roll down the mat. Jump across the mat. Jump lengthwise. Hop across the mat. Do a backward roll lengthwise on the towel. Fold the towel in half. Do a cartwheel putting the hands on the towel and the feet off the towel. Tray a round-off the same way. Fold the towel in half again. Do handstands on the towel and handstand snapdown.

Call the pieces of preschool equipment "Chunky Cheese" or "Harold the Barrel". Use imagery to express the movements you want the kids to make. Play the freeze game while doing cartwheels or forward rolls in a row.

If you tumble with the kids down the mat, make sure you have something for them to do to get back in line. Even if it's a line of hoops to hop in. Control their actions by keeping them

perpetually moving constructively.

If you teach tumbling in obstacle courses remember to tumble forward, backward, and sideways. Utilize your obstacle course and keep them busy learning. Use open/close places; high/low places; over, under, around places; locomotor skills; and imagination stations.

Some other hints...you need to address both the competitive and the non-competitive gymnast. Keep things consistent. The more you talk the less they can. The program should be success-oriented with no losers or winners. Your circuits and stations must tell them what to do. Ask them questions you get thinkers, tell them and you get doers. Correct positively. Your nonverbal cues are important. As a teacher never sit down, keep them active and moving.

Conclusion

In conclusion you must stick to the above **Ten Commandments for Teaching Tumbling**. Keep it fun and teach them something weekly and your students will return to you year after year.

The Ten Best Activities for Trampoline for Preschoolers

1. Frosty the Snowman with hoops and bungy cord tied to the frame for jumping and travelling.
2. Tape letters and shapes on the tramp
3. Popcorn-Have the kids lay on their backs in a tuck. Bounce 1-2-3 and POP... go to a straight body.
4. Bacon & Eggs-Have the kids lay on tummy in straight body... bacon sizzling... now you're done...flip
5. Boat Ride-Have the kids sit in "seat-drop" position. Through imagery take them down the Amazon, the Nile, the Mississippi... the teacher bounces them gently up & down
6. Magic Carpet Ride-same as above
7. Stomp the Bug-(kill the bounce) Student jumps and on verbal command stomps the bug and stops!
8. Magic Dime-Tell the kids you put a magic dime between their ankles...have them do a seat drop..."Do you still have your magic dime?"
9. Washing Machine-With arms extended have the kids turn 1/4 turns left then right
10. Jack in the Box-bounce 2x in squat, then TA-DA!



SOKOL SOUTH OMAHA

BOARD OF INSTRUCTORS

2021 "U" Street

Omaha, Nebraska 68107

To all A.S.O. District Directors & Sokol Organizations:

The American Sokol Organization will be holding a beginner, intermediate, and advanced instructors school this summer hosted by Sokol South Omaha. The school will run from July 16 thru July 26 and will be held at Sokol South Omaha, 2021 "U" Street.

Along with beginner students we hope to attract those who have already attended a beginner school and wish to improve upon their teaching skills, leadership ability and knowledge of the Sokol system, either on an intermediate or advanced level.

We hope your district (organization) will take advantage of this excellent learning opportunity by sending interested students to the course.

NAZDAR!

School Director
Brother Bud Benak
Sokol South Omaha
(402-731-2665)



KOLOTOUR

12580 BOULDER STREET
BOULDER CREEK,
CALIFORNIA 95006
408/338-2979

KOLOTOUR Bicycle Touring Co.
Offers Tours to Czechoslovakia

BOULDER CREEK, CA -- The KOLOTOUR Bicycle Touring company is offering moderately paced, van supported bicycle tours in Czechoslovakia during the summer of 1992. The tours begin and end in Prague, the capital of Czechoslovakia and one of the most beautiful cities in the world. The tour will visit many tiny farming villages, castles, estates and renaissance towns.

The tours are three weeks in length and designed for riders of all abilities. Special "touring" style bicycles are not necessary. Rental bicycles will be available for the tour. The cycling terrain is gently rolling farmland and wooded hillsides. Many of the hotel stops are for more than one night to allow the opportunity of a rest day if desired. KOLOTOUR provides the air travel arrangements, support van, hotel accommodations, guides, maps and daily itinerary.

Further information and a brochure are available by writing to KOLOTOUR, P.O. Box 1493, Boulder Creek, CA 95006-1493 or by telephoning (800) 524-7099. The fax number is (408) 338-3666.



