

# american SOKOL

Volume CXIII, Number 9

OCTOBER 1992

# EEK! IT'S HALLOWEEN!

*Even in ancient times, Halloween was a festival for witches, goblins and ghosts, as well as for lighting bonfires and playing devilish pranks.*

*What has changed over the centuries are the reasons for dressing up ghoulishly, lighting fires and acting mischievous. Now these things are done for fun – and by children; in the past, they were done in deathly earnest – and by adults.*

*Named “All Hallows Eve,” the festival was first celebrated by the ancient Celts in Ireland in the fifth century B.C. On the night of October 31, then the official end of summer, Celtic households extinguished the fires on their hearths to deliberately make their homes cold and undesirable to disembodied spirits. They then gathered outside the village, where a Druid priest kindled a huge bonfire to simultaneously honor the sun god for the past summer’s harvest and to frighten away furtive spirits.*

*~ Continued on Page 4.*



# American Sokol

ISSN: 0003-1259

Published Monthly  
(Except Bi-Monthly July/August)  
by the

## AMERICAN SOKOL ORGANIZATION

6424 West Cermak Road  
Berwyn, IL 60402-2386  
Telephone: 708-795-6671

Subscription: \$4.00 per Year  
2nd Class Postage Paid at Berwyn, IL 60402

POSTMASTER: Send address changes to  
American Sokol, 6424 W Cermak Road,  
Berwyn, IL 60402-2386

### BOARD OF GOVERNORS

Joseph Zelenka	Charles Borvansky
Vladislav Slavik	Jackie Kourim
Roger Martanovic	Nancy Pajeau
Larry Laznovsky	Patricia Wojcik
Ann Basta	June Pros
Gary Masek	

### EXECUTIVE BOARD A.S.O.

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

President	Charles Borvansky
I Vice-President	Jackie Kourim
II Vice-President	Gary Masek
Secretary	Nancy Pajeau
Treasurer	Patricia Wojcik
Financial Secretary	June Pros
Director of Men	Frank H. Michalek
Director of Women	Jan Kalat
Educational Director	Paul Lebloch
Public Relations	Jerry Milan
Membership	Joan Sedlacek
Editor	Patricia Satek
Executive Director	Lynda Filipello
Board Member	John Satek
Board Member	Bernie Babka
Board Member	Jolene Dalton
Alternate	Chuck Kalat
Alternate	Mickey Dalton
Alternate	Jane Jurew
By-Laws	Bob Podhrasky

### EDITOR - PATRICIA SATEK

1922 S. 57th Avenue, Cicero, IL 60650-2143  
708-863-7978

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

# CALENDAR of EVENTS

## OCTOBER

- 23 ASO Benefit Honoring Sen.  
Judy Baar Topinka
- 23 Sokol Detroit Ho-Down  
Square Dance
- 23-25 District Directors' Conference,  
Detroit, MI
- 24 Sokol Minnesota Harvest  
Dance
- 25 Sokolice South Omaha Craft  
Festival & Pancake Breakfast
- 30 Sokolice Tabor Rummage  
Sale, 9 a.m.-1 p.m.

## NOVEMBER

- 1 Sokol Greater Cleveland 75th  
Anniversary of Vcelky  
Observance/Banquet
- 7-8 Sokol Minnesota Christmas  
Bazaar & Bake Sale
- 28 Sokol Slavsky Bowling Party

## DECEMBER

- 5 Sokol Greater Cleveland St.  
Nick's Dance
- 5 Sokol Minnesota Christmas  
Party
- 31 Sokol Greater Cleveland New  
Year's Eve Dinner/Dance
- 31 Sokol Minnesota New Year's  
Eve Party

## SPECIAL ANNIVERSARY DATES

- October 24 Sokol Berwyn  
Reunion
- November 15 Delnicky Americky  
Sokol 100th Anniv.
- November 21 Sokol Stickney 65th  
Anniversary

**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...

As I write this, there is just about one month left before election day. We, as Americans, sometimes do not fully appreciate what a precious commodity our freedom is. We have the power to mold our future. Whatever your political views, in an era when voter apathy is

rampant, I urge you all to exercise your constitutional rights and be sure to **GET OUT AND VOTE!**

### NA ZDARI!

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

*The government is us;  
we are the government,  
you and I.*

❖ Theodore Roosevelt



## FOR THE RECORD

Minutes of the August 25, 1992 meeting  
of the A.S.O. Executive Board

The meeting was called to order by President Borvansky at 7:30 p.m. and the pledge to the flag was recited. Members present were Bros. Borvansky, Babka, Lebloch, Michalek and Satek and Sis. Filipello, Jurew, Kourim, Pajeau, Pros and Satek in the office. Bros. Dalton, Kalat, Podhrasky and Masek and Sis. Kalat and Dalton on teleconference. Sis. Sedlacek and Wojcik and Bro. Milan were excused.

Sis. Kourim moved to accept the previous minutes with one minor correction, seconded and passed. Central District minutes have been received.

Sis. Pros moved to take a full-page advertisement in the United Moravian Societies annual program book, seconded and passed. Sis. Kourim moved to send the president and his wife to the Judy Baar Topinka dinner on September 18, 1992, seconded and passed. Bro. Lebloch moved to allow Sokol Slavsky the use of the office during the Houby Day celebration in Berwyn, seconded and passed.

Sis. Kalat and Bro. Michalek reported for the BOI. They gave a final report on the Slet in Canada, the Merit Award committee, the National Instructors Course held in Omaha, NE, plans for the District Directors Conference in Detroit in October and that the Tots and Girls Gymnastic Skills Program is ready for use. the majority of their report was on the 1993 Slet.

Sis. Pros moved to approve the BOI recommendation that we purchase the rights to make 150 copies of the USGF routines that we will be using in 1993 for \$500 from the

USGF, seconded and passed.

Bro. Kalat moved that we pay air fare of \$280 for Sis Mary Panackia to attend sessions in California to become able to administer Safety Certification classes to our members, seconded and passed.

