

american **SOKOL**

Volume CXIV, Number 7

JULY/AUGUST 1993

1993 MERIT AWARD RECIPIENTS

Upon the recommendation of the Merit Award Committee, which had met and thoroughly examined all applications of applicants, the following Merit Awards have been approved by the Executive Board to be paid from the Sokol Future Leaders Fund. Those applicants not awarded should reapply next year. Merit Award committee members and award renewals listed on page 4.



LORI LAZNOVSKY

Sokol Karel Havlicek Borovsky, Southern District - University of North Texas



BECKY-JO PROSKOCIL

Sokolice South Omaha, Western District
Wayne State College



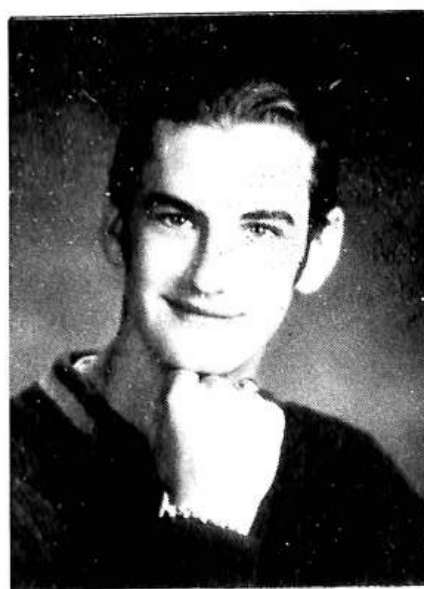
TRICIA ZEMAN

Sokol Milwaukee, Central District
University of Wisconsin Oshkosh



MELISSA FRANCISCO

Sokol Women of Little Ferry, Eastern District - Farleigh Dickinson University



SHAMUS MC ADAMS

Sokol Greater Cleveland, Northeastern District - Ohio State University



KIMBERLY KAROVIC

Sokol Stickney, Central District
Triton College

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	Lynda Filipello

EXECUTIVE BOARD A.S.O.

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

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

SEPTEMBER

- 2 Sokol Berwyn/Slavsky Class
Registration 7:00 p.m.
- 3-6 Sokol Greater Cleveland
Oktoberfest
- 12 Grape Festival, Sokol Detroit
Camp, Sandy Bottom Lake, MI
- 12 Sokol Minnesota
Czechoslovak Day
- 24 Sokol Minnesota Pot Luck
Supper
- 25 Sokol Greater Cleveland "250"
Club Dinner/Dance
- 27 Sokol South Omaha Czech
Festival

OCTOBER

- 3 Sokol Greater Cleveland
Concert Band 2:00 p.m.
- 6 Sokol Greater Cleveland Card
Party
- 10 Sokol Greater Cleveland
Sunday Drive

OCTOBER

- 17 Sokol Minnesota Harvest
Dance
- 24 Sokol Minnesota Pork Dinner

TBD DISTRICT DIRECTORS'
CONFERENCE - Chicago

NOVEMBER

- 6 Sokol Minnesota Christmas
Bazaar & Bake Sale
- 14 Sokol Minnesota Pancake
Breakfast

SPECIAL ANNIVERSARY DATES

April 1994 Sokol Women of Little
Ferry 85th Anniversary

**DON'T FORGET TO
INFORM THE A.S.O. OF
YOUR COMING EVENTS
FOR THIS LISTING!**

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...

Congratulations to this year's ASO Merit Award winners. Included in this issue also are some of the outstanding essays submitted by these and other applicants (pages 4-5), which I'm certain you will enjoy reading. I found it interesting that though each is from a different part of the country and from varying

backgrounds and experiences, their essays all had almost the same thing to say about Sokol. We must be doing something very right!

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

*If a man empties his purse
into his head, no man can
take it away from him.*

*An investment in
knowledge always pays
the best interest.*

❖ Benjamin Franklin



FOR THE RECORD

Minutes of the May 25, 1993 meeting of
the A.S.O. Executive Board

The meeting was called to order by President Borvansky at 7:33 p.m. and the pledge to the flag was recited. Members present were Bros. Borvansky, Satek, Lebloch and Sis. Pros, Kourim, Jurew, Pajeau, Wojcik, Satek, Kalat and Filipello in the office and Bros. Masek, Dalton, Milan and Kalat and Sis. Dalton on teleconference. Bros. Babka, Podhrasky and Michalek and Sis. Sedlacek were excused. Minutes of the April 27 meeting were approved.

The office has received the April minutes from the Central District, the May minutes from the Eastern District, the March minutes from the Pacific District and the Director's Newsletter for May. They will be filed in the office.

The Czech and Slovak Historic Museum in Cedar Rapids asked for our mailing list or for the office to do a mailing for them. Since we do not give out our mailing list to anyone, Bro. Masek moved that after the Slet Sis. Pros will contact the Museum and see if the office did the mailing how time consuming it would be and state a monetary charge for the service, seconded and passed. Information from the Stouffer Hotel in Baltimore regarding our 1995 convention. After the Slet, we will turn our attention to the details of the convention. The Czech gymnasts that are coming for the Slet need a letter of invitation to the United States Embassy in the Czech Republic. Bro. Kala

moved that a letter be sent to the COS inviting the 48 gymnasts and four guests and state that individual units and private donations will be used to house, feed, tour and transport these 48 people while they are our guests in the United States; the ASO will be responsible for only four invited guests, seconded and passed. Additional correspondence was read and appropriate action was taken.

