

# american **SOKOL**



Volume CXV, Number III

MARCH 1994

*Antonin Dvorak composed KARNEVAL in the summer of 1891, under the original name "Life." He dedicated it to the Czech - Charles University in Prague (at that time, Charles University was part German).*

*In this composition, his desire was to express a means of happiness during the turmoil of life. His method is an expression of the beauty of nature and is described by the rhythm of a dance.*

## KARNEVAL

*100 years later, in the summer of 1991, an idea arose to create a composition for women to perform at the XII Sokol Slet, not as an ordinary calisthenics, but as a poem of grace, movement and expression of enthusiasm by using this beautiful Dvorak music.*

*Authors Anne Maurerova and Vlasta Tresnakova wish that KARNEVAL brings the participants not only joy and satisfaction, but that it will also improve the level of their rhythmic movements and personal expression.*

*1994, the date of the XII Slet in Prague, we will remember the 90th anniversary of the death of Antonin Dvorak. His composition KARNEVAL is part of his great musical legacy.*

~ Sis. Mirka Donner, Educational Director, Sokolice Tabor.  
Reprinted from "Tabor Talk" Newsletter 2/94.

## 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

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

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

## From Your Editor...

Here in the Central District, March is a frenzied time, with all the local units busily preparing for their annual gymnastic exhibitions. I'm at my own gym (Sokol Berwyn-Slavsky) an average of five nights a week, not to mention the time spent writing special numbers, learning calisthenics, purchasing costumes, etc. I get a little cranky now and again, but my friends know enough to steer clear of me when I get that certain look on my face. I'll bet there are quite a few of you out there who have experienced the same sort of thing. But when that fanfare plays and we march out onto the floor and for two or so hours pour our hearts into a great performance, all the agony just seems to melt away. So, I hope you managed to get out and see an exhibition this year. There's a lot of hard work behind them and they are always entertaining. But, if you missed them, check out your District Slet and of course, as we terminal Cubs fans lament, there's always next year.

**NA ZDAR!**

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

## CALENDAR of EVENTS

#### APRIL

9 Sokol Brookfield Exhibition  
16 Central District Special  
Number Exhibition  
22 Sokolice Tabor Rummage  
Sale  
20 Sokol South Omaha \$10K  
Giveaway  
30 Sokol Berwyn-Slavsky Junior  
Party for All District Juniors  
30 NE District Competition

#### MAY

1 Sokol South Omaha Mini-Slet

#### MAY

4 Sokol Greater Cleveland  
Spring Card Party  
7 Central District Competitions  
21 Central District Slet  
22 Central District Awards Picnic

**JULY 2-6 All-Sokol Slet, Prague,  
Czech Republic**

#### SPECIAL ANNIVERSARY DATES

4/30/94 Sokol Women of Little  
Ferry 85th Anniversary  
4/94 Sokolice Milwaukee  
95th 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.*

*The cheerful  
loser is the  
winner.*

❖ *Elbert Hubbard*



## FOR THE RECORD

Minutes of the January 25, 1994  
meeting of the A.S.O. Executive Board

The meeting was called to order at 7:35 p.m. by President, Bro. Charles Borvansky and the pledge to the flag was recited. Members in the office were Bros. Lebloch, Michalek, Borvansky, Babka and Satek and Sis. Pros, Kourim, Satek Pajeau and Wojcik. Members on the phone were Bros. Masek, Dalton, Milan, Podhrasky and Kalat and Sis. Kalat and Dalton. Members excused were Sis Jurew and Sedlacek. Guest was Bro. Roy Zitny.

Bros. Zitny and Satek gave a report after looking at the financial reports from May 1, 1990 through December 30, 1993. They were checking income or money coming into the office and expenses or money going out of the office. Each board member will receive a copy of the report. They also recommended some changes in the hope that money will be tracked more easily. There was a long discussion. Bro. Babka asked for a comparison from the 1990 Convention budget and year to date. This was done by Sis. Barnes for the Board of Governors meeting.

Some recommendations to help with the financial situation were an increase in dues, a one time tax to units to help Convention Fund and Special Assessment Fund and some cutbacks in the way money is currently being spent.

