

american **SOKOL**

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NOVEMBER 1992

HAPPY THANKSGIVING!



American Sokol

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by the

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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

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

NOVEMBER

28 Sokol Slavsky Bowling Party

DECEMBER

5 Sokol Greater Cleveland St.
Nick's Dance
5 Sokol Minnesota Christmas
Party
5 Sokol Stickney Spaghetti
Dinner
31 Sokol Greater Cleveland New
Year's Eve Dinner/Dance
31 Sokol Minnesota New Year's
Eve Party
31 Sokol South Omaha New
Year's Eve Dinner & Dance

SPECIAL ANNIVERSARY DATES

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...

It's election day, Pres. Bush just conceded and I'm only now putting the final touches on this November issue. I've just noticed that the cover is completely blank! The December issue should be at the printer in about a week. Am I behind schedule? YOU BET I AM! And unfortunately I don't see a quick

remedy to the situation. I can only hope that you still like what you see and don't mind too much if it's a little late now and again. By the way, SEND NEWS!!! My supply is dwindling!

NA ZDARI!

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

*Even if you're on
the right track — you'll
get run over if you
just sit there.*

❖ *Arthur Godfrey*



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, Lebloch and Satek and Sis. Filipello, Jurew, Kourim, Pajeau, Satek and Pros in the office. Bros. Dalton, Kalat, Milan and Masek and Sis. Kalat and Dalton on teleconference. Sis. Sedlacek and Wojcik and Bros. Michalek and Babka were excused.

Sis. Kourim moved to accept the previous minutes with correction that the report of the Audit Committee was read and approved and that Sis. Joan Sedlacek would be contacted to head committee to look into getting a brass band for the Slet. Western District minutes and Director's Newsletter have been received.

A letter was received from Sokolice Crete inviting Bro. Borvansky to their 100th Anniversary. Since he has a prior commitment in the Chicagoland area for the date, he has asked Bro. and Sis. Dalton to represent the American Sokol Organization at this event. Bro. Milan moved to send the Daltons as representatives, seconded and passed. Sis. Kourim will order plaque to be presented to Sokolice Crete and will ship it to Bro. and Sis. Dalton. Sis. Basta sent a letter asking for clarification on who will represent the ASO in Czechoslovakia in October. Bros. Slavik, Milan and Lebloch will represent the ASO. Only Bros. Slavik and Lebloch will be reimbursed for airfare.

Sis. Kalat reported for the BOI. Sis. Pros moved to accept final form from Western District for \$1375 for eleven students that attended ASO

course, seconded and passed. Sis. Pros moved to accept bill for \$28.10 for preparation of Tots/Girls Gymnastic Skills Videotape, seconded and passed. Bro. Masek moved to accept bill for \$121.78 for audio tapes for 1993 Slet, seconded and passed. Bro. Satek moved to accept bill for \$60 for Sis. Kalat registration fee for the Gymnastic Association of Texas Conference, seconded and passed. Bro. Satek moved to pay Bro. Frolo's expenses to attend Sokol USA Technical Board meeting September 12-13, 1992 when supporting documents are submitted to the office, seconded and passed. Sis. Kalat also reported that one Merit Award transcript is still outstanding and that one 1991 recipient will pay back the money in installments after failing to maintain grade point average required. There was a \$294 profit for the Instructors' Course. The BOI is working on the 1993 Slet and sent in a list of their activities so far. They are also getting ready for the District Directors' Conference, October 23-25, 1992 in Detroit.

Bro. Lebloch reported that a letter was received from the Embassy of the Czech and Slovak Federal Republic requesting information on our organization. The Secretary will send the information to them. Bro. Lebloch has talked to Bro. Milan and Bro. Slavik about their upcoming trip to COS.

Bro. Milan reported that he attended the USGF National Conference in California in September and gave Sokol Times to the Gymnastic Hall of Fame. There is a possibility of new units opening up in Texas. He will be representing the ASO at the

meeting of the COS. Bro. Lebloch moved to make a banner, similar to the one from the Southern District 1992, to present in Czechoslovakia, seconded and passed.

Sis. Satek reported on the American Sokol. She had many questions about the Gymnast portion of the magazine. The Executive Board will contact the BOI to review the Gymnast and get it to a better level, with more interesting and appealing articles.

Sis. Pros reported on the finances of the organization. So far, Sokol Milwaukee men and Sokol Fort Worth and Sokol Zizka have not paid their 2nd Quarter dues. Her report also showed the present membership status. So far, we have had a loss of 104 members. Attended a meeting with Bro. Borvansky at Northern Illinois University in DeKalb about a 2-year program to improve the body.

Bro. Masek had no report, but can get business cards printed for interested members of the board. Sis. Kourim reported that hour supplier of most of our uniforms has had a price increase after our prices were set for this year. Bro. Borvansky reported attending a benefit for Senator Judy Baar Topinka with his wife. Also, gave more information about the meeting in DeKalb, Illinois.