Sis. Kalat read the BOI report. The Instructor's School to be held after the Slet does not have enough students to run it at Midwestern College. After a long discussion with many suggestions, it was recommended that the directors try one more time to contact the districts, who will contact their units and see if there are any other potential students. Sis. Pros moved to pay a \$12.85 phone bill for Bro. and Sis. Harlan, seconded and passed. The Executive Board will make a decision about the Director's Conference to be held in October after the profits from the Slet are totaled. This would be in July.

Membership had no report. Bro. Milan has met with the committee about the Sokol mascot. Sis. Satek has completed the May issue. It is in the office and will be mailed shortly.

Sis. Wojcik reported on the money flow for the Slet to date. As of this date, there is \$13,827.32 in the Slet account. Money needs to be returned to the General Fund, since some funds were used originally for the Slet from that fund.

Bro. Lebloch reported for the Educational Committee. Working on the exhibit in the CSA and at the

hotel. Wrote the flyer for the Slet Art Contest, articles for the publication. Worked on articles for the program book. Took care of correspondence. Also working on display that will go to the State of Illinois Building the week of the Slet.

Sis. Pros reported that as Financial Secretary she purchased a new calculator. The auditing committee was in and found the general and Uniform Division books in order for the 1st Quarter. Any small discrepancies were corrected.

Bro. Masek, 2nd Vice-President, attended the Sokol South Omaha Mini Slet. A new member of the Foundation Committee has been found. She is Colleen Kenney, a Sokol member and lawyer. Sis. Kalat moved to accept Sis. Kenney, seconded and passed.

Sis. Kourim, 1st Vice-President and Uniform Division, has been making women's blouses. The auditor's checked her books for the 1st Quarter and they were \$9 short. Otherwise, the books were in order.

Bro. Borvansky, President, attended the Central District Special Number Exhibition and Awards Picnic. He took care of general business in the office and met with Illinois Governor James Edgar at the Morton High School Folk Fair on May 8, 1993.

Sis. Filipello, Executive Director, mentioned an all day seminar on June 4, 1993 about legal and tax issues for non-profit organizations. She would like to apply for the Illinois Grant for the Arts that honors a teacher and student. Working on the Sokol mascot. She would

Continued on page 9.

MERIT AWARD RENEWALS - 1993

Merit Award renewals for 1993 have been granted to **JASON STOUT**, Sokol Karel Havlicek Borovsky, Southern District, University of Texas at Arlington, **CHRISTOPHER STAHULAK**, Sokol West Suburban, Central District, Michigan State University,

THOMAS MC LAUGHLIN, Sokol South Omaha, Western District, University of Nebraska at Omaha, **NICHELLE PAJEAU**, Sokol Stickney, Central District, University of Iowa, **VENUS PEREZ**, Sokol Los Angeles, Pacific District, American Academy of Dramatic

Arts, **MICHELLE WEED**, Sokol Geater Cleveland, North-eastern District, Milligian College. **Merit Award Committee:** Janet Kalat, Frank Michalek, Anne Halik, Paul Lebloch, Charles Borvansky, Eva N. Balas - Chairman.

“WHAT SOKOL MEANS TO ME”

Six Views from Merit Award Applicants

The Merit Award Committee felt these essays deserved special attention. After reading them, you will agree.

LORI LAZNOVSKY

Sokol Karel Havlicek Borovsky



Three years ago, when our building burned down, I realized that it was not Sokol that was gone, but just the facility. The “home” I had come to know and love was no longer there, but my unit was still alive. I realized then, what an impact Sokol has made on my life.

Through Sokol, I have learned that hard work and dedication pay off. Sokol has taught me leadership skills, responsibility and integrity. I feel that what I have learned from Sokol will benefit me for the rest of my life.

Sokol has also given me lifelong friends. Through this organization, it is possible to feel at home anywhere there are Sokol units and Sokol people.

I feel teaching is one of the greatest benefits I have gained from Sokol. Teaching gives me the opportunity to keep current with gymnastics and the opportunity to work with

young people. Even though I am the teacher, I learn from the children I teach.

Sokol is a very important part of my life. My life would not have been the same without Sokol. I hope I will be able to return to the organization all the benefits it has given me.

ELLEN DORN

Sokol Berwyn



Sokol means many different things to me. Sokol has helped me get physically fit and mentally aware. Through that, I have been able to accomplish any goal I have put in front of myself. It has also enabled me to meet many new friends, both here in Illinois and in other states. I also see through teaching children how Sokol affects their lives. Sokol helps children develop physically, socially and mentally. I feel I help children develop these skills by teaching them as I was taught.