Membership had no report. Bro. Lebloch reported for the Education committee. Bro. Lebloch met with Vera Wilt of the CSA Fraternal Life and Museum to hold a reception and cultural evening at the museum and have a display before, during and after the Slet. He and the committee took care of all additional correspondence.

Bro. Kalat gave the publicity report. Bro. Milan attended the Canadian Slet, the Roundtable in Canada, the USGF meeting and will travel to Czechoslovakia in October. Looking into design for the banners to attach to the Unit and District flags in 1993.

Sis. Satek, editor, stated that the September issue would be the Slet 1993 kickoff issue. Sis. Pros reported on the financial status of the organization. Sis. Ruzicka of Sokol Miami called to report the Sokol building is in good condition following the hurricane. The video on Czechoslovakia is still available. We have sold 33 so far, at a profit of \$140.39.

Bro. Satek moved to pay the bills for Sis. Kalat and Bro. Michalek that they had submitted for payment following the Board of Governors meeting in July, seconded and passed. Sis. Kourim moved that we approve that the Financial Secretary have two signatures on checks in advance

so that bills may be promptly paid, seconded and passed. Treasurer had no report. Second Vice-President had no report.

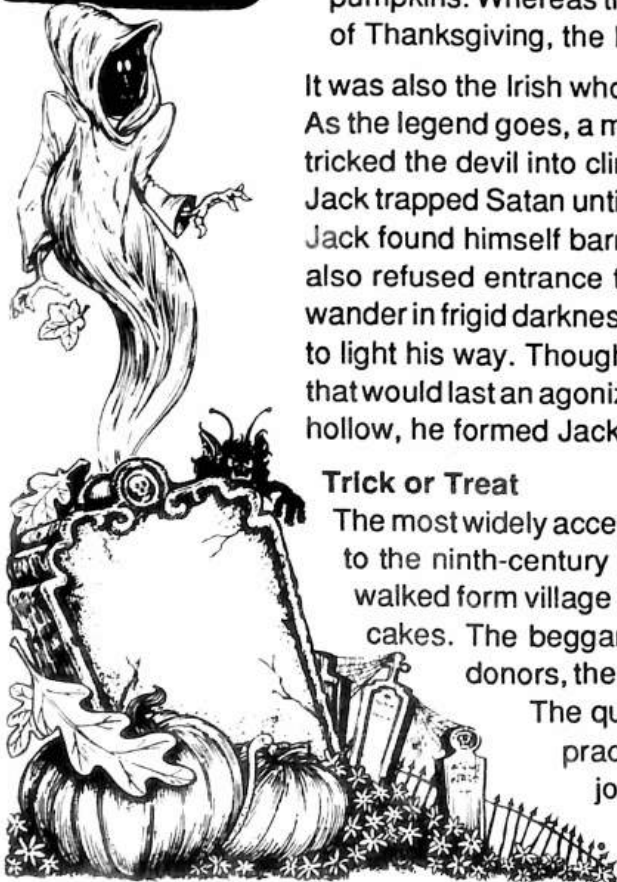
Sis. Kourim reported as First Vice-President on the Uniform Division. She requested permission to hold a white elephant sale on a Saturday at the office to deplete stock of items we no longer offer or overstock or items to be discontinued. Bro. Satek moved to give Sis. Kourim permission to hold the sale, seconded and passed. Sis. Kourim then reported as the 1993 Slet Chairperson. She reported that many verbal and written agreements are coming into the office that have not been approved by the Slet Committee. She again reminded members that all information must be approved by the Slet Committee and then the Executive Board.

Bro. Borvansky, as President, attended the Slet in Canada and the roundtable afterward. He also chaired the Board of Governors meeting in July. Sis. Filipello reported as Executive Director. She went down an action list of activities for the benefit to be held October 23, 1992. she also requested the development of a Program Development Advisory Board to work on guidelines and disbursement of funds.

The 1993 Slet is the main topic of discussion. Bro. Kalat gave his permission to use the Slet flyer he developed. Ideas for the seal were distributed to members present and discussed. the Sokol quilt will be ready in September and tickets can

*Continued on Page 10*

# TRICK OR TREAT



*Continued from front cover.*

The Celts believed that on October 31, all persons who had died in the previous year assembled to choose the body of the person or animal they would inhabit for the next twelve months, before they could pass peacefully into the afterlife. To frighten roving souls, Celtic family members dressed themselves as demons, hobgoblins and witches. They paraded first inside, then outside, the fireless house, always as noisy and destructive as possible. Finally, they clamored along the street to the bonfire outside town. A villager, deemed by appearance or mannerism to be already possessed, could be sacrificed in the fire as a lesson to other spirits contemplating human possession.

The Romans adopted Celtic Halloween practices, but in A.D. 61 they outlawed human sacrifice, substituting the Egyptian custom of effigies (called *ushabti* by the Egyptians, who buried scores of statuettes with a pharaoh in place of his living attendants, once entombed with their king). In time, as belief in spirit possession waned, the dire portents of many Halloween practices lightened to ritualized amusements.

Irish immigrants fleeing their country's potato famine in the 1840s, brought to America with them the Halloween customs of costume and mischief. The favorite pranks played by New England Irish youths on "mischief night" were overturning outhouses and unhinging front gates.

The Irish also brought with them a custom that New England agriculture forced them to modify. The ancient Celts had begun the tradition of a sort of jack-o'-lantern, a large turnip hollowed out and carved with a demon's face and lighted from inside with a candle. Immigrants found few turnips in their new land, but numerous fields of pumpkins. Whereas the Pilgrims had made the edible part of the pumpkin a hallmark of Thanksgiving, the Irish made the outer shell synonymous with Halloween.