Sis. Filipello reported that 2300-2400 invitations have been sent out for the Sokol benefit honoring Sen. Judy Baar Topinka. She has had advertisements put into papers. Bro. Milan moved to give Senator Topinka a gift to be prepared by Bro. Lebloch, Sis. Filipello

Continued on Page 9

XVIII Slet Hotel Information June 23-27, 1993 • 5 Days - 4 Nights

SLET HEADQUARTERS

Oak Brook Marriott Hotel
(225 Rooms Blocked)
1401 W. 22nd Street
Oak Brook, IL 60521-2043
Attn: Mike Walnwright,
Sales Manager
708-573-8555, x6613
FAX: 708-573-9277

Cost per person per night,
including 7% Tax: Single \$95.23,
Double \$47.61, Triple \$31.74,
Quad \$23.80

Area Hotels - NO Blocked Space

NAPERVILLE AREA

Courtyard Marriott - Naperville
1155 East Diehl Road
Naperville, IL 60563
Attn: Michelle Toschak,
Sales Coordinator
708-505-0550

Hampton Inn - Naperville
1087 Diehl Road
Naperville, IL 60563
Attn: Jim Doherty,
Sales Manager
708-505-1400
FAX: 708-505-1416

Naperville Inn
1801 Naper Blvd.
Naperville, IL 60563
Attn: Stacy Miller, Sales Manager
708-505-4900
FAX: 708-505-8239

Hilton - Lisle/Naperville
3003 Corporate West Drive
Lisle, IL 60532
Attn: Meg McArdle,
Sales Manager
708-505-0900
FAX: 708-505-8948

Naperville Travelodge
1617 N. Naper Blvd.
Naperville, IL 60563
708-505-0200

Exel Inn of Naperville
1585 N. Naper Blvd.
Naperville, IL 60563
708-357-0022

Days Inn
1350 E. Ogden Ave.
Naperville, IL 60563
708-369-3600

OAK BROOK AREA

**Ramada Inn -
Oak Brook Terrace**
(Former Holiday Inn)
17W350 22nd Street
Oak Brook Terrace, IL 60181
708-833-3600

Stouffer Oak Brook Hotel
2100 Spring Road
Oak Brook, IL 60521
708-573-2800

Hyatt Regency Oak Brook
1909 Spring Road
Oak Brook, IL 60521
708-573-1234

AREA BETWEEN OAK BROOK AND NAPERVILLE

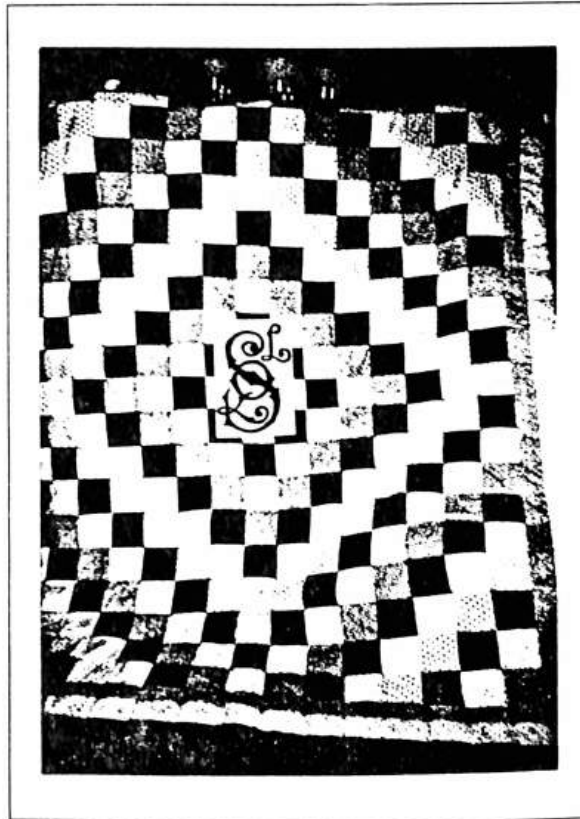
Radisson Suite Hotel
2111 Butterfield Road
Downers Grove, IL 60515
Attn: Gene Ferry,
Sales Manager
708-971-2000
FAX: 708-971-1021

Embassy Suites Hotel
707 East Butterfield Road
Lombard, IL 60148
Attn: Karen Cassens,
Sales Representative
708-969-7500
FAX: 708-969-8776

Make all reservations directly with the hotel. Remember, the only **BLOCKED SPACE** is at the Slet Headquarters, Marriott Oak Brook. Reserve as **AMERICAN SOKOL GROUP**. When making reservations at any of the other hotels, make sure you ask for Group Rates. These rates are good only when booking at least five rooms. Some hotels have a weekday and weekend rate. If you need any help, contact June Prose at the Sokol Office, 708-795-6671, FAX: 708-795-0539.

Sokol Quilt Raffle

The Slet Committee has come up with a new and different idea to help generate funds for the Slet. They are introducing a special project, a QUILT RAFFLE! A king size Sokol Quilt (pictured at right) has been donated and we will offer chances for a \$1.00 donation each. The raffle will continue through the Slet. Donations and ticket stubs can be returned any time during the year. The raffle will be held immediately following the Slet. We hope you will be as excited about this new project as we are. Watch for your Chance Books in the mail.



NOTEWORTHY CHANGES:

The following important changes concerning the Slet were ratified at the District Directors' Conference:

- Effective immediately, for competition, Jr. Girls and Women will be allowed to wear leotards of any combination of red, white and/or blue. Leotards must have sleeves and may not be French-cut. The leotards must be the same for all members of a team or for all individuals of a unit within the same competitive division. Regulation uniforms will continue to be worn for the Slet program.
- Effective immediately, for competition, Jr. Boys and Men will be allowed to wear jerseys of any combination of red, white and/or blue. Jerseys must be the same

Continued on page 6.