Sis. Pros mentioned that her report each month, both written and verbal, has addressed the problems with the financial situation. Bro.

Babka moved to present report to the Board of Governors for their action at the earliest date possible, seconded and passed, with one opposed.

Bro. Zitny was excused and the regular meeting resumed.

Bro. Babka moved to accept the minutes of the previous meeting with one correction that on page three, paragraph eight, it read Sokol Omaha requested labels, seconded and passed.

Bro. Babka moved to pay special assessment fee of \$10 to Cermak Road Business Association, seconded and passed. Bro. Babka moved that the new Gymnast Editor and the main office finalize what (magazine) subscriptions he needs and where they are sent, seconded and passed. Bro. Lebloch moved to answer letter from Sokol Venohrady about building a hotel as suggested by Bro. Slavik, seconded and passed.

Letter from the Northeastern District requesting that the financial situation of the organization be looked into and that information come to them at a faster rate.

The secretary reported that many units have not sent in their 1993 financial records and some units have not sent in their rosters.

The USA Gymnastics Hall of Fame will be inducting Sis. Norma Zabka. We suggest that they contact Bro. Slavik about her accomplishments.

The BOI report was read by Sis. Kalat. There were no bills or Special Assessment requests. The American Folk Dance Special Number will be performed in Prague

on Monday July 4, 1994. Text is distributed and a video is coming. The Prague Slet survey is not complete. Other aspects of the Prague Slet are being taken care of as they come to the BOI's attention. National Instructors School will be in Omaha from July 24 until August 7, 1994. Bro. Benak is Chairman of National School Board and Bro. Liptak will represent DA Sokol.

There was no report from membership.

Bro. Lebloch reported for the Educational Committee. There will be an article in the Chicago Tribune newspaper about Sokol, with an interview with Bro. Stanley Barcal. Bro. Lebloch presented a history of Sokol to Sokol Berwyn-Slavsky that was well attended. He helped George Bauer with information about Sokol for a book he is writing. Recommend we use Bro. Slavik's answer to the Czechoslovak Association of Canada about a proposed umbrella organization. Answer Kyjor Moravian Folklore Ensemble that will be in Canada and the United States when most of us will be in Prague for the Slet. So far there are thirty people signed up for the Slet Tour from Sokol Little Ferry. Tour plans are going nicely.

Bro. Jerry Milan reported that he is getting ready for Prague Slet and working with the Southern District and attending USA Gymnastic meetings.

Sis. Satek reported that the February issue is at the printer and would be delivered to the office in two days. Received a nice letter

*Continued on Page 4.*

complimenting the January issue. The March issue will list rosters that have arrived in the office. If a roster has not arrived, they will not be listed.

Sis. Pros had written financial reports. Discussion of Sis Filipello's bills for her term as Executive Director. Bro. Babka recommended we pay for all bills of \$208.64, except the lap link, seconded and passed.

Sis. Pros checked about adding additional people to our bond at the time of the Slet. We just need to call them before the next Slet and add the names.

Bro. Lebloch moved to pay \$5.40 to Bro. Satek for copies of the financial report he and Bro. Zitny compiled, seconded and passed.

The auditor form Seldon Fox will be in the Office from March 31 until April 4, 1994.

Sis. Wojcik, Treasurer, reported that we have opened two new

accounts. They are for the Convention Fund and Special Assessment Fund. Bro. Masek for the Foundation Fund is looking into companies that might give money to organizations like ours. He now has a full board. Sis. Kourim had no report as 1st Vice-President, but is busy with uniforms.

We need to pack away chairs from the Slet that are still downstairs and in the way of the Librarian and Uniform Department.

Bro. Borvansky approved the transfer of money from the Slet account to the General Fund and close the books. Bro. Borvansky took care of business as it came into the office. Sis. Pajeau will look into copyright of our video and "Talon" logo.