It was also the Irish who originated the term "jack-o'-lantern," taken from Irish folklore. As the legend goes, a man named Jack, notorious for his drunken and weasely ways, tricked the devil into climbing up a tree. Quickly carving a cross into the tree's trunk, Jack trapped Satan until he swore he's never again tempt Jack to sin. Upon his death, Jack found himself barred from the comforts of heaven for his repeated sinning and also refused entrance to the heat of hell from an unforgiving Satan. Condemned to wander in frigid darkness until Judgment Day, he implored the devil for burning embers to light his way. Though Satan had embers in surplus, he allotted Jack a single coal that would last an agonizingly short time. Putting the ember into a turnip he had chewed hollow, he formed Jack's lantern.

## Trick or Treat

The most widely accepted theory on the origins of trick-or-treating traces the practice to the ninth-century European custom of "souling." On All Soul's Day, Christians walked from village to village begging for square biscuits with currants, called soul cakes. The beggars promised to offer up prayers for the dead relatives of the donors, the number of prayers to be proportional to the donors' generosity.

The quantity of prayers a dead person amassed was significant in a practical way, for limbo was the penitential layover stop on the journey to heaven and sufficient prayer, even by an anonymous individual, greatly shortened the stay.

## Bro. Vaclav Nosek Celebrates 100th Birthday

Bro. William Nosek, Sokol St. Louis, celebrated his 100th birthday on August 9, 1992. He was born in the small town of Predenice, near Plzen, Czechoslovakia and came to the United States at the age of 21 in 1913. He learned shoemaking at home from his father and was employed in a shoe factory all his life until he retired. He settled on Bohemian Hill in the Soulard District and immediately got involved in the Czech Community. He became a member of the Czechoslovak Podporujici Jednota, now known as the CSA Fraternal Life and the Gymnastic Association Sokol. He met Josephine Suchy at the Czech social affairs and married her in 1918. He has one daughter, Betty, 7 grand-children and 9 great-grand-children.

Bro. Nosek served his Sokol and CSA Fraternal Lodges all of his adult life at the Sokol Hall on 9th and Allen, then the old National Hall



*Bro. Vaclav Nosek and his favorite dog, Alex.*

and finally at the American-Czech Educational Center. He served on the Czechoslovak National Council during WWI, served on the Entertainment Committees of Sokol and the CSA Lodges, served as a Trustee for both organizations, served on the Sokol Children's Camping Committees, served on many Sokol Slet Committees and at the American-Czech Center he served wherever he was needed. He served as a Director of the Czech School Board at National Hall.

We all wish you a Happy 100th Birthday with good health and contentment and thank you for your service to Sokol, CSA Fraternal Lodges and the American-Czech Educational Center.

*Edited from information submitted by Bro. William J. Shana.*

## Sokol Baltimore Celebrates with 70-Year Members



Sokol Baltimore is proud to announce the longevity of our membership. Two of our members have maintained their membership for 70 years. They are Frances Belbot and Anna Pazdera. On May 17, 1992, Sokol Baltimore was pleased to recognize our members who have remained members of our unit and the American Sokol Organization for many years. They are: Frances Belbot - 70 Years, Anna Pazdera - 70 Years, Marie Sochurek - 66 Years, Theodore Michalek - 65 Years, Joseph Hulla - 64 Years, Charles Marek - 61 Years, Marie Marek - 61 Years, Agnes Stepcich - 25 Years, George Stepcich - 25 Years. The accompanying photo shows Frances Belbot with her certificate from the ASO. She is flanked by her son, William Belbot (a member 52 years) and daughter-in-law Evelyn Belbot (a member 52 years).

*Submitted by Sis. Anci Cervin Huber*

**Czech Videos still available! Contact A.S.O. Office 312-795-6671.**

## BOARD OF GOVERNORS MEETING, JULY 18, 1992

The meeting was called to order by President Charles Borvansky at 9:00 a.m. and the pledge to the flag was recited. Board of Governors present were Bros. Borvansky, Slavik, Martanovic, Laznovsky, Masek and Zelenka and Sis. Pros, Kourim, Basta, Pajeau and Wojcik. Executive Board members present were Bros. Satek, Lebloch, Michalek, Kalat and Dalton and Sis. Kalat and Filipello. Guests included Sis. Borvansky and Satek and Bros. Kourim and Filipello.

The office received a letter from Sokol Canada thanking us for our participation in their recent Slet. Bro. Lebloch moved to publish the letter, seconded and passed.

Bro. Borvansky reported on the roundtable held immediately after the Slet in Canada. The COS reported that their Slet would be July 2-10, 1994. There was a discussion about how the events would be handled in Czechoslovakia in 1994. We must encourage our people to take more pride in the calisthenics. There was an issue of funding a group of gymnasts from Europe to our Slet in 1993. It was suggested to have a Czechoslovak Brass Band perform in the United States and use them for the 1993 Slet.

Sis. Kourim reported for the Uniform Division. After a long search, it was decided to keep all uniforms the same for the 1993 Slet. A new price list was mailed out and new prices are in effect as of September 1, 1992. The collection of payment for bills has been difficult at times. A suggestion to have 25% of bill accompany order was presented but failed to pass as a motion. All Districts are encouraged to push your units to pay their bills on time.

Sis. Kourim reported on the 1993 Slet. The committees have been assigned and meetings are being held to start moving ahead with projects and ideas for the Slet. The idea is to make money on this Slet and so expenses are going to be kept down as much as possible. A short discussion was held and many ideas were presented that will be taken back to the various committees.

Bro. Masek reported on the Foundation Fund. The committee is looking for one more member at the present time. The committee is working with the John Hancock Insurance Company to offer other plans to the membership in the area of financial planning. Bro. Laznovsky moved that funds be used when necessary to provide information to Units on contributions to the Foundation Fund; this might include sending a representative to a Unit, seconded and passed.

Sis. Pros reported that the Southern and Western Districts have contributed to the expense of our new Fax machine. She asked the board's opinion of a man in Sokol Women of Little Ferry's Unit. In order to get more money to operate programs, we need to increase membership. This could be done by encouraging parents to join, offer programs during the day, offer a variety of programs and in general sell Sokol.