XVIII Slet Commemorative Plate

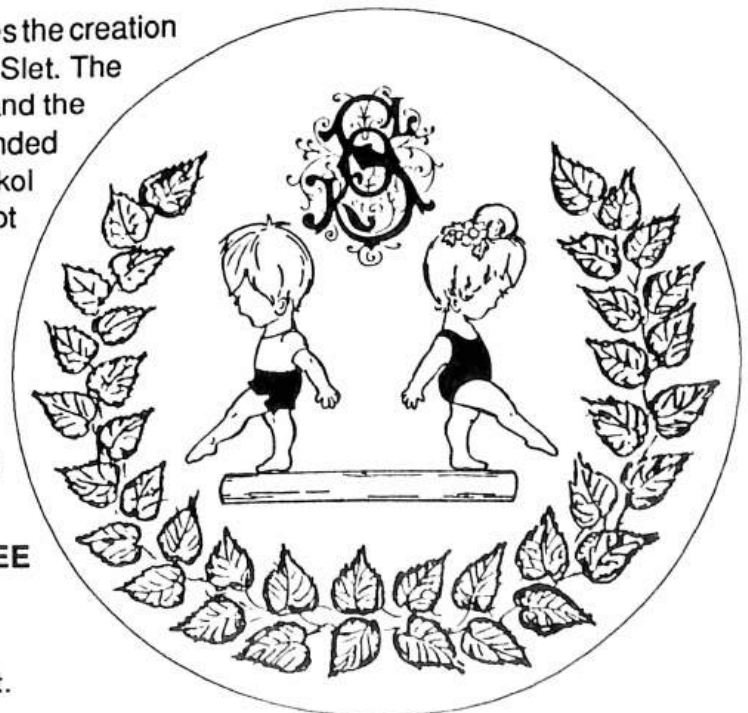
The Slet Commemorative Plate Committee announces the creation of a new Slet Plate commemorating the XVIII Sokol Slet. The design, as shown, will have the girl in a red leotard and the boy with blue shorts and white shirt. They are surrounded by linden leaves in various shades of green. The Sokol emblem is red and below, in red, will be printed, in script - XVIII American Sokol Slet 1993.

The plates will be numbered 1 through 300. No more than 300 plates will be produced. The price of each plate is \$25.00, plus cost of shipping and handling or it may be picked up at the Sokol Office.

The plate will be available in time for Christmas and will make a beautiful gift. *Order early!*

Ordering information: **SOKOL PLATE COMMITTEE**
6424 W. Cermak Road
Berwyn, IL 60402

Make checks payable to **XVIII American Sokol Slet.**



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.

From Edwin and Anne Halik\$100.00
 In Memory of Charles Machotka from Wife, Victoria Machotka\$15.00

NOTEWORTHY CHANGES *(continued)*

for all members of a team or for all individuals of a unit within the same competitive division. Regulation uniforms will continue to be worn for the Slet program.

- The artistic gymnastic competition routines for Women Level 2 and Women Level 4 HAVE BEEN CHANGED from the USGF Level 2 and Level 4 routines to the *Modified* Level II and Modified Level IV routines used for the 1991 Sokol USA Slet in Indianapolis. Copies of these routines will be distributed for inclusion in the Slet manual.
- The rules governing the age of participants in the Children's Competition were reaffirmed. No exceptions will be entertained.
- For Girls and Junior Girls, the Level 4 Uneven Parallel Bar mount for competition will be the PULLOVER, eliminating the other choices offered in the text.
- For Girls and Junior Girls, the Level 2 Vault for competition will be the SQUAT ON - STRAIGHT JUMP OFF, eliminating the other choices offered in the text.
- The Women's Hoop Drill has been dropped from the Slet program.

All changes regarding Slet activities will be distributed in a more formal fashion to all Units.

SLET SOUVENIRS AVAILABLE NOW!

Looking for a perfect holiday gift for your favorite Sokol? A sampling of XVIII American Sokol Slet Souvenirs are NOW AVAILABLE from the ASO Office. Additional items will be added to the offering closer to the Slet, but for now you can select from the following:

	Quantity	Size
Lapel Pins	\$3.00	_____
3x4" Embroidered Patch	\$3.00	_____
T-Shirts		
(Adult S, M, L, XL)	\$8.00	_____
(Adult XXL)	\$9.00	_____
Sweatshirts		
(Adult S, M, L, XL)	\$12.00	_____
(Adult XXL)	\$13.00	_____

Name

Address

City/State/Zip

Phone Number

Clip this article and use it as an order form! Mail order to:

AMERICAN SOKOL ORGANIZATION
 6424 West Cermak Road
 Berwyn, Illinois 60402
ATTN: SOUVENIR COMMITTEE

You will be billed for cost of Items, PLUS shipping charges!



AMERICAN SOKOL ORGANIZATION

GYMNAST

NOVEMBER 1992

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



THE AMERICAN SOKOL ORGANIZATION
BOARD OF INSTRUCTORS AND DISTRICT DIRECTORS

SEND THEIR GREETINGS FOR A

Happy Holiday Season
and a
Very Productive Next Year

Directors: FRANK MICHALEK, JANET KALAT
1st Assistants: DAVID HARLAN, PAT SATEK
2nd Assistants: CHARLES KALAT, JUDY HARLAN

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EVA BALAS	ANN HALIK
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BARBARA VONDRA	ELLENJEANNE SCHNABL
SYLVIA PISTORIUS	EDWARD SCHNABL
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Eastern District: Steve Frola, Melissa Bellehsen
Northeastern District: Maryann Fiordelis, Howard Wise
Pacific District: Cheri Riddle, Lubos Hintnaus
Southern District: Rome Milan, Sylvia Laznovsky
Western District: Bud Benak, Sandy Benak

Veselé Vánoce — šťastný Nový Rok

Address for Judy Baar Topinka Benefit

By SYLVIA PISTORIUS

Brothers, Sisters, Honored Guests, Friends of Sokol.