JAN AMOS KOMENSKY

(1592-1670)

“Mens Sana In Corpore Sano” “A Sound Mind In A Sound Body”

1992 marks the 400th anniversary of the birth of one of the heroes of the Sokol movement, Jan Amos Komensky. He is also known by his Latin name Comenius. His maxim “Men’s sana in Corpore sano.” (“A sound mind in a sound body.”), was adopted by the Sokols as one of their mottos.

The January 1933 National Geographic stated: “Although the Sokols date only from 1862, their underlying idea was announced by Comenius in the 17th Century: Since everything in the world is done and is maintained by movement, it is most natural that everything alive should experience the joy of movement.”

Jan Amos Komensky was born March 28, 1592 in Nivnici, Moravia. He was Bishop of the Union of Bohemian Brethren and wrote works which laid the foundations of new pedagogical methods and of democratic education. He

introduced the first illustrated text books. He believed in universal education and physical education for both males and females. He wrote hundreds of books on education, which earned him the title “Teacher of Nations.”



The brilliant cultural achievements of Bohemia during this period came to a catastrophic end at the Battle

of the White Mountain in 1620. The Czech troops were crushed by the Imperial Army. The period that followed was known as the “time of the night” (doba temna).

The decree of 1627 gave the Czech people the choice between Catholicism and exile. Thousands of nobles and middle-class families left their country. Komensky took refuge in Poland in 1628. He later immigrated to Holland and is buried in the Valosky Church in Naarden, Holland. There is also a Komensky museum and statue in Naarden.

Before his death in 1670, he wrote: “After the tempest of God’s wrath shall have passed, the rule of thy country will again return to thee, o Czech people.”

His prophetic words gave his nation hope during the many dark days of their tragic history.

~Paul Lebloch,
Educational Director

Report from the Executive Director

Sis. Lynda Filipello _____

This is my first letter, as Executive Director of Fund-Raising activities, to you. I was very happy to receive the encouraging letters and notes from our membership across the country. I hope that after the first six months you will see the evidence of the efforts of the national leadership to address the needs of the many units.

The national board has always strived to adhere to the mission and goals of the organization. Today, it has become more and more difficult for organizations such as ours to meet the many challenges of operating on a national scale. Each unit and district has financial obligations that must be met to keep their doors open. The instructor resources have diminished to an alarmingly small number. Every venture, small or ambitious, will take an enormous amount of funds to get started and then to maintain. We know all these things, but what can be done is the most pressing issue here.

I am attending workshops and conducting research to further our organization's place in the not-for-profit community. Our first fundraiser will be a benefit to honor Illinois State Senator Judy Baar Topinka of the 22nd District. Judy, as she is affectionately known, has received over 175 commendations for her support of freedom for suppressed people. She is the first recipient awarded the Patrick Henry Freedom Medal from the State of Illinois in the past five years.

The benefit will be held at The Lexington House in Hickory Hills, Illinois on Friday, October 23, 1992. The Lexington House is a well-established facility that can serve 1200 people comfortably. A newsletter will be sent to many organizations and businesses outlining our organization's mission and goals, asking for their support of our national program development campaign through this benefit. Please send us names and addresses of individuals, business and organizations that you would like included. We need to establish a "Sokol awareness" in our communities.

You can further Sokol awareness in you own community by increasing the membership in your units. Parents of your gymnasts is the first source, then business leaders and concerned citizens. You unit has much to offer your community, but it is up to you to advertise your programs.

In the months ahead, we hope to expand in the field of fund-raising to include many more programs. Please send us your ideas for the future of our organization and how you believe these goals can be accomplished.

Nazdar! Lynda Filipello

◆ MEMORIUM ◆

Bro. Charles Renaud, Financial Secretary of Sokol Milwaukee, died on February 13, 1992 at the age of 80 after a short illness. He was born in Chicago and as a boy was know as the "lad with the silver voice." He had many starring roles with The International Opera Company and also performed for the Milwaukee Civic Light Opera. Bro. Renaud joined Sokol Milwaukee in 1981 and was a person who cheerfully accepted any job assigned to him, especially helping with the cooking and baking for such events as the Holiday Folk Fair and Sokol Milwaukee's Jaternice Event. He is survived by his wife Emily, niece Marilyn Cordie, nephews Larry and Jack Renaud and sister-in-law Helen Pilger.

~ Edited from information submitted by Jerry Klimt

We bid farewell to Bro. Ervin Jaros, a devoted Sokol, as were generations of his family. His father was Philadelphia Sokol's first president (March 1895) and taught gymnastics to the young boys. His wife, Rose, was a superb gymnast who placed first at the zavody in Boonton, New Jersey. His talented sons followed well in his footsteps and excelled as athletes. Sokol members were strengthened and drawn together by Bro. Jaros' hospitality. He was proud to be a Sokol and will be remembered in many cherished happy memories.