Sis. Wojcik presented the 5-year budget analysis compiled by our accountants. Sis. Pajeau reported that she is still learning the office procedures, taking care of incoming and outgoing correspondence. Took minutes and distributed them to members of boards. Have now done the yearly seals twice and will

help Slet committee with the Slet seals. Have started to clean basement with the help of Bro. Borvansky. Sis. Sedlacek sent a membership report. We have 51 Units at this time. We need to start advertising and promotion ourselves. A membership drive should be included with the Slet.

Bro. Lebloch reported for the Education department. Each Unit Educational Director should report to the District Educational Director who in turn reports to the ASO Educational Director so that a report can be filed as to all the educational activities that are happening in the organization. Bro. Podhrasky did not send a report. Bro. Milan did not send a report. Sis. Satek was at the course in Omaha. She will be reminded to write articles about the upcoming Slet. The September issue will be the kickoff issue for the Slet.

Bro. Michalek and Sis. Kalat reported for the BOI. A letter from Sokol Baltimore that was sent to the BOI and also the Board of Governors regarding the age limit for competition in the 1993 Slet was presented. After a brief discussion, it was decided that this is a BOI area. The Merit Award was discussed. Sis. Pros moved to drop the monetary award to \$500 for new application in 1993, the \$750 will remain for renewals from the 1992 awards, seconded and passed. The USGF Congress is a great way to learn the new concepts and ideas in gymnastics. The Directors share their new knowledge in the American Sokol or the Directors Newsletter.

Bro. Slavik reported on the activities in the Eastern District. He is cau-

*Continued on Page 10.*



AMERICAN SOKOL ORGANIZATION

# GYMNAST

OCTOBER 1992

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



## The Underlying Principles of the Sokol Idea

Shortly before World War I, the French Slavophile and historian, Ernest Denis, devoted one of his works to a study of the Czechoslovakian national character. He wrote on that occasion that "there was no higher learning than morality, no better law than truth, no power stronger than that of tolerance, no more valuable fortune than right and no life without love". These are the very principles upon which is built the vast structure of the Sokol organization.

In the opinion of its founder, Dr. Miroslav Tyrš, "the Sokol idea appeals to all professions and strata of society and it signifies both the physical and spiritual education of the people". The members of the Sokol organization are taught to raise the nation to the highest possible perfection of mind and body, to ensure a true liberty and freedom and to develop a practical utilization of its typical characteristics. Thus the Sokol idea amounts actually to a conception held by a large section of the world. It takes note of a nation's innate qualities as well as its rich historical past. To operate in the spirit of its pioneers this idea must become part and parcel of the people's life.

The following are the underlying principles without the observation of which no man or woman could be called a good Sokol: An absolute negation of immoderate selfishness, a subjugation of the petty interests of the individual to the larger interest of higher units such as the family, the nation and humanity. A continual and systematic improvement of man helps him to be steadfast in the life-struggle where he who does not go forward goes backwards to be destroyed eventually. Every man and woman can contribute toward the construction of humanity's future and animate its growth. It depends upon the degree of good will and upon the efficaciousness of the individual's efforts. Violence may be able to stop or to divert this continued upward movement but it cannot halt it permanently. Only the everyday labor and everprogressing creative initiative is productive of lasting growth and progress. The contents of life can be enriched and multiplied by such virtues as activity, health, sobriety, strength, progress, capability of self-defence, self-education, self-denial, sacrifice, promptness and loftiness of sentiment. Life can be impoverished and degraded by crass selfishness, lies, uncontrolled pleasure-seeking, self-deceit, etc. The Sokol brotherhood and sisterhood which is externally manifested by the fact that the members of the organization call themselves brothers and sisters, is synonymous with mutual love and help, respect for the views of others, and the voluntary recognition of authority of the elected body of representatives. Sokol equality does not admit any evaluation of men other than that based upon their individual life and their virtues. Material wealth or social standing is of no concern and does not give any privileges. Sokol patriotism is that which rests on life and work and not on barren phraseology. A difference in religious or political views is expressly admitted so far as it is in broad agreement with these underlying ideas and ideals.

## How to Introduce RSG to the Artistic Club

### Meg Warren

Association of British  
Gymnastics Coaches  
Sherwood House,  
Hinckley Road,  
Burgage, Leicestershire  
LE10 2AG  
1st Issue, 1992

This lecture was introduced by Nora Hitzel, National Rhythmic Program Administrator for the USGF.

Hitzel started by dispelling the myth that all rhythmic gymnasts are skinny and you need a gym hall with a high ceiling in order to train.

She then showed us a video of a pre-school rhythmic program. I will try and give you some ideas from this. It was a delight to see young children working with the rhythmic equipment.

They started to work with scarves doing a lot of arm movements.



The children worked on a small mat (a carpet square will do) tossing scarves and then moving to the next mat.



Children then worked with the hoops with throwing and catching activities. Here they worked with the coach.

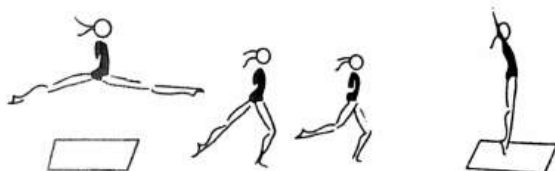
The children worked with balloons and also ribbons. Conditioning was done; including their first arabesque (no apparatus). They also did jumping activities. They then progressed to balls and hoops; tossing and catching.

An older group of 5, 6 and 7 year olds did some dance technique and flexibility work.



### Leaps

Using small mats or carpet squares, children had to leap over a mat and then run to the next mat and pose or stretch on the next mat.



### Clubs

Remember, these are wooden so coaches often feel that young gymnasts shouldn't work with these. Nora uses a tennis ball in a sock.

At this stage, Nora introduced Terry Exner, gym owner and coach to Gymmarin, San Raphael, California. Terry runs RG in his center.

After introductions, Terry proceeded to sell us rhythmic gymnastics. Terry could have in fact sold you anything; this is meant as no disrespect to rhythmic gymnastics. If I had a gym club of my own, then I would certainly include rhythmic gymnastics in my program.