Our motto, "A sound mind in a healthy body", best describes our organization as one that offers an opportunity for everyone, be they children, whose need is for a well balanced gymnastic program in their formative years, teenagers yearning to belong to a group where the goal does not have to be the best, only the best that each one can achieve, for the young adults who are striving to stay in shape and help others to achieve their goals, and for the seniors, who refuse to just sit back and take what comes.

Sokol is for everyone, a family affair. Sokol is a way of life, giving its members the experience of being part of a team achieving success regardless of the difficulty, knowing they are members of an

organization that has been in existence for over 125 years. A thrilling experience is to be witness the joyful expressions of our competitors, regardless of age and ability, knowing they have successfully participated in a Sokol event. They are all winners, individually and as team members. Taking part in Annual Sokol Slets (Gathering of Sokols) renews old and stimulates new and lasting friendships. To partake of a group in mass calisthenics written and taught by Sokol members for all ages, demonstrates what teamwork can accomplish. From our ranks have come olympians and accredited instructors whose dedication help to develop mentally strong, healthy and responsible citizens. Sokols ideals are an always will be, to be proud of our heritage, to perpetuate good sportsmanship, leadership and self esteem.

Teach Yourself a Full

It's a lot easier than you might think

BY BART CONNER
1984 Olympic Gold Medalist

I will never forget the first day I learned a full-twisting back flip on trampoline. It seemed like I finally learned a 'real' gymnastic move.

I also remember that learning the full was much easier than I thought. Many of the more advanced moves in gymnastics require you to flip and twist at the same time, so learning a proper full is not only lots of fun, but also very important in your development as a gymnast.

Although there are hundreds of ways to learn a full, I will teach you the way I think is easiest and safest.

First of all, in order to start these progressions for a full, you must be able to consistently perform an open-tuck back flip on the tramp with good height and rotation.

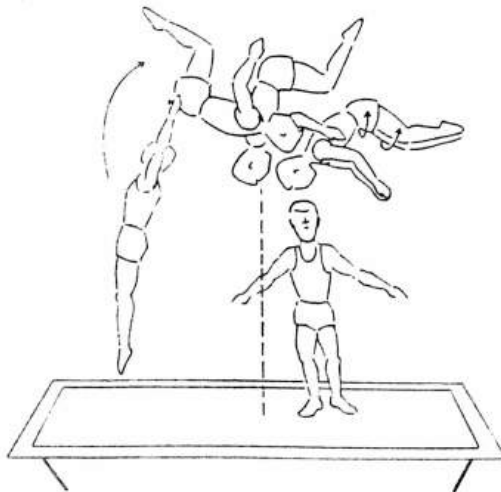
Step #1

Do a back flip on the tramp and try to notice the exact moment when your eyes catch sight of the tramp bed. Do this several times until you are comfortable with the timing of this movement. Remember to do a clean back flip, and try not to do a layout or a whipback.

Step #2

Now do a back flip, and at the moment you see the trampoline bed, turn your hips one quarter

turn in either direction. This brings up the subject of which way to twist. There are several theories on twisting, but let's base our twisting direction on the way you do your roundoff. If you do a left roundoff (meaning you put your left hand down first), then you should twist to the left. I realize there are exceptions to this rule. In fact, I do a right roundoff and twist to the left. It is a little too late for me to change my twisting direction, but if I were learning to twist now, I would twist right instead.



Step #3

Continue to do back flips, turning your hips a little more each time. Pretend you are doing the flip over a huge clock and you start at 12. After you have done several flips twisting your hips to 9 o'clock (in the case of a left twist), try to turn your hips to 8 o'clock, then to 7, and so on. Remember to keep performing a clean back flip each time and see the tramp bed before you start to turn your hips. This visual cue is important because it guarantees that you will start a solid flip before thinking about twisting.

Step #4

Continue to perform back flips and simply work your way around the clock, adding more twist only as you feel comfortable. Don't give in to the temptation to twist early. Just move around the clock to 6 o'clock, then 5, and so forth.

As you continue to do back flips, adding a little more twist each time, you will surprise yourself at just how easily and safely you will learn your first 'real' gymnastic move.

Note: It may help if you get a friend to stand at your 'clock' points to give you something to look for as you work your way around the circle of the full twist. Good luck!

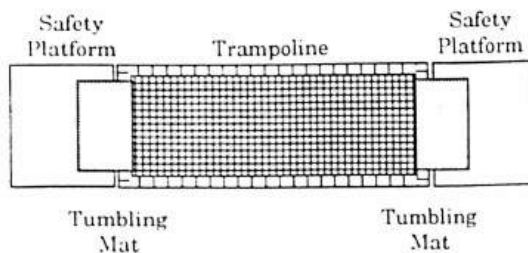
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Training Tips for the Backward Handspring

Rick Restaino
Videonastics

The following is just one variation on how to improve the technique of a backward handspring (flic flac). This drill is useful in helping gymnasts who are having difficulty in stretching out in the jump back and snap-down portions of the flic flac.

The trampoline configuration used in this illustration is ideal. The safety platform allows the spotter an increased capability to spot the gymnast. Place tumbling mats on both ends of the trampoline in order to cover the springs.