BECKY-JO PROSKOCIL

Sokolice South Omaha



Many people associate a falcon with the word “Sokol,” but a falcon, or Sokol, can mean much more. The falcon is a powerful bird that flies high over far distances and that watches over all. That is exactly what Sokol means to me. It gives me physical strength by participation in gymnastics. It allows me to learn about the Czech heritage. It provides me with many new experiences by allowing me to travel to places I have never been. However, most importantly (as the falcon oversees all), Sokol has let me meet many fascinating people. The kind of people I am mentioning take the time to say hello as they pass by, to encourage me if things go wrong, to joke with me if I have had a bad day and to help me through whatever situation. Sokol has taught me that “No life grows great until it is focused, dedicated, disciplined.” (Harry Emerson Fosdick)

"WHAT SOKOL MEANS TO ME"

Six Views from Merit Award Applicants

(Continued)

MAXINE GERWIG

Sokol Ceska Sin



Throughout my many years in the Sokol organization, I have learned many valuable lessons that have influenced my life.

As a young, hyperactive participant in the gymnastics program, I quickly learned that Sokol requires discipline. Cooperation was demanded from each gymnast in order to assure safe progression. We learned that there was a time for wildly running around the gym, but there was also a time for silent, structured ranks.

As I grew up and my involvement in Sokol increased, I began to feel a sense of belonging. The gym was a place where I could be with my friends, but it also was where I knew I would be accepted and appreciated. I started to comprehend why the adults addressed each other as Brother and Sister. Dressed proudly in my royal blue uniform at my first Slet, in Washington D.C., was where I actually felt that camaraderie.

With my deepened desire to learn more about gymnastics and the Sokol System, I was sent to instructor school. As a reward for my successes, I was given the responsibility of my own class. I became my job to educate and inspire my students to love and understand

Sokol gymnastics as much as I do. After all this time and all these lessons, I have noticed that fun has bonded them all together. This enjoyment has come to me as a participant, an instructor and a member of the Sokol Organization.

I have been taught so much by Sokol. My life has been influenced by coaches, teammates, Dr. Tyr's philosophy and by my Brothers and Sisters from all over the world. It is a great feeling to know that whenever I am involved in a Sokol function, whatever my role may be, that I will be happy just being a part of it all.

DANIELLE CIONNE

Sokol New York



Sokol Hall is more than just a place where I go to work out. The people there are more than just my coaches and teammates. Sokol itself is more than just a gymnastics organization. Founded in Prague, Czechoslovakia in 1862 to defend freedom and democracy, Sokol now exists on three continents.

Throughout my six years at Sokol, I've realized that their primary goal is not to create the "ultimate" Olympic gymnast, but to stay in shape and have fun. This attitude is important to me. I've never been one for fierce competition or for earning

a perfect "10." The friends I've made at Sokol New York and at other Sokols across the country are far more valuable.

This relaxed environment creates a sense of family that is an inherent part of Sokol itself. It exists in every Sokol gym, especially my own. With all the time and hard work everyone puts in there, Sokol feels more like a "second home" than a century-old gymnasium.

JOSHUA MILAN

Sokol Fort Worth



As a lifetime member of the American Sokol Organization, it means a lot to me and my family. I have been involved in gymnastics all of my life and I give Sokol, Rome Milan and the good Lord above all of the credit for my success. Without these individuals, I would not be where I am now. My family of Sokol members gives me the support I so richly need. Whenever I need to have a place to go, the Sokol and its members are always there for me. I really love the organization and everything that it stands for. It has taught me discipline, self control, love and the need for family. I appreciate the American Sokol Organization and the life it has given me and the life it will give my family in the future when I have one of my own.

What does Sokol mean to YOU?

Czech Gymnasts and Members of Kolin Brass Band Enjoy XVIII Slet, and More!



As part of their visit to the United States for the XVIII American Sokol Slet, June 1993, the Czech gymnasts enjoyed a day at Brookfield Zoo. © Photo by Mike Greer, Chicago Zoological Society Audiovisual Services



Members of the Frantisek Knoch Kolin Brass Band perform an outdoor concert in front of the fountain at Brookfield Zoo during their visit to the XVIII Slet. © Photo by Mike Greer, Chicago Zoological Society Audiovisual Services



AMERICAN SOKOL ORGANIZATION

GYMNAST

JULY-AUGUST 1993



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

American Sokol Organization NATIONAL INSTRUCTORS SCHOOL FOR BEGINNERS — INTERMEDIATE — ADVANCED



June 27 — to July 7th, 1993
MIDWESTERN UNIVERSITY
Downers Grove, Illinois

SOUTHERN DISTRICT SLET SOKOL HOUSTON June 11-12-13, 1993

Special Number Competitions:

- 1 Ft. Worth
- 2 Corpus Christi
- 3 Zizka, Dallas

Volleyball Championships:

- 1 Ft. Worth
- 2 Ennis

Boys, Novice 6-9:

- 1 Benjamin Lehoski, Houston
- 2 Britt Craig, West
- 3 Jeff Pustejovsky, West
- 4 David Poag, Houston
- 5 Bradley Dulock, West

Team Award: West

Boys, 6-9:

- 1 Adam Benbasset, Dallas
- 2 Garret Marshall, Corpus Christi
- 3 Kevin Sheridan, Corpus Christi
- 4 Timothy Hampel, Ennis

Boys, Novice, 10-12:

- 1 Austin Gregory, West
- 2 Mairo Rinche, Houston
- 3 Scott Chladek, Houston
- 4 Tomas Silhan, Houston
- 5 Joshua Krezinski, Houston