Exner runs a Men's and Women's Artistic Club as well as Rhythmic. Each class, whatever discipline, includes a RG station. It is much cheaper to set up a RG station than an extra artistic station. (Consider the cost of a set of balls and hoops against another set of bars).

Terry then went through each apparatus in turn showing how each could be progressed.

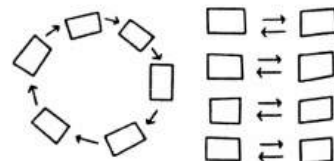
### Hoop

1. Rolling — using carpet square 12" x 12".



Roll and catch or take hoop step by step with hands.

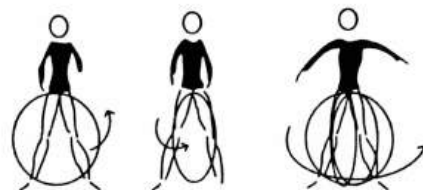
Gymnasts can go onto next square or roll to next gymnast.



Gymnasts can also exchange hoops.

2. Spinning

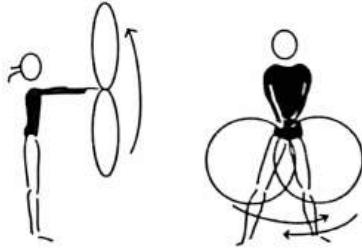
First with alternate hands



Then free spin and gymnast catches the hoop before it falls

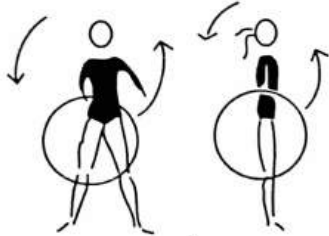
### 3. Circling

Gymnast circles hoop around the hand.

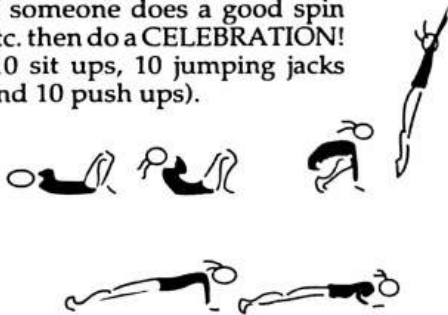


Using both hands, gymnast swings hoop from side to side; tic-toc.

Then circle on one hand and keep the hoop in the same plane, but then make a 1/4 turn so hoop is now at the side.



If someone does a good spin etc. then do a CELEBRATION! (10 sit ups, 10 jumping jacks and 10 push ups).



### 4. Table Game

low table

high table  
then let hoop fall

catch the table



From low table the gymnast can jump out to:



### 5. Steering wheel Game

Hold the hoop in the vertical plane and children can rotate backwards and forwards as with a steering wheel.

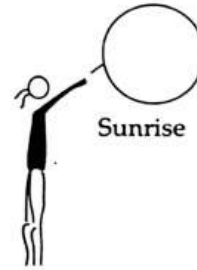


### 6. Tossing

Sunset

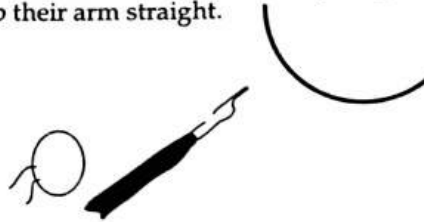


Sunrise



Get children to link these two positions and then eventually to let go at sunrise so that it becomes a toss. After keeping in the same hand the gymnast can then toss at sunrise to catch with the other hand.

Technique — it may help children to catch the hoop if after they release they do 'pointer hand.' This makes them keep their eyes open and keep their arm straight.



Try combining a circle and on the way up in circle to release, do 'pointer hand' and then catch.

### Ball

1. Balance — a gymnast is not allowed to dimple the ball.



Give the ball a name: Friend Louise. Don't kick Louise! When buying balls, don't buy different colors — otherwise the children will cry if they can't pick a special color!

Hold the ball with two hands and swing from side to side.



Then balance the ball on one hand and swing from side to side.

Then take the ball around the body.  
Then take the ball around the leg.  
Then take the ball around the neck.

**2. High and low.**



Switch hands all the time.

Make a figure 8. This is more difficult for younger children.

Get the gymnast to balance ball on back of her hand. What other parts of the body can the gymnast balance the ball on?

**4. Bouncing.**

2 hands - bounce and catch. Get children to stand on carpet square. Gymnast balances ball on one hand then bounces ball to catch with two hands. Develop this to bounce the ball with one hand and catch and then change to the other hand.

Bounce the ball under one leg.  
Bounce the ball with different body parts—elbows, knees, etc.

**5. Rolling.**



Roll the ball from side to side. Children can kneel on their carpet squares.



Sit in long sitting.  
Roll the ball under the knees. Also work in partners, rolling the ball across to opposite partner.

Terry suggested that each carpet square have a different vegetable painted on. The children had to roll the balls from, say an onion to carrot, etc.

**Rolling on body.**

a. Roll the ball along arms placed side by side.

b. Then roll down one arm but do this in simple stages.

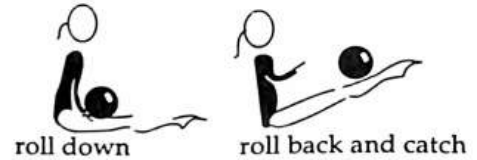
(1) place ball on hand and use free hand as a 'stop' at the elbow. Ball rolls from hand to elbow.

(2) then place free hand at shoulder; ball rolls from hand to shoulder.

(3) and (4) etc place free hand at ear, then to chest and then to other arm.

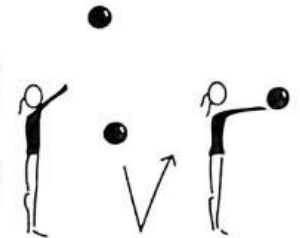


c. Roll the ball along the legs.