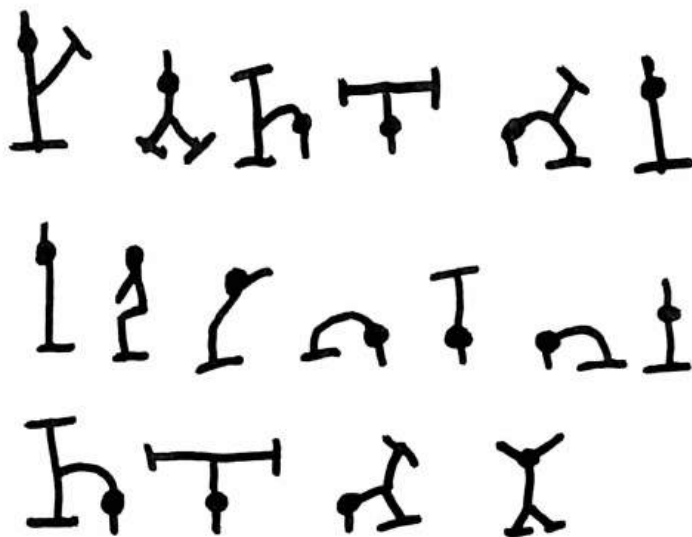
~ Edited from information submitted by Sis. Julia Kabrhel from Josephine Pibransky Tunkl, President for the Philadelphia Sokol.



HAPPY
MOTHER'S
DAY ~
May 10

Kids' Korner

GYMNA"STICKS" by Kim Kozelka, Sokol Brookfield, Central District



RENEW YOUR SOKOL SPIRIT

*Pacific District Adult Camp
August 16-24, 1992*

Come to California and get acquainted with you Sokol leaders, brothers and sisters. Get down to nature and relax in this fun-filled, enriching experience that we hope will renew, review, embellish and teach the Sokol ideals that could enhance your "Sokol Spirit" and create long-lasting memories and camaraderie with fellow Sokols.

The camp is set high in the Sierras next to a beautiful running creek (Dinkey Creek). It is being held in conjunction with Sokol Fresno's Family Camp. There will be nature walks, all-day hikes, fishing, horseback riding, nightly campfires, singing and good

Czech food. There are camp dormitories with indoor showers and toilets, however don't expect the "Holiday Inn" – *be prepared to camp out!*

We feel this camp would benefit your Sokols in many ways, to build strong leaders, to increase membership and to enlist possible new instructors.

Cost for the week is \$135 per person. This camp will only be held if we have enough confirmed reservations. To reserve your space or for more information on this enriching, out in the air camp, contact Sis. Cheri Riddle, Pacific District Women's Director, 113 Second Street, Clovis, CA 93612, 209-299-5807, by June 15.

FUTURE SOKOL LEADERS FUND

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

IN MEMORY OF FRANK BATISTA, MEMBER SOKOL CHICAGO

From JoAnne Schultz, Bess & Bill Kosticki, Gloria & Chas Schultz, Connie & Adolph Kosticki.....\$40.00

THE VOICE

Reader Quips, Comments & Queries

Your first copy of American Sokol deserves a big pat on the back! Keep up the good work.

~ Sis. Blanche Wysocki,
Sokol Havlicek-Tyrs

Masaryk Statue Fund Drive

The Chicago Park District has committed \$30,000 and the State of Illinois double that amount for restoration of this statue. To bring this project to completion, private donations matching the \$30,000 are needed. Donations to the restoration may be sent to Br. Lou Kolarik, Czech-American Congress, 2701 S. Harlem Avenue, Berwyn, IL 60402.

3/24/92 ASO Executive Board Minutes (continued)

possible sponsor for the event. Sis. Filipello is trying to gather funds for the National Instructors' School through corporations interested in children.

Sis. Kourim reported that the Slet Committee met on March 10, 1992 and approved committees. The next meeting will be April 14, 1992. Ideas for logos were presented and Bro. Borvansky will take suggestions and try to work out something for the next meeting.

Sis. Pros moved to take a full-page ad in the Canada Slet program book for \$175 Canadian money and should advertise our 1993 Slet; seconded and passed. We will purchase all three seals for \$5 and will check if there are any health problems in Canada before the Slet.