Team Award: Houston

Boys, 10-12:

- 1 Peter Cummings, Ennis
- 2 Brian Sheridan, Corpus Christi
- 3 Jon Boyd, Ennis
- 4 Zeb Smith, Ft. Worth

Team Award: Corpus Christi

Junior Boys, Division IX, 12-14:

- 1 James Smisek, Dallas
- 2 Adam Tunk, Dallas

Junior Boys, Division IX, 15-18:

- 1 Brian Smisek, Dallas

Junior Boys Team Award: Dallas

Junior Boys, Class VII, 12-14:

- 1 Seneca Smith, Ft. Worth

Men, Class VII:

- 1 Cliff Mullican, Ennis
- 2 Charles E. Kalat, Ennis

Junior Boys, Class VI, 12-14:

- 1 Mark Philpot, Ft. Worth
- 2 Bryan Wescott, Ft. Worth
- 3 Robbie Allen, Ft. Worth
- 4 Shawn Austin, Ft. Worth

Junior Boys, Class VI, 15-18:

- 1 Tom Philpot, Ft. Worth

Junior Boys, Class V, 15-18:

- 1 Philip Podhrasky, Dallas

Men, Class V:

- 1 Kevin Bates, Ft. Worth

Ken, Class II:

- 1 Josh Milan, Ft. Worth
- 2 Wade Garrett, Ft. Worth

Junior Girls, Level II, 12-14:

- 1 Shelly Berger, West
- 2 Rachel Horton, West
- 3 Brianne Moore, Dallas
- 4 Angela Smisek, Dallas
- 5 Lezlee Wester, Ennis

Junior Girls, Level II, 15-18:

- 1 Jana Podhrasky, Dallas
- 2 Natalie Smith, Ft. Worth
- 2 Karen Holt, Corpus Christi

Women, Level II:

- 1 Laurie Southwell, Ennis
- 2 Rhonda Liska, Ennis
- 3 Lisa Laznovsky, Ennis
- 3 Michelle Avery, Ennis

Team: Ennis

Girls, Level IV, 6-9:

- 1 Rachel Washburn, Ennis
- 2 Michelle Mercer, Ennis
- 3 Valerie Swanner, West
- 4 Kialyn Taylor, Corpus Christi
- 5 Tanitha Ulanowski, Ft. Worth

Teams:

- 1 Ennis
- 2 Corpus Christi

Girls, Level IV, 10-12:

- 1 Krystal Schroeder, West
- 2 Stephanie Langer, Ennis
- 3 Taylor Pack, Houston
- 4 Kim Vosberg, Ft. Worth

Team: Houston

Junior Girls, Level IV, 12-14:

- 1 Tashawna Ward, Houston
- 2 Tina Avery, Ennis
- 3 Kimberly Anderson, Houston

Team:

- 1 Houston
- 2 Ft. Worth

Women, Level 4:

- 1 Jessica O'Bannon, Ennis
- 2 Kim Oates, Ennis
- 3 Dawn Pate, Dallas

Girls, Level V, 6-9:

- 1 Casey McCluney, Ennis
- 2 Jill Westcott, Ft. Worth

Girls, Level V, 10-12:

- 1 Sarah Horton, West
- 2 Rachel Smisek, Dallas
- 3 Judy Sheridan, Corpus Christi

Junior Girls, Level V, 12-14:

- 1 Sharon Hegwood, Ft. Worth
- 2 Tiffany McGee, Houston
- 3 Amanda Hopkins, Ft. Worth
- 4 Kathryn Grace, Ennis

Junior Girls, Level V, 15-18:

- 1 Taylor Killens, Ennis
- 2 Amy Cilny, Houston

Girls, Level VI, 10-11:

- 2 Adrienne Vasquez, Ennis

Junior Girls, Level VI, 12-14:

- 1 Bethany Larson, Ennis

Junior Girls, Level VI, 15-18:

- 1 Lara Weidenback, Ft. Worth
- 2 Melissa Chamberlan, Ft. Worth

Women Masters:

- 1 Pat Pate, Dallas

ALL-AROUND OPTIONALS:

Girls, Level II and IV:

- 1 Valerie Swanner, West
- 2 Michelle Mercer, Ennis
- 3 Krystal Schroeder, West
- 4 Stephanie Langer, Ennis
- 5 Tiffany McCary, Ennis

Girls, Levels V and above:

- 1 Adrienne Vasquez, Ennis

Junior Girls, Levels II and V:

- 1 Kelly Anderson, Houston
- 2 Tashawna Ward, Houston

Junior Girls, Levels V and above:

- 1 Taylor Killens, Ennis
- 2 Amy Cilny, Houston

Rhythmics, Novice, 6-9:

- 1 Marina Dryer, Houston
- 1 Venessa Terrones, Houston
- 3 Elsie Southwick, Houston
- 4 Melanie Sowa, Houston

Rhythmics, Novice, 10-12:

- 1 Crystal Lehoski, Houston
- 2 Kathy Silhan, Houston

Rhythmics, Women Level 5:

- 1 Kim Oates, Ennis

STRADDLE PRESS TO HANDSTAND

Many gymnasts experience problems with the straddle press to handstand. This element is excellent for improving the gymnast physically. John Atkinson, former British National Coach, said many moons ago, "If you don't take your medicine, you won't get better." The straddle press to handstand is part of the medicine and should be a part of everyone's conditioning program. Success in this area will mean success in skill learning.