**6. Tossing**

a. Toss ball & bounce with 2 hands and catch in 2 hands.

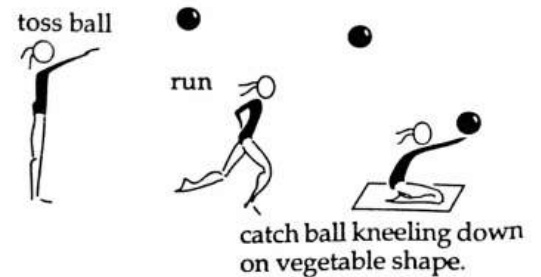


b. Toss ball with one hand, bounce and catch in 2 hands.

c. Toss ball and bounce with one hand and catch in one hand.

d. Then toss and catch without the bounce.

e. Then swing the ball from a downward position to up, use 'pointer finger' technique and catch.



**Thanksgiving Greetings**



**FROM YOUR EDITORS**

## Another GREAT Sokol Hall!



*Sokol New York (Bohemian Gymnastic Association Sokol of New York), founded 1867. Present building erected 1896, 420 East 71st St., New York, NY. Sokol New York celebrates its 125th Anniversary this year.*

### Unit ID Ribbons

Does everyone from your Unit have an Identification Ribbon to wear for the 1993 Slet? They are available from the ASO Office at a cost \$1.25 each and must be ordered in groups of 25 from each unit. Shipping and handling will be extra. Allow at least 8 weeks to have them printed. **DON'T WAIT UNTIL THE LAST MINUTE TO ORDER!**

## THE CZECH HALL

In the second half of the 1800s, large numbers of Europeans immigrated to the United States, bringing their culture and customs and settling in various parts of the country. Among them were the Bohemians and Slovaks (Czechs and Moravians were called Bohemians and Slovaks were often called Slavs or Slavics). Prior to the end of World War I in 1918, there was no Czechoslovakia. America did not always identify correctly the immigrants from Bohemia or Slovakia. These immigrants arrived as Austrian citizens speaking Czech. No wonder their nationality was not always understood and sometimes given derogatory names. But they knew who they were. As they settled in urban or farm areas, they soon formed

groups or associations and pursued their ethnic culture. They built halls for their activities. In smaller communities, simple structures sufficed. In larger communities, in cities such as Chicago, St. Louis, Cleveland, Omaha and New York, large, multi-purpose halls were built, generally called "Ceska Narodni Sin" - Bohemian National Hall.

When Sokol came to America and grew in strength, it to, in some cities, used the Czech National Hall or built its own. Architecturally, these great halls were unique, stately 2 or 3-story structures, with well-built, beautifully finished interiors, usually providing an auditorium with balcony, dance floor, kitchen and dining room, ample meeting rooms, school and

library rooms, gymnasium facilities, club room and bar. Many of these centers for Czech activities were built in the late 1800s and early 1900s. The Czech National Hall, or the Sokol Unit Hall, was not unlike the Opera House of the silver and gold boom towns of the west.

Unfortunately, only a few of these edifices of Czech culture remain today. Some have fallen victim to inner city decay, some have been destroyed by fire or given way to building expansion.

*~ Edited from an article by Bro. Louis B. Teichman, Sokol Detroit.*

While in Chicago for the Slet in '93, try to stop by at the ASO Office and browse through the album of photos of Sokol halls compiled by Sis. Joan Sedlacek, Sokol Minnesota.

## Report on the Czechoslovak Sokol Union

This report on the Czechoslovak Sokol Union is rather a brief one. Actually, I am guided by an article I wrote for the American Sokol in April, although the statistics are updated. Those who took part in the Toronto Slet did witness a fine example of Czechoslovak level of calisthenics. That performance speaks better than any words.

Czechoslovak Sokol reports that there are 754 Units, regionally organized into 47 Districts. 42 Districts are fully functioning. Similarly, approximately 550 Units report regular Sokol activity, be it what's being called the basic gymnastics or sports. As compared with the pre-Communist years, COS doesn't require all active members to participate in mass calisthenics. Of those 550 Units, there are approximately 100 Units with only sport activities. All the other remaining Units run a wide scope of Sokol functions, from hiking and chess playing to top flight basketball or skiing. Basic physical fitness or Tyrs' gymnastics as we know it is a very important part of every unit, but it is not the only activity and it is not compulsory.

Although there are some improvements, there is a shortage of skilled instructors. Some instructors working in the formerly State Physical

Fitness Union are biding their time, quite often waiting for better pay. Most instructors, with the exception of older Sokols, are paid. The sport clubs pay, therefore Sokol has no alternative. The State does contribute about one-third of all sport and gym expenses, but only

*COS is confidently looking forward toward 1994 when it will hold its XII All Sokol Slet in Prague.*

active Units get their share of money. Some 200 to 250 Units still don't own their Sokol halls, therefore there is no money coming to them. Or, some Units finally did get their ravaged Sokol halls, but have no money to put them in working order. The leadership is taking some money from the active Units and gives it to the inactive ones to help them get started. However, it amounts to so little that it doesn't help much. Then there is the problem of membership in the old Communist Party. Yes, Sokol in Czechoslovakia is beset by problems, but the leadership and the Districts and Units are dealing with them and gradually will eliminate most of them.

We can even say that the COS made quite a progress in the last two years. An organization taken for dead long ago can pride itself with 180,000 members. Units in cities and traditionally strong Sokol towns actually thrive. It is the countryside that's limping far behind. COS has held three instructors' courses so far, with over 200 graduates. The corps of instructors is growing; the technical leadership is excellent. That's why the COS is confidently looking toward 1994 when it will hold its XII All Sokol Slet in Prague. Though there is no way that Sokol can match the Slets of 1938 or 1948, it nonetheless will be a grand affair. The Slet and sport and gymnastic meets are planned to take at least one week. Additionally, there will be many cultural and social events that will lure in thousands of tourists.