By using the trampoline the gymnast can concentrate on technique and not on making the skill. In addition, it allows the gymnast to perform a greater number of repetitions of flic flacs. (Figure 1)

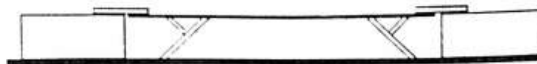


Fig. 1

The gymnast starts at one end of the trampoline (close to the springs). Keep the arms overhead. This is a great time to concentrate on executing correct body position at the start of the flic flac. Use this set-up to teach correct technique for flic flacs on the beam. (Figure 2)

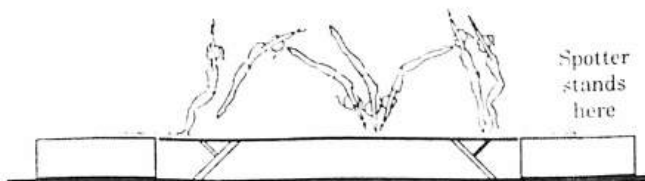


Fig. 2

NOTE: Do Not Rebound out of the back handspring.

As the gymnast progresses and learns to stretch, the next step is to increase the challenge by changing the start position. Have the gymnast begin from a handstand, snap-down into the flic flac. (Figure 3)

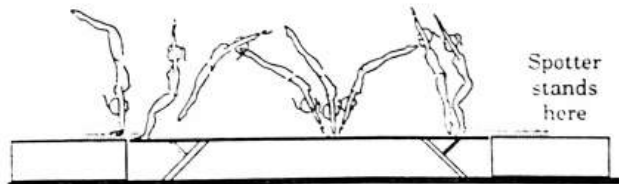


Fig. 3

Reduce some of the bounce by adding a tumbling mat to the center of the trampoline. This assists in the transition from the trampoline to the floor mats.

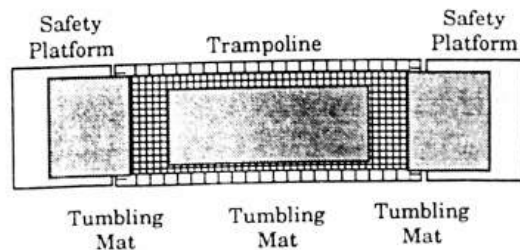


Fig. 4

Use a spring board when moving from the trampoline to the floor. Begin with an 8" skill cushion and progress to a 4" landing mat. This permits the gymnast to practice a series of flic flacs. (Figure 5)

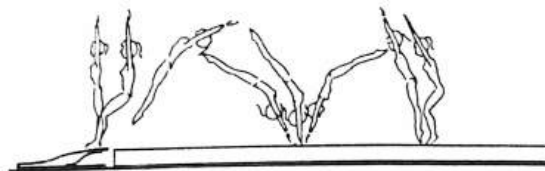


Fig. 5

Handstand snap-down to Flic flac

The spotter assists the gymnast in the same way as the standing flic flac. The biggest difference is that the gymnast will cover more horizontal distance. The spotter must keep up with the

gymnast's backward movement. (Figure 6) Note: this is an excellent training drill for learning a series of flic flacs.

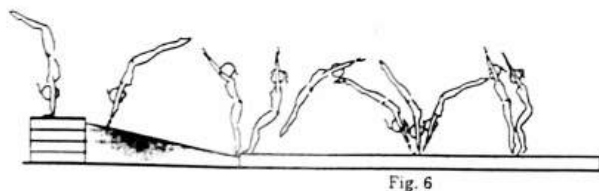


Fig. 6

Have the gymnast attempt a handstand snap-down variation by using a spring board into a series of flic flacs. The beat board eliminates the need for a run. This drill makes it possible to focus on developing on strength and endurance in performing the series. (Figure 7)

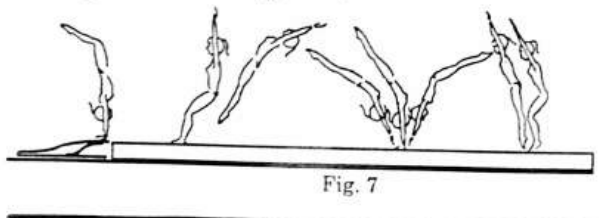


Fig. 7

To Avoid Child Abuse — Some Do's & Don't's

DON'T'S

DON'T enter the lavatory or locker room alone with only one child.

DON'T allow a male coach to be the sole chaperone at an away girls' meet, regardless of the age of the children.

DON'T allow a child to be picked up at the gym by another parent without prior written parental consent.

DON'T vacate the gym premises as the last remaining staff member if a child or children are still awaiting to be picked up.

DON'T ignore any situation that looks suspicious.

DO'S

DO have as a gym club policy that one-on-one sessions between a gymnast and a coach are **STRICTLY PROHIBITED**.

DO encourage gymnasts to enter the lavatory and locker room facilities in groups of at least two (2) at all times.

DO have separate facilities for boys and girls, if possible, **DO** have separate facilities for coaches and staff as well.

DO assign a staff member to keep an eye on the lavatories and locker rooms.

DO try to send both a male and female chaperone to all away meets.

DO encourage the gymnasts in your program to inform you if they are not comfortable with the manner in which they are being spotted.

DO run references and background checks on previous employment and history prior to decisions being made on hiring new coaches and staff. To the best of your ability to determine, coaches/staff should have healthy adult relationships and not appear to relate primarily to children.