Marionette Update

Sokol Greater Cleveland was surprised and honored when Mayor Michael R. White proclaimed April 12, 1992 as "Vcelka Puppeteers of Sokol Greater Cleveland Day" in Cleveland. Congratulations!

Bro. Masek signed papers for the sale of the property in Seattle and hopefully the deal will be closed shortly.

Sis. Filipello moved to send Bro. Borvansky and his wife to Sokol New York's 125th Anniv. Banquet if invitation comes in to the office; seconded and passed.

A bill from Sokol West Suburban for flag pole carriers was approved at a previous meeting and Financial Secretary was instructed to pay the bill. Bro. Borvansky will look into a fax machine before the next meeting. Bro. Masek made an offer for the old computer.

Meeting adjourned at 10:04 p.m.

~Sis. Nancy Pajeau, Secretary

Corrections... Directory of Units

Please update your March issue listing with the following:

SOKOL WOMEN OF LITTLE FERRY
Bills/Request for Payment: Melissa Bellehsen, Treas., 140 W. Englewood Ave., B2, Teaneck, NJ 07666;
Newsletter/Unit Announcements: Blanche Bidnik, Editor, 479 Grove St., Clifton, NJ 07013; *Gym Classes & Hall Rentals:* Audrey Benda, Director & Manager, 34 Brandt St., Little Ferry, NJ 07643; *Membership Dues & Assessments/Donations:* Nancy Chlodnicki, Fin. Secy., 6 Pine Cone Ln., Sparta, NJ 07871; *Gen. Correspondence:* Ellen Nyemcsik, Corres. Secy., 214 Clinton Place, Hackensack, NJ 07601; *When In Doubt:* Blanche Bidnik, 479 Grove St., Clifton, NJ 07013

SOKOL ST. LOUIS

Secretary: Bernadette F. Sieli, 4732 Varrelmann Ave., St. Louis, MO 63116

SOKOL HAVLICEK-TYRS

Please add: Louise Kmen, 2520 S. Harding, Chicago, IL 60623

SOKOL DETROIT

President: Frank Turchan, Jr., 134 Berkley, Dearborn, MI 48124

PACIFIC DISTRICT

Treasurer: Kveta Liska, 540 Racquet Club Ln., Thousand Oaks, CA 91360

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Berwyn, IL 60402-2386

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|-------|------|-------------|------|-------|-----|

**EDUCATIONAL MATERIALS,
SOUVENIRS, MEMBERSHIP PINS & KITS**

Educational Materials

| | |
|--|--------|
| Sokol and the Sokol Idea | \$2.50 |
| Our Task, Aim and Goal (By Dr. Tyrs, Sokol Founder) | \$2.50 |
| Dr. Josef Scheiner (He carried out Tyrs ideas.) | \$2.50 |
| Highlights of Czech History | \$2.50 |
| A.S.O. 125th Anniversary Book (History of American Sokol) | \$4.00 |
| "Amer. Sokol Sings" Songbook | \$4.00 |
| Gymnastics Activities with Hand Apparatus (By Marie Provaznik and Norma Zabka) | \$6.00 |

Souvenirs

| | |
|-------------------------------|---------|
| Sokol Slet Plates | \$22.00 |
| Sokol Stick Pin | \$7.00 |
| 1989 Festival Coffee Mug | \$2.00 |
| Sokol Stadium Cushion | \$4.50 |
| Sokol Scarf | \$7.50 |
| Sokol Bouquet Postcard | .25 |
| 1989 Festival T-Shirt (Adult) | \$3.50 |
| Sokol Charm | \$3.00 |
| Sokol Stud | \$2.00 |

Board of Instructors

| | |
|------------------------------|---------|
| Gymnastic Skills Patches | \$1.00 |
| Gymnastic Skills Bars | .50 |
| Boys' Skills Program Package | \$25.00 |

Membership Pins and New Member Information Kit

| | |
|--|-----------|
| Membership Kit | \$7.50 |
| <i>(Contains Plain Pin, Copy of ASO By-Laws, ASO Tri-Fold, Parliamentary Procedure Booklet, Sokol & the Sokol Idea Booklet, Car Decal)</i> | |
| Plain Pin (No Year) | \$5.00 |
| 5, 10, 15, 20-Year Pin | \$13.00 |
| 25-Year Pin | \$25.00 |
| 30, 40-Year Pin | \$8.00 |
| 35, 45-Year Pin | \$6.25 |
| 50-Year Pin (Gold-Filled) | \$15.00 |
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