I would like to conclude with an appeal to the entire ASO that as in the pre-Communist era, we cooperate with COS as closely as possible. Once the COS overcomes its obstacles, it will help us with instructors, technical and other material that we need so urgently. It is in our interest to help COS to grow for we'll harvest much more than we have sown.

# Czech Art & Photo Exhibits

Approximately 120 works from the Chicago Art Institute's permanent photography collections, surveying recent and current works from Prague, Czechoslovakia will be on exhibit October 25 through January 24 at the Photography Galleries, Art Institute of Chicago, Michigan

at Adams. For information, call 312-443-3600. A special exhibition of Czech and Polish art will be presented through November 14 at the Jacques Baruch Gallery, Ltd., 40 E. Delaware, Penthouse B, Chicago, IL. For information, call 312-944-3377



## Czech it out!

October = *Říjen*

Autumn = *Podzim*

Happy Birthday = *Všchno nejlepsi k vasim narozeninam!*

Gymnasium = *Telocvicna*

Grandmother = *Babička*

Grandfather = *Dědeček*

Volleyball = *Volejbal or Odbíjenou*

## The Origin of Volleyball?



The story goes that a French warden named Jacques de Vollet invented an exquisite form of torture in which male prisoners chained to a wall were forced to watch naked chambermaids batting a loaf of bread over a line hung with their underclothes. When the loaf was finally smashed, the prisoners were fed the crumbs. It's almost certainly apocryphal, but too good to pass up. ~ Reprinted from the 1992 Old Farmer's Almanac.

## SOKOL CANADA

July 15, 1992



Dear Sisters and Brothers:

Our IX Slet held last month in Toronto is at this time already part of our common Sokol history. Its success was in large measure due to the great and enthusiastic support you have provided to us and, as already stated at our Slet, the large participation by members of your organization enabled us to transform our Slet into a true and significant Sokol celebration.

We wish to express herewith our sincere appreciation for all your assistance, in particular with respect to the judging and general organization of our Slet competitions, and we are very grateful to the many members of your organization who devoted so freely and cheerfully their time and expertise to us. We are also most appreciative of the good spirit and sense of humor with which your members overlooked some of our Slet's shortcomings, in particular the unpleasantly crowded conditions at the Slet Victory Dance; unfortunately, because of a multitude of other events taking place in Toronto on the very same weekend, our efforts to secure a better and larger facility proved futile.

We are indeed indebted to you not only for your participation and assistance at our Slet, but also for the unwavering support you have consistently given to us over the years, thus helping us during the long four decades when Sokol did not exist in Czechoslovakia, to sustain our Sokol activity as well as our adherence to our common Sokol heritage expressed so eloquently in the ideals of our founders Tyrs and Fuegner.

Thanking you very much, our American Sokol sisters and brothers, we look forward to meeting with all of you at your XVIII Slet next year in Chicago!

*Nazdar!*

*Sokol Canada*

*Radmila Locher, Secretary*

*Jan Waldauf, President*

## Sokol Greater Cleveland Donates \$20,000 for Renovation of Tyrsuv Dum!

Following the Sokol "Setkani" in Prague in 1990, at the farewell evening at Zofin, representatives of Sokol Greater Cleveland presented to the officers of COS a check for \$1,000 as an initial payment of funds contributed by Sokol Greater Cleveland members and friends for renovation of Tyrsuv Dum. The remainder of the funds were to be left in a U.S. account to accumulate interest until such time that COS requested they be released. The following letter, dated September 3, 1992, was received by Sokol Greater Cleveland President J.J. Vencel:

*Dear Brother President,*

*When Bro. Ladislav Voris visited Tyrsuv Dum in June, he suggested September as a suitable month for the transfer of the fund you kindly raised for COS. We deeply appreciate the effort of your members to help the Sokol movement in our country where it was born. The amount will be used first of all for the restoration of Tyrsuv Dum buildings, so that these objects will be once again (a) dignified place as it was in the past, after the appalling devastation. Please transfer the amount now in the account to our account at the Komerční Banka. Once again, sincere thanks and best regards to you and all your members.*

*Nazdar!*

*Dr. Jiri Janos*

*Uradujici Starosta COS*

It is a great honor to be able to report that Sokol Greater Cleveland has been able to send a total of \$20,000 to our brothers and sisters in Czechoslovakia to help them in their efforts to reestablish Sokol in the place of its founding.

*~ Dot Cummings*

## A.S.O. EXECUTIVE BOARD MINUTES

go on sale at that time. A long discussion about having a Czech Brass Band come from Czechoslovakia to perform at the Slet and local Sokol Halls throughout the United States. Another long discussion about the Czech gymnasts coming to the 1993 Slet. Sokol Brookfield has offered to house the gymnasts. Bro. Podhrasky offered to give advice to whomever takes care of the Brass Band, as he was in charge when the band came to Texas.

The check for the property in Seattle has been deposited and a thank you note sent to Bro. Riha for all his legal help. The Board of Governors meeting went very well and a lot was accomplished during the meeting. A short discussion about a letter from ASCAP. Bro. Lebloch moved to table letter as it does not apply to our situation, seconded and passed with two opposed.

Meeting adjourned at 10:20 p.m.  
Sis. Nancy Pajeau, Secretary

## BOARD OF GOVERNORS MEETING

tiously optimistic that there is an upswing in membership and participation. Sokol New York will celebrate 125 years in October. Bro. Martanovic reported for the Northeastern District. Sokol Greater Cleveland and Sokol Detroit are active and participate in many activities. Sis. Basta reported for the Central District. Held a Special Number Exhibition that went very well. There are high points of the past year and some problems. All Units are working to help with the 1993 Slet. Bro. Masek reported for the Western District. Sokol Omaha will remain open after a time when it seemed they would close their building. Bro. Laznovsky reported for the Southern District. His written report highlighted events for the past year.

Bro. Zelenka reported for the Pacific District. Sokol Los Angeles is still trying to sell their building. Sokol San Francisco has had problems with remodeling their building.

Sokol Omaha has had an opportunity to advertise with other local gymnastic organizations during the Olympic Games. For a relatively

small fee, they will get exposure on television and in print.