"Up-hill" variation:

Use this drill to increase the gymnast's strength and to develop a more powerful flic-flac needed for more advanced tumbling techniques. (Figure 8)

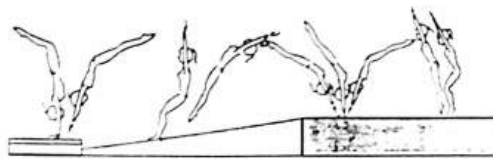


Fig. 8

DO believe a gymnast who informs you that he/she is being or has been sexually abused. It is rare that a child will lie about sexual abuse. **DO** commend the child for telling you about the situation.

DO take action if a sexual abuse situation is occurring at your gym. Keep in mind that if you do nothing immediately, other children will continue to be at a risk.

If an incident is occurring or has occurred at your gym, **DO** inform the respective parents and **DO** inform the local authorities. If a child discloses a sexual abuse situation in the home, **DON'T** inform the parents. First notify the police and/or the local child protection agency. **DO** seek out appropriate medical attention if it is possible that the child has been physically injured as well.

DO keep open the lines of communication. **DO** respect the gymnast's and family's privacy. **DO** be careful not to discuss the incident in front of people who do not need to know what has happened.

DO discuss this article and the matter of sexual abuse with your coaches and staff. **DO** explain the seriousness of the situation, the effects it does and will have on children. **DO** make sure that the **LEGAL CONSEQUENCES ARE KNOWN**.

The following organizations and resources are available for further information:

American Association for Protecting Children, Inc.
American Humane, P.O. Box 1266
Denver, Colorado 80201

CHILDHELP, USA

6463 Independence Avenue, Woodland Hills,
California 91367 - 818/347-7280

Clearinghouse of Child Abuse and Neglect Information

P.O. Box 1182
Washington, DC 20013 - 703/821-2086

(This organization can provide a complete listing of each U.S. State Child Protection Agency.)

The C. Henly Kempe National Center for the Prevention and Treatment of Child Abuse and Neglect
1205 Oneida Street, Denver, Colorado 80220 - 303/321-3963

National Center for Missing & Exploited Children
1835 "K" Street, N.W., Suite 700
Washington, DC 20006 - 202/634-9821

National Committee for Prevention of Child Abuse
332 South Michigan Avenue, Suite 950
Chicago, Illinois 60604-4357 - 312/663-3520

The National Exchange Club Foundation for the Prevention of Child Abuse
3050 Central Avenue
Toledo, Ohio 43606 - 419/535-3232

Baltimore County Department of Social Services
620 York Road
Townson, MD 21204 - 301/494-2520

Two Books on "Sokol" Offered

We have been informed of the availability of two books about Sokol.

Sokol Philadelphia is proud of the publication of Sokol - Gathering In The New World, culminating sixteen years of research and application by their member, Bro. Ronald Jaros. This hard-back book contains a 1,918-year timeline of the events that lead to the formation of the Czecho-Slovak Republic, the beginning of the Czech Sokol, memories of Maria Provaznikova, the formation of the American Sokol Organization, histories and activities of Sokol Units in America and over 200 pictures spanning the history of Sokol. Price per copy is \$22.00, plus \$5.00 packing/ mailing/insurance for USA orders or \$9.50 packing/ mailing insurance for foreign orders. Pennsylvania orders only, please also add 6% sales tax. Send orders directly to author, Ronald E. Jaros, 1515 North Line Street, Lansdale, Pennsylvania 19446 USA.

Also available is a paperback (in Czech) on the history of London Sokols, one of the most important Sokol organizations in the world, and the Czech community in England, Dějiny Sokola Londyn (a začátky čs. obce v Anglii), by Milan Kocourek, a former librarian of the London Sokol and Editor of their magazine "VZLET." Price per copy is \$25.00, including postage and packing. Send orders directly to author, Mr. Milan Kocourek, 45 St. Vincent Road, Walton on Thames, Surrey KT12 1PA England.

If you would like to examine a copy of either book, they are available in the library at the American Sokol Office

DO NOT SEND ORDERS TO THE ASO OFFICE.

We do not have an inventory for sale. Order directly from the authors at the addresses listed above. This information is being presented as service to our readers.

Another GREAT Sokol Hall!



1958



1970 TO PRESENT

Sokol Stickney, Stickney, Illinois, celebrates its 65th Anniversary with a banquet on November 21, 1992.

Unit Identification Posters for XVIII Slet

Sokol Ceska Sin, as requested by the Central District BOI, has designed posters for the Slet welcoming each of the various units that will be attending the Slet. If your unit would like their poster personalized with a specific unit logo, please send the logo to Jenny Smetana, 6754 Wolff Road, Medina, Ohio 44256-9429. She will be happy to provide further information on this project by phone at 216-722-5474.

ATTENTION UNITS IN THE CENTRAL DISTRICT!

All quarterly financial reports should now be sent to:
Sis. Linda P. Modes
Central District Treasurer/Financial Secretary
3629 S. 57th Avenue
Cicero, Illinois 60650

Olympics 1932-1992

Since 1992 is an Olympic year, it is only fitting and proper to show a little veneration for our gymnastic pioneers.

Heretofore, only men had gymnastic competition. They had the same events as today, except for the flying rings. This event was later eliminated as being too dangerous. The women worked out on the parallel bars, pommel horse and rings. The uneven bars and balance beam were added around 1940.