Let's look at some of the problems involved in this intricate element.

Meg Warren
Association of
British Gymnastics
Coaches

Phase 1 — the Straddle Lever

The Problems

A. The gymnast needs strength in the upper arms to hold the straddle L position — the strength to push the shoulders down which has the effect of "lengthening" the arms.



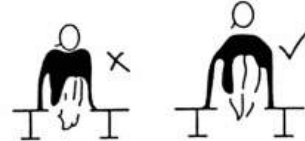
B. The gymnast needs strength in the hip flexors and the quadriceps to keep the legs lifted and straight.

C. The gymnast also needs suppleness in the hamstrings to make the muscle action easier. If these muscles are stiff then the hip flexors and quads have to fight against muscle resistance as well as fighting against gravity.

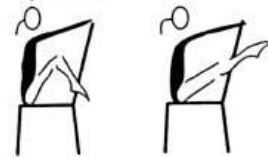
Solutions

A. Using two benches or chairs, the gymnast lifts to

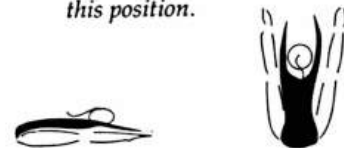
support. She must try to hold the position with the shoulders depressed. This will lift the hips up and thus away from the bench level.



B. Sitting on a chair, the gymnast extends her legs keeping the knees high. The gymnast needs to repeat this many times until the pain starts... and then go on a bit further.



C. Train the fold position. Have the gymnast try to relax in this position.



Phase 2 — the Press to Handstand

A. The gymnast needs to be strong in the region shown. She needs to contract the posterior fibers of the deltoid muscle and upper back muscles to lift the hips above the shoulders.



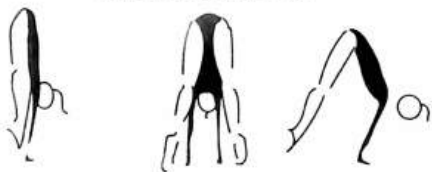
B. She needs to be strong enough to stop the shoulders from falling forwards. Again, strength is needed in the same shoulder region to keep the shoulder angle open.



C. The gymnast needs to be supple in order to keep the knees close to the armpits.



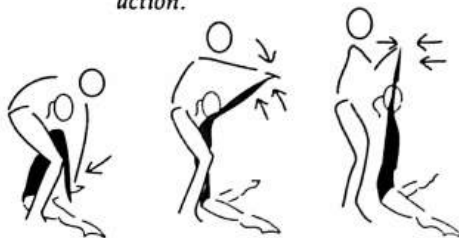
She needs to be supple enough to lift the legs up through the side position (this requires less strength) and not backwards.



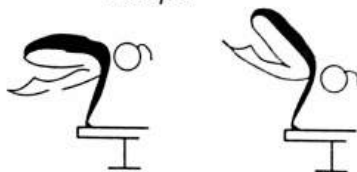
Solutions

A. With the gymnast in a straddle sit, the partner applies resistance to the gymnast's wrists or elbows, but still allows the gymnast to move the arms up to the vertical. Repeat several times. After 10 repeats the shoulders should ache. If

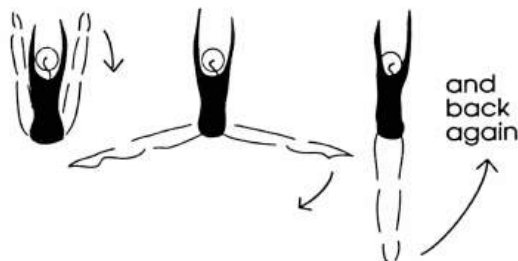
they don't, then not enough resistance has been applied. Only resist the opening action.



B. The perch position is good for the ability to hold the shoulders forwards; in fact, that is why it is there. Also, have the gymnast try lifting the hips.



C. The following practice is not only good to train for suppleness needed but also gives the gymnast a simulation of the whole movement, but done on the floor.



Do this five times: that is forward to back and return is one repetition.

Every aspiring giant swing or clear hip circling gymnast needs to be well conditioned if she is going to be successful, safe and technically correct.

American Sokol XVIII Slet 100th Anniversary Series[®]

This is your opportunity to own the only 3-tape edition (120 minutes each) of the five days of the XVIII Slet activities. Never again will you have to say, "If only you had been there; what a sight to see!" Now you can SHOW THEM.

A valuable public relations tool for your unit. A timeless memory for you.

- TAPE 1** Two hours of the SLET program at Hoffman Stadium in Berwyn, IL. This tape provides the best taping of a Slet! Taped through the services of volunteer producers through community television, it offers two camera views of the Slet field and close-ups of each group. The Sokol Fanfare and March alone is twenty minutes long and every district and guest organization is vividly captured for historical record.
- TAPE 2** Contains major portions of the Banquet speakers and Czech Dancers. In addition, the recent recordings of Sokol History and Sokol and the Family, as produced for television and aired on Naperville Community Television and Metrovision Cable Networks, are included.
- TAPE 3** Besides featuring the Opening Ceremonies and the Special Number Performances in their entirety, this tape also highlights scenes from the gymnastic, rhythmic gymnastic and volleyball events. Competitors will especially like this one.

