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VESELE VANOCE!
Merry Christmas!

American Sokol

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EDITOR - PATRICIA SATEK

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CALENDAR of EVENTS

DECEMBER

- 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

JANUARY

- 22-24 Central District Skill Progressions Clinic
- 22 Sokol Slavsky/Berwyn Mostaccioli Dinner

SPECIAL ANNIVERSARY DATES

- April 1994 Sokol Women of Little Ferry 85th Anniversary

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YEAR RIGHT! SEND
YOUR UNIT'S
CALENDAR OF
EVENTS TO THE
A.S.O MAGAZINE
EDITOR
NOW!**

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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...

I extend to you my warmest wishes for a joyful holiday season with your family and friends and hopes for a bright and prosperous new year. 1994 brings the excitement of a Slet in Prague and all the preparation and planning that go along with it. It will truly be a wondrous event and I look forward

to being able to publish many of your comments and photos.

Vesele Vanoce a Stastny Novy Rok!

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

*Rather than love,
than money,
than fame,
give me truth.
❖ Henry David
Thoreau*



FOR THE RECORD

Minutes of the October 26, 1993 meeting of the A.S.O. Executive Board

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

The minutes of the September meeting were approved with the adjustment that Bro. Mickey Dalton is now Western District President and Bro. Masek was present at the meeting. Also, Sis. Pros and Jurew were excused from the meeting.

Letter from the Czech Slovak Museum and Library asking for a donation. Letters from the Central District asking about job descriptions and other information, it will be addressed. Letter from Sokol Ft. Worth about their anniversary. Letter from Bro. Slavik and the Eastern District asking about the Executive Director's position.

Sis. Kalat read the BOI report.

Bro. Lebloch moved to approve the following bills if all units in a District have paid their quarterly dues: Western District for \$212.87 for Technical Gymnastic Material, Western District for \$592.67 for USA Gymnastics Congress of Coaches, Northeastern District for

\$120 for USGF Membership, Northeastern for \$611.94 for Prague Calisthenics Clinic, Southern District for \$1,042.61 for Congress of Coaches and Central District for \$4,685 for National Instructors School, seconded and passed.

Sis. Pros moved to pay bill of \$7.07 to Sis. Fiordelis for postage and \$12.45 to Sis. Satek for phone calls, seconded and passed.

Bro. Lebloch moved to approve BOI recommendation that we continue our USGF membership, seconded and passed.

Bro. Kalat moved that we pay \$150 to cover the cost of meeting room for the District Directors' Conference at the Clubhouse Inn, seconded and passed.

Bro. Lebloch moved to purchase all three new Code of Points books from the USGF for the BOI, seconded and passed.

A brief overview of the District Director's Conference was given, with more details coming next month. The 1993 Slet was discussed in great detail, tournament rules were reviewed, recommendations were made for the Executive Board to vote upon. Also, there was a discussion of the 1994 Prague Slet.

Sis. Sedlacek reported that we have a total of 5,936 members, not including Sokol Ft. Worth and Sokol Zizka as of this date.

Bro. Lebloch reported that as the Educational committee he wrote article for Czech Slovak National Council 75th Anniversary, attended District Directors' Conference and

will be on the Slet Tour Committee for the 1994 Slet in Prague. He also reported that Sokol Pilsen building is for sale in Chicago.

Bro. Milan reported that he is working on Sokol Ft. Worth's anniversary and has attended USGF meetings. He reported that Mike Jacki has resigned from the USGF.

Sis. Satek reported that the September issue has been mailed and October is at the printer. The Cicero/Berwyn Press is going out of business, so a new printer will need to be found for future publications.

Sis. Pros reported on the September statement, the July/August/September statement and report of savings and checking accounts. Sis. Pros reminded the group that 25% of the Slet profits must go to the Central District. She also recommended that we raise dues at the next convention.

Sis. Wojcik reported that the profit for the 1993 Slet was \$38,724 with some bills and checks still outstanding. Books will be ready after October 31, 1993 for the auditing committee.

Bro. Masek reported he is no longer president of the Western District. He did not have a Foundation meeting recently. He requested the copy of 501C-3 letter. He attended Lincoln, Nebraska event honoring Czechs.

Sis. Kourim has been very busy with uniform orders. Bro. Borvansky reported he attended District Directors' Conference, Czech National Council Anniversary and

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CHRISTMAS

The Czechs and Slovaks get off to a good start with traditional house cleaning at the beginning of December. This is no ordinary house cleaning, but a week-long effort.

The Christmas Holiday season officially begins with St. Nicholas Day. St. Nicholas served as bishop of Myra in Asia Minor in 300 A.D. He was famous for his generosity and people came to believe that any surprise gift came from him.

In Czechoslovakia, as well as in

some Western European countries, St. Nicholas Day is celebrated on December 6th. According to tradition, on that day a man dressed in the rich robes of a bishop walks through the villages and questions the children on their behavior during the past year. He is usually accompanied by an angel who carries a bag of presents and candy, fruit and nuts and by a devil who brings switches and onions, potatoes and coal for the children who have been bad.

Of course, all children everywhere profess to being good all year long, and because St. Nicholas is so believing and so good, most children are rewarded with only good things to eat and cherish.

Marzipan, a kind of almond candy that is colored and shaped to look like

fruit or nuts or toys, is usually a favorite present, and if not eaten, is hung on the Christmas tree as a decoration.

Soon starts the baking of Vanocni Cukrovi (Christmas candies and sweets). Each family has its special goodies to share with other families and friends. Part of the holiday includes visiting friends and celebrating together. It is customary for those who have quarreled during the year to forgive each other publicly.

While the women are busy baking, the men select a goose to fatten up for the Christmas dinner. They tie him down and feed him well and all that he will eat.

A tree is bought and secretly hidden away, for no one is allowed to see it until after dinner on December 24th. Only the head of the household trims the tree, done on Christmas Eve morn, and only he or she can see the tree until that magic moment when Jezisek, the

Christ child arrives (which always happens after dinner).

The Christmas tree is decorated with h a n d m a d e ornaments using walnut shells

wrapped in colored paper or gilded. Some use eggshells decorated to look like fish or angels. Gaily colored pinwheels resembling snowflakes and stars are hung by a thread and a variety of bells are hung with



TRADITIONS

ribbons. Boys and girls weave chains of red and green paper to hang. Sometimes, chocolate candies are fashioned in many shapes and wrapped to hang also. A small crèche is placed at the base of the tree. Gifts are put under the tree before 6 o'clock in great secrecy.

On December 23, people go out to buy the traditional Christmas carp for dinner. Several days earlier, huge wooden barrels appeared in the cities with live carp swimming around in them. The buyer points to the fish he or she wants and the fun of trying to catch it begins. Most often, the carp is taken home alive and allowed to swim in the family bath tub until Christmas Eve morning.

The best cuts of the carp are covered with flour, dipped in egg, covered with bread crumbs and fried. Lesser cuts are baked with dried prunes and served with dumplings mixed with butter-fried cubes of bread. Some carp is made in plain gelatin as Rosol and served cold with salad. The head and tail are wrapped in white cloth, boiled and the stock is made into soup with vegetables and served with croutons.

There was caroling in the streets and homes on Christmas. Sometimes, the carolers carried miniature Bethlehem scenes along. It was customary to invite them in for a glass of wine and vanocka, a sweet bread made with nuts, raisins

and candied fruit. There is much dancing and eating after the fasting which ends on Christmas Eve. Sometimes, little boys dressed as the Three Kings go out singing for treats.

Garlic was regarded as an absolute necessary prerequisite of the Christmas Eve feast. People were convinced of the special powers possessed by garlic as regards the driving away of evil things and preservation of health.

Dinner begins at 6:00, with members of the family standing and praying together and then, when the mother gives the signal, they all sit down at the same time to dinner and no one is allowed to get up, no matter what! They may also share oplatky (poppy seeds sprinkled on unleavened pancakes and covered with honey) before the meal.

Christmas Eve supper might include Cerna Kuba (pearl barley soup with mushrooms), Kapr Na Cerno, (carp with black sauce made of prunes boiled in milk), potato salad, fruits and decorated cookies. In some families, there is a custom of putting a small coin under each person's plate to symbolize wealth in the coming year and that coin is carried around for good luck. When dinner is over, they all stand at the same time and wish each other a joyous Christmas – Stastne a Vesele Vanoce. Then they embrace and finally rush to the tree and the gifts are distributed and opened. A

quiet evening is spent until midnight mass.

Sometimes the children slept on a bedding of straw on the floor under a table or the Christmas tree. This custom allowed them to take part in the Lord's poor and humble birth.

Christmas dinner might consist of giblet soup with noodles, roast goose with dumplings and kraut, Vanocka (a Christmas twist, also referred to as Houska), kolaches, fruit, nuts and coffee. And how can we forget those mouth-watering foods – apple strudel, which was always eaten with white coffee and and Listy, or Bozie Milosti, celestial crusts which melted in your mouth like wisps of flavored meringue.

There are many Czech and Slovak Christmas traditions which you may have practiced at home and still remember...

Do you remember when girls told their fortunes by putting a cherry twig in water on December 4th, and if the twig blossomed before Christmas Eve, it supposedly means that she will marry sometime during the coming year?

Or do you remember when a girl dropped molten lead into cold water or egg white into hot water she might discover what trade her future husband would follow depending on the shape the lead or egg white would approximate.

Or do you remember cutting an

Continued on Page 10.

CZECHS ARE NOVICES IN THEIR CHANGING ECONOMY

Ellen Goodman - ©1993, The Boston Globe Newspaper Co.

Prague—On the second floor of this very new and very Western hotel, there is a room named inauspiciously for Prague's most famous citizen: Franz Kafka.

Coming upon this room by surprise one morning, I try to imagine Gregor Samsa, the author's man-turned-beetle, lurking behind the sleek doorway. But this Kafka Room holds only the requisite tables and chairs for the people who come here now to hold meetings and do business.

It has been three years since "The Velvet Revolution" separating Czechoslovakia from the Soviet Empire, six months since "The Velvet Divorce" that split Czechs from Slovaks. Today, Prague is in the midst of a different kind of metamorphosis.

It is lurching, racing, tripping, zigzagging, lumbering through the transition from Eastern bloc to Western Europe, from state control to private enterprise — and in the process, from dull certainty to exciting insecurity.

This is an old city, confident in its history. Centuries of extraordinary buildings stand in close proximity along the winding streets, flattering one another in the early summer light.

Each corner turned, every bridge and square crossed, offers another

magical setting, more proof of Czech luck at having been spared German bombs and Soviet architects.

But it is a city that seems less secure about the future. Talking and walking our way from the Kafka room to the Prague castle, I have the sense that we are witnessing the greening of Prague. Not green as in the environmental movement, not green as in greenback, but green as in greenhorn.

*In some ways,
Czechs seem like
fresh immigrants
in their own
country*

In some ways, Czechs seem like fresh immigrants in their own country. Greenhorns in the new world economy, struggling to figure out the ways of the natives to survive in the unfamiliar land of free enterprise.

Everywhere there is evidence of how eager this city has been to westernize and privatize. Whoopi Goldberg's "Sister Act" is playing at the cinema. American music is playing on the radio. There's a Benetton selling sweaters, four McDonald's selling Big Macs and a thousand Swatches in the shops.

This summer, a Cajun restaurant called Red, Hot and Blues opened. On a balmy night, anorexic models come out of the symphony hall wearing Revlon T-shirts. And this week, for the first time, a wide range of investors are trading shares on the Prague Stock Exchange.

The Americans who come here in increasing numbers are students bearing backpacks and entrepreneurs carrying Powerbooks. At the Mozart café, a young Michigan student is waiting on tables and living on the low-rent economy. At the Prague Post, the founder and publisher of the successful English-language weekly is a 25-year-old from Illinois, Lisa Frankenberg, who came here three years ago.

While Generation X in America is complaining about a bias or barrier against youth, it's quite the opposite in this "immigrant" economy.

It's the young people of the Czech Republic who are sought out in the belief that they can learn the language of the free economy faster, that they are less fixed in the old ways. More than a few employers have hiring policies that instruct that "no one over 35 need apply."

Much of the change that we see here is uneven. It is easier to get a good cup of coffee than it was two

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AMERICAN SOKOL ORGANIZATION

GYMNAST

DECEMBER 1993

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



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and a
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Veselé Vánoce — Pěsťsný Nový Rok

DON'T JUST TEACH... PERFORM!

The art (and science) of teaching gymnastics

By Bev Hayasaki, Sportastiks Inc.

Gym presence and body language are what gymnastics students and parents notice most about the teacher. It is so important to present yourself with *energy!* Talk with a *smile* on your face. Move your body with *enthusiasm!*

The "Just Won The Lottery" Look

Your face is so important, especially your eyes. Your teaching task is not limited to imparting your knowledge of gymnastics skills. Your most important job is to get your students *motivated* and keep them that way. Keep them trying their hardest in class, and keep them coming back for more classes.

To really hold that attention in class and build that motivation, put the "just won the lottery" look in your eyes. Imagine that you have just won a million dollars. What do your eyes look like? They get as big as saucers. When a student of yours learns to do a back walkover by herself, let her know. Give her the look you would have if you just won the lottery. The look your eyes give to that child can say it all. Even if you throw in a "fantastic," the look on your face, especially your eyes, will convey far more than words. You will be surprised at the smiles you get from children just because your eyes lit up when they tried hard in class. Children crave positive facial expressions.

The "Evil Eye"

Eyes can also be the tool to let a child know that you *disapprove* of her actions. If a child is acting up in class, all it takes is a firm look with eyes that say convincingly "You better believe I mean business."

Of course, you probably need to verbally reprimand the child in addition to staring at her with eyes that look determined to sit her in the corner. But those eyes can still say it all; they can make the difference in whether the child takes a chance on testing you again or decides to believe you and behave.

Win An Academy Award For Your Acting

There are many times when you may come into the gym feeling tired or glum. Perhaps you just failed a test or you are walking into your sixth hour of teaching that day. Sometimes you just aren't "up" for teaching. This is normal and to be expected.

Remember, though, your problems should *not* be your student's problems. Your students deserve you at your best. If you allow your body language to show that you are burned out or depressed, you can be certain that it will show to your students and their parents. (Who wants to pay to be instructed by someone who doesn't want to be there?) Every minute of time you give your students is *precious* time. It is especially easy for youngsters to pick up on your tired, nonchalant feeling and to give only 50 percent *themselves* that day instead of their usual 100 percent.

It is *your* job to pull yourself out of the blahs. Make your voice sound enthusiastic (even if you'd rather not talk at all that day). Make your body move energetically (even if you feel sluggish). Make yourself walk briskly with your head up

instead of dragging along starting at the floor (even if you just gained 10 pounds and wish you were invisible).

Find just a bit of sparkle from within. Because before you know it, you will forget about all your bad feelings; you will be so involved in all the smiling faces around you that you will actually enjoy yourself. It is always *your job* to get your students excited about their class and what they are doing. So, if you literally have to *act* to be a good instructor that day, then go ahead... act!

Flash those pearly whites when you talk. Bounce your tone of voice around like a ping pong ball. Use your eyes like a true ham. It will be *your* performance that inspires those children to get the best out of *their* workout. Your performance will get such a happy, interested response from the kids that you will find your own attitude has completely changed since the start of class. You will have fun teaching the class because you will pick up those good vibes from your students. You will sense that they are responding to you and everyone will have fun.

Never forget, your students' learning rate and motivation is controlled by your performance during teaching. By learning the tricks for successful teaching and training yourself to make each class a super performance, you bring yourself right to the top as a professional. And you will see your students up there at the top, too, because your performance will help them achieve their very best.

A Strong Case For STRENGTH TRAINING

By Tracy Thomson

Ask most folks what they associate with strength training, and they're likely to say men, bulging muscles, grunting, and maybe even those tiny bikini trunks.

Contrary to popular belief, strength training doesn't have to turn you into the Incredible Hulk. For that matter, it's not just for men. If you've shied away from strength training because of such misconceptions, you may want to reconsider.

Strength training makes your muscles and bones stronger, helps prevent joint and lower-back injury, makes aerobic activities such as walking, running, and cycling easier, and according to some experts, can even control blood pressure levels. For these reasons, it's essential that you make strength training an integral part of your fitness program.

Why Do You Need Strength?

Perhaps the most important reason to start strength training is to maintain or improve your overall physical health. "As we age, we generally become less active, which causes a decrease in muscle mass and strength," says Philip Walker, fitness manager and consultant at the Cooper Clinic in Dallas. "If we stay inactive, eventually we can't perform the same type of work and make the same types of movements that we did when we were younger."

Having strong muscles makes it easier to perform daily tasks, such as lifting groceries and starting the lawn mower. Activities that demand strength for longer periods of time, such as chopping wood or pushing a wheelbarrow, require muscle endurance, which you can also build through strength training. While these movements may seem easy to you now, 20 or even 10 years down the road, you may be

surprised at how tough it can become just to open the lid of a jar.

Strength training can help prevent injuries. As you get older, it becomes more difficult to maintain balance and coordination. Strong muscles can keep a stumble from turning into a fall. Because strength training increases bone and muscle mass, it can also help prevent fractures and degenerative bone diseases, such as osteoporosis, in which aging bones become porous and fragile.

By building the muscles and bones necessary to perform your daily activities, strength training may delay the aging process and keep you from feeling old before your time.

Exercises for Strength Training

There are three types of strength-training exercises. To determine which type suits you best, read the descriptions below, and then answer the questions in the next section.

Exercising with free weights includes using dumbbells and barbells, which require a weight bench and crossbars.

Exercising with weight machines uses adjustable stations that create resistance with weights and pulleys.

Doing calisthenics, such as push-ups, sit-ups, and leg-lifts, uses your body weight for resistance.

According to Wayne Westcott, national YMCA strength-conditioning consultant at the YMCA in Quincy, Mass., most calisthenics are not as effective as the use of free weights and weight machines because you can't increase the difficulty as you get stronger.

"Exercises that use progressive resistance — those that allow you to gradually increase the amount of weight you lift — will bring you optimum results," says Westcott.

Before You Begin

To make sure your strength-training program is safe and effective, ask yourself these questions before you begin.

Are you fit and healthy? Unless you are older than 35 and have been inactive for a long time, it's probably safe for you to begin a strength-training program. But start slowly. If you're unaccustomed to strenuous activity, suffer from chest pains or dizziness, or have had heart trouble, high blood pressure, or bone or joint problems, you should consult your physician first.

What are your goals? "Make sure your program relates to what you want to achieve," says Walker. Do you want to strengthen specific muscle groups for a particular sport? Do you want to have more overall strength?

Where do you want to work out? Compare the advantages of joining a health club or a gym with working out at home. Consider such factors as safety, price, convenience, privacy, and where you're likely to be most motivated.

How much money do you want to spend? Joining a gym or purchasing equipment can be a worthwhile investment, but if cost is a factor, you should know that a workout can be just as effective with less expensive or homemade equipment. A set of dumbbells or gallon milk containers filled with water or sand can be used as free weights. Another option is to use elastic bands or strips of rubber tubing to create resistance.

Your Exercise Routine

To improve or maintain strength, include two or three 45-minute sessions of training per week. Allow your muscles to rest and rebuild by leaving a day between sessions. Or you might work the upper body one day and the lower body

the next. You can even alternate days of strength training with days of aerobic activity so that you don't work the same muscle groups two days in a row.

Warming up. Start each workout with 5 to 10 minutes of light aerobic exercise, such as walking or stationary cycling, to slowly raise your heart rate.

Strengthening. Begin your session with lighter weights to allow your muscles to warm up gradually. This is important because, as Walker warns, "Muscle will tear when it's cold."

• Perform a variety of exercises that work all of the body's major muscle groups. Each session should include 8 to 10 exercises that work each of the major muscle groups: arms, shoulders, and chest; abdominals; buttocks and hamstrings; hip adductors and abductors (the muscles surrounding the insides and outsides of your hips); quadriceps, and lower back.

• Begin with a weight that you can lift with relative ease 10 to 15 times in a row.

• Perform 8 to 12 repetitions of each exercise.

Cooling down. Follow your strength program with at least five minutes of light exercise to allow your heart rate to gradually return to normal. End your session with stretching exercises to improve your flexibility.

Safety First

As with any fitness program, it's important that you not overdo it, especially if you're just beginning or if you don't get regular exercise. You're ready for a bigger challenge when you can comfortably perform 12 repetitions of an exercise. You can intensify your workout by adding more weight or by doing an additional set of repetitions.

For safety's sake, keep the following tips in mind:

• Make sure you have enough space to perform each exercise without bumping into anything or anyone, allowing extra room in case you lose your balance.

• Be aware of your posture. When doing standing exercises, support yourself by keeping your back straight and your feet shoulder-width apart.

• Because of the risk of dropping a barbell, don't lift free weights without having someone close by to spot you.

• Check equipment routinely to make sure that the weights are secure and that the moving parts slide easily.

Incorporating a strength-training program into your fitness plan will make you stronger and healthier. The simple challenges of daily life as well as more robust activities will become easier, and you will improve your overall quality of life.

Bikini trunks are optional.

For More Information

If you want a more extensive workout, *The ACSM Fitness Book* (Leisure Press, 1992) and *The Strength Connection* (Institute for Aerobics Research, 1990) are good sources for additional strength-training exercises.

ON BEING THERE

James J. Campbell, M.D.

Chairman, Sports Medicine Committee

Whenever an athlete or coach finds himself at the scene of an accident during sports participation, whether in gym practices or at a meet, it is imperative everyone conduct themselves in a way which protects the injured athlete from

further injury or harm. It takes discipline, knowledge, and compassion in order to do the right things in these circumstances. Because of these requirements, everyone should spend some time preparing for them. This means some teaching and discussion.

There is a perception by some coaches that talking about these subjects is counterproductive to athletic performance. It is said that athletes will worry about getting injured, and not be able to perform. However, these matters do not have to be presented in a threatening way. Indeed, most individuals will be reassured that someone is concerned and prepared to help, and that they will be protected. When an injured athlete is confronted with confusion, anxiety, and uncertainty, it does not make him feel good.

Everyone participating in a gym or a competition, should know that, if an injury occurs, those not directly involved should be calm, and stay clear of the injured athlete so that those in charge of supervising and/or evaluating an injured person can see and gain access to the athlete. Of those people directly involved or near the scene of the accident, **ONLY ONE OR TWO** should approach the athlete. **THE OBJECTIVE SHOULD BE TO CALM AND REASSURE THE PERSON THAT HELP IS BEING OBTAINED, AND TO ENCOURAGE THE ATHLETE NOT TO CHANGE POSITION.** The injured athlete should have been taught to be still and gather composure as best as possible, until someone knowledgeable can evaluate what has happened. Some injuries, even severe ones, may not be readily apparent, even to the injured person. It is possible for someone to have injured their neck, for example, and to be okay in a certain position. Moving from that position improperly may quickly result in a spinal injury which causes permanent paralysis. Or a broken leg might be stable, but when moved without consideration, a blood vessel might be torn and cause disastrous bleeding.

In any gym, some participants should be assigned to stand nearby the accident scene for the purpose of taking important messages, such as to call an ambulance, or get some first aid item such as a splint or sandbag, etc. At a competition, these assignments should have been made in advance, and others should not take it upon themselves to "freelance," for this leads to confusion.

If there is not someone present who can evaluate the injury, then no attempt should be made to move the indi-

vidual until trained personnel are available, and the objective should be to keep calm and still, and obtain proper help.

If there are trained personnel available, then at injury time **IT IS TIME TO ALLOW THOSE TRAINED TO TAKE CARE, TO PROVIDE CARE.** This means that the original attendant(s) and the coach should step back and allow the Trainer or doctor and the athlete to concentrate on their task of evaluation. They should stay nearby to provide information as requested. And they should assist in keeping others calm and removed from the scene, including friends and relatives.

At this time it is imperative that the examiner have the full attention of the athlete, so that correct information is obtained efficiently, and a proper screening examination can be performed. If friends, relatives, coaches, concerned athletes interrupt this process, the examination might be faulty, and the athlete suffer further injury. For this reason, at major competitions of the Sokol, coaches, athletes, teams, or other individuals who seriously interfere with injury evaluations can be sanctioned or excluded from the area.

In their own interest, athletes who are injured also need to be ready to cooperate with their evaluation. Again, this works better when there has been some preparation for possible accidents. Athletes need to know that if they try to be as calm as possible, it will be easier to answer specific questions about pain and injury. If possible, the athlete should try to remember as much about how the injury occurred as possible. And once down, it's helpful to pay attention to symptoms: where does it hurt? Was there any numbness or burning anywhere? Have some symptoms gone away, or new ones started? Did you hear any pops, tears, experience any snags, etc.? Always be honest about symptoms, don't minimize them, and don't exaggerate them.

These are all very simple measures. However, we have observed that many participants and athletes are unaware of them, or do not apply them. And because most injuries are not serious, many people develop the impression that it is okay to conduct themselves without discipline in these situations. Every so often, however, something will happen in which observance of these simple rules will be of tremendous importance to someone's well-being. Adherence to these basic principles forms the foundation of any program of safety and good care.

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Excerpts from the Keynote Address by Robert Doubek at the Groundbreaking Banquet for the National Czech & Slovak Museum and Library, Cedar Rapids, Iowa, October 28, 1993

I am greatly honored to speak here this evening, an occasion of such meaning to Americans with roots in the lands of the Czechs and Slovaks. Today we broke ground for a modern, beautiful building to house one of the most outstanding collections of artifacts and volumes documenting ethnic heritage that exists in America. It will insure the preservation of that heritage for generations to come.

The American heritage is my heritage and I revere those who created it for me. I revere the Pilgrims and their contribution to the moral development of our nation, but they weren't my ancestors. I revere George Washington and Thomas Jefferson and the legal and Constitutional system they created, but they weren't my ancestors either.

The notion of ancestry is fundamental to Western tradition and society. A person who doesn't know his or her roots is like a boat adrift. To know one's roots is to have the freedom to be oneself. A basic theme of the Old Testament is how succeeding generations kept the promise of their forefathers. It is clear that those who tried to live only in the present lost their way. No less an American sage than Garrison Keillor has remarked that stories about his ancestors provided him with a sense of standing.

In 1620, the same year the Pilgrims landed at Plymouth Rock, the Czech nation at the Battle of the White Mountain suffered a calamity that forever changed its religious, political and economic life. The Czechs lost

their freedom and national independence and over 30,000 families were forced into exile. In 1781, an edict issued by Austrian Emperor Joseph II finally restored to my ancestors their personal liberty, but still left them burdened with economic obligations to their masters – known as "roboty." Only six years later, the Constitutional Convention met in Philadelphia to draft a document to guarantee the rights that the new Americans saw as inalienable to mankind. My ancestors, however, were not totally relieved of "roboty" until 1848, the year that Ulysses Grant was fighting in the Mexican War. My ancestors were of the Czech Nation and the events that shaped that nation influenced my forebearers, down to the time they immigrated.

I therefore am the progeny of both Plymouth Rock and the White Mountain. Of both the American Constitution and the Edicts of Joseph II. This museum explains who the Czech and Slovak immigrants were and why they came. It helps those of us of Czech and Slovak descent to know ourselves and the influences that shaped us. This museum has special meaning to us, but the story that it tells is universal.

1993 is the 360th anniversary of the arrival of the first known Czech or Slovak immigrant, only 13 years after the Mayflower. Augustin Herrman, a surveyor born near Melnik in 1605, came to New Amsterdam and built a large trading business. In 1659 he was sent to Maryland to settle a

boundary dispute between the Dutch and the English. In return for making a detailed map of the area, he received 13,000 acres in the northeast corner of Maryland from Lord Baltimore. There he built Bohemia Manor, where he lived until his death in 1686. The Maryland town of Herrmanville is named after him and the Bohemia River flows into Chesapeake Bay through his former lands. One of the signers of the Declaration of Independence, William Paca of Maryland, was a descendant of Czechs who settled at Bohemia Manor.

Before 1840, only a few Czechs and Slovaks had emigrated to America, as there was no scarcity of employment in their homelands. Then, however, draughts, potato famines and overpopulation stimulated many Czechs to move. Chicago's first known Czech settler came in 1846 and the first Czech settlement in Texas was in 1847.

The failure of the 1848 revolution stimulated further emigration and the first important Czech rural settlements were established in Wisconsin, with 250 families around Milwaukee. In 1852, the first Czechs arrived in Iowa. By 1854, New York had 40 families. That year, the first fraternal benevolent society was founded in St. Louis.

Many Czechs served in the Union Army in the Civil War and by 1870 there were over 40,000 living in the United States, with most in Wisconsin, Illinois, Iowa, Missouri,

Continued on Page 9.

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Excerpts from Museum Groundbreaking Address (continued)

Minnesota, New York, Michigan, Nebraska, Ohio and Texas. An historian commented that the Czechs of those years "were distinguished for their jovial temperament and fondness of music and song. As farmers, they were diligent, steady and ready to put new ideas into practice." On the other hand, some of their more puritanical neighbors were aghast at the singing, dancing and general merrymaking in which the Czechs indulged on Sundays.

The first national Czech organization was founded in 1892. In 1893, the year Antonin Dvorak visited Spillville, 258 Czech organizations marched in a 2-hour parade on Bohemian Day in Chicago. By 1900 there were 157,0900 first generation Czechs. In 1902, Professor Thomas Masaryk arrived in America with his American wife to teach and make contact with the American Czech community. By 1910 there were a half million Czechs in America, counting the second generation.

With the outbreak of W.W.I, the Czechs and Slovaks in the United States took the lead to promote independence to the great powers, since their compatriots in Europe were powerless. The Czech National Alliance was formed to coordinate and finance the liberation struggle. In late 1914, the Slovak League advanced the idea of a United States

of Bohemia, Moravia and Slovakia and joined with the Czech National Alliance in the common cause. The Czechoslovak National council was formed in 1918. The newly designed Czechoslovak flag was flown for the first time at the Plaza Hotel in New York and the Czechs and Slovaks signed the Pittsburgh Agreement. Czechoslovak independence was endorsed by President Wilson and on October 18, the Czechoslovak Declaration of Independence was proclaimed in Washington, D.C.

The story told by this museum, of the Czechs and Slovaks in America, is a great one. This is a classic American success story. Of people who came with no expectation other than the opportunity to be free to work, build and live. It took courage to cross the ocean and life in America was hard. Through honesty and hard work, they created successful places for themselves and their descendants and they contributed vastly to their new country.

If there is one thing we should be proud of it is that Czechs and Slovaks have been such good Americans. We are fully of and by this society. We are in all businesses, trades, professions, arts and sports. The ultimate symbol of America, McDonald's, was founded by an American of Czech descent. We are Catholics, Protestants and Jews. We

are Democrats and Republicans. Freedom, democracy and individual rights are basic to our souls.

The last four years (since the Velvet Revolution) have been one of the most remarkable periods in the history of the American Czech and Slovak communities.

The historic ties between Czechoslovakia and the United States were reestablished and the Czech and Slovak peoples have embraced freedom with a vengeance, winning the respect of the world. We Americans of Czech and Slovak descent are direct beneficiaries of the world's esteem for the lands of our ancestors. Even though many of us have mixed feelings about the break-up of Czechoslovakia, we even have experienced a positive benefit from that. Now even non-ethnic Americans know the difference between Czech and Slovak.

The groundbreaking for our library and museum therefore could not be more timely. According to sociologists, artifacts express culture –the needs, beliefs, values and ideals of a particular community or society –as well as the moments in history of that culture. Museums to house these artifacts must be understood as shaping public memory of times, events and places. They can glorify and shape memory in perpetuity.

CZECHS *(continued)*

years ago, but it's no easier to make a long-distance phone call. There is a passion for entrepreneurship, but there are also stories of a bureaucracy that go back to their Kafka-esque roots.

Much of the change also has its darkside. At the onset of this voyage to free enterprise, many of the new settlers believed that the streets were paved with gold. Now they are watching businesses fail as well as succeed. In the new world, there are losers as well as winners.

As if on cue, one night we go to see an early play by Vaclav Havel, the Czech playwright and president. But the promised translation in our headsets is a single voice racing to capture every actor's words in a frenzied and incomprehensible English. At times, the country is a bit like that, trying to change so much, so fast, with such limited resources.

Havel himself has said that the troubles in Eastern Europe come from the fact that "one system has

collapsed and a new one does not yet exist." That is most true of the remains of Yugoslavia, but it is also true in this land where change has been made with velvet gloves. Gradually, "greenhorns" cannot just enter a new world, they have to make it their own.

But this remarkable and vibrant city built over many centuries and out of many cultures is as practiced in the art of survival as in civility. And green after all, is also the promising color of every growing season.

CHRISTMAS TRADITIONS *(continued)*

onion into twelve segments, one for each month of the year and then sprinkling them with salt. Examined the next morning, the segments in which the salt is dry represents dry months, the wet segments, wet months.

Or do you remember floating nut shells with burning candles in bowls filled with water – or how about cutting an apple in half and if the center resembled a star, your year would be blessed with health and happiness, but any other design

meant ill health.

What wonderful, wonderful memories, and soon another Christmas season was gone, to be tucked away in our memories and remembers again on just such an evening.

October 26 A.S.O. Executive Board Minutes *(continued)*

took care of business in the office. Sis. Filipello reported she has been in contact with Sis. Ruzicka in Miami. She attended the District Directors' Conference and gave a presentation about using local public schools as satellite Sokol locations. Video of Slet is completed and available; quality has been checked and it is as good as possible. Talon Mugs are still for sale. Finally, she is still working on the Focus 2001 with former Merit Award recipients.

A committee of Bro. Borvansky,

Lebloch, Michalek and Sis. Pajeau and Kalat met to discuss a tour with the 1994 Slet. They are looking into options.

Sis. Pajeau asked about holiday seals. It was felt that it might be too late to send out seals this year. Sis. Satek moved that Sis. Filipello look into having Talon on seals and she would do all the work involved in mailing out the seals, seconded and passed.

It was agreed to have a Christmas party at the Bohemian Garden in Downers Grove on Sunday,

December 19, 1993 at 1:00 p.m. All attending would pay their own way. More information will be forthcoming.

Convention in 1995 will be in Baltimore. Many subcommittees will meet before the convention to get their reports organized.

Sis. Satek recommended that the American Flag needs to be repaired. Sis. Pros saw the Houby Day Parade on Metro Vision. Get well wishes were sent to Sis. Jurew.

Meeting adjourned at 9:08 p.m.

Sis. Nancy Pajeau, Secretary

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