With the combined efforts of the West Coast Czechoslovak Sokols, the Yugoslav Sokols and the German and Swiss Turners, the 1932 Olympic Committee agreed to put a gymnastic demonstration on the program. On the evening of August 10, 1932, under glaring klieg lights, the above-named groups performed on the center of the Coliseum floor. All of the events were performed, plus a special aesthetic dance number by the Sokol women. A change of costume was required, but there were no dressing rooms. We were assembled in the large open peristyle area at the entrance to the Coliseum. Our coach had the men form a circle, shoulder to shoulder, with their backs to-

ward the center. The women changed in the center of the circle, with some degree of privacy. This Olympic performance gave the women's movement for equality a big push. Not only did the women get their foot in the door, they kicked it wide open! The USA had a women's gymnastic team in the 1936 Olympics.

The Olympic Village in the 1932 Games was truly a village. The athletes were housed in new 2- and 3-bedroom houses. Each country was assigned a number of houses according to the number of athletes in their delegation. Also, each country had their own cooks. The ladies from Sokol Los Angeles took turns cooking for the Czechoslovak athletes. You can be assured they were well-fed with their favorite foods. After the games, these houses were sold to the public as tract homes. They were located next to Clover Field, which is now LAX and are still standing.

At the 1984 Olympic Games in Los Angeles, millions of dollars were spent on special security. In 1932, they didn't spend 10¢ on special security. The biggest security was a watchman guarding the chain-link fence around

the housing area. This was to keep teenaged boys from climbing the fence to seek athletes' autographs.

The theme colors were red, white and blue. Everyone dressed accordingly, which created very patriotic atmosphere.

In the center of the Olympic Village was a large rotunda building where the public and athletes mingled. Here, one could purchase souvenirs and wait in long lines for athletes' autographs.

The mode of transportation in Los Angeles in 1932 was the street car. The yellow cars serviced the central area and the red cars went to the suburbs. The fare on the yellow cars was 5¢ and for a dime transfer you could ride all day.

The Coliseum was built especially for the 1932 Olympics. General admission for all venues was 50¢ and there was always plenty of seating. For \$32.00 you could purchase a season ticket and go to all of the venues. In spite of the fact that the Games were held in the middle of the Great Depression, the Olympic Committee netted \$1,000,000.00!

ASO UNIFORM DEPARTMENT "WHITE ELEPHANT SALE"

The Uniform Department of the American Sokol Organization is holding a "White Elephant Sale" to help clear some of the shelves in the National Office.

All items are brand new, never used. Everything in the sale is priced at \$2.00. We will keep the sale open until the end of the year 1992 or until all the items have been sold. The following are available:

- Discontinued **Red Shorts with White Stripe** on side, formerly used in the Tots' Class. We have 12 Small, 11 Medium, 54 Large and 6 Small Adult.
- **Navy Blue Cotton Shorts**, formerly used by the 1st and 2nd Class Boys. 4 Small (6/8), 17 Large (14/16), 8 Waist 36"/38".
- **Festival T-Shirts**. 5 Medium, 2 Large and 4 X-Large.

- **Festival Mugs** - 115.
- **100% Cotton Sokol T-Shirts**. 16 Size 4, 1 Size 6/8, 1 Size 8, 1 Size 10 and 37 Size 18.
- **Red Knit Shorts**, formerly used in Tots' Class. 3 Size 8, 2 Size 10.
- **Red Cotton Shorts**, formerly used in Tot's Class. 2 - 24", 11 - 26", 8 - 28" and 11 - 30".
- **American Sokol Gymnastic T-Shirts**, used for the Slet in Europe to identify American Sokols. 16 Small, 23 Medium, 64 Large and 36 X-Large.

These items can all be purchased from the Uniform Department of the American Sokol Organization, 6424 W. Cermak Road, Berwyn, IL 60402. Shipping and handling are extra. Orders will be taken by phone or by FAX. Phone: 708-795-6671. FAX: 708-795-0539.

Czech it out!

November = *Listopad*

Turkey = *Krocán*

Scissors = *Nůžky*

Coffee = *Káva*

Coat = *Kabát*

Boot = *Bota*

Cold = *Chladný*

Eyeglasses = *Brýle*

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!**

September 22, 1992 ASO Executive Board Minutes *(continued)*

and Sis. Schabowski, seconded and passed. Bro. Lebloch moved to invite Sen. Topinka to be a member of TG Masaryk, seconded and passed. Sis. Pistorius has agreed to be the Emcee and talk about Sen. Topinka at the benefit.

During the Houby Parade, all seven local units will be represented. Marchers will wear Central District ASO "Discover Sokol" T-Shirts. Bro. Milan moved to hire a DJ and his electronic music to play from a van during the parade at a cost of \$250, seconded and passed.

Sis. Kourim reported on the 1993 Slet. The seals are almost ready to be sent out. The plate artwork was

accepted by the Slet Committee. The Executive Board voted to accept design with modifications and those presented voted four in favor, two opposed and one abstain. The design will be sent to out of town members for their opinion. The quilt raffle is ready to be sent out. The exhibit will be at the CSA building. We still need prices for tickets. Some souvenirs will be available before the holidays. There are people working on the banquet, publicity, housing, courtesy table, artwork for the flag banners and the travelling plaque.

There was a long discussion about the duties of the Management Com-

mittee. Sis. Satek moved that the Slet Committee Chairman clear the problems with the Management Committee, especially in regard to the Friday evening event, seconded and passed. Bro. Milan will send ideas for flag banners to the Slet Committee.