The red, white and blue tape sleeves are packaged as a set and will be an authentic addition to your historical library (for history buffs) and a family record! Tape 1 (SLET) is also available individually.

All the proceeds to benefit American Sokol programs. **ORDER NOW!**

Mail to the attention of: **Lynda Fillpello, Executive Director**
American Sokol Organization
6424 W. Cermak Road
Berwyn, Illinois 60402

© Sole property of American Sokol, all rights reserved.



American Sokol XVIII Slet 100th Anniversary Series[®]

Slet Tape Only	_____	@ \$19.95	\$ _____
3-Tape Set	_____ <small>QTY.</small>	@ \$39.95	\$ _____
+ Postage per Set or Tape			\$4.00 ea.
= Total Enclosed			\$ _____

Please make checks payable to: AMERICAN SOKOL

Mail Tapes To: _____

Address: _____

City/State/Zip: _____

A Resolve of the XVIII Slet

As the last ranks of Sokols, scorched by the summer sun from head to toe, yet briskly marching to the final tune of the Kmoch Band, left the Slet field, the XVIII American Sokol Slet passed on to history. The June 27, 1993, gymnastic exhibition culminated the five days of an unusually lively Sokol program. The XVIII Slet was thoroughly planned, well prepared and almost flawlessly executed. To be sure, it did have some faults, as no human activity is without blemish. Yet, they were few and far between. The Slet Committee that carried the heavy burden of responsibility and indeed hard work, may be proud of its accomplishments. Should the Slet bring the necessary financial gains, it may well stand next to the often remembered Slets of yesteryear.

It is difficult to ascertain a single reason that made this Slet so outstanding. Yes, the efforts of the Slet Committee were enormous. Was it the presence of the Czech gymnasts denied to us for almost half a century? Their fine performance, pleasant disposition or freely expressed happiness to be with us? Was it the rejuvenated vigor of our progressive units? The heart and soul pleasing tunes of the world-renowned Kmoch Band? The joyful manner of our youngsters or the smiling eyes of those who cannot be on the Slet field, but came to relive their bygone Slets? Or because Chicago-land is still a Czechoslovak American domain?

Undoubtedly, all these spontaneous values of human cheerfulness brought about very visible expressions of our Sokol spirit; a truly moral commitment reaching to the very core of Sokol purpose. Such profound devotion to a cause that has been with us for almost 130 years was the most important aspect of this XVIII Slet. In a larger sense, this spirit and purpose will guide us

toward the new century and into another millennium.

The XVIII Slet of the American Sokol Organization now belongs to history. Yet, like the life saving beam of a naval lighthouse, it will lead us into the future. In the last few years, we have sincerely tried to consider certain changes that touched upon the basic structure of Sokol system. While it is too early to pass a judgment, cold reality is seeping in; it foretells the old adage, "God helps those who help themselves."

In retrospect, the XVIII Slet taught us that we cannot steer astray from the basic Sokol principles. Simply put, we are an organization so unique that we hardly resemble any other nationwide organization. Where else can one find a group of people who sacrifice their free time for a unit, district, national office and a Slet committee? In 1991, the Red Cross proudly announced that 86 cents of every dollar donated was spent on an actual cause. Consequently, our collection to support the Czech gymnasts at our Slet brought about 116 cents to every dollar collected. First, every penny went to the announced cause; and secondly, there was no administrative cost. The initiators of this self help carried all postage, phone, travel, etc., by themselves. This, of course, is merely one example of Sokol brotherhood. There are many similar actions earnestly run by many Sokol units. We still have willing officers and instructors conducting our functions and classes for no monetary reward, while those who are being paid are working for a pittance.

Over the years, we have wholeheartedly cooperated with any organization that shares our goal. We gratefully accept the apparatus moves from USGF or anything else which is offered to advance our common cause. We seek Corporate sponsorship, wherever possible. We try to mold our Sokol program

to fit the society or community we live in. While we realize that each epoch gives rise to many innovations, at times seemingly quite odd to the older members, we do not reject any new trends, but rather seek ways to embrace them within the realm of our program. In the end, however, we cannot turn away from the basic principles of Tyrs' Sokol philosophy so visible at our last Slet.

We have incorporated gymnastic classes for pre-schoolers and are quite successful at it. We have found ways to attract our "old-timers" who, instead of watching television, are watching themselves on the gym floor. We've accepted many sports as part of our program. We have realized that to support what we preach, we involve ourselves in various degrees of business. Our predecessors would raise their eyebrows, but they would recognize that advancing times call for inevitable modifications.

These are not fundamental changes, but rather an expansion of our program or activities that support such programs. As long as we adhere to the basic principles that make us so unique, our organization will prosper. We make common cause with USGF, YMCAs, gymnastic clubs, historical societies or ethnic groups, but we cannot be one of them. We are not a gym club, we are much more than that. We stress physical fitness, adding a program of moral upbringing and self-discipline. Our calisthenics is not a part of our past, it is an expression of togetherness, a statement of harmonious principles, an integral part of our Sokol brother and sisterhood.