Discussion about By-Laws. Bro. Podhrasky has sent out Sokol Detroit, Slavsky and Dallas to committee. They should be ready

by our next meeting. Districts should have By-Laws meeting before the Convention. Changes should be in to the committee by January 20, 1995. Convention is June 16-19, 1995 in Baltimore, Maryland. Canada Slet is June 23-25, 1995 in Toronto.

Tour flyer should be sent to Sokol USA, Southern District and Sokol Greater Cleveland. Sis. Dalton asked about selling Talon mugs at a reduced rate for people going to Prague. Since they must buy in quantity to get reduced price, it was not felt many would buy that many mugs.

Discussion about purchasing a new VCR that would convert European standard to USA and USA to European standard. Bro. Milan moved to table issue, seconded and passed.

Meeting adjourned at 10:00 p.m.

Sis. Nancy Pajeau, Secretary

## ◆ MEMORIAM ◆

### Bro. Charles Zraly 1912-1993

Bro. Charles Zraly was a member of Sokol Fuegner, NY for 64 years. Born in Astoria, NY, he started going to gym classes at the age of 6 in Dutch Kills, Long Island. Later on, Sokol Fuegner moved to Bohemian Hall in Astoria. He continued to attend classes and as a senior he attended Sokol courses in Little Ferry, NJ and Philadelphia, PA. He instructed boys' classes in Sokol Fuegner and the senior ladies' classes in Little Ferry, NJ. He was President of Sokol Fuegner for over

25 years, was a delegate to every Sokol Convention since 1955 and a chairman of the American Sokol By-Laws Committee for over 25 years. His wife Blanche, was also a delegate to the ASO Conventions since 1955. Bro. Zraly was President of the Eastern District for 18 years, during which Slets and competitions were held every year. His wife Blanche was Secretary of the Eastern District for 21 years and they worked together as a team. Upon retiring as officers of Sokol Fuegner and the Eastern District, Bro. and Sis. Zraly were given a surprise testimonial dinner

attended by dignitaries from many Sokols. Bro. Zraly was made an honorary President of the Eastern District and Sokol Fuegner. Bro. and Sis. Zraly moved to Florida in 1984 and became members of Sokol Miami. Bro. Zraly was Vice-President of Sokol Miami for seven years until his death on June 25, 1993. His accomplishments in Sokol were many and he was a dedicated worker. Sokol was his life. He is survived by his wife Blanche, a daughter Joan Turken, grandchildren Greta and Jason Turken and a sister Marion.

~ Sis. Blanche Zraly

# 1994 AMERICAN SOKOL ROSTER OF OFFICERS

Listed alphabetically by District and then Unit.

## CENTRAL DISTRICT

c/o Sokol Brookfield  
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708-442-7493

*Wos. Dir.* - BOI Representative  
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Westmont, IL 60559  
708-963-3680

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*Dir. of Activities* - Dave Harlan  
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## SOKOL CECHE

*Mtg.* - 4 times per year  
at Klas Restaurant

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*Fin. Secy.* - Ron Chernak  
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*Ed. Dir.* - Joe Bachna  
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No Information Received

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*Wos. Dir.* - Sally Bukovsky  
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## SOKOL FUEGNER

No Information Received

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AMERICAN SOKOL ORGANIZATION

# GYMNAST



Editor: Chuck Kalat -- 2401 Bluebonnet Dr., Richardson, Texas 75082

## Excerpts -- National Director of Men's Annual Report District Directors Conference -- October, 1993

"This past year has been an extremely busy one, and I am glad Slets come only once every four years. The addition of a National Instructors Course following the Slet made it even more challenging. As in the past, everyone pulled together in cooperative efforts to do ourselves proud.

In addition to being a Slet year, 1993 was also a very productive year. Our District Directors have remained stable and no new directors have come on board. Our programs throughout the country are thriving and leadership is growing stronger and stronger. We have a quality program to offer the public, only the public hasn't discovered it yet, and we haven't blown our own horn loud enough. We can compare with any organization whether public or private, and not be ashamed of what we have to offer, dollar for dollar. I must admit, though, that while our children's membership keeps climbing, our adult membership has dropped 600 since the last convention year.