There was a discussion about the 1995 Convention to be held in Baltimore. A letter would be sent to the people in Sokol Baltimore outlining what is their responsibility and what they should start working on at this time.

Meeting adjourned at 9:50 p.m.
Sis. Nancy Pajeau, Secretary

American Sokol Organization

QUARTERLY FINANCIAL REPORT - JULY/AUGUST/SEPTEMBER 1992

Submitted by Sis. June Pros, Financial Secretary

RECEIPTS

Dues	\$14,462.50
TG Masaryk Dues	15.00
Dividends/Interest	102.50
Subscribers	42.00
Resale Jewelry	1,223.75
Souvenirs	99.54
Educational Booklets	59.50
BOI Skills	393.60
Postage	37.60
Donations for FAX Machine	100.00
Czech Video	639.80
Mailing Labels/Copies	18.50
Donation General Fund	100.00
ASO Song Book	60.00
Sale Seattle Property	16,751.85
From FSLF for Merit Awards	8,250.00
From FSLF Loan to General Fund	5,000.00
Board of Governors Meals/Hotel	97.71
Ck. Returned from NY Anniversary	100.00
Sale of Ft. Worth Music Tape	6.00
Profit ASO Instructors School	294.01
TOTAL	\$47,853.86

DISBURSEMENTS

Administrative Dept.	
Salaries, July/August/September	\$1,806.72
Vacation	341.07
FICA/Medicare, June/July/August	350.80
FWT, August/September	14.00
IWT, 2nd Quarter	67.20
Petty Cash, Postage	336.21
Office Supplies	157.00
Janitor Service/Supplies	66.71
CPA Fee	425.00
1991 Audit Seldon Fox	1,100.00
Illinois Bell/Long Distance/FAX	226.55
Commonwealth Edison/Electric	236.78
Secretary of State IL Fee	5.00
Insurance	337.00
Printing Dues Cards	283.70
Typewriter Repair	136.64
Mailing Permit	75.00
Travel	580.00
Deposit 100th Anniversary Plaque	40.00
Rent, July/August/September	2,406.00
TOTAL	\$8,991.38

BOARD OF INSTRUCTORS

Salaries, July/August/September	\$1,850.64
Vacation	124.68
FICA/Medicare, June/July/August	320.42
FWT, June/July/August	30.00
IWT, 2nd Quarter	56.25
Petty Cash/Postage	124.70
Illinois Bell/Long Distance/FAX	557.38
Editor "Gymnast"	60.00
Printing "Sokol Gymnast"	139.79
Supplies	100.80
USGF Materials	95.35
USGF Travel	844.80
Skills	130.10
TOTAL	\$4,434.81

EDUCATION

Salaries, April/June	\$117.16
Vacation	16.60
FICA/Medicare	32.84
IWT, 2nd Quarter	3.90
Postage	5.80
Supplies	8.55
TOTAL	\$184.85

PUBLICATION

Salaries (Mailing), July/August	\$175.72
FICA/Medicare, June/July/August	55.52
Editor, June/July/August	300.00
Printing, July/August	1,446.35
Postage, March/April/May	1,450.54
TOTAL	\$3,428.13

UNIFORM DEPARTMENT

Salaries, July/August/September	\$1,032.02
Vacation	175.92
FICA/Medicare, June/July/August	205.50
IWT, 2nd Quarter	37.35
Illinois Bell/Long Distance/FAX	80.77
Rent, July/August/September	810.00
TOTAL	\$2,341.56

EXECUTIVE DIRECTOR

Salary, July/August/September	\$2,540.55
FICA/Medicare, July/August/September	459.00
FWT, July/August/September	147.00
IWT, 2nd Quarter	82.95
Illinois Bell	156.30
TOTAL	\$3,385.80

MISCELLANEOUS

Ads/Program Books	175.00
Return Unused Merit Award to FSLF	750.00
Repay Loan to FSLF	5,000.00
Czech Video	367.28
Fee, Chicago tourism	500.00
Foundation Fund Printing	241.40
Board of Governors Meeting/Travel	2,968.58
XVIII Slet BOI Supplies	1,153.05
Reservations	400.00
Merit Awards Payments	7,500.00
Printing/Postage Topinka Dinner	1,462.04
TOTAL	\$20,517.35

Special Assessment

Western District	1,375.00
TOTAL	\$1,375.00

Balance Brought Forward/Checking	\$692.10
Receipts	+ 47,853.86
	\$48,545.96

Disbursements

Less Bank Service Charges, January/February	\$13.81
Less Returned Check NSF	43.50

BALANCE CHECKING 9/30/92 **\$3,829.77**

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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:

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Sokol	Name	New Address	City	State	Zip
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**EDUCATIONAL MATERIALS,
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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
Sokol Stadium Cushion	\$4.50
Sokol Scarf	\$7.50
Sokol Bouquet Postcard	.25
Sokol Charm	\$3.00
Sokol Stud	\$2.00

Board of Instructors

Gymnastic Skills Patches	\$1.25
Gymnastic Skills Bars	.75
Tots' Ribbon	.50
Tots' Skills Program Package	\$15.00
Girls' Skills Program Package	\$28.00
Boys' Skills Program Package	\$15.00

**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)	\$32.00
55 Years & Over "Citation of Merit"	NO CHARGE

Etc.

Unit ID Ribbons \$1.25 Each
Must be ordered in groups of 25/Unit. Allow 8 weeks for printing

***** All prices are plus shipping. *****

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