It is true that Bela Karolyi develops champions, at quite a price. It is also true that USGF's main goal is to send the best gymnastic teams to international competitions. In that endeavor we support them. But our goal is quite

Continued on page 11.

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 D. Henry S. Swiontek from Otto Polacek & Family\$20.00
In memory of D. Henry S. Swiontek from Emily R. Polacek & Family\$20.00

LIBRARY & ARCHIVES FUND

In memory of Frank Svoboda from Julie Barcal\$10.00

5/25/93 ASO Executive Board Minutes (continued)

like to try to set a time during the Slet where she can meet with districts or units that need information about fund raising and how to approach corporations. Bro. Lebloch moved that Sis. Filipello should try to meet with interest units about fund raising sometime during the Slet week, seconded and passed.

Bro. Borvansky would like to have a Board of Governors' meeting on Saturday, June 26, 1993 from 3:00 until about 5:00 p.m. if all members are available. More information will be sent out about this idea.

Sis. Kourim reported that the 1993 Slet is moving along. The BOI is very organized. Ticket sales are going well. The program book is near completion and will be at the printer soon. The Brass Band is coming. The Banquet Committee and Trophy Committee have most of their work completed. The Seal Committee is almost done. There does seem to be interest in the bowling and golf outing. Souvenirs are still selling and will be available at all Slet activities. Since Bro. Rabas is sick, our Czech publicity is not as good as it should be. The only English publicity has come from mailing from the main office. We are still short rooms at the

Marriott and may have to pay for the additional rooms we use. Over 100 plates have been sold. Quilt raffle is picking up again. Insurance is signed. Items are coming in daily for the courtesy table. The coach from Naperville has signed and returned the contract we have with him. There will be tables available for rent at the Sunday Slet. Other units may rent a table to sell any souvenir items they have available. The city of Berwyn, IL will be notified and a paramedic and ambulance will be on site.

There was a long discussion about various types of insurance. Each unit should send a letter that they have insurance covering their gymnasts that are competing. Sis. Kalat will talk to directors and give them alternatives if they do not have insurance. If they still do not have insurance, we need a disclaimer signed by the units before their people can participate.

The Yugoslav Sokols of the Free World would like to perform a Special Number. Bro. Satek moved that they be invited to perform their number at the Special Number Exhibition, but not on the Slet program, seconded and passed.

Sis. Dalton asked about the Seattle tax bill. So far, we have no additional correspondence about this matter.

Sis. Filipello stated that we may not use the Ray Kroc name for any award we might want to develop. There will be nothing at the Slet, but she would still like an award to be given every four years at our Slet to either a district, unit or individual. This idea is back in committee.

We now have a Slovak flag, a new pole, a new stand and flag pole top in the office for use at any function. A certificate of membership will be given to Sokol Taylor at the Southern District Slet. Bro. Milan moved that a \$25 donation be sent to the Calligraphy Class at Carl Sandburg High School for their donation of talent, seconded and passed. A discussion about a roundtable after the Slet. Still no decision. So far we have not been notified of any fee for the World Sokol Federations. The videotapes that were done at the Cable TV station in Naperville will be available after the Slet for \$20.

Meeting adjourned at 10:00 p.m. –
Sis. Nancy Pajeau, Secretary

American Sokol Organization

QUARTERLY FINANCIAL REPORT - APRIL/MAY/JUNE 1993

Submitted by Sis. June Pros, Financial Secretary

RECEIPTS

Dues	\$17,483.00
Convention Fund 4th Qtr	932.00
Special Assessment 4th Qtr	575.00
Dividends/Interest	74.32
Subscribers/Advertisers	87.80
Resale Jewelry	2,181.25
Old Souvenirs	213.75
Educational Booklets	164.00
BOI Skills/Video	167.75
Postage/UPS	15.02
Donations to General Fund	96.93
Czech Video	60.00
Mailing Labels/Copies	22.35
BOI Rhythmic Materials	74.40
Repay Merit Award	225.00
XVIII Slet Video	40.00
Uniform Dept. Salaries (Mar./Apr./May)	1,439.23
Uniform Dept. FICA/Medicare	248.24
Uniform Dept. FWT	11.00
Uniform Dept. IWT Tax	48.15
Uniform Dept. Phone/Fax	91.09
Uniform Dept. Rent, April/May/June	825.00
Directors Pins	426.00
Pancake Breakfast Tickets	18.00
XVIII Slet Repayment	7,321.99
Phone Directory Listing	40.00
Scrap Paper	2.46
Slet Yearbook	725.00
TOTAL	\$33,608.73

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries, April/May/June	\$2,635.83
FICA/Medicare, March/April/May	409.02
FWT	66.00
IWT, 1st Quarter	70.80
Petty Cash, Postage	159.87
Office Supplies	169.53
Janitor Service/Supplies	287.25
CPA Fee	435.00
Illinois Bell/Long Distance/FAX	291.94
Commonwealth Edison/Electric	196.94
Insurance	525.00
Slovak Flag, Pole, Stand	138.50
Certificate Sokol Taylor	65.55
Reservations Sokol Milwaukee 125th	80.00
Cermak Road Bus. Assn. Dues	50.00
Rent, April/May/June	2,541.00
TOTAL	\$8,122.34