A discussion was held about the COS and their meeting in October. Bro. Laznovsky moved to send Bro. Slavik, Milan and/or Lebloch to represent the American Sokol at the meeting in Prague on October 28, 1992, seconded and passed. A letter will be sent to the COS stating that these three brothers will represent the ASO.

Sis. Filipello reported as the Executive Director. she highlighted what she has done for the past six months. This has been a training time for her and now projects are starting to form. Bro. Laznovsky moved that we need business cards to identify officers who would like to use them, seconded and passed. Sis. Satek the Executive Director is under the Executive Board and not the Board of Governors.

There should be 1994 tour to Europe with the Slet in Prague. The 1995 Convention will be in the Baltimore, Maryland area. Meeting adjourned at 5:25 p.m. Sis. Nancy Pajeau, Secretary.

**AMERICAN SOKOL**  
Change of Address

This clip-out coupon is positioned so that your mailing label appears on the back. If your mailing address has changed, use a pencil to carefully mark an X through the OLD mailing label. Complete the change of address form below and mail to:

**American Sokol**  
6424 W. Cermak Road  
Berwyn, IL 60402-2386

Sokol	Name	New Address	City	State	Zip
-------	------	-------------	------	-------	-----

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

<b>Educational Materials</b>		<b>Membership Pins and New Member Information Kit</b>	
Sokol and the Sokol Idea	\$2.50	Membership Kit	\$7.50
Our Task, Aim and Goal (By Dr. Tyrs, Sokol Founder)	\$2.50	(Contains Plain Pin, Copy of ASO By-Laws, ASO Tri-Fold, Parliamentary Procedure Booklet, Sokol & the Sokol Idea Booklet, Car Decal)	
Dr. Josef Scheiner (He carried out Tyrs ideas.)	\$2.50	Plain Pin (No Year)	\$5.00
Highlights of Czech History	\$2.50	5, 10, 15, 20-Year Pin	\$13.00
A.S.O. 125th Anniversary Book (History of American Sokol)	\$4.00	25-Year Pin	\$25.00
"Amer. Sokol Sings" Songbook	\$4.00	30, 40-Year Pin	\$8.00
Gymnastics Activities with Hand Apparatus (By Marie Provaznik and Norma Zabka)	\$6.00	35, 45-Year Pin	\$6.25
		50-Year Pin (Gold-Filled)	\$15.00
		55 Years & Over "Citation of Merit"	NO CHARGE
<b>Souvenirs</b>		<b>Etc.</b>	
Sokol Slet Plates	\$22.00	Unit ID Ribbons	\$1.25 Each
Sokol Stick Pin	\$7.00	Must be ordered in groups of 25/Unit. Allow 8 weeks for printing	
1989 Festival Coffee Mug	\$2.00	<b>*** All prices are plus shipping. ***</b>	
Sokol Stadium Cushion	\$4.50	Please mail orders to: <b>American Sokol Organization</b> 6424 W. Cermak Road • Berwyn, Illinois 60402-2386	
Sokol Scarf	\$7.50	Dr. Miroslav Tyrs Bronze Bust \$1,450.00 + Shipping (Weight = 100-115 lbs.)	
Sokol Bouquet Postcard	.25		
1989 Festival T-Shirt (Adult)	\$3.50		
Sokol Charm	\$3.00		
Sokol Stud	\$2.00		
<b>Board of Instructors</b>			
Gymnastic Skills Patches	\$1.25		
Gymnastic Skills Bars	.75		
Tots' Ribbon	.50		
Boys' Skills Program Package	\$15.00		

**WEBER  
TRAVEL  
AGENCY**



**Complete Worldwide Professional Travel Service**

SPECIALIZING IN TRAVEL TO CZECHOSLOVAKIA  
SINCE 1958

6805 WEST CERMAK ROAD, BERWYN, IL 60402  
Tel. 708-749-1333 • FAX 708-749-1350

**America's Oldest Fraternal  
Benefit Society:**

Providing quality life insurance protection and fraternal benefits to our members since 1854.

Visit the CSA Heritage Museum,  
Library, and Archives  
Monday through Friday 10:00 a.m. to 4:00 p.m.

Public Invited, Group Tours Available  
(708) 795-5800



P.O. Box 249 • 2701 S. Harlem  
Berwyn, IL 60402

# **UNIGLOBE** Cihak Travel, Inc.

6302 Cermak Road  
Berwyn, IL 60402-0703

(312) 242-6110 • (708) 795-9050  
FAX (708) 795-4514  
(800) 426-8826

- Call for Airline, hotel and tour reservations worldwide
- Exclusive U.S. and Canadian agent for Prague Suites, the hotel alternative
- Czech Airlines direct service Chicago to Praha May 4 new Airbus A310-300.  
Call for low introductory fares

**UNIGLOBE**  
*We will change the way  
you travel.*

On the eve of its 115th year  
new things are happening  
at

## **BOHEMIAN NATIONAL CEMETERY**

- a GARDEN SECTION in new Block 25 featuring for a limited time only two grave sites for but \$550.00
- a CREMAINS GARDEN at Section 26 offering a 24x28" burial plot, a Vault, two Cremaains Urns and a marker at a pre-need purchase cost of \$1,055.00
- a Special pre-need offer of Mausoleum crypts for two people starting at \$2,800.00 including names inscriptions. Single crypts available starting at \$1,500.00.



Call or visit

**BOHEMIAN NATIONAL CEMETERY**  
5255 North Pulaski Rd., Chicago, IL 60630  
(312) 539-8442 • (708) 788-8442

Second Class Postage Paid at Berwyn, IL



**wfla**

**We're the Largest  
Czech-American  
Organization in the U.S.A.**

**And we keep growing for you,  
Through all the stages  
of your life**

Assets  
\$93,604,088

Insurance In Force  
\$550,008,839



**wfla** western fraternal life association  
1900 First Ave NE, Cedar Rapids IA 52402