Our Districts, National Board, and new Executive Director have brought some exciting new changes and innovations. Some districts have been working to streamline and standardize custom medals for awards, the manual committee, led by the hard work and efforts of Bro. Steve Banjak, have brought about the fruition of the new "SOKOL MANUAL", which shall serve as our bible for gymnastic terminology for years to come. Sis. Mary Panackia of the Northeastern District is now a Safety Certifier for the USGF and has already gone to work on our behalf. We now have a new DIRECTORS Pin to be awarded at the unit, district, and national levels, thanks to the efforts of Sis. Sylvia Laznovsky of the Southern District.

All in all, some great things are happening around the country, we have an excellent working relationship with the administrators and leadership in charge at the USGF. They have come to respect us as an organization and solicit input from our representatives to their board, Bro. Jerry Milan and Sis. Norma Zabka. We are definitely involved with General Gymnastics and the future role it will play in the Gymnastrada. We also send a large delegation to the USGF Congress every year.

One of the key elements to the future success of our organization is the continuous education of our future instructors, and then the commitment to incorporate and nurture these instructors in the embryo into our programs. In past Sokol history, there was a trend of reluctance to turn over or include young people as instructors in our organization and programs, but times are changing, and I am glad to see younger adult members holding offices, writing calisthenics for district and national Slets, teaching on staffs for instructors schools, and playing active roles in guiding us toward our future direction. This is a healthy sign. It indicates that we are aptly utilizing the Future Sokol Leaders Fund for its true purpose. I'm sure Bro. James Cihak would surely be proud.

But we cannot get complacent and sit back and ride on our laurels. There is a definite need for us to do some deep soul searching about our future directions. Is there a need for us to re-examine our programs? Can we account for large numbers of attrition? Can we explain why youngsters after 5 or 10 years in our programs, drop out and never return? Should we accept this as a normal pattern, or should we become alarmed and investigate? Must we develop more and better programs to provide for the needs of our older members, who are rapidly joining the ranks of the retired and seeking activities during daylight hours? Can we compete with the YMCA's, park districts, private fitness clubs, country clubs, and others? Do we have our priorities in order, do we really have some long range plans? What can we do to enhance our image, increase our membership, improve our programs?

I would like all district directors both men and women to view the National Directors and the National Office as someone and something that is here to serve as a catalyst to help you do a better job. We are basically here to serve you. We may not be able to solve all your problems, but we will certainly give it our best shot. .... all of us must work as a team, for inevitably we indirectly are all responsible for the end results, and our successes and failures."

*Frank Michalek*

# A Coach's Guide to Winning at the Motivation Game

by Dr. Allen Goldberg

'Proceedings Book' of the 1993 Congress - USA Gymnastics

*Motivation is the fuel that keeps us going in the things that we do.  
When it wanes, so too do our efforts and overall performance.*

Winners have it, everyone else wants it. **MOTIVATION**, that critical ingredient to success both in and out of sports. It's the one element that will allow you to get back up after repeated failures and still achieve your goals. Follow these guidelines to help develop winning motivation on your team.

- **Motivation is about shared responsibility** -- It is not just up to you to motivate your athletes. They must have some spark of motivation themselves. You can't motivate someone to do something unless THEY want to also.
- **Motivation is about having a direction/giving a direction** -- Everyone is motivated. The key question is to do what? As a coach you have to help your athletes develop that direction.
- **Motivation is about selling** -- Good motivators are good sales people. You have to SELL your athletes on hard work and the pursuit of excellence. You have to get them to buy that their sacrifices and sweat are worth the price of the goal. This means that you have to explain to them the necessity of their efforts. Simply telling an athlete to do something is nowhere near as effective as explaining to them how this exercise or drill will help them get closer to where they want to go.
- **Do not take motivation for granted** -- Even professional athletes need outside motivation from their coach. Too many coaches wrongly assume that the athlete should already be totally motivated and that this motivation piece is up to the athlete. Big Mistake.
- **Motivation is an everyday job, not just something you do before the big competitions** -- 90% of motivation happens in practice from day #1. Five-10% of motivation gets done just before the big competition/game/race/match. Unless you are working everyday at being a motivator, the gimmicks and talks that you pull out on game day will be ineffectual.
- **The heart of motivation is developing a special relationship with your athlete** -- The kind of relationship that you develop with each athlete from the beginning of the season will largely determine how motivated that individual will be to learn from and perform for you.
- **Motivate by challenges rather than threats** -- If you really want an athlete to go to that next level, challenge them. Encourage them to go for it and let them know that you believe they can do it. A challenge is positive and motivational. A threat is negative and gets the athlete preoccupied with the consequences for failing, punishment.
- **Be positive** -- Nothing good comes from negativity. It's a real de-motivator. Consistently getting down on your athletes will not make them feel good about themselves or you. Be positive NO MATTER WHAT and you'll be a successful motivator.
- **Use recognition** -- Recognition is one of the most powerful motivators there is. Every day let your athletes know that YOU know they're there and giving an effort. Even simple comments like, "good job", or "nice hustle" will go a long way to motivating them.
- **Handle failures and mistakes constructively** -- Teach your athletes that failures and setbacks are a necessary part of the learning process and NOT a cause for embarrassment or quitting. Model this attitude and you'll motivate your athletes to take risks and really go for it. If you jump in an athlete's face whenever he messes up you'll demotivate him and get him worrying about failing.
- **Model motivation in all of your interactions** -- If you want to be a motivator YOU have to be motivated! If you can't get excited about practice and always seem to just "go through the motions" forget about motivation. Motivation starts with YOU. Display enthusiasm and passion to your athletes and they will start to pick up on it!
- **Have a big enough "WHY"** --- Motivation is ALL about having a big enough "why" or reason for doing something. If you have a big enough "why", you can always find the "how" to accomplish it. Help your athletes develop a big enough "why" to train and pursue excellence. Remind them daily of this "why".
- **Use goal setting throughout the course of the season** -- Clearly defined goals help you take your dreams and turn them into reality. Work with your athletes at the beginning and throughout the season on specific, measurable, clearly defined goals that they can break down into long term, intermediate and short term pieces. Help your athletes make sense of EVERY practice in relation to their long term goals.
- **Have fun** -- Create an atmosphere of fun on your team and you will motivate your athletes to train harder and longer. If practice is nothing but uninterrupted drudgery your athletes will quickly lose interest. If you REALLY want your athletes to be serious competitors and come through in the clutch for you, introduce humor and fun regularly in practice.
- **Rest** -- Rest is part of good training. If an athlete does not get a chance to rest he/she will ultimately burn out, either mentally or physically. Short breaks in training over the course of the season will keep your athletes physically and mentally fresh and insure that they stay.

**Editors Note:** Although these ideas and guidelines are presented in the context of coach / athlete, they apply just as well in all our daily lives and relationships; parent / child, friends, officer / member, supervisor / worker, co-workers, etc.

## Prague Watch

Sis. Nada VencI and Gloria Srsen (Sokol Greater Cleveland) report the following notes from the Board of Instructors Meeting they attended at Tyrsov dum, Thursday, February 10, 1994, while attending calisthenics clinics in Prague.

- The most recent **rehearsal schedule** we saw:

<b>July 3:</b>	Verna Garda	8:30-10:00 a.m.	<b>July 4:</b>	Karneval	7:00 - 8:00 a.m.
	Men	11:30 - 1:00 p.m.		Verna Garda	1:30 - 2:30 p.m.
	Karneval	1:00 - 2:30 p.m.		Men	5:30 - 6:30 p.m.
- Of course, the above schedule is still subject to further change; there was even some discussion of flip-flopping the parade and rehearsal times for July 3.
- **Rehearsal clothing:** Sunday, July 3: COS says "anything goes". ASO will have special T-shirts. July 4, 5, & 6 rehearsal/performances are to be in costume and/or uniform. In case of bad weather on July 4th, we may be instructed to wear something other than costume/uniform, so gymnasts must be prepared for both eventualities on this day. On July 4th have BOTH rehearsal clothes and costume/uniform with you at Strahov.
- There are no locker facilities at Strahov. Each group will have an assigned dressing room in adjacent facilities. These are complete with showers and toilets. There will be an attendant in the area, however, this is not formal security. You must be in your assigned room 30 minutes prior to line up time - it is here that you will receive notification for line up. When you are finished performing you may enter Strahov free of charge and watch the program from the bleachers. You will need to be in costume/uniform and be wearing your unit identification ribbon.
- Water and refreshments are available at Strahov, but it would be cheaper to bring your own.
- First aid is also available; any special medications you need you must provide yourself.
- July 4: 1994 -- 7:30 p.m. A gathering is scheduled at Tyrsov dum for all foreign Sokols to be hosted by those COS members who traveled to Toronto and Chicago Slets. This is the site of the American Special Number presentation.
- Uniforms: Uniforms can be ordered through Sis Gallatova at Tyrsov dum. Suggest FAX order followed up by the order in the mail. Please send a money order or bank check to pay for uniforms. CHECKS MUST BE MADE PAYABLE TO "**CESKA OBEC SOKOLSKA**". Nothing else will work. Please include money for air mail postage if you are requesting uniforms be sent - If COS needs to bill us for additional postage they will do so. Uniforms may also be held at Tyrsov dum for a group if it is not necessary that they be sent to the States.
- Karneval: The kalhotky which are to be worn under the purple skirt were determined to be unacceptable by those Sisters who saw them in Prague. The manufacturer cut them as bikinis, and the white shirt, when tucked into the kalhotky, would stick out the bottom. We will look for our own here in Cleveland and suggest others do the same. They must be **Purple**, not navy or any other color.
- Verna garda: We have decided to make our skirts here in Cleveland after seeing the style which was selected. It is a fitted waist band, zipper, and pleated. We have brought a material sample back to the U.S.A. and will begin a material hunt; we will make the sample available when we have secured material here. The patterns (in 3 sizes) will be sent to us as soon as they are ready. The halenky (blouses) must be finished with red trim around the neck - if you wish COS to do this for you, please notate such on your order and be prepared to pay a little extra. A solid red belting must be worn at the waist. This is available at the sporting goods at Tyrsov dum. The cost is 8.8 crowns per meter. Very possibly this could also be ordered with uniforms - or obtained when you arrive in Prague. It must be attached to the waistband of the skirt so that it does not ride up. The red scarf which is shown on the poster of Slet costuming has been eliminated entirely.

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The February, 1994 Prague Slet surveys indicate the following projected ASO participation:  
**Loyal Guard:** 136 Women, 50 Men; **Karneval:** 33 Women; **Mens Cal:** 9 Men;  
**Others attending:** 46 women, 33 men, 4 JG, 1 JB, 2 girls, 4 boys;  
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## INVITATION

The World Sokol Federation, the Association of Pedagogues and Physicians of the Czech Republic, in cooperation with the Association "Sport for All" have the pleasure to invite you to the International Seminar -- workshop

### **"PHYSICAL EXERCISES OF PARENTS WITH CHILDREN - - DEVELOPING HEALTH AND FAMILY HARMONY"**

The seminar will be organized at the opportunity of the XII All Sokol Slet/ Gymnastic Festival/ in Prague and will take place at Tyrsuv dum/ Tyrs House/ on 5th and 6th July 1994 from 9 to 12 a.m.

The purpose of the seminar is the exchange of experiences and new knowledge concerning physical exercises of parents with children and the psychology of the family, including presentation of methodical literature and other audio-visual materials.

The experts, professionals and people concerned are welcomed to participate. Their communication, statements and reports will be much appreciated.

If you decide to attend the seminar, please forward the registration form below duly completed to the secretary of the seminar to the following address:

Mr. JAROSLAV ZOUZAL  
Zvonkova 11  
106 00 Praha 10  
Czech Republic

phone: 42/2/7551434

We are looking forward to meeting you in Tyrsuv dum in Prague, /Tyrsuv dum, Ujezd 450, 11801 Praha 1, Mala Strana/.

Prof. Dr. Jana Berdychova  
Chairman of the Association  
of Pedagogues and Physicians

Karel Syrový  
President of the World  
Sokol Federation

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Registration of the participant of the International Seminar:

#### **PHYSICAL EXERCISES OF PARENTS WITH CHILDREN -- DEVELOPING HEALTH AND FAMILY HARMONY**

to be held on the 5th and 6th July 1994 in Prague at Tyrsuv dum.

Name of participant: \_\_\_\_\_

Professional specialization: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Respective Organization: \_\_\_\_\_

Issue of presentation: \_\_\_\_\_

\_\_\_\_\_  
Signature of the participant

*Fin. Secy./Treas.* - Jerry Valcik  
711 Long Bar Harbor Road  
Abingdon, MD 21009  
410-676-4330

#### **SOKOL CURTIS BAY**

*Mtg.* - 2nd Wednesday  
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*Secy.* - Helen Henne  
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2718-786-4133  
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#### **NORTHEASTERN DISTRICT**

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216-232-0376

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**PACIFIC DISTRICT**

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**SOKOL SAN FRANCISCO**

No Information Received

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*Secy.* - Rhonda Liska  
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*Secy.* - Gay Williams  
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Ft. Worth, TX 76114

*Fin. Secy.* - Jeanne Mason  
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*Men's Dir.* - Kevin Bates  
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**SOKOL HOUSTON**

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*Secy.* - Patricia Silhan  
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713-931-1841

*Fin. Secy.* - Ronald Silhan  
318 Saddle Horn  
Houston, TX 77060  
713-931-1841

*Ed. Dir.* - Louise Keyes  
6231 Lindy Ann  
Houston, TX 77008  
713-862-6594

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*Men's Dir.* - Betsy Sowa  
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**SOKOL KAREL HAVLICEK**

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*Mtg.* - 1st Sunday  
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1A. Title of Publication <b>AMERICAN SOKOL PUBLICATION</b>	1B. PUBLICATION NO. 0 0 0 3 1 2 5 9	2. Date of Filing 9-1-93
3. Frequency of Issue Monthly, except July/August issue	3A. No. of Issues Published Annually 11	3B. Annual Subscription Price \$4.00
4. Complete Mailing Address of Known Office of Publication (Street, City, County, State and ZIP+4 Code) (Not printer)		
6424 West Cermak Road, Berwyn, Illinois 60402 Cook County		
5. Complete Mailing Address of the Headquarters of General Business Office of the Publisher (Not printer)		
American Sokol Educational & Physical Culture Organization-address above		
6. Full Names and Complete Mailing Address of Publisher, Editor, and Managing Editor (This box MUST NOT be blank)		
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Editor (Name and Complete Mailing Address)		
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10. Extent and Nature of Circulation (See instructions on reverse side)	Average No. Copies Each Issue During Preceding 12 Months	Actual No. Copies of Single Issue Published Nearest to Filing Date
A. Total No. Copies (Net Press Run)	5646	5286
B. Paid and/or Requested Circulation 1. Sales through dealers and carries, street vendors and counter sales	none	none
2. Mail Subscription (Paid and/or requested)	3364	3186
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## THE VOICE

*Reader Quips, Comments & Queries*

*I enjoyed the article in the January issue on "Valiant People" (Chodove). I would like to see more articles on the various sections of the Czech Republic telling about the kroj, the different customs, how they got their name and emblem. It interests me a great deal. Even though Slovakia no longer is a part of Czechoslovakia, I would also be interested in that area. Here in Texas, we still dance all of the dances, Slovak, Carpathian, Silesian, and of course, the present areas of Bohemia and Moravia, as politics, war, etc., has nothing to do with the enjoyment of folk dancing. Also, the article "The Sokol Revival" was very informative. I learned so many new events in its history that is not common knowledge.*

~ Helen E. Mikus, Fayetteville TX

**Editor's Note:** I also received a note from the author of the "Valiant People" article, Sis. Libbie Krivanek, saying how pleasantly surprised she was to see her article in the American Sokol magazine. She has an idea for a future article, which I am looking forward to sharing with you too. Thanks again, Sis. Krivanek!

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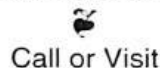


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