BOARD OF INSTRUCTORS

Salaries, April/May/June	\$2,286.15
FICA/Medicare, March/April/May	497.30
FWT, March/April/May	45.00
IWT, 1st Quarter	58.35
Petty Cash/Postage	49.77
Illinois Bell/Long Distance/FAX	520.71
Editor "Gymnast"	60.00
Printing "Sokol Gymnast"	475.88
TOTAL	\$3,993.16

EDUCATION

Salaries	\$73.63
FICA/Medicare	12.64
IWT, 1st Quarter	1.95
Supplies	44.10
TOTAL	\$132.32

PUBLICATION

Salaries (Mailing)	\$288.28
FICA/Medicare	12.64
Supplies	15.60
Editor, April/May	300.00
Printing	3,498.20
Postage, April/May	713.88
TOTAL	\$4,828.60

UNIFORM DEPARTMENT

Salaries, April/May/June	\$1,570.60
FICA/Medicare, March/April/May	248.24
FWT	11.00
IWT, 1st Quarter	41.55
Illinois Bell/Long Distance/FAX	90.49
Rent, April/May/June	825.00
TOTAL	\$2,786.88

EXECUTIVE DIRECTOR

Salary, April/May/June	\$2,540.55
FICA/Medicare, April/May/June	459.00
FWT, April/May/June	147.00
IWT, 1st Quarter	82.95
Illinois Bell	184.00
TOTAL	\$3,413.50

MISCELLANEOUS

L K Fire Extinguisher Co.	\$110.00
Art Work "Talon" Character	320.00
TOTAL	\$430.00

XVIII SLET

Phone	\$30.56
BOI Postage/Video Tapes	261.12
BOI ID Badges	154.14
BOI Trophies	872.77
BOI Audio/Visual	94.00
BOI Supplies	76.81
BOI Field Leader Shirts	340.50
BOI Rental Bold Typewriter	60.00
Banquet Postage	91.14
Supplies	111.70
Ticket Postage	168.65
Poster Postage/Supplies	24.47
WNIB Radio Advertising	200.00
Immigration Fee/Czech Band	510.00
TOTAL	\$2,995.86

ASO INSTRUCTORS SCHOOL

McDonald's Corp. Donation	\$2,500.00
Staff Shirts	142.50
TOTAL	\$2,642.50

SPECIAL ASSESSMENT

Eastern District	\$113.75
Central District	257.00
Western District	573.00
TOTAL	\$943.75

Balance Brought Forward/Checking	\$8,503.87
Receipts	+ 33,608.73
	\$42,112.60

Disbursements	- \$30,288.91
Plus Void Check #11714 5/28	60.00
Less Bank Service Charges	\$12.86

BALANCE CHECKING 6/30/93 **\$11,870.63**

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**

Educational Materials		Membership Pins and New Member Information Kit	
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)	\$32.00
		55 Years & Over "Citation of Merit"	NO CHARGE
Souvenirs		Etc.	
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	
Sokol Stadium Cushion	\$4.50	*** All prices are plus shipping. ***	
Sokol Scarf	\$7.50	Please mail orders to: American Sokol Organization 6424 W. Cermak Road • Berwyn, Illinois 60402-2386	
Sokol Bouquet Postcard	.25	Dr. Miroslav Tyrs Bronze Bust \$1,450.00 + Shipping (Weight = 100-115 lbs.)	
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		

A Resolve of the XVIII Slet - Bro. Vladislav Slavik

(Continued from page 8.)

different. We don't involve our selves in instructions of individuals. While our system occasionally develops a champion, our classes are directed toward physical and moral improvement of all children and adults, of any age, be they talented or not. Besides gymnastics, we teach games, mass calisthenics, singing, dancing, various sports; we run social affairs, help our communities, adhere to Czech and Slovak traditions and much more.

The only organizations with similar programs are other Sokol organizations, especially the Czech Sokol Union. Traditionally, the American Sokol Organization was considered a continuation of the Czech Sokol Union.

The COS gave us all it could, while it could, and today we need each other. We must cooperate the most with these organizations, for we share the same goal. With the addition of some 50 gymnasts from the Czech Republic and gymnasts from other Sokol organizations, the XVIII Slet of the American Sokol Organization once again defined our purpose. It confirmed that our greatest asset is a strict adherence to the Declaration of Principles and Article 2 of our Constitution and By-Laws, our membership and our children. That is where our strength is.

Depending on its members and leaning on other Sokol organizations, the American Sokol Organization outlived many

ruthless empires, experienced four terrible wars and helped in numerous struggles against human or natural disasters. Many similarly oriented organizations faded away, while we are still here. Our predecessors left us a rich Sokol legacy, built on centuries-old moral values, yet progressively molded to satisfy today's way of life. Our XVIII Slet, with its unusual flair and delight on one side, yet with self-discipline and poise on the other, will motivate our future. It showed that as long as we follow in the footsteps of our predecessors, we will be able to pass on this Sokol heritage to a new generation of Americans to benefit their children, their community and these United States.

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 24 x 28" burial plot, a Vault, two Cremains 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



Rich In Experience

wfla
western fraternal life association

Dynamic In Vision

1900 First Ave. N.E.
Cedar Rapids, IA